

FOR SALE

2002 Ford Focus stationwagon, auto, air, extra set of winter tires, 192000km, #6131....\$4900.00
 2006 Ford F250 XLT, extracab, 4x4, diesel, shortbox, auto, factory warranty, 138000km, #6577....\$18000.00
 2007 Coachmen Chaparral Lite 5th wheel trailer, 30 feet, two couches, queen bed, booth table seating, 9100GVWR, used four times.....\$16000.00
 8 inch Ford lift kit with wheels and tires.....\$2000.00
 Phone Dave or Wade at 250-569-8830 for further information
 DL11107

THE MAIN STREET GRILL

Wednesday NITE SPECIALS
 Garlic Buttered Wings Appy Salad
 Prawns .35¢ each \$2.95 each
 .25¢ each
Friday NITE SPECIALS
 Schnitzel \$14.95
 12 oz. T-Bone Steak & Mushrooms \$16.95
****PIZZAS ARE BACK 2-2 toppings \$24.95****
OPEN 7am - 9pm Mon. - Sat. Takeout 569-0321

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CONSTRUCTION

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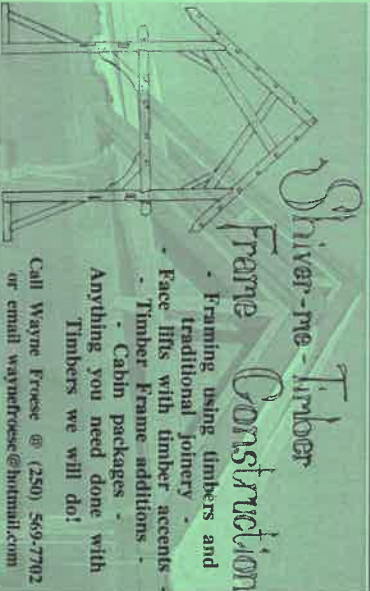


Husky

569-2441

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 946 ml ~ 2 for ~ \$3.00
MARS KING SIZE CHOCOLATE BARS
 2 for ~ \$2.79

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McBride



Paper



Serving BC's Friendliest Town and Area!!!
 For the week of **Wednesday, September 30th, 2009**

MOVIE NITE!

On Friday, October 9th McBride Secondary will be hosting movie night with the Disney/Pixar movie, UP, at 4:30.
 The 7:00 movie will be TRANSFORMERS: REVENGE OF THE FALLEN.

From Disney/Pixar comes Up, a comedy adventure about 78-year-old balloon salesman Carl Fredricksen, who finally fulfills his lifelong dream of a great adventure when he ties thousands of balloons to his house and flies away to the wilds of South America. But he discovers all too late that his biggest nightmare has stowed away on the trip: an overly optimistic 8-year-old Wilderness Explorer named Russell. Disney/Pixar's Up invites you on a hilarious journey into a lost world, with the least likely duo on Earth. Another masterful work of art from Pixar, Up is an exciting, hilarious, and heartfelt adventure impeccably crafted and told with wit and depth. Up is 96 minutes long.

In Transformers: Revenge of the Fallen, the battle for Earth has ended but the battle for the universe has just begun. After returning to Cybertron, Starscream assumes command of the Decepticons, and has decided to return to Earth with force. The Autobots believing that peace was possible finds out that Megatron's dead body has been stolen from the US Military by Skorpinox and revives him using his own spark. Now Megatron is back seeking revenge and with Starscream and more Decepticon reinforcements on the way, the Autobots with reinforcements of their own, may have more to deal with then meets the eye. Transformers: Revenge of the Fallen is 147 minutes long.

McBride Elks & Royal Purple News

PAST•PRESENT•FUTURE Elks and Royal Purple invite everyone to their beginning of the year BBQ on Tuesday, October 6 starting at 6:00pm at the Elks Hall. For more information call Gene Runtz or Flo Mynio. All Welcome!

HOCKEY FUND-RAISER

Saturday, October 3 at 7:00pm and Sunday, October 4 at 7:00am. McBride Midget hockey team vs PG AAA Female Midget Cougars. There will be a raffle table and 50/50. Come out and support our local kids!

COMING EVENTS

McBride Big Country Snowmobile Association AGM October 7th at 7:00 pm Sandman Meeting Room. Discussions on many issues for the upcoming season, including ASA Show. Everyone Welcome!!
Meal: Extend your warranty. Learn how to live your healthiest life. Tips from Dr. Michael Jackson to get in the best shape of your life from the inside out. During the discussion, the following free tests are available: blood sugar, blood pressure, BMI as well as a tetanus vaccine. Oct. 15, 2009 from 7-8pm in the Public Health waiting room.

COMMUNITY ANNOUNCEMENT

The Downtown Thrift Store will open again on Friday, October 2nd from 1-3pm. Hope to see you all then. -the AUCW
 Aerobic Classes Mon. 6-7 & Wed. 7-8 at the Elks. Please bring a mat & a set of weights. Any questions call Jenny at 569-8853.
 Dorcas hours this season will be Tuesday 1:00-3:00 and 7:00-8:00. Free clothing and household items, baby crib and stroller, skates and toys. Dorcas is in the Seventh Day Adventist Church yard on Lanning Pit Rd. Everyone welcome. Contact # 250 569 2596.

Robson Valley Recreation Centre, open 7 days a week. (closed for statutory holidays - fitness centres are open during winter hours 6am. to 9pm.

BIRTHDAY WISHES SEPTEMBER 30 - OCTOBER 6

Madline Philpott, Margaret Corbett, Phillip Godfrey, Bella Aispbaugh, Dave Hruby, Gage Rich, Kathy Shawara, Ruby Horinek, Tim Forster, Adam Conway, Faye Callas, Blake Hooper, Jody Mynio, Courtney Savarella, Doug Monroe, Scott Sansom, Tristia Fast, Geri Wasylov, Doug Horinek, Jean Moseley, Tonya Perkins, and to anyone else we missed. Happy Birthday.

Important Phone Numbers

EMERGENCY	9-1-1	Forestry	569-3760
R.C.M.P.	569-2255	Village	569-2229
Hospital	569-2251	Reg'1 Dist'	1-800-667-1959
Health Unit	569-2251	Home Support	569-2266
K to 7 School	569-2721	Food Bank	569-3225
High School	569-2295	Fire Hall	569-3117
Dunster School	968-4414	The Little McBride Paper School District 57	569-3110
1-800-256-7857		Report Forest Fires -	1-800-663-5555
Inquiry B.C. 1-800-663-7867 - For Toll Free Calling to Provincial Numbers ...			

Take a Break in McBride...B.G.s Friendliest Town!!!
 Dial this Number 1st and ask operator to connect you to provincial department

McBride AG Foods

SPECIALS

- *BREADST CANCER BOUQUETS \$9.99
- *Newman's Spaghetti - 645 ml - 2 for \$6.00
- *Unico Kalamata Extra Large Olives \$3.49
- *Lancia Penne - 900 g \$2.69
- *Lancia Rotini - 900 g \$2.69

569-0140
 OPEN Mon.-Thurs. 8-6, Fri. 8-7, Sat. 8-6, Sun. 9-5

Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB
 250-569-2264

Your ADVANTAGE for

Quattropani



FREE WORKSHOP

October 6

Power of Attorney - Health Care Directives

Location - McBride & District Public Library,
 241 Dominion Street

7-8 pm Limited space

Please call to register 250-569-2411

Presented by Linda Fry



241 Dominion Street McBride, BC V0J 2E0

Phone/Fax: 250-569-2411

Library Hours:

Tuesday 10-5 & 7-9 Wednesday 10-2
 Friday 2-9 Saturday 2-5

Internet = \$1.00 / Half Hour



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- Complete automotive servicing and mechanical repair
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 Call 250-569-8830 for appointment.

250-569-0101
 250-569-0100 - 1st Ave.
 Come and get your GRIZZLY GIGGLIN' GRIZZLY NEIGHBOURHOOD PUB
 Wednesday Night Special
 PIZZA Night

Thursday Night Special
 Balsamic Steak with New Potatoes and Spinach Salad

Friday Night Special
 Smothered Chicken with Garlic Mashed Potatoes and Sauteed Vegetables

Saturday Night Special
 Pork Cutlets with Mushroom Gravy and your choice of Potato, and Greek Salad

IMPORTANT NOTICE!! We will be CLOSED on Sun., Oct. 4, 2009.
 We are preparing for the upcoming season and we need to do a little bit of maintenance.

MARKETPLACE 233 Main Street
McBride, B.C.
569-2712

Your Neighbourhood Food Store

DELI
Maple Ham - 100g...\$1.49
Honey Maple Turkey - 100g...\$2.89
T-re Stelle Parmesan Grated - 125g...\$3.99 each
Sundried Tomato Penne Pasta Salad - 100g...\$4.99

Olympic Whole Country Style
Tonipie Ham \$1.99 / lb.
Pork Side Ribs - breast bone removed - family pack (min 2kg) \$1.99 / lb.
Canadian Chicken Legs - back attached family pack (min 2 kg) \$1.79/ lb.
Pepsi or 7-Up Products - 2 for \$9.00 + dep. & prov. fee
Island Farms Ice Cream - 4 litre \$4.49 each
Tide - 2x Ultra Liquid Laundry Detergent - 26-32 loads \$9.98 each
Royale Bathroom Tissue - supreme 3ply - 9's, 2 ply - 24's, or double roll 12's \$5.98 each
Orchard Run McIntosh Apples - BC Grown \$.89 / lb.
Carrots - BC Grown - 5 lb bag \$1.99
Head Lettuce - from California \$.99 each

BAKERY

Raisin Butter Tarts - 510g...\$4.99
Blueberry Jelly Roll - 660g...\$4.99

SPIN DRIFT POWER SPORTS

For all your Motorcycle, ATV, & Lawn and Garden Needs

Come in & Check out the new FALL/WINTER Stock now arriving. Lots of new KLIM items.

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Home 250-963-9011 Call 250-565-8436

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Robson Valley Support Society

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DELAYED OPENING

Lost 25 Boxes of Giftware
2000 lb. of BULK
Awaiting Delivery

We will be OPEN Monday, October 5th

250-569-2559 246 Main Street McBride, B.C.

Robson Valley Arts and Culture Council



AGM

Annual General Meeting of the The Robson Valley Arts and Culture Council
will be on Wednesday, October 14, 2009, 7:00p.m., at the McBride & District Public Library, 241 Dominion Street. Everyone is Welcome.

THANK YOU

Thank You - The Grads of 2010 would like to thank the community of McBride for such amazing support in our decision for a dry grad trip to Alaska. We would also like to thank the Volunteer Fire Department for graciously allowing us to hold our car washes at the Fire Hall. Also the Grads wish to express our thanks to the elementary school for inviting us to host the Family Fun Night that would not have such a great success had it not been for the children and parents, the staff of McBride Centennial and the volunteers who helped out: Izzy Monroe, Jytte Zwilling and Jarett Vizta

Sponsored by the Grads of 2010. My family and I would like to thank everyone for their considerable kindness, thoughts, sympathy and help during the difficult time of my father's passing. In particular I would like to thank Dutch and Brenda Molendyk, Beth and Allan Fredrick, Roland and Gina Matwick, Shelly Battersby, and Nikki Smith. It is because of all of you that our burden was easier to bare.

BUY, SELL, RENT & MISC.

- Don Whitford and family.
For Sale-Coleman Generator: 5500 running wats, \$700. Kenmore 10 cu. ft. Freezer \$200. Phone 569-3110•For Sale-1991 Ford F150 4x4 c/w extra trims & tires. Needs TLC \$1500 Ph:250-569-7714•For sale-Single axle galvanized utility trailer. 5x10' box - extends to 11'6". Brand new, used once - paid 1500+taxes. Selling for \$1200 o.b.o. Derrick 968-4331•For Sale-2006 Sierra 1500 4x4. Auto. Black. 4 door, loaded, leather, remote start, Truxedo cover, tow pkg, dual exhaust, sunroof, DVD player, 155,000kms, \$19,500/00, 2001 Starcraft-21 ft. trailer, new tires, new converter, clean unit, sleeps 5, light weight, \$12,000/00, 2004 Yukon, 153,000kms, sits 8, removable seats, power seats, heated front seats, 2 sets of tires, winter & summer. Will install new windshield & battery when sold, remote start, \$18,000/00 obo. Phone 569-3140, 569-7464 or 569-7757•For Sale-1998 Pontiac Sunfire. 2.2L. Red. New tires, brakes and exhaust. Body in good shape. Mechanically sound. 220,000 km. \$1500/00. Phone 250-569-7203•For Rent:Attractive 2 bedroom trailer on large lot, in quiet family park. Propane heat, modern appliances \$500/00/mo. For appointment to view - 250-569-3343•For Rent:Large 4 bedroom home with 2 1/2 baths on 3rd Ave., McBride. Lots of storage and large rec room. Extra kitchen unit in basement, large fenced yard, fruit trees and only 1/2 block from all shopping and school. Fireplace / Woodburning stove with wood/electric or oil heat. Non smokers please, pets okay. f/s/w/d/dw. References required. \$750/00/month plus utilities. Call 569-2409 or 968-4468 for message•For Sale-John Deere 430 Crawler \$7000/00 Ph:968-4475•For Sale-97 Cavalier, 194000 km. Good shape, needs head gasket. \$500. Phone 250-968-4433•For Sale-2 Lazy Susans with doors 3 yrs old \$275 each or 500 for both. 3 sets of bi-fold doors \$30 each. Small bay window, wood frame, double pane glass \$100. Ceiling fan with light \$40. Call 569-0282 between 4pm-9pm•For Rent-2 Bdrm newly renold house avail immed. Phone: (604) 848-8460•For Rent-1 Bedroom Apartment across from Hospital. \$500/mth. Phone 569-0208•For Sale-Beige Sliding over 2000sqft. Ph:569-0312•For Sale-National Pool Table w/everything. \$700. Phone 569-7594•For Sale-1990 29' Wilderness Travel Trailer, rear island queen bed, full set storm windows, loaded, 150 PU towable. \$6990. Phone 569-2471•For Sale-New in excellent condition brown microsuide powerlift recliner with backup battery system. Retail for \$1100 new 2 weeks ago. BARELY used. Asking \$600. Call 250-569-0190•For Sale-1997 Chevy Cavalier, auto, newer tires, 230,000km, remote start, cd player \$1,900/00, 60" x 24" Glass Stand, great for plasma T.V. or just for pictures/decoration. Paid \$200 now asking \$100 o.b.o. Ph:569-0339•For Sale-1993 Ford Aerostar with remote start, a/c, p/w, p/l, tilt, c/c, runs great asking 1500/00, please call 569-0238•For Rent-Top Floor 2 Bedroom Suite, across from the hospital. \$525/month. Ph:569-0208•For Rent-2 Bedroom House in McBride. \$575. Phone 569-0333•For Sale-Barnsby English All-Purpose/Jumping Saddle, 17.5 Seat, Good Condition, \$400. Call 250-569-0359•For Sale-18' Scampier trailer, 1981, bath, 2 way fridge, stove, furnace, awning, new tires, sleeps 5. 3700/00 obo 250-569-2269•For Sale-Black 2003 Ford Windstar-5 door, Power Lock/ windows, A/C. Entertainment system, CD. \$118,000 km asking \$7500. obo contact Jenny @ 569-8853•For Rent-3 Bedroom furnished house, newly renovated. Phone 569-0171•For Rent-Clean House in McBride Crescent. Phone 569-0171•To place an ad call 569-3110. Fax 569-0220 or drop info at 455 King St.

CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street. Clothes and Household Goods. Open: Tues. 1:00 to 3:00 & Fri. 1:00 to 3:00•Dorcas Lanning Pit Rd. (used clothing and household goods) Tuesdays 1:00-3:00 and 7:00-8:00•Contact number for the Foodbank is 569-3225•Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am, and Wednesdays at 7p.m. Phone: Ph:569-3370•Mennonite Church-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-0445•Mountain Chapel (PAOC)-Sunday School & Adult Classes-10am, Services-11:10am. Ph:569-3350•Anglican United Church-Reverend Dee McEachern, 441 Dominion Street. Meet Sundays at 9:00 a.m. Phone 569-3206 or 569-3386. Hall Rental Phone Thelma Molendyk-250-569-0082•Evangelical Free Church-Worship Service at 10:30am. Ph:569-2378 or 569-8845 Pastor Dan Carlaw-Robson Valley Christian Centre-Meets in home Sundays 11am. Dunster Ph:968-4335-St. Patrick's Catholic Church-Meets Sundays at 11:00am. Ph:569-2606.

Greyhound Bus Schedule The Farm Store 569-0425

Depart to East-12:15am Daily •Valemount, Jasper, Edmonton
Depart to East-10:05am Fri. Sat. Sun. •Valemount, Jasper, Edmonton
Depart to West-6:10am Daily & 7:20pm Fri. Sat. Sun. •Prince George
Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, email:sghines3@telus.net, P.O. Box 441, McBride, B.C. V0J 2E0 or drop off at 455 King St. If we don't know about it, we can't write about it!! -Scott & Susan Glines - Oscar & Bronn

Take a Break in McBride...B.G.s Friendliest Town!!

Sirens - Hair Cuts and Colors

OPEN Tuesday to Saturday
Phone: 250-569-0131 1011 South Frontage Rd. McBride

"WANNA' START @## SOMETHING?"
Bring a Kit or Project you no longer want & Swap for one of ours. Odds 'n Ends 2645

Korryn Wall, R.M.T.

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korrynwallrmt@hotmail.com
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We will be CLOSED on
October 1st & 2nd
Open Mon.-Fri. 6am-5pm
Sat. & Sun. 9am-5pm



FOR RENT

Fully Furnished Cabins
Please Call 250-569-7308

Ravensnook Guesthouse & Vacation Rentals
Furnished Accommodations for Discouring Travelers
OPEN HOUSE:Friday Oct. 2nd, 2-6 pm
421 main St. McBride 1-250-569-7133

SCARE CROW FARM B&B ☎ 569 0351

Camping and Horse hotel



email: scarecrow@mcbridebc.com

15m West on Highway 16

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Serving locally for 24 years

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R. B. HATCHARD CONT.

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Pit Run Gravel

Concrete Gravel

Screened Pit Run Gravel

McBride Mountain Sports Ltd.

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LAWN & GARDEN • RETAIL
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BIKE HELMETS On Sale
30 % Off

SUMMER WEAR - CLEARANCE:
MAKING ROOM FOR WINTER STOCK

OPEN Sundays 8-4 Emerg. contact Denise 569-7473

Conway Carriage Septic Services
Member of the British Columbia Onsite Sewerage Association

We're here to help you maintain and manage your septic system.



Call us at:
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is pleased to announce that we are now moving Heavy Equipment

- Tridem Tilt Deck
- Tridem Drop Deck



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CALL 250-566-1782
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Glass Cutting, Picture Printing,
Mating and Framing

call Bill Arnold 569-3381

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FOR SALE
CALL AL #569-2602

SUN VALLEY RESTAURANT

NOW HIRING!!
Full time/Part time Servers
APPLY WITHIN

PHONE 250-569-0007 FAX 250-569-0004



Country's New Generation

Saturday, October 17th
7:30 P.M.

\$25.00, \$30 at the door.
Tickets at Steedmans - 569-2415



Turn left, no your other left. Slow down. Watch out for that branch. (Don't you just hate back seat drivers?)

The FACE of FRAUD

Tuesday, October 20th at the E-Free Church. Doors open at 6PM. Brought to you by The McBride & District Chamber of Commerce. In 2008 over \$37 million dollars were reported lost by Canadian victims of fraud. As a consumer/business owner there are simple precautions you can take to protect yourself (and your money) from becoming a victim of counterfeiting, payment card crime, cheque/money order fraud, financial schemes and identity theft. Join Clara Appleby, Branch Manager of Scotiabank McBride, as she discusses different types of fraud, precautions you can take and resources you can turn to for more information.

MINOR HOCKEY NEWS

Timekeepers Course Wednesday, October 7, 3:30pm at the Arena. This course is free. Must be 14 by December 31st this year. In order to timekeep this year you must take the course. Call Jen at 569-0150. Referees Clinic Saturday, October 17, 9am in Valenmount. We need refs to make Minor Hockey successful. Fee of clinic will be reimbursed. Must be 12 by December 31st. Carpooling options being looked at. Stay tuned for more details. Call Jen at 569-0150. Registration - There is still time to register for McBride Minor Hockey. Contact Wanda at 569-0320. Hockey starts September 28. Free Hockey Clinic October 2, 3, 4 for all registered players. Anyone wanting to be on the 'On Call Concession List' please call Nicole Molendyk 250-569-2310. (Must have Food Safe)

SCHOOL NEWS

BC College & University Fair. McBride Secondary School is pleased to be hosting a BC College & University Fair October 9, 10:00-11:30 AM. Everyone is welcome to come and meet with representatives from many BC Post Secondary Institutions. Friday October 30, 7-11PM. Halloween Dance, lots of prizes, great music, & fun!

GARAGE SALE

Garage Sale at #8 Beaverview Lodge on Thursday, October 1st from 9am to 5pm.

MISSING

Short haired Female Calico Cat. Multicolored (dark brown/orange/white) Fairly small, has an orange tip on her tail. Any information very much appreciated. Please call 250-569-2304 or 250-569-7649.

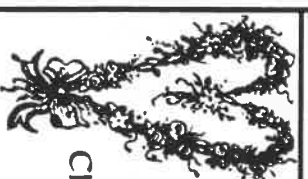
THINK ABOUT IT...

Sign on the coffee room wall:
After the tea break, staff should empty the teapot and stand upside down on the draining board.

Take a Break in McBride...B.G.'s Friendliest Toward!!

House of Jasper
SILVER DESIGN STUDIO
New Designs in Amber

OPEN
Fri., Sat., Sun. 11:00-3:00
141 Dominion St. McBride



The Willow Heart
Store WIDE SALE

Start your CHRISTMAS SHOPPING early
25-50% OFF

By chance or feel free to call ahead
1630 Koeneman Rd. 569-3310



McBride Curling Club
AGM and
General Curling Meeting

October 9, 2009 at 7pm

Are you interested in curling this season?

Want the opportunity to pay your dues at a discount?

Want a chance to win FREE curling for a year?

Everyone come to the McBride Curling Club

Curlers and Non-Curlers welcome



NEWS FLASH...
Cat pile up on Hwy. 16. Police say drinking was not a factor.

Community Calendar sponsored by the Village of McBride and the McBride and District Chamber of Commerce

McBride & District

October 2009

Community Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MUSEUM/LIBRARY 10am - 5pm & 7 - 9 pm tue; 10am - 2pm wed; 2 - 9pm fri; 2 - 5pm sat SDA FOOD BANK: PHONE 569-3225	Drop in Basketball @HS Thursday 7-9pm Minor Hockey Figure Skating @ Rec Centre	Get Involved, have fun! volunteers are the heart of our community!	Foodsafe @ Highschool 2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	Foodsafe @ Highschool 1 - 3 pm AUCW Thrift Shop	Foodsafe @ Highschool 1 - 3 pm AUCW Thrift Shop	SDA Church 3
Churches 4 Robson Valley Support Society Employment Counselling, Job support, child care and more Call: 250 569 2266	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm Community BBQ @ELKS HALL	6:30 pm Kids Crafts @ Odds n Ends 7 - 8 pm Aerobics@Elks Hall	6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop 7pm @ Curling Lounge	SDA Church 10
Churches 11	Happy Thanksgiving	6:30 pm DORCAS 7-8 PM AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit McBride Village Council Meeting	3-4 pm Kids Crafts @ Odds n Ends 7-8 pm Aerobics@Elks Hall	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 16
Churches 18	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm DORCAS 7-8 PM Library Trustees 7 pm AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit	3-4 pm Kids Crafts @ Odds n Ends 6:30 pm Bingo @ Legion Hall 7 - 8 pm Aerobics@Elks Hall 7:00 pm CoC @ E Free Church	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 17
Churches 25	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm DORCAS 7-8 PM AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit McBride Village Council Meeting	10:30 am Seniors Pastoral Care Service @ Hosp 3-4 pm Kids Crafts @ Odds n Ends 7-8 pm Aerobics@Elks Hall 7:30 pm Family Support Group@HU	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 24
Churches 26	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm DORCAS 7-8 PM AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit McBride Village Council Meeting	6:30 pm Srs Bingo @ BVLodge	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 30
Churches 27	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm DORCAS 7-8 PM AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit McBride Village Council Meeting	6:30 pm Srs Bingo @ BVLodge	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 31
Churches 28	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm DORCAS 7-8 PM AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit McBride Village Council Meeting	6:30 pm Srs Bingo @ BVLodge	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 31
Churches 29	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm DORCAS 7-8 PM AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit McBride Village Council Meeting	6:30 pm Srs Bingo @ BVLodge	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 31
Churches 30	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm DORCAS 7-8 PM AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit McBride Village Council Meeting	6:30 pm Srs Bingo @ BVLodge	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 31
Churches 31	6 - 7 pm Aerobics@Elks Hall 7 - 9 pm VFD mtng @ Fire Hall	6:30 pm DORCAS 7-8 PM AUCW Thrift Shop 1 - 3 pm AUCW Thrift Shop 6:30 pm TOPS @ HlthUnit McBride Village Council Meeting	6:30 pm Srs Bingo @ BVLodge	2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6:30 pm Srs Bingo @ BVLodge	1 - 3 pm AUCW Thrift Shop	SDA Church 31

Wed Closed

TRANSFER STATION HOURS MON/TUES/THURS/FRI - 9-5 SAT/SUN - 10-4 STAT HOLIDAY 10-2

McBride Recreation Centre - Open Call 569-3360 for more information on programs or go to www.rdtffg.bc.ca and follow the links

Phone: McBride Visitor Centre, 569-3366, or email details to: come2mcbride@telus.net

October Calendar deadline: October 27, 2009



McBride & Valemount

Your Neighbourhood Food Store

Fresh from the Okanagan!



October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 SENIORS TRIP MetteHosSprings Call Dawnna.3210	5 Exercise-BV-9am Movie-6:30pm	6	7 Chair Exercises Beaverview-9am	8 Stitch/Knit @ BV 2pm-4pm	9 Chair Exercises Beaverview-9am	10
11	12 THANKSGIVING Movie/Games 6:30pm	13	14 Chair Exercises-9am Birthday Tea 2:00	15 Stitch/Knit @ BV 2pm-4pm	16 Chair Exercises Beaverview-9am	17
18	19 Exercise-BV-9am Movie-6:30pm	20	21 Chair Exercises Beaverview-9am	22 Stitch/Knit @ BV 2pm-4pm	23 Chair Exercises Beaverview-9am	24
25	26 Exercise-BV-9am Movie-6:30pm	27	28 Chair Exercises-9am OAPO Dinner-noon OAPO meeting-1pm	29 Stitch/Knit @ BV 2pm-4pm	30 Chair Exercises Beaverview-9am	31 HALLOWE'EN

50 lbs BC Russets
\$19.99 ea

10 lbs BC Russets
\$5.99 ea

10 lbs BC Beets
\$7.99 ea

BC Cabbage
.59¢ lb

10 lbs BC Carrots
\$7.99 ea

10 lbs BC Rutabagas
\$7.99 ea

25 lbs BC Onions
\$15.99 ea

BC Spartan or Golden Delicious Apples
.79¢ lb

4 lb BC Concorde Grapes
\$9.99 basket

Sale prices in effect
September 29th - October 3rd 2009
While quantities last!

