

DNG Developments

FOR SALE

- 2006 Chev Equinox, AWD, leather, automatic, 95000km, #6521 \$7500.00
- 2014 Ford F150 FX4, crewcab, 4x4, 29800km, #9255, \$29500.00
- COMING: 2008 Ford F150, crewcab, 4x4.
- Call 250-569-0343 for more information. DL31296
Prices shown do not include applicable taxes.

ROBSON VALLEY PHARMACY



1136 - 5th Ave. inside the McBride Hospital
OPEN Mon.-Fri. 9-5, Sat. 9-3, Sun. Closed
250-569-8811

BUY 10 atom PRODUCTS,
GET THE 11TH atom PRODUCT FREE

- TYLENOL \$13.99 ea
Selected Types
- VOLTAREN \$10.99 ea
Emulgel 150g, Joint Pain 120g or XS 100g
- SENSODYN \$3.99 ea
Toothpaste Selected Types
- DAVISCON \$10.99 ea
Selected Types
- Q-Tips \$3.99 ea.
Cotton Swabs

No Time? No Problem.
Manage your prescriptions wherever you are.
Download our I.D.A. app today

What did the empty picture frame say?
One day my prints will come!

Robson Valley Septic

(250) 569-7812
"Your business is our business!"
OPEN for the season.
Give us a shout, we'll come on out!

R3ACRES, Farm raised beef naturally.

Repeat customers get **10% OFF**

Roasts(8lbs), minute steak(3lbs), beer sausage(5lbs),
5oz burger patties(5lbs), stir-fry(3lbs), stew(3lbs)
Bratwurst or Italian sausages(6lbs) & lean burger(10lbs)

All products are All-beef & Gluten free
Visit www.r3acres.com for a full list of packages.
Call: 250-569-7203 Email: beef@r3acres.com

HORSESHOE LAKE VENTURES

Now stocking Industrial Hydraulic
hose and fittings
Agricultural Parts & Service
Call 250-569-0075
E-MAIL
horseshoelakeventures@hotmail.com

ROBSON VALLEY ESSENTIALS

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30
COLD SEASON SALE
September 28 to October 5, 2016

- Selected Organika Vitamins - 15% OFF
- Cough Syrup - Herbion/Min Jiom - 15% OFF
- Hylands Cough Syrup - Children - 15% OFF
- Honibe Lozenges - 15% OFF
- Herbion Lozenges - 15% OFF
- "Traditional Medicinals" Teas - 15% OFF
- ~Breath Easy
- ~ Cold Formula
- ~ Cold Season Sampler
- Chimes Ginger Chews - 15% OFF
- ~Assorted Flavors

GARAGE SALE

Garage Sale - Antique/Vintage furniture, exercise machines, big antique carpet, household, garden, reno items. Good prices. 956 - 4th Ave. Saturday and Sunday, October 1 & 2. 9a.m. - 4p.m.

GIRL GUIDE COOKIES

Girl Guide Cookies - For Sale - ONE DAY ONLY. Saturday, October 8, 2016 10:00a.m. til 2:00p.m. 1037- 5th Avenue. You can Pre-Order: rh_craig@shaw.ca

THANK YOU

2016 Terry Fox Run - Thank you once again McBride! Thanks to the Gigglin' Grizzly Pub for hot dogs and hamburgers and all the fixins - to McBride AG Foods for drinking boxes for the BBQ, and to Mike Moseley for the Water station at the 1/2 point. We had 22 participants and raised \$2484 to send to head office. Thank especially to all the walkers, joggers, and cyclists!! See you all again next year!

SCHOOL NEWS

McBride Secondary School PAC News - Hello Crafting Vendors, it's time to start thinking about Christmas! McBride Secondary School PAC Craft Fair, Saturday, November 19 at McBride Secondary.
NEW TIME - 10am-2pm (doors open to vendors at 8am). Table price - \$25 each. All vendors will pay \$25 even if they share a table. 50 tables available - will fill up quickly. No food prep on site please. Free coffee and tea served to vendors and there will be a concession. To book your table, please call Kathy at the high school at 250-569-2229. This is the PAC's largest fundraiser of the year. Table fees, concession profits and the admission fee of \$1 goes directly towards supporting the students of McBride Secondary - sports, travel, extra-curricular activities, yearbook, uniforms, presenters at the school, etc.

ELKS/ROYAL PURPLE NEWS

Elks/Royal Purple Garning Applications - Deadline October 1st. The McBride Elks and Royal Purple will be happy to apply for possible Community Garning Funds that are available to non-profit groups who fit the government criteria again this year. We have been very successful over the past several years with over \$200,000.00 distributed to many various non-profit groups/clubs/organizations in the valley. The deadline to have application letters in is October 1st. Make sure applications have the following info: Organization/Club name and address, how long your organization has been active, what you will be using the funding for and a breakdown of costs, the number of people in the community it will affect and the benefits of what you are asking for. For more info, call Kathy Molendyk 250-569-7201 or Al Birnie at 250-569-4101.

BUY, SELL, RENT & MISC.

For Sale-Approx. 42' of 5' Green Chain Link mesh with privacy slats and most parts to install. Offers. Call 250-569-3110•FREE-8' Camper, needs some tie but would make a good hunting camper. 250-569-0078•For Rent-1 Bedroom Apartment across from Hospital, n/s, n/p, fridge/stove included. Ph:250-569-7041•For Sale-Brand New Galvanized Steel Chainlink Fence, 5ft tall, 250ft in length, includes everything you need for installation. Call 250-320-2207 or 250-320-1807•For Sale-13" open side thickness Sander. Floor model, power feed, 220 volt single phase. Includes spare sanding belts. \$950 firm. Call Jim Manton 250-569-2334•For Sale-1990 Toyota Tercel Sports Edition, in good condition. \$1000.00. Phone Kyle-Ph:778-878-8869•HAY FOR SALE Suitable for sheep, calves or your special critters. Round bales, fine hay, no rain, stored in barn. 500 lbs., \$40 per bale. Ph. 250-968-4400•For Sale: Craftsman 10/32 Snowblower (10 inch auger, 32 inch path) 8 hp Tecumseh engine. \$500. In fine running condition. Phone 778-258-0353•For Sale-Alfalfa square bales for sale. Ready for pick up out of the barn. \$5.50 each. Phone 250-569-0351•For Sale-Sihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7466•FREE-1 large and 1 small Fish Tank. No cracks or leaks. Phone 250-569-2349•For Sale-Merlin LCD Electronic Desktop system for magnifying reading, writing, etc. Excellent condition. \$1500. 250-569-3380•Wanted-Looking for Old Farm for Rent-to-Own or Long-term Rental, monthly payments approximately \$800.00, for my wife and I, in Dunster or McBride Area. I can repair & fix any old house and more because I am a good carpenter, plumber and electrician and many other trades. If you do have anything, no matter the amount of work, please call Andre or Brenda at Ph:250-968-4370•For Sale-Air Hockey Table \$100.00. 3 piece 4x8 pool table \$500.00. Ph:250-553-2300•For Sale-1999 Ford Escort, needs work on motor. \$800 o.b.o., Ph:250-569-4334.

CHURCH NEWS N' TRINGS

Anglican United Church - Downtown Thrift Store on Dominion Street. Clothes and Household Goods. Open: Tues. 1:00-3:00 & Fri. 1:00-3:00•Doras reopens Tues., Sept. 6, 1-3. Ph: 569-2479 Tert, 569-2527 Esther•Foodbank contact number is 569-3186•Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am, and Wednesdays at 7pm. Phone: Ph: 569-3370•Memorite Church-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph: 569-7297•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 a.m. Phone 569-3206 or 569-3386•Evangelical Free Church-Worship Gathering at 10:30am. Ph:569-2378•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 Confirn.

Greyhound Schedule (The Farm Store) (Closed Sun.) 250-569-0425
Depart to East - 2:45am Daily (Valemount, Jasper, Edmonton)
Depart to West - 7:40am Daily (Prince George)

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, 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 inform the public about it! Scott & Susan Glines (Oscar & Broom)
All articles and ads are not the expressed opinion of this paper or it's owners.

Take a Break in McBride...B.G.'s Finest TOWNS!

MOBILE MEAT PROCESSING

"Stress free animals for domestic and Game make better meat"
Mark Roth 250-569-7805 "Serving the Robson Valley"

Aaina Chapman RMT

Registered Massage Therapist
Monday

Ph: 250-566-1040 To book an appointment

Frankie and Sons Automotive Ltd.

Repairs - Tires - Windshields

975 Airport Road - 250.569.8830

REALLY NICE STONEMARK!!!

Call Adam Roth Stenmarkary
250-569-6809 adamrothventures@gmail.com
"Rocking the Robson Valley!"

CLIFF'S 250-569-7249

BIKE SALES AND SERVICE.
905 3RD AVE. - RESONABLE RATES.

Order & pre-pay by phone for pickup in McBride at Sears
Infinity
Valemount
1 855 566 4225
Vitamins,
Specialty Foods & More
loffice@telus.net

Cougar Den Cabins

250-569-7308
Daily, Weekly & Monthly Rates
1800 samson rd. mcbride (bottom of lucille mountain)

**Glass Cutting, Picture Printing,
Matting and Framing**
call Bill Arnold 569-3381

M4 CONSTRUCTION
Gerald Moore
(250) 569-7147

HORSEHOEING
Gary Schwartz
Farrier Service
250-569-3319
McBride, BC

Before you Educate
Caffeinate!
McBride, BC
250-569-0133

CLIMB
HELICOPTERS LTD.
250-793-8911

THE HAIR SHOPPE
803 3rd Ave. - side entrance
569-3359

**Robson Valley
Pet Hostel**
Grooming & Boarding
Ann Schwartz - Animal Health Technician
250-569-3319
Website with information and galleries:
www.pethostel.ca

PAINTING
Call Phil @ 250-569-0205

**ROBSON VALLEY
PHYSIOTHERAPY**
New location in the
Community Health Services Building
in McBride

McBride - Tuesday & Thursday
Valemount - Wednesday
Phone 250-569-0053

DRYWALL SERVICES
250-569-0320

Meraki Builders
Construction and Renovations
250 569 7885 (Mitch) 250 569 4109 (Brenden)

Quiet Breeze Creations:

Variety Market - October 1st, 2016
at the Elks Hall from 10:00a.m. to 7:00p.m.
•Vegetables•Home Baking•Home Preserves•Crafts.
For Table Rental
eoptaet /Nurjel /Nenzies at 250-569-0037.

THANKSGIVING SALE at

STANLEYS CUSTOM UPHOLSTERY

Ph: 250-569-2596

10:00 to 6:00 Monday to Friday, October 3-7 and October 10-14
 Solid Birch Cutting Boards "Buy One, Second One \$1"
 Wood Art Birch or Fir Rocking Horses
 Upholstery Fabric Roll Ends \$5 per meter

Accepting students for musical theory lessons.
 Elementary Rudiments Group Class (Examination creditable)
 Tuesday's 3-5:30 @ efree church Ages 13+
 For more info or to register please contact Jody Keim 250-569-7764

Heartland 250-569-0032
RESTAURANT

HELP WANTED
Part Time

Servers

Mostly evenings,
 students welcome,
 must be 16, no experience
 required, willing to train.
 Apply with resume attention Kelly.

Open 6:00am-10:00pm Daily

BIRTHDAY WISHES

SEPTEMBER 28 - OCTOBER 4

Connie Vizza, Donald Elliott, Joyce Myrno, Laurel Berg, Pat Elliott, David Hruby, Gage Rich, Ruby Horinek, Susan Metcalf, Tim Forster, Adam Conway, Wes Chorney, Aiden Quam, Blake Hooper, Bob Thompson, Jody Myrno, Courtney Savarella, Doug Monroe, Jim Bartlett, Keagan Molendyk, Kale Molendyk, Mike Ingles, Scott Sanson, Trisia Barnett, and to anyone else we missed, Happy Birthday!

YOUTH QUEST

Youth group at the Anglican/United Church starts on Wednesday, September 28 at 3 pm. This group is for Grade 7 through Grade 12, all youth in those grades are welcome - church membership not necessary. We meet from 3 to 4:30 pm in the basement of the Church Thrift Store on Dominion St. This is a safe, fun, pressure-free place where we support each other, share meals, and have conversation about life - the big things and the small. For information call Kim at 250-968-4467.

BANNED BOOKS



WEEK

D K I L L E D J H F Z N S P C
 E E G A U G N A L I O S S H I A
 T A U T H O R I T I E S S I H M
 A T M P P A R L Y T E N W N Y S P
 R A L O S S A R U E E T C T R A
 E K E S D A C R I E C I S S O I
 C E F T R E A V R T E L E S S I G
 R D P B S W E A N X E L B N N I
 A U I R A W A R H W E U M E I
 C L E N U T B E E F C B P A C W
 N P L A I S R E V O R T N O C
 I L O O H C S E X U A L I T Y
 E A J C D G N I S S E R P X E
 L V I O L E N C E S R E A D

ACTION
 AMNESTY
 AUTHORITIES
 AWARENESS
 CAMPAIGN
 CELEBRATE
 CENSORSHIP
 CONTROVERSIAL
 EXPRESSING
 FREEDOM
 HARASSED
 INCARCERATED
 INTERNATIONAL
 KILLED
 LANGUAGE
 LIBRARY
 NATIONAL
 PERSECUTION
 PUBLIC
 READ
 SCHOOL
 SEXUALITY
 TAKE
 VIEWS
 VIOLENCE

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

NEW COMPANY ALERT: JOINING THIS COMMUNITY

Anytime Electric Ltd.

Building a home,
 or a commercial project,
 call us anytime.

We can assist with your electrical needs.
 Good rates and a swift response
 with results you can count on.

From rough in to completion.

604-855-2180



VILLAGE OF MCBRIDE

Equipment for Hire Registry

The Village of McBride is looking to put together its annual list of hourly equipment available to work for the Village. Please see the Equipment Hiring Policy OP-01 at www.mcbride.ca/village-office/bylaws-policies for details on submissions. Deadline for submission is Friday, October 7th, 2016.

250-569-2411



241 Dominion Street McBride, BC V0J 2E0

Hiring: Casual Staff @ the Library

As-needs basis. We're looking for candidates with excellent customer service skills, a keen eye for details, comfort with computers and new technologies, and a love of books.

Please submit your resume to library@mcbridebc.org.

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 LAND CLEARING OR
 LANDSCAPING NEEDS CALL
 V&H SERVICES LTD.
 250-219-0277**

~QUALITY WORK~ ~FREE ESTIMATES~

*A Seminar That Will Help You
 Find Freedom from Habits That Hurt*



Living Free

Dates: Tuesdays Oct 18, 25, & Nov 1, 8, 15, 22

Where: McBride Secondary School

Time: 6:30 pm

"Living Free" shows you how bad habits and addictions develop, and gives you practical guidelines on how to overcome addictions, create a positive mental, spiritual, and physical environment, and change your life – for good!

Did you know?

- When bad habits become addictions, subtle changes take place in the brain.
- Bad habits and addictions can involve food, behaviors, and activities as well as drugs.
- Behavioral addictions such as pornography, internet, television, gambling, or work cause changes in the brain similar to drug addiction.
- The human brain is amazingly adaptive and responds to positive changes with amazing speed.
- Old habits do not need to control you for the rest of your life.
- Simple but powerful lifestyle interventions can break bad habits, curb cravings, and cut the cords of addiction – whatever the addiction is.

For Information: Contact Phyllis Krueger at 250-968-4493 for more information, or to arrange transportation.

Cost: \$20 per family. Sponsorships available. No pre-registration required.