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250-569-2264

**PLEASE
DRIVE CAREFULLY
Winter Road Conditions
are here!**

McBride Employment Services Centre
OCTOBER WORKSHOPS

Thursday, October 13th 10-12 noon
Pointed Resumes
customized to get the job done.

Thursday, October 27th 10-12 noon
Strategic Interviews
Prepared for performance.

Robson Valley Support Society - Everyone welcome!
Just follow us on Facebook @ rvsmsmcbridevalemount

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39.58 g
Buy 1 - Get 1 for \$1.00

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2 L ~ 2 for ~ \$5.50

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Sunflower Seeds**
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569-2441

FOR ANY OF YOUR
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LANDSCAPING NEEDS CALL
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QUALITY WORK ~ FREE ESTIMATES
A BITTLE THINKER...
A man will pay \$2 for a \$1 item he needs.
A woman will pay \$1 for a \$2 item that she doesn't need
but it's on sale.

FREE The Little FREE



**Serving BC's Friendliest Town and Area since 1996!!!
For the week of Wednesday, October 12th, 2016**

SCHOOL NEWS

McBride Centennial Elementary School News - Early Learning Programmes: Ready, Set, Learn, a pre-literacy programme for 3, 4, and 5 year olds, accompanied by a parent or a caregiver, will again be offered at McBride Centennial Elementary. The fall programme will run for 8 weeks on Tuesdays from October 18 - December 6 from 10:30 - 11:30 a.m. Please phone the school at 250-569-2721 if you have questions and to register. Ready, Set, Learn will be hosted by McBride Centennial Elementary and the McBride and District Library. Hope to see you there!

New to McBride This Year - StrongStart BC, a programme for 0 - 5 year olds and their parents/caregivers, will be starting up in McBride on Thursday, October 13 from 8:45 - 11:45 with Mrs. Lotte Rauter-Driessen. StrongStart is a free early learning parent participation programme. This programme will run once a week for the school year. In order to register, a birth certificate is required. Registration forms are available at the school. Hope to see you there!

Kids' Christmas Shopping Day Sale - Think of McBride Centennial as you clean your house, sort through boxes, etc. We welcome any gently-used or never-before-used-and-want-to-find-a-good-home items for our sale which will take place on Thursday, November 24 this year. A box will be available in the front foyer of the school for items. The proceeds from this sale go towards the grades 4/5 swim programme. The smiles go to the students and the gifts go to their loved ones. A big thank you goes to all who donate to the sale!

Ryan Laird will rock the Roundhouse! On October 28th. During the day on October 28th, Ryan Laird will be speaking to the students and sharing his message of youth empowerment and bully prevention through his program known as "Bigger than That" (www.biggerthanthat.org) Since he will be in town we have asked him to entertain us as well as educate us as a larger community and lucky for us, he agreed!!! So get on over to Robson Valley Essentials and purchase your ticket to see Ryan Laird who is a 2-time Canadian Country Music Awards and Canadian Radio Music Awards nominated recording artist. He is currently signed to a Nashville Record Label and his live show is something special, winning over audiences for over a decade as one of Canada's most remarkable singers. From his one-of-a-kind career launching Billboard stunt appealing to Taylor Swift, (google it for more info) to his Top 10 hit "I'm Your Man", to his philanthropic tour impacting over 300,000 Canadian youth, the man promises not to disappoint! Ryan co-wrote, performed and produced his newest single, "Wear Me Out" which is currently being played on country radio. You name the instrument, Ryan can play it! A limited number of tickets are available so don't delay - buy today! Adults \$20, students \$15 and 10 years of age and under \$10.

McBride Secondary Grad 2017 Community Calendar - This year's grade 12 students have started taking orders for the "Community Calendar" for 2017. Each calendar is \$11.00 and must be paid in advance. Due to having such a small graduation class, if you are not approached by a grade 12 student, please stop by the school to place your order and have your name added to the birthday/anniversary list. Deadline to order and pay for your calendar is November 1st. If you would like to advertise your business, we do have a couple of spots open. They will be filled on a first called in basis. Also, if your club or organization would like to put in your meeting times, e.g. Elks/Royal Purple meetings, or Legion Bingo or if you know of a special event e.g. Grad, you would like listed on the calendar, please call the school at 250-569-2295 by November 1st.

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 prices - \$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 250-569-2295. 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.

LIBRARY NEWS

Teen Lock In, Friday, October 14th at 9pm. Library @ 241 Dominion Street. Teens, cast your vote for the event near the library at the school!

Via-Rail Schedule via rail.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	Gov't Serv. BC	250-569-3760
R.C.M.P.	250-569-2255	Village	250-569-2229
Hospital	250-569-2251	Reg'l Dist'	1-800-667-1959
Health Unit	250-569-2251	RV Support Soc.	250-569-2266
K to 7 School	250-569-2721	Food Bank	250-569-3186
High School	250-569-2295	Fire Hall	250-569-3117
School District 57	Dental Office	The Little McBride Paper	
1-800-256-7857	250-569-3434	250-569-3110	
Report Forest Fires - 1-800-663-5555			

Take a Break in McBride...B.C.'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.

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250-968-4370

Quality Workmanship at a Low Price!
• Carpentry • Flooring • Painting
• Roofing • Specializing in Residential Fencing
We also have backhoe service to do septic tanks, ditch digging, etc. Rate: \$75/hr. with operator.

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After Hours call
250-569-2726
or 250-569-7016
1021

SE Frontage Road
LICENSED AUTOMOTIVE & DIESEL MECHANICS

*Winter Tires in stock
Winter Wheels available*
MONDAY to FRIDAY 8:00am - 5:00pm
SATURDAY 9:00am - 12:00pm

WHISTLE STOP GALLERY
250-569-8891

Warm up with something cozy at the Whistle Stop.
There's always something new!

OPEN DAILY 9-5 AT THE TRAIN STATION

Delivering Fuel
East to McBride & Valemount

CO-OP Vanderhoof and Districts
Co-operative Association
Commercial, Farm & Personal

Our equity allocation based on members' 2015 purchases totalled over \$6.2 million being returned to members in equity and cash back

Prince George: Tel: 250-564-3888	Valemount Cardlock: 1500 - 5th Avenue Valemount BC Tel: 866-309-2667	McBride Cardlock: 2130 Zeller Road McBride BC Tel: 866-309-2667	Vanderhoof: Tel: 250-579-4488
Tel: 866-309-2667	Tel: 866-309-2667	Tel: 866-309-2667	Tel: 888-545-2667
Fax: 250-564-3433		Fax: 250-564-4890	

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Lawn & Garden • Chainsaws
Quads • Snowmobiles
Dirt Bikes • Boats
Sales-New & Used

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McBride, B.C.
VOJ 2E0
250-569-2901

McBride AG Foods
569-0140

FRESH FISH FRIDAY!!!
• Steelhead • Sole
• Atlantic Salmon

ALWAYS CANADIAN

OPEN Mon.-Thurs. 6:30am-6pm, Fri. 6:30am-7pm,
Sat. 6:30am-6pm, Sun. 9am-5pm

D & T INDUSTRIES
BRUSH, MOW, LIFT, DIG, REMOVE, PLANT, CARRY
AUGER, TILL, CONDITION, DELIVER, HAUL, SPREAD

CALL DARVIN or TOVI 250-569-7758 or 7050

COMING EVENTS

McBride District Volunteer Firefighters Association presents our Halloween Fireworks Display October 31 at the Ball Diamond on Main Street. Join us at 7pm for a fire whip demonstration by Daniel Yungen. Fireworks commence at 7:30pm. Thank you to the Regional District of Fraser Fort George for the annual support in this event.
Bingo Wednesday, 1st, 3rd & 5th Wednesdays of the month at the Legion Hall. Early Bird 6:30p.m. Everyone Welcome!

Open Gate Gardener News

October 15: Potatoes! Garlic! Carrots! The Open Gate Garden, behind the Elks Hall on Second Avenue, will be selling our organic harvest on Saturday, October 15. Sales start at 1pm, rain, sun or snow. Volunteers and Open Gate Gardeners are needed to dig carrots at 10am on Friday, October 14 and dig and sort potatoes at 10am on Saturday, October 15. Please come and join in this community event! Call Rosara at 250-569-0200 for more details.

All Open Gate Gardeners are reminded now is the time their plots must be cleaned out and prepared for next year. There will be a work bee at the Garden on Saturday, October 22, starting at 10am to complete this work. All gardeners are asked to attend. If a plot is not cleaned and conditioned on that day, the executive will consider it to be abandoned and available for rental next spring. Gardeners may harvest and clean their plots prior to October 22, but they must still be topped up and conditioned.

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 • **Dorcas** reopens Tues., Sept. 6, 1-3. Ph: 569-2479 **Terti.** 569-2527 **Escher-Foodbank** contact number is 569-3186 • **Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11a.m. and Wednesdays at 7p.m. Phone: Ph: 569-3370 • **Memonte 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 Confirm.



IT'S THAT TIME OF YEAR AGAIN CURLING REGISTRATION

TEAM NAME: _____

PLAYERS

1: _____ TEL. #: _____

2: _____ TEL. #: _____

3: _____ TEL. #: _____

4: _____ TEL. #: _____

WHAT NIGHT WORKS FOR YOU?

WEDNESDAYS @ 7PM

FRIDAY @7PM

OR

YES OR NO

YES OR NO

BOTH

Register prior to October 28th, \$90/per team for the 16/17 season.
\$100/per team after the 28th.

High school teams register \$45/team for the 16/17 season.
\$50/per team after the 28th.

Registration forms can be dropped off at:

- Robson Valley IDA with Monica Rohatynchuk
- Advantage Insurance with Mary Hooker
- McBride AG Foods with Pat Elliott

FREETHOUGHT DAY



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

- ANNIVERSARY
- ATHEISTS
- CHURCH
- COMMUNITY
- DEVILS
- EFFECTIVE
- END
- EVIDENCE
- FAMILY
- FREETHINKERS
- FRIENDLY
- HYSTERIA
- LEGAL
- OCTOBER
- PHANTASMS
- PROCEEDINGS
- QUAGMIRE
- SALEM
- SECULARISTS
- SEPARATION
- SPECTRAL
- STATE
- TRIALS
- TWELFTH
- WITCH

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

*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.