

**Advantage Insurance Services Ltd.**  
Rosemary L. Hruby, CAIB  
250-569-2264

**OPEN**  
**Monday to Friday**  
**8:30am - 6:00pm**  
**Saturday 10:00am - 3:00pm**

<b>PEPSI</b> 2 L ~ 2 for ~ <b>\$4.00</b>	
<b>MONSTER</b> 473 ml ~ 2 for ~ <b>\$5.00</b>	
<b>PRINGLES</b> 162-191 g ~ 2 for ~ <b>\$6.00</b>	<b>Husky</b> <b>569-2441</b>

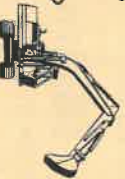
**ROBSON VALLEY CONSTRUCTION**  
**REDI-MIX CONCRETE**

PO BOX 474  
Phone (250)569-2593  
Fax (250) 569-0178



**BEST PRICES**

- CONCRETE**
- Concrete Stamps
  - Driveways
  - Finish Concrete
  - Delivery Concrete
  - Delivery Gravel, Sand & Dirt
- EXCAVATION**
- Excavating Road
  - Excavation
  - Dozer Work
  - Ponds, Lagoons & Trenches
  - Haul Equipment



**HEAVY HAULING**  
-Tridem Tilt Deck -Tridem Drop Deck  
Best Rates In Town



- CONSTRUCTION**
- General Construction
  - New Construction
  - Remodeling
  - Drywall
  - Residential
  - Commercial
  - Install Septic Systems, Repair & Removal
- 30 YEARS OF EXPERIENCE**

**DOME CREEK BUILDERS**

**CUSTOM CEDAR**

**EXTERIOR FINISH**

*(20 Years Experience)*

Call: Kohl @ 1-250-553-6867

or

Mal @ 1-250-553-2336

Jerry Stanley 569-7012

- 5 ton Mini Excavator**
- \*12'4" dig depth - 12'8" loading height
  - \*Blade w/ float
  - \*High speed travel (8 km/hr)
  - \*Zero tail swing

**Bobcat S300**

- \*3000 lb lift capacity
- \*72" bucket, 78" skeleton bucket & pallet forks
- \*High speed travel
- \*Vertical lift path



**Arctic Cat 650 4X4's with trailers**

- \*Independent suspension
- \*1000 lb capacity trailers with electric brakes, dumps, winches, dual axles with high flotation tires and independent suspension

**Competitive Rates!**

**Serving The Robson Valley**

**Irene Bernsden**  
**250-569-7397**

Toll Free: 1-888-563-7397  
Email: ireneb@royallepage.ca  
www.mountainviewrealty.ca



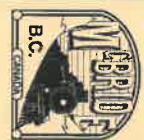
Sales Representative  
McBride, BC



**Shiver-me-Timber**  
**Frame Construction**

- Framing using timbers and traditional joinery
- Face lifts with timber accents
- Timber Frame additions
- Cabin packages
- Anything you need done with Timbers we will do!

Call Wayne Friesse @ (250) 569-7702  
or email waynefriesse@btdmail.com



**FREE The little FREE McBride Paper**



*Serving BC's Friendliest Town and Area!!!*  
*For the week of Wednesday, October 20th, 2010*

**OPERATION CHRISTMAS CHILD**

The Public is advised that Operation Christmas Child is under way. You are invited to pack a shoebox for a needy child and bring it to McBride E-Free Church before Saturday, November 13th. Watch for posters. Any questions? - call Jim at 569-2334.

**THANK YOU**

Brenda and Vince Bodharchuk would like to send our thanks in making Daylene & Adam's wedding day a success by thanking those who made it easier to plan this event from a distance. Thumbs up to Irene & Dennis Rejman, Community Hall Staff, Val & Howard & Staff at Sandman, Matt & Sherry, McBride AG Foods & IGA stores, Mrs. Wheeler and all the helpers who set up chairs in Keeneman Park.

**MOVIE NITE**

McBride Secondary will be hosting MOVIE NITE on THURSDAY, October 21st! Tickets are \$5.00 at Steadman's, McBride Trading Company, or at McBride Secondary and \$6.00 at the door. A concession is available.

The 4:30 movie is TOY STORY 3 by Pixar Animation and Walt Disney Pictures. This movie is 103 minutes and rated PG. The 7:00 movie is KNIGHT AND DAY. This movie is 130 min. and rated PG-13.

**MCBRIDE CURLING CLUB**

Open House / Social and Curling - Free. Friday, Oct. 22nd at 7:00 pm. Interested in curling? Never curled? Always curl? Everyone Welcome. Regular mixed curling starts Friday, Oct. 29th at 7:00 pm. Anyone interested in curling, please contact Kevin Taphorn at 250-569-7434.

**SCHOOL NEWS**

McBride Secondary Community Calendar - The Grade 12's have been out selling the annual "Community Calendar". They are \$10.00 each and must be paid in advance at the McBride Secondary School by November 1st or it will not be ordered. For more info, please call the school at 250-569-2295.

**Monday, Oct 25 10:10am-11:30am** BC college & university advisors will be attending a post secondary fair in the gym at McBride Secondary. The following schools will be present: BCIT, CNC, Emily Carr University, Okanagan, RMC/CF, SFU, TRU, TWU, UNBC, UVIC. Everyone in the community is invited to join us! **Monday, Oct. 25 10:10am-11:30am** UNBC will be available to admit grade 12 students on the spot Oct. 25. By completing an application form available from a recruiter and self reporting grades, your students can immediately find out if they have been conditionally admitted to UNBC for September 2011! Some important things to know about our "admissions on the spot program": •The application fee will be waived for students who participate in this face to face activity. •Admission is available for Arts, Commerce, Planning and Science. •Students who apply for admission are automatically considered for numerous entrance awards.

**Variety Night - 7:00 p.m.** Wednesday, October 27th. Admission \$5.00 each, Under 6 Free. Come out and support the local talent. Proceeds towards the Snowboard Team travel expenses.

**McBride Secondary School Craft Fair.** The Craft Fair will be held on Saturday, November 27th. Tables are \$15.00 each or 10% of profit whichever is greater to a maximum of \$50.00. If you would like to reserve a table, please call the school. There is no guarantee that you will be able to have the same table as last year, so make sure you book your table early.

**Grad 2011 students** are taking orders for Christmas Poinsettias now. Don't miss out on these beautiful potted plants. Three colors to choose from! They will be ready for pick up on Nov. 26/10 or pick up at the High School Craft Fair on Nov. 27/10.

29

**Halloween Dance at McBride Secondary.** Friday, October 29 **Graduation Dinner Caterer Needed!** This year's graduation class will be holding their grad on Saturday, June 25th at the Robson Valley Recreation Centre. We are looking for a caterer for approx. 450-500 people. Bid to include menu plan, copy of Caterer's License and references to be submitted to the McBride Secondary School by Friday, December 10th. If you have any questions, please call the school at 250-569-2295.

**Dry Grad Class of 2011** will now be doing fundraising for Grad. Firewood orders or Odd Jobs please call Brian Taphorn 569-2406.

**Via-Rail Schedule**

Phone 1-888-842-7245

Going West - Sunday, Wednesday & Friday...2:40pm  
Going East - Monday, Thursday, Saturday...1:48pm  
Discounts for booking 1 or 3 days in advance (not counting travel day)  
Kids' tickets \$10 ea. this summer. nationwide

**Important Phone Numbers**

EMERGENCY ..... 9-1-1  
R.C.M.P. .... 569-2255  
Hospital ..... 569-2251  
Health Unit ..... 569-2251  
K to 7 School ..... 569-2721  
High School ..... 569-2295  
School District 57  
1-800-256-7857  
Report Forest Fires - 1-800-663-5555

**Take a Break in McBride...B.G.'s Friendliest Town!!**  
Inquiry B.C. 1-800-663-7867 - For Toll Free Calling to Provincial Numbers ...  
Dial this Number 1st and ask operator to connect you to provincial department.



**NEIGHBOURHOOD PUB**  
250-569-0101  
600 - 1st Ave.  
11am-11pm  
7 Days a Week!

WE WILL BE CLOSED ON SUNDAYS  
FOR THE MONTH OF OCTOBER.

WINTER IS NEARING CLOSER WHICH MEANS  
THAT WE HAVE SOME BIG PLANS  
FOR SOME GREAT CHANGES.  
TO ALLOW FOR THESE CHANGES WE WILL  
BE CLOSED FROM OCTOBER 24 - 31.

WE ARE STILL ACCEPTING APPLICATIONS  
FOR KITCHEN STAFF!  
RESUMES MAY BE FAXED TO 250-569-0101  
OR EMAILED TO num269@telus.net

GIFT CERTIFICATES - WHAT A GREAT GIFT!

JOIN US FOR A GREAT TIME!

**McBride AG Foods**

**OPEN DAILY**  
**FRESH FISH FRIDAY!!!**  
**This Week**  
• Red Snapper • Arctic Char  
**Friday & Saturday**  
**"Dutchman Special"**  
14oz. "AAA" Beef Striploin \$5.99 ea

569-0140

OPEN Mon.-Thurs. 7-6, Fri. 7-7, Sat. 7-6, Sun. 7-5

**McBride Trading Co. Ltd.**

**• BLOW OUT •**

Supplement Sale  
on Select Products

\*Start your Christmas Cakes now  
Delux fruit mix is here!!!



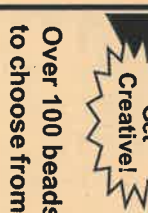
TRY Our NEW Coffee Flavour Shots. 25¢ ea

\*Thursday, OCT. 21st SPECIAL\*

\*\*Chocolate Cheese Cake\*\*

• OPEN Monday to Saturday 9am-5pm •

**Attention All Crafters!**

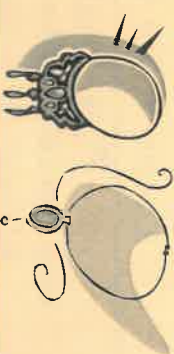


Over 100 beads  
to choose from!  
Design and make  
your own jewellery.  
House of Jasper now sells  
individual stones.

Make something  
for a friend.  
Holidays are just  
around the corner.

Open: Fri. Sat. Sun.  
11:00 AM - 3:00 PM

141 Dominion St,  
McBride



Tel: 250-569-0431

**Robson Valley Support Society**

942 3rd Ave McBride 250-569-2266

- Police Based Victim Services
- Supported Child Development
- Employment Assistance Service
- Safe Shelter
- Respectful Relationships
- Stopping the Violence Counselling
- Child and Youth Mental Health Counselling
- Children Who Witness Abuse Counselling
- Infant Development Consultant
- Stepping Stones Children's Centre
- Handyman Program
- Family Support
- Women's Outreach

**FOR SALE**

2005 Ford F150 Supercab, Lariat, shortbox, 178000km,  
#6945, \$7995.00  
2005 Ford F150 Supercab, XLT, shortbox, 120000km,  
#8554, \$9995.00

2003 Coachmen Mirada 30' Class A Motorhome...  
clean, reliable and ready to go with Queen island bed,  
generator, three burner stove, bunk seating, microwave,  
fridge/freezer, 199600km. \$37500.00.

For more information contact Dave or Wade at  
250-569-8830 or stop by the shop at 923 Airport Road  
DL11107.



## GET READY FOR THE NEXT SEASON

### Firewood For Sale

- Birch • Fir/Spruce • Fir Logs
- Poplar • Cedar for sale
- Bucked/spilt by the cord

Phone 250-569-7406

## By Choice Carpet Care

Carpet & Upholstery Cleaning Service • Furnace Ducts  
Emergency Clean Ups • Residential • Commercial • Vehicles

Blue River • Valemount • McBride (250) 566-4578



## Employment Assistance Service Robson Valley Support Society

# NEED A JOB?

## NEED A WORKER?

Contact Bob Thompson 569-2266

Funded by the  
Province of British Columbia

## McBride Bottle Depot

552 Main Street Phone: 250 569 7760

Open Hours: Thursday, Friday, Saturday: 10 am - 5 pm

## JMS Mobile Welding Services

40 yrs experience

Big or small jobs

James Stoltz

250 553 6873

## MARKETPLACE

233 Main Street  
McBride, B.C.

Your Neighbourhood Food Store 569-2712

DELA Mortadella...¢.99 / 100g

Fruit Salad...¢.99 / 100g

Turkey Meatloaf...\$1.29 / 100g

Whole BBQ Chicken - \$.69 till October 23

Schneider Boneless Skinless Chicken Breasts

(frozen) - 3 kg box ..... \$28.99 each

All Beef Burger Patties - 907 g ..... \$3.69 each

Whole Frying Chicken ..... \$2.69 / lb.

Outside Round Oven Roast ..... \$3.99 / lb.

BC Spaghetti, Acorn or

Butternut Squash ..... \$1.49 / lb.

BC Onions - 25 lb. bag ..... \$15.99 each

Gain 2x Liquid - Lavender - 32wl ..... \$9.99 each

Assortment of Voortman Cookies

check out our *Manager's Pick Rack*

LOTS OF HALLOWEEN CANDY

IN STOCK!!!

## BAKERY

Danish Butterhorns - 4 pk...\$2.99  
Turnovers - Cherry - 4 pk...\$3.29

BARBARA FAUST, CBL

## LYMPH DRAINAGE & BODYWORK

FOR APPOINTMENTS CALL 250 968-4509

WATKIN'S PRODUCTS AVAILABLE

CALL FOR A CATALOGUE:

KATHY @ 250-569-0448

## For Sale

Reg. Bred Percheron Mares

Phone: 250-968-4544

New Construction, Renovations Certified Septic Installer  
Additions, Framing, Finishing Bobcat Skid Steer With  
Cabinetry & Wood Doors Various Attachments

G & A Moore Ventures

Gerald Moore

Contractor



www.mooreventures.ca

Tel: 250.569.2269

McBride, BC

Cell: 250.569.7147

(250)569-6809

Adam Roth Stonemasonry

Winters coming, and I'm moving in!!

Did you know that for \$1000-\$5000, you could have the most gorgeous stone facing around your fireplace, complete with mantles and hearths?

Also making this winter - custom pillars and gates, flagstone floors, water features, rain catchers...You name it, I rock it! River rock, river flats, split face, ledgestone, field stone - local, natural and durable.

Inquire Soon and even competitive in price to culture stone.

STONE MUST BE COLLECTED BEFORE SNOW FLIES! Also doing odd jobs, basic construction - Need a man?

## GARAGE SALE

Saturday, October 23 - 10a.m. - 2p.m. at 1130 Second Ave.

## FOOD SAFE

A Foodsafe Course is offered at the Hightschool. 8:45a.m. Wednesday & Thursday. \$65.00.

## ELKS & ROYAL PURPLE NEWS

Garage Sale - Just a reminder the next Elks and Royal Purple Garage Sale is on Saturday, November 6th, 10:00-2:00p.m.. If you would like to book at table @ \$10.00/table, please call Barb Jackson at Odds & Ends 569-2645.

New Year's Dance - The Elks and Royal Purple will be putting on the annual New Year's Dance again this year. Watch for more details!

## CATERER NEEDED

The McBride & District Firefighter's Association is requesting quotes for our annual Emergency Services Christmas Dinner for Saturday, November 20th, 2010, at the Elks Hall for approximately 80-100 people. The quotes should include the menu being offered with a cost per plate based on ages grouping under 6; 7 to 12 and adults 13 and up. Please forward your bids c/o Allan Frederick, Box 340, McBride, prior to November 1st, 2010.

## VALLEY MUSEUM & ARCHIVES SOCIETY

The Valley Museum & Archives Society Presents "The Jack Family" - 2nd of the Pioneering Families Series. An exhibition of an archival & artifact display courtesy of the Jack family. \*On exhibit until October 27, 2010 at the Museum/Library Building at 241 Dominion Street, McBride.

## BIRTHDAY WISHES FOR OCTOBER 20 - 26

Bridge Uhl, Gillian Hooker, Jaden A Anderson-Kirk, Karen Hickety, Nelson Hicks, Pete Amyony, Riley Zummack, Derrick Shaw, Elke Richter, George Schafer, Anne Portier, Clayton Howard, Mark Aubrey, Rochelle Warner, Sally Buck, Travis Smith, Wade Phillips, Dorothy Stewart, Jeff McNaughton, John Wheeler, Victor Rollinson, Wendy Howe, Clinton Traquair, Geoffrey Cowburn, Joyce Godfrey, Kyrel Silva, Susan Cousineau, Gary Wright, Izzy Monroe, Kelly Taphorn, Martin Phillips, Maurice Bonneville, Brian Shawara, Ryan Elder, and to anyone else we missed, Happy Birthday.

## BUY, SEEL, RENT & MISC.

For Sale-4 - 15" winter tires w/studs \$50. ph 569-2359\*\*For Sale-roofing shingles, 5 bundles, Yukon 3 tab 2 tone grey -manufactured Mar. 09, 32.3 sq. ft. coverage per bundle, \$15 per bundle. 4 winter tires, like new, Bridgestone Blizzak 185/65 R14, \$200. Call Chuck at 968-4400.\*\*Wanted: used loveseat in good condition. 250-569-2637\*\*For sale-Metal fuel tank stand for 300 gallon tank. \$140. 250-553-2300\*\*For Sale-2 Dairy Cows. Hand or machine milk. \$1000 each obo. 1 outfitter broke Mare, good for kids or anything \$1000 obo. For rent 2 bedroom cottage \$400/month. Wanted 243 or other small calbre for kids. Call 569-0426\*\*Wanted-Decefrcezer, reasonably priced. Ph:250-569-8859\*\*Free-Used chimney bricks, many singles. Phone 569-3322\*\*Free Tires. Phone 569-2277\*\*For Sale-25" color TV, works great, \$20. 14" color TV, works great, \$10. To pick up, Washer & Dryer - Free, good working order. Phone 604-229-0924\*\*For Rent-3 Bedroom Mobile Home in Riverbend Mobile Home Park. New floors, fenced yard, storage shed. \$550/month, pad rent included. 569-8845\*\*Free-older couch. Call 250-569-0102\*\*Wanted: Bed frame to fit a twin sized bed. Phone 569-0320\*\*For Sale-Large Sliding Glass Window, double pane with screens 4' x 6' \$150 / Almost New 50gal Hot Water Tank \$50 / Large Console T.V. (works good) \$100 / Assortment of Antique Steel Bed Frames PH:569-0377\*\*Wanted-1 or 2 Bottom 3 point hitch plow Ph:569-0377\*\*Looking for heated/non-heated garage or shop to rent for the winter to store small car, motorcycle and possibly travel trailer. Enclosed building for vehicle preferred, roof only for travel trailer acceptable but enclosed preferred. Contact Chuck Rollinson 569-7695 or chuckrollinson@msn.com\*\*FOR SALE-14 foot travelair camper trailer, it's about as small as you can get and still have an inside toilet. Do you need a bush truck? Why not get one that knows it's way around. 1990 Toyota pickup. Comes with V6, front mount winch, all steal box and a canopy. \$2000. 1991 nission pickup 4 cylinder comes with canopy. \$1750. Call Bryan 569 2279 or 569 7508.\*\*Wanted: large lightly used cat tree, for very active part Siamese cat. 569-8807\*\*For Sale-Electric Power Assisted Bicycle/Scooter. No Licence, No Registration, Brand New \$800 Ph:250-968-4420\*\*For Sale-16' Carhauler trailer. Ph. 250 569-7378\*\*For Rent-Large room dwintwn McBride. \$400 plus shar'd utli. Includes ADSL, TV, furnishings, private entrance, heat control. 569-8807\*\*Wanted-Reasonably priced Wood Stove in any condition. Al 250-569-0191\*\*For Sale-2000 Gulfstream - Amerilight (bought new in 2003) 4 brand new tires, new 50 amp converter, new hot water heater, new battery, This 24' trailer has: one slide out (sofa), air conditioning, furnace, microwave, refrigerator/freezer, 3 burner stove/oven, am/fm cassette stereo (two speaker zones), shower and small tub, awning, full size queen bed over hitch, table and sofa covert to beds -Reduced to \$9000. 968-4331\*\*For sale 18" interior door with frame \$10.00, 36" bifold door \$20.00, 78" vertical blinds (off white) \$10.00, 5 bulb white chandelier \$20.00. Call 569-0165.\*\*For Rent-2 bedroom commercially zoned basement suite on Main Street. \$500/mth plus utilities. Lots of storage rooms. Heated by pellet or electricity. Shared laundry, single garage. Reside, have a business, or both. Phone 569-0370\*\*For Sale-1988 Ford Bronco II, 4 new tires and 3 spare tires. Runs well. Asking \$1750. Phone 569-0370\*\*For Sale-F250 Crewcab, 5.4L automatic. 205,000km. Title. Cruise, Air, Stereo. Wood box liner. Gooseneck and 2" receiver w/ wiring @ brake controller. \$9,500 569-0130\*\*For Rent-1 Bedroom Apartment, across from the Hospital, F/S, N/S \$500.00 Ph:569-0208\*\*To place an ad call 569-3110, Fax 569-0220 or drop info at 455 King St.

**Greyhound Bus Schedule** The Farm Store 569-0425  
Depart to East-11:15pm Daily • Valemount, Jasper, Edmonton  
Depart to West-6:10am Daily • Prince George

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, email:sglines@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 & Broom

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

**Alaina Chapman**  
Registered Massage Therapist  
250 968 4300  
Starting Oct. 6 in McBride

## STR8 UP Renovations

NEW CONSTRUCTION, RENOS,  
FARM BUILDINGS, SHOPS, DECKS,  
WINDOW ORDERS & INSTALLATION,  
BLUE PRINT & CUSTOM DESIGN,  
JOURNEWMAN CARPENTER.

17 YEARS EXPERIENCE

CALL JEFF WAGNER •250-569-7906



Vanderhoof & Districts  
Co-operative  
Association

### DRIVER SALES REPRESENTATIVE

For Commercial and Farm Personal Contact  
where high level of customer service is Job One.

## Delivering Fuel East to McBride

Greg Belshaw

990 Railway Road Vanderhoof Head Office  
Prince George, B.C. Phone 250-564-3488  
Toll Free 1-866-309-2667 Fax 250-567-4490  
Home 250-963-9011 Cell 250-565-8436

End of Vacation

See you at the Station  
Beanyey 2 for coffee & treats



Mon-Fri 6:00a.m. - 5:00p.m. / Sat & Sun 9:00a.m. - 5:00p.m. / Patio Tables

## Digital Designz



Martina Wall Phone: 250-569-0118 1139 McBride Crescent  
www.canadiandigitaldesignz.ca

BLUE BOAT ANTIQUE / 2ND HAND SHOP  
Inside Out House Painting Service

Phone 569-7473

Ravensnook Guesthouse & Vacation Rentals  
Furnished Accomodations  
for Discerning Travelers



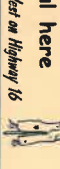
421 Main St. McBride 1-250-569-7133

SCARE CROW FARM B&B ☎ 569 0351

Camper's Welcome Horses Welcome too!

It's beautiful and very peaceful here

email: scarecrow@mcbridebc.com 15km West on Highway 16



**Robson Valley Pet Hostel**  
Grooming & Boarding



Serving locally for 26 years  
569-3319 animal health technician

## Wade's Auto Repair

• complete automotive service  
and mechanical repair

A division of DNG Developments

923 Airport Road

Appointment: 250-569-8830

MICAH YODER

REGISTERED ACUPUNCTURIST  
CALL 250-566-1782

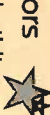
FOR AN APPOINTMENT.

Glass Cutting, Picture Printing,

Mating and Framing

call Bill Arnold 569-3381

•Sirens• Hair Cuts and Colors



Located in the McBride Mountain Sports building,  
entrance facing 5th Avenue.

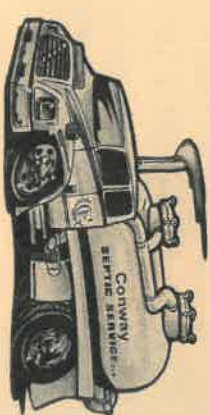
Phone: 250-569-0131 OPEN Tues. to Sat.

**YODER** at 97.1  
Christian Family Radio Network

**Conway Carriage Septic Services**

Member of the British Columbia Onsite Sewage Association

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



Call us at:  
250-566-6680 or  
250-569-7371

**Custom Hand Split  
CEDAR POST & RAIL**

250-569-7286

## EPICURE Products for sale

Serving McBride, Dunster and Valemount.

Please call Lorrie Bressette at 250-968-4491

for a catalogue or if you wish to  
host a party in your home.

Watkins products and catalogues are also available





## The Willow Heart

SALE ♡ SALE ♡ SALE

\* Start your Xmas Shopping early\*

By chance or pls. feel free to phone.

1630 Koenenman Rd (250)569-3310

### MCBRIDE MOVIES & MORE New Release Movies

569-0123

•Preditors •Please Give

•Night of the Demons •Mirrors 2

...•OPEN 7 DAY A WEEK!!!...•

•Monday will be a 2 day Rental

•Thursday will be Rent 2 new Releases or 2 top 100 & get a Children's Movie Rental FREE or a Gallery Movie Rental for \$1.00

\*\*\*We now have a small selection of video games\*\*\*

## Heartland Restaurant HELP WANTED

Full & Part Time  
Cooks and Servers

NEEDED IMMEDIATELY  
Apply within to Kelly

*Leigh* CREATIVE Professional Graphic Design  
Branding • Logos/Stationary • Brochures • Web Design & more  
Serving McBride and Area – Leigh: 250-569-8807

Canoe Robson Valley  
Community Futures

Would you like to explore the idea of starting your own business?

You may qualify for the SEB Program if you:

- Presently on E.I.
- Have been on E.I. in the last 3 years
- Have been on maternity leave in the last 5 years

For more information on the Self Employment Benefit Program (SEB), please contact:

Allan Frederick Phone: (250) 569-2229  
SEB Co-ordinator Fax: (250) 569-3276  
E-mail: futures3@telus.net



Canada

## HEALTH NEWS

The next Diabetes Group Meeting will be held October 21st from 1 - 3 pm in the Education Room of the hospital. We will be reviewing Carbohydrate Counting and meal plans.

**Prenatal Classes** - Are you expecting? Are you interested in classes? Where: Public Health Unit. When: TBA. Please call the Health unit at 250 569-2251 ext. 226 for more information.

**Get immunized! Influenza** vaccine is free for: •Adults 65 years and over. •Healthy children aged 6 to 23 months. •Adults and children with a chronic illness. •Adults who are very obese (BMI greater or equal to 40). •People working with live poultry. •Household contacts of people at high risk for influenza. •Pregnant women in their third trimester during influenza season. •Household contacts and regular child care providers of children aged 0 to 23 months. •People providing service in potential outbreak settings housing high risk persons. •Health care workers. •First responders. •Corrections Officers. •Aboriginal peoples. McBride Health Unit, 1126 - 5th Avenue, call 250-569-2251 ext. 226. **Appointments only for the following days** October 21st, 26th 9:00am - 2:00pm. November 2nd 1:00pm - 4:30pm & 6:00pm - 7:30pm. November 4th, 16th, 25th, 30th - 9:00a.m. - 11:30a.m. **Drop In - No appointments required** November 9th - 1:30p.m. - 2:30p.m. **Beaverview Lodge - residents Only** November 9th - 1:15p.m. - 3:30p.m. **the northern way of caring** Influenza shots will be available throughout the flu season. Contact your health unit, 8-1-1 or www.northernhealth.ca for more information.

### COMMUNITY ANNOUNCEMENT

**Volleyball** - Drop in Community Volleyball has started at the McBride Secondary School. Time is 7:00 - 9:00p.m. on Wednesdays. **Robson Valley Book Swap** Library is now set up at the Robson Valley Recreation Centre. Feel free to take a book, leave a book, or trade a book. Books for all ages are in the display and free to everyone. Any questions please contact Jen Quam at 569-2266.

### 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 569-3186•**Seventh-day Adventist Church**- Meet Saturdays at 9:30 & 11a.m. 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**-Retiree Susan Hutchinson. 441 Dominion Street. Meet Sundays at 11:30 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. Call to Confirm.

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



MCBRIDE HOTEL

569-2277



COME JOIN US FOR SOME

HAPPY HALLOWEEN FUN

SNACKS / COSTUMES / PRIZES

\*DRINK SPECIALS\*

Music by



BOBBY LEE



FRI., OCT. 29th, 2010

and

Halloween Party 9:00pm  
SAT., OCT. 30, 2010

SEE YOU THERE!!!

### Author presentation

Jay Sherwood

Wednesday, October 20, 7p.m.

at the McBride & District Public Library

Refreshments Provided

Join author Jay Sherwood for a photographic journey through north and central BC with legendary surveyor Frank Swannell. Relive the final adventures of Swannell and his crew. See and hear about the colourful characters they met and worked with, like Skook Davidson, Charles Bedaux and One-Armed Brown.

Swannell didn't survey in the McBride area. However, one of his crew members for four years was the famous packer Skook Davidson. Skook and shorty Haynes had adjoining traplines in the McGregor River area from 1929 to 1934. Skook sent Swannell some pictures of his trapping and they are in Swannell's photo albums.

Shorty Haynes also worked on Swannell's crew in 1929. Hopefully people in McBride will recognize the location for some of Skook's photos in the McGregor river area.