

NEW BUSINESS

Robson Valley Septic

Starting in October!

Serving...

McBride, Dunster, Valemount
& Dome Creek to Albreda

TAKING BOOKINGS NOW
@ 250-569-7812

Mathew Rohl & Darrell Rohl
"Your business is our business."



Hometown
Proud

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

- IGA POP \$3.98 ea + dep.
- assorted flavors - 12 pack
- IGA assorted GROUND COFFEE \$5.98 ea
- 300g
- IGA APPLE or ORANGE JUICE \$1.48 ea + dep.
- 1L
- IGA Organic PEANUT BUTTER \$3.98 ea
- smooth or crunchy - 500g
- IGA assorted CANNED VEGETABLES .98¢ ea
- 398ml
- IGA MUSHROOMS \$1.28 ea
- whole or sliced - 248ml
- IGA CHEESE \$3.98 ea
- marble, medium, old, mozzarella - 300g
- IGA PEROGIES \$1.98 ea
- assorted flavors - 1kg

October 19 to October 25

FIREWOOD FOR SALE

1 3/4 Cord Trailer Loads - cut 16 Inch
Small Dry Pine Rounds \$200 + tax



Radius Edge Cedar Decking
.90¢ lin. ft. - up to 18 ft. lengths

250-569-0028

OHI-Dental Hygiene Practice



- Servicing McBride, Valemount, Blue River & Jasper, AB
- Complimentary Initial Dental Hygiene Exam
- Cleanings & Oral Cancer Screenings
- Professional Teeth Whitening & Tooth Jewels
- Senior & Long Term Care Mobile Services Available
- Dental Plans accepted - Fees listed on Website

www.ohidhlygienist.com

IP&C/CSR compliant - BC & AB 250.566.4664



Vanderhoof & Districts
Co-operative
Association

DRIVERSALES 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
Prince George, B.C.
Toll Free 1-866-309-2667
Home 250-963-9011

Vanderhoof Head Office
Phone 250-564-3488
Fax 250-567-4490
Cell 250-565-8436

NEIGHBOURHOOD PUB



250-569-0101 600 - 1st Ave.
11am - 11pm
Monday - Saturday!

Looking for KITCHEN HELP & SERVERS

FREE The Little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!!
For the week of *Wednesday, October 17th, 2012*

THANK YOU

I would like to express my sincere thanks for the wonderful retirement party for Bob Bekus and myself. I appreciate the effort everyone put into Saturday evening. Thanks to Kathy and Dwayne, Irene and Dennis, and Jill, Heather and Joel for setting things up, to Andy who kept everyone laughing, to all who made the very long trip to be here and to Derrick for his kind words. I would also like to thank everyone who came to share the evening or sent cards and letters. I am deeply touched. - Jane Blouin

McBride Self-Storage - Thank You. We would like to thank everyone who came out to the grand opening and charity auction in September. It was a great success with over \$500 raised for two local organizations. Special thanks to all those individuals who made donations to the auction units and to Home Hardware for their generous donations and support. We're looking forward holding another storage auction in the future. For additional information on McBride Self Storage, contact Rick Thompson at 250-569-7620 or 250-569-0165.

YARD SALE

ONE DAY ONLY - Multi-Family yard sale! Sunday, October 21st, 11:00am - 3:00pm. Housewares-Kids Stuff- Furniture- etc. 1139 McBride Crescent. Come and check it out!

NORTHERN WEATHER NEWS

The Screening Mammography Program is coming to McBride on October 17 & 18, 2012. If you are a woman aged 40 or over living in B.C. and meet the eligible criteria, call to book an appointment at 1-800-663-9203.

MINOR HOCKEY NEWS

HOCKEY!!!! HOCKEY!!!!!! HOCKEY!!!!!! MIDGET HOCKEY
McBride vs Valemount Saturday, Oct. 20th 10:00 - 11:30 and 1:30-3:00 Hope to see you there!

MCBRIDE ELKS & ROYAL PURPLE

Royal Purple & Elks -We will be doing hot dogs and hot chocolate again on Halloween in the Pavilion during the fireworks. See you there.

COMING EVENTS

At the Robson Valley Rec. Centre on October 19th at 7:00pm there will be a Food Bank game with our local players (Midgets up to Old timers mixed together) playing a game vs. Army. This is a thank you from the Army for welcoming/accommodating them for the past month and a half in McBride.

McBride Secondary Parent Advisory Committee Meeting. McBride Secondary PAC meeting this Thursday, October 18th, 7:00pm in the High school library. Be involved. Be informed. Be a member of the Parent Advisory Committee. Any questions? Agenda items? call Dannielle 250-569-2304.

Christmas Craft Fair coming soon! Book your tables now for the Christmas Craft Fair at McBride Secondary School on Saturday, November 24th. Call Kathy at the high school to book a table 250-569-2295. Any questions? call Dannielle 250-569-8891.

Halloween Fireworks - Hosted by the McBride District Volunteer Firefighters Association on Wednesday, October 31 at 8pm at the ball diamond on Main Street. Donation cans are circulating around local businesses.

Zinio? An intro to free e-magazines @ the McBride Library
October 19th at 7:30pm, October 24th at 2:00pm. With 300+ digital magazines we have an e-tile for every interest! Our intro session will help you set up your Zinio account and get started.

Storytime with Mother Goose @ the McBride Library Wednesday's at 10:00am.

Join RVSS and Library staff for rhymes, songs, fingerplays and fun! Aimed at families with children ages 0 to 3 years old.

Christmas Craft Fair coming soon! Book your tables now for the Christmas Craft Fair at McBride Secondary School on Saturday, November 24th. Call Kathy at the high school to book a table 250-569-2295. Any questions? call Dannielle 250-569-8891.

BIRTHDAY WISHES OCT. 17 - 23

Halley Carmont, Kelsey Shaughnessy, Nadine Showar, Nate deVries, Shavyna Melnychuk, Inge Richter, Aaron Watchuk, Kaileen Startlund, Gillian Hooker, Jaden Austin Kirk, Nelson Hicks, Pete Arnyoony, Derrick Shaw, Elke Richter, Anne Portier, Harlan Whitford, Rochelle Warner, Sally Buck, Travis Smith, Wade Phillips, Dorothy Stewart, Jeff McNaughton, Victor Rollinson, and to anyone else we missed, Happy Birthday.

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:sglines3@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
All articles and ads are not the expressed opinion of this paper.

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

Frankie and Sons Automotive Ltd.

Get Ready for Winter!

- Tires (Sales and tire swaps)
- Tune-ups
- Windshields

~~~~We also offer RV storage!~~~~  
975 Airport Rd. ~ 250-569-8830



Simply Relaxation  
Massage

by Appointment only  
Tues. afternoons; Thurs.  
Maivis Engelhardt  
250-569-2341

## D & T INDUSTRIES - Darwin and Tovi

Bobcat Services

## 299C CATERPILLAR COMPACT TRACK LOADER

- WITH ATTACHMENTS:
- \* AUGERS - 6, 9, 12, 18, 24 OR 30IN.
- \* POLES, POSTS OR FOOTINGS - TO A DEPTH OF 12FT.
- \* BRUSHER - 78IN. CUTTING WIDTH HIGH FLOW
- \* DUMP BOX TRAILER - 7X14FT. - DELIVERY/REMOVAL
- \* BLADE AND FORKS - 11.5FT. REACH
- CAN LOAD DUMP TRUCKS - MACHINE LIFTS +5,000LBS.
- \* BRUSH GRAPPLE - 84IN.
- \* STUMP BUCKET-CAN REMOVE JUST ABOUT ANY SIZE
- \* SOIL CONDITIONER - 84IN. \*TREE SPADE - NEW, OLD MAX
- GIN. BUTT \*BUCKET- YARD AND HALF
- \*25FT. TANDEM DUAL GOOSENECK TRAILER
- \*24 HOUR ON CALL SERVICE 250-569-7758 OR 7050\*

## Cougar Den Cabins

250-569-7308

Daily, Weekly & Monthly Rates

1800 samson rd. mcbride (bottom of lucille mountain)

## THE HAIR SHOPPE

569-3359 803 3rd Ave. - side entrance

Glass Cutting, Picture Printing,

Matting and Framing

call Bill Arnold 569-3381

## Robson Valley Pet Hostel

Grooming & Banding



Serving locally for 28 years  
569-3319 animal health technician

Ann Schwartz

MICAH YODER  
REGISTERED ACUPUNCTURIST

CALL 250-566-1782  
FOR AN APPOINTMENT.

SCARE CROW FARM B&B ☎ 569 0351

Camping, Weekly rates, W/Fi Bed and Bale

It's peaceful here and very beautiful!

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

## Scotiabank

Scotiabank is now accepting applications for an on call casual position.

Please apply within.

Applications will be accepted until October 31, 2012.

## Country Chic Beauty Salon

Ashley Chuipka Certified Hairstylist & Makeup Artist.

Jennette Chuipka Certified Esthetician.

Massage By Julie by appointment only.

Professional products available in salon!

Open Tuesday-Friday (unless otherwise posted).

CLOSED SATURDAY until further notice.

250-569-2344

It PAYS to Recycle

Your Beverage & Milk Containers

McBride Bottle Depot: 569-7760

It's Worth It. OPEN: Thur, Fri, Sat, 10 am - 5 pm - 552 Main St

NOW CLOSED SUNDAYS!

Come check out the BREW at the Beanery 2

Open M-F:6-5p.m. Sat.:9-5p.m. 250-569-0133

Patio is open

Antiques & Everything Useful

- Rare and very interesting.

\*Furniture \*China \*Figurines \*etc.

1108 1st Ave. or Phone 1-250-569-7162

CLOSING THE DOORS @ End of October 2012

Reopening on April or May 2013

Still many items on Sale. Also Cedar Picnic Tables

(250-569-7683)

Woodcraft & More (Restaurant) @ McBride Hotel

REALTY NICE STONEMWORK!!!

Call Maureen Raffi Stanczak at 250-569-6809

adamm@hthentures.com or email

"Rocking the Robson Valley!"

FOR SALE

\*20' steel container \$3650 •1980 F350 Flatdeck on propane \$1800 5.8 ltr, 4 speed, 70,000 mi on odom.

\*1987 F250 Extended cab 2 whdr on propane w/10' camper \$500 Phone 250-569-7070

AUTO FOR SALE

2001 Honda Accord - ready for winter driving

Family Car - \$4,500

Ph:250-968-4461

From October 3 - December 1  
**Christmas Fabric is in at Odds 'n Ends - 2645**

Laway or purchase an heirloom quilt or other locally-made item, and put your name in for a \$100.00 Shopping Spree (Draw Dec. 5)  
 (2) "Bedrunners"  
 (3) "Lap quilts"  
 (7) "Baby quilts"

(1) Youth/Twin quilt  
 (1) Quillow  
 (3) King-topper/Queen  
 "Victorian Garden"  
 "Happy to be Scappy"  
 "Starry Night Log Cabin"

Melva Phillips' patchwork bags make the best wrapping to present your heirloom gift! Lots more quality gifts.

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_  
 \$100 Shopping Spree to be drawn December 5th  
 10% of our locally-made gift price goes always to the Food Bank.



Do you have your HALLOWEEN COSTUME Yet?  
 If NOT, WHY NOT RENT ONE.  
 I HAVE 100+ COSTUMES RANGING FROM INFANT TO ADULT PLUS SIZES.  
 SHOP EARLY FOR BEST SELECTION.  
**PLEASE CONTACT**  
**SHEILA ANDERSON 250-569-0236.**

**ROBSON VALLEY CONSTRUCTION  
 REDI-MIX CONCRETE**

P.O. 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**

**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

**Advantage Insurance  
 Services Ltd.**

Rosemary L. Hruby, CMB  
 250-569-2264

**REMEMBER**

**We're OPEN**

**Saturdays 10:00am to 3:00pm**

**Back to School!**

don't let the "kids" have all the fun...go to "Odds 'n Ends School".  
 learn to make p.j.s, quilted table cloth,  
 t-shirt quilt, "scribble" knitting,  
 cupcake decorating, "mitts, Christmas gifts, etc.  
 October/Hours: 1-F open 11:55pm & open on Saturday  
 Call to register for classes 250-569-2645  
 \*Free gifts class  
 †tuesdays 6:30-8:30pm (all material provided)

**CHRONIC DISEASE**

Prevent, Arrest & Reverse Chronic Disease. October 28 - November 25, 2012 at the Dunster Fine Arts School, Dunster, BC. Free Information & Registration Sessions. Dunster Fine Arts School - October 21 / Valemount Community Services Building - October 22, McBride Secondary School - October 23 6:30 - 8:30p.m. \*Proven Results Priceless benefits.

**McBride Elks/Royal Purple**

McBride Elks Hall Rental - The McBride Elks Hall is available to rent for small functions, or for large functions. Check out our rental rates! The Farm Store is no longer booking but you can do so by calling either Dawna Hickey at 250-569-3210 or Al Miller at 250-569-0125.

**CATERER NEEDED**

The McBride District Volunteer Firefighters Association is accepting bids for a caterer for our annual Emergency Services Dinner held on Saturday, November 24, 2012. Deadline to submit a bid is Wednesday, October 31. Bid should be for 75 to 100 people and needs to include an adult and under 12 price per plate. Please contact Jen Quam for specific meal plan at 250-569-0150.

**BUY, SELL, RENT & MISC.**

For Sale-Snowmobile or Quad Deck, fits short box Chevy. \$1500.00 o.b.o. Ph:250-960-8038\*\*For Sale-4 mounted, used, winter tires and set of chains. 225/170 R15 700Q. Used on a Mazda pick-up. \$150.00 Ph:569-7276\*\*FREE-Clean, male, white and orange cat. Very good mousser. (2) Horseshoe lake road 250-569-7683\*\*Horse For Sale-3 Mares (2 Q/H / Arab cross, 1 Morgan / Q/H cross) All 3-\$1500. Must go by end of month. 2 broke to ride, good trail horses. Ph: 569-7057\*\*For Sale-2000 Cadillac Deville, 139,000km. Asking \$8500. Phone 569-2444\*\*Notice of Sale-1985 Ford Bronco owned by Manfred Halweg VIN:1PMEU15HEFLA78526. Outstanding storage debt \$2400. Sale date October 29, 2012. 210 Horseshoe Lake Road, McBride, BC V0J 2E0\*\*For Sale-35" almost new Trail Cutter tires on 15", 5 bolt rims \$700 obo. 35" almost new Cooper Discoverer tires on 18" super duty rims \$800. Mid 80's Honda Civic hatchback, runs. \$300. Canopy, fits 90's Chevy long/regular box truck \$100 obo. Box liner, fits 90's Chevy long/regular box truck \$50. Phone 569-2340 or text 569-4188\*\*For Sale-Bosch Stapler/Nailer \$75.00. Powerfit Stapler \$30.00. Phone 569-0211\*\*For Sale:Blue OBUSFORME Low Back (full back) and seat supports, blue, pd \$142 - asking \$50; Maroon Lumber Orthopaedic Support Cushion \$10; 3 Pce Maroon Bath mat set \$20; Ceramic White Goose cookie jar \$25; Lovely Contemporary crystal vase \$5; 11 Contemporary Wine Glasses \$20; Contemporary Glass Wine Bucket \$20; plus some house/kitchen wares, music CDs, movies, books, office supplies, ladies sizes 4 - 8 office/business/dress clothing & size 7 shoes/boots... Leigh 250-569-8807\*\*For Sale-2002 Saturn. Excellent condition. \$3000 o.b.o. Ph. Ed 569-7006\*\*For Sale-T.V. in Cabinet (working order) \$200, Coffee Table all glass \$50, 1 Older Mens Bike \$150, Smaller T.V. with Antenna \$40 Ph:569-2577\*\*For Sale-1978 Toyota Landcruiser, same owner last 32 years, rusty, lots spent on it in the last few years, good project vehicle. \$2500. 250-569-0078\*\*For Sale-One Saanen nanny goat (5 yrs) \$125. One Saanen cross (1 yr) doe. \$75. One friendly wether (1yr old) \$65. 250-569-7810\*\*For Sale-1995 F250 Diesel SuperCab Truck. 4x4 Auto \$2,000.00, 1995 F250 Gas SuperCab 5.8 Truck. 4x4 Auto \$1,000.00, 1996 Suburban 4x4 Auto. Seats 7 \$3,500.00 Ph:569-2625\*\*For Sale-Large Wall Unit 6ft 6, Oak with glass and drawers \$400.00. Boat Motor 9.9 low hours Eventude \$800.00. Fridge, like new, cabin style 24" Danby, Propane or gas Stove 24" \$500.00 pair. Side Chair like new Oak/w/white \$50.00. Toyota bug deflector (new) \$100.00. Toyota 4runner winter moulded mats (new) \$50.00. French Doors (interior glass) \$100.00. Medal Sink & cabinet with faucet \$80.00. Ph: Vince 250-961-9136 or Wendy 250-961-4189\*\*For Rent-Main floor of house on McBride Crescent. 1 bedroom, 1 bath, laundry, large kitchen/living area. Non Smoking. \$550/mo. plus utilities. Ph:250-566-1427\*\*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. 1:00-3:00 & Fri. 1:00-3:00\*Doxas Open on Tuesdays 1-3p.m. No Evenings. If you have any needs call Elsie Stanley 569-2596 or Carol Barnett 569-4031\*Foodbank contact number is 569-3186\*Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am, and Wednesdays at 7p.m. Phone: Ph:569-3370\*Memnonite 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-441 Dominion Street. Meet Sundays at 10:00 am. Phone 569-3206 or 569-3386. Hall Rental Phone Theima Molendyk 250-569-0082\*Evangelical Free Church-Sunday School at 9:45am. Worship Gathering at 11:00am. 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.

Via-Rail Schedule viarail.ca Phone 1-888-842-7245  
 Going West - Sunday, Wednesday & Friday...2:44pm  
 Going East - Monday, Thursday, Saturday...1:48pm  
 Discounts for 1 or 3 days advance booking.

**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 ..... 569-3186  
 High School ..... 569-2295 Fire Hall ..... 569-3117  
 School District 57 ..... 569-2295 The Little McBride Paper  
 1-800-256-7857 (250) 569-3434 569-3110  
 Report Forest Fires - 1-800-663-5555  
 Inquiry: B.C.-1-800-663-7867 - For Toll Free Calling to Provincial Numbers ...  
 Dial this Number 1st and call operator to connect you to provincial department.

**Take a Break in McBride...B.G.'s Fiercest Town!™**

**DNG Developments**

**For Sale**

- 2009 Chev Equinox Sport, AWD, loaded, leather, new winter tires, #9575, \$11000.00
- Available soon: 2003 Ford F350 crewcab 7.3 litre diesel, King Ranch, #7497 with upgrades for towing and performance.
- 17 inch rims and new BF Goodrich tires to fit 2005 and newer Ford trucks. 245/75R17 \$1000.00 per set. Installation is extra.

Call 250-569-0343 for more information...D111107

**POWERADE**  
 946 ml ~ 2 for ~ \$3.50  
**GATORADE**  
 710 ml ~ 2 for ~ \$4.00  
**PEPSI**  
 2 L ~ Buy 1, get 1 for ~ .99¢  
**HUSKY**  
 569-2441

**McBride AG Foods**  
 569-0140  
 OPEN DAILY  
 FRESH FISH FRIDAY!!!  
 This Week  
 • Steelhead • Red Snapper  
 CHRISTMAS  
 CAKE FRUIT  
 now in stock  
 Friday & Saturday  
 "Dutchman Special"  
 14oz. Striploin Steak  
 \$7.99 each  
 ALWAYS  
 CANADIAN

EARLY RISERS? We are OPEN at 6:15am Daily  
 OPEN Mon.-Thurs. 6:15-6, Fri. 6:15-7, Sat. 6:15-6, Sun. 6:15-5

**FOUNDATION TO FINISH AND EVERYTHING IN BETWEEN**  
**CODY YETTER**  
 CERTIFIED  
 JOURNEYMAN CARPENTER  
 YETTERCONSTRUCTION@LIVE.CA  
 250-569-4489 CELL

**Scotiabank**

**SCOTIABANK IS CURRENTLY ACCEPTING BIDS FOR SNOW REMOVAL.**

Interested parties should attend the branch located at 311 Main Street, McBride BC for a bid package.  
 Bids close Oct 31, 2012.  
 The lowest or any bid will not necessarily be accepted.

**McBRIDE & DISTRICT PUBLIC LIBRARY**  
 You're Invited to a Town Hall Meeting to receive community input regarding the expansion of the McBride Library and Valley Museum.  
 Wednesday, October 17 at 7:30pm in the Elks Hall, McBride

We want to hear from you. Hope to see you there!  
 Contact 569-2411/library@mcbridebc.org with questions.  
**VALLEY MUSEUM & ARCHIVE**  
 Yoga classes at the fire hall  
 Friday, October 26 at 6pm, and  
 Saturday, October 27 at 10am.  
 Please bring a yoga mat, blanket,  
 and a small towel.

If you are able to attend please e-mail me at: srobinsonclarke@gmail.com, or, call me at (780) 922-5598.  
**M4**  
 GERALD MOORE  
 250.569.2269 OR  
 250.569.7147  
**CONSTRUCTION**  
 \*SKID-STEER BOBCAT \* MINI EXCAVATOR \*  
 \* POST HOLES \* LEVELING \*  
 \* FOUNDATIONS \* EXCAVATING \*  
 \* TRENCHING \* LANDSCAPING \* FORKS \*  
 \* SEPTIC SYSTEMS \* DITCHING \*  
 \* BACKFILLING \* LOT CLEARING \*  
 \* DEMOLITIONS \* SOIL REMOVAL \*  
 \* CONSTRUCTION \* AND MORE... \*

## FOR SALE or RENT

904 - 2nd Avenue

2500 sq. ft. shop with 10' ceilings

and heated floor

**AVAILABLE IMMEDIATELY**

**Rent Negotiable.**

Phone Paul Owen @ 250-715-8184

# STEDMANS

CLOSING OUT SALE

STARTS

SATURDAY OCT 20, 2012

20% off all stock

NOT including videos and lottery  
first come first serve all sales are final  
Everything must go!!!

It is a bitter sweet thing we have enjoyed our four years on main street at Stedmans but life has taken a new direction. We will treasure the new friends we have made and appreciate the support of our community. We are staying in the valley as this is home but we have other ventures.

Thank-you again  
Raj & Sheila Basran



## WITH LOVE WIFE, FAMILY & FRIENDS

## THANK YOU MCBRIDE

Thank you McBride - Once Again! When we arrived in McBride the Summer of 1979, it was very difficult to know what to expect. We didn't know a soul and were very apprehensive as to what to expect or what the future would hold. As the years have elapsed, we have experienced many excellent activities and invites, shared mementos and made wonderful, thoughtful, friends. What could be a more meaningful existence! Most recently, my staff and friends at the McBride Hotel held a wonderful Surprise Birthday Party for me, Sonia; totally unexpected, complete with awesome food and cake and all the trimmings. It was a great party and everyone had a wonderful evening - especially me. Thank You all so very much for your thoughtfulness. Three weeks later, September 26th, Lo and Behold, another awesome party for Harold (Hal). He was totally blown away and wonderfully surprised - The First "Surprise" Party he had ever experienced. So, once again, "Thank You McBride". Your Heart, As Every, Is In A Perfect Place.

-Sincerely with Love, Hal and Sonia Cannon.

### McBride Community Foundation

The McBride Community Foundation Committee is accepting grant applications. Grants of up to \$500 are available for projects that assist the Foundation in achieving its mission: To improve the quality of life and benefit the residents of the Robson Valley through grants to Charitable organizations for projects that enhance health; education; arts and culture; sports and recreation; environmental social services; youth and seniors. We are experiencing technological difficulties with the Foundation's webpage; contact Loranne Martin, Chair at 569-0418 or Mary Hooker, Vice-Chair at 569-2639. The Granting Guidelines, Application, Project Description and Budget; and Recognition Guidelines are currently available on the Village's website: mcbride.ca. Deadline to submit applications is Friday, October 19th, 2012. Applications may be dropped off at the Village Office, 100 Robson Centre in McBride.

### COMMUNITY ANNOUNCEMENTS

The annual can collecting time is fast approaching, so the Pathfinders children and youth will be coming door to door Oct. 31. They will be collecting non-perishable food items from any who are willing to donate. All items will go to the Food Bank for the Christmas food hampers. Thank you in advance for your gifts of love, and your sharing spirit. -Pathfinder's Leader and Assistants  
If you would like to hire a Grad for odd jobs please contact Brian or LeeAnna Taphorn @250-569-2406.

**McBride Big Country Snowmobile Club** needs members! At our next meeting on November 7th we will be drawing for a free season's trail pass. You must be a member in good standing of the club to qualify for the draw. Memberships will be sold at the meeting and you must be present to collect your prize. Call Wade at 250-569-0345 with any questions.

**Youth Quest** - a youth club for kids in grades 5 to 8. A place for wondering about ourselves, life and faith thru crafts, music, story and conversation. We meet Wednesdays from 3:00 to 4:30 pm

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

## Prevent, Arrest & Reverse Chronic Disease



Oct. 28 - Nov. 25, 2012

at the

Dunster Fine Arts School, Dunster, BC

### Free Information & Registration Sessions

Dunster Fine Arts School - Oct. 21  
Valemount Community Services Building - Oct. 22  
McBride Secondary School - Oct. 23  
6:30 - 8:30 pm

## PROVEN RESULTS

*Priceless benefits*

at the McBride Anglican United Church Hall on Dominion Street (downstairs from The Thrift Store). Questions? Call Kim McNaughton, Youth Minister, 250-968-4467. Everyone is welcome.

**AA - Faced with a Drinking Problem?** Perhaps Alcohol Anonymous Can Help - Weekly Meetings open for the Public. Every Monday at 8:00p.m. at the Health Unit. Call 250-569-2586 for more information.

### COMMUNITY SPORTS

#### ANNOUNCEMENT

**Pickle Ball** has started in McBride!!! Come out and try a new and exciting racket sport in our community. It is held at the McBride Secondary School gymnasium every Wednesday, from 7p.m. to 9p.m. This sport is for high school age youth and older. Clean, indoor shoes are mandatory. Equipment will be available for use. See you there! Please call Sharon @ 569-2583 with questions.

**Community Badminton** has started again! It is held at the McBride Secondary School gymnasium every Tuesday, from 7p.m. - 9p.m. This sport is for high school age youth and older, however children in grade 7 may attend with adult supervision. Clean, indoor shoes are mandatory. There are rackets and birds available for use. Please call Tracey @ 569-0227 if there are questions.

# Jim Byrnes

## The Blues Legend Returns to McBride

Juno Award winning artist Jim Byrnes was born in St. Louis Missouri – that's blues country. He grew up on the city's north side. One of the neighborhood bars had Ike and Tina Turner as the house band. As a teenager going to music clubs, he and his buddy were often the only white people in the place. "We never had any problems. We were too naive, too innocent, and had too much respect for the music and culture – they knew it, they could tell."

*Byrnes is a veritable national treasure, and if you like the blues you should know about him...*

**Uptown**

*It's cross-breeding of soul and country, which recalls Otis Redding or Percy Sledge...*

**Vancouver Province**

*smoldering intensity...deeply soulful...*

**British Blues Connection**

**Thursday, November 15th,  
7:30 pm**

**McBride Roundhouse Theater**

**\$25.00, \$35.00 at the door**

**Tickets at Stedmans**

# The Healing Pathway

The McBride Anglican United Church is offering a week-end of the Healing Pathway Phase 1 program for the second time this fall, and looking forward with anticipation to offering Phase 2 in 2013. Some of our participants from last spring are taking this as a refresher with room for a number of people to take it for the first time. This will lead to a rounded class of Second Level participants in the coming year. We welcome all in a spirit of ecumenical shared ministry.

*Healing Pathway, to quote our director Mary-Ann Reid of Naramata Centre, ... enables people to develop the gifts and skills of healing hands within the Christian tradition, and fosters the development of healing ministries in congregations and other communities.*

## **Phase 1 - Introduction to the Healing Pathway**

*Phase 1* is a 13-15 hour workshop. It is an introduction to the basic concepts of healing hands within the Christian tradition, with an emphasis on learning to be a healing presence and instrument of God's healing power. Participants learn and practice specific healing sequences, elements of self-care, and how to centre themselves through prayer and meditation. They also discuss the application of a healing ministry within a congregation or faith community.

## **Phase 2**

This phase consists of two separate workshops, each 13-15 hours in length. Both Phase 2 workshops are prerequisites to Phase 3. They can be taken in any order.

*Healing from the Heart* is an opportunity to deepen the experience of healing and connecting to God's healing power through the heart centre. The focus is on increasing the Practitioner's self-awareness through the exploration of spiritual practices and self-care. New healing sequences and assessment procedures are introduced and practiced. The effective use of dialogue to deepen the healing process is also covered. Phase 1 is a prerequisite.

*Where Two or More Gather* includes learning surface anatomy of the neck and back and practising specific healing sequences for these areas. Other aspects covered include the experience of group healing and support for the Practitioner's growth toward wholeness. Emphasis is on the development of self as an instrument of healing. Phase 1 is a pre-requisite.

*For me, the Healing Pathway has been a bridge that brought the confusion of other cultures very real healing work into a language I, as a follower of Christ with a belief in the Holy Spirit's guidance can relate to and understand. In the natural health field of my chosen profession, I have seen and understand the reality that healing is not just of the physical body, but the heart and mind must also be touched. It is in allowing this healing that our amazing body can repair, with the helping hand of someone much bigger than mankind. It is with Higher Guidance that anyone working in the healing field can assist with even greater success.*

*Maivis Engelhardt*

Healing Pathway Phase 1

At McBride Anglican United Church hall

Friday, November 9th, 2012; Registration 6:30pm; Workshop 7:00 – 9:30pm

Saturday, November 10th, 2012; 9:00am – 5:30pm

Sunday, November 11th, 2012; 1:00 – 5:00pm

For more information and registration forms contact:

Maivis Engelhardt (250) 569-2341 or

Kay McFarland (250) 569-3231