

What happens when a veterinarian gets laryngitis? He gets a horse voice!

*Give us a shout, we'll come on out!*

**Robson Valley Seplic**

(250) 569-7812

Proudly serving the Robson Valley Since October 2012!

*"Your business is our business!"*

~~~~~

**NOVEMBER IS COMING!**

That means an end to the 2016 poo pumping season!

Call now to get booked before winter!

**R3ACRES**, Farm raised beef naturally.

**Fall Special \$355**

Repeat customers get **10% OFF**

Roasts(8lbs), minute steak(3lbs), deer 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](http://www.r3acres.com) for a full list of packages.

Call: 250-569-7203 Email: [beef@r3acres.com](mailto:beef@r3acres.com)

**HORSESHOE LAKE VENTURES**

Check us out for all your winter tire needs

Agricultural Parts & Service

Call 250-569-0075

E-MAIL [horseshoelakeventures@hotmail.com](mailto:horseshoelakeventures@hotmail.com)

**ROBSON VALLEY ESSENTIALS**

250-569-2415 Mon.-Thurs. 9-5 Fri. & Sat. 9-5:30

**We have McBride Souvenirs**

**now in!!!**

**Halloween Candy & Movies**

**NEW ADULT COLORING BOOKS HAVE ARRIVED!!**

**DNG Developments FOR SALE**

- 2006 Chev Equinox, AWD, leather, automatic, two sets of tires, 95000km, #6521, \$7500.00
- 2014 Ford F150, FX4, 4x4, crewcab, 240000km #9701, \$19,995.00

Call 250-569-0343 for more information. DL31286

Prices shown do not include applicable taxes.

**ROBSON VALLEY PHARMACY**

**HDVA**

1136 - 5th Ave. inside the McBride Hospital

OPEN Mon.-Fri. 9-5, Sat. 9-5, Sun. Closed

250-569-8811

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

**BONE DENSITY CLINIC**

MONDAY, NOVEMBER 14, 2016

**\*FREE\***

**FLU SHOT CLINIC**

TUESDAY, NOVEMBER 15, 2016

CALL 250-569-8811 TO BOOK YOUR APPOINTMENT

**FREE The Little McBride Paper FREE**

Serving BC's Friendliest Town and Area since 1996!!!

For the week of *Wednesday, October 19th, 2016*

**SPAGHETTI BENEFIT SUPPER**

Spaghetti Benefit Supper & Silent Auction for Willy Hryhrychuk, October 23, 2016 at 5:00p.m. at the E-Free Church. Meal by donation. Silent Auction will run from 5:00-7:00pm. All auction items welcome. Please contact Karen Desormeau at (250)569-7888 or Christine Finnerty at (250)569-7419 if you have any items to donate. ~Spaghetti, Garlic Toast, Salad and Desserts.

**ENTERTAINMENT THIS MONTH**

Wishbone Productions Presents: **Minnie and the Mob:** A Lawless Cabaret. It's 1928, and Minnie Devine's club in River Town is hopping with fine acts, fine liquor and fine food. All is well until she has to face the Mob and her shady Chicago past. How did she end up in River Town? Was she betrayed by love? By Art? By Crime? Find out as we take you on a journey that includes train wrecks, bootleg whiskey, two-bit gangsters, gender-bending guys and dolls, evangelistic hit men, and love in ruins, all set to the hot music and dance of the "Roaring Twenties!" Friday, October 21 & Saturday, October 22 at the Gigglin' Grizzly Pub / Downstairs Banquet Room, in McBride. Friday October 28, and Saturday, October 29 at Best Western Plus - Valemount. Sunday October 30, Dunster Schoolhouse. Doors open at 7:00-7:30 Showtime. Tickets \$20.00 - At Robson Valley Essentials, Infinity Office & Health and at the Door. Hootch & hors'doeuvres available. (Sponsored by Robson Valley Arts and Culture Council).

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](http://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!!! 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! 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. 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.

**COMMUNITY ANNOUNCEMENTS**

The McBride Community Foundation is accepting grant applications from Oct. 12 to Oct. 31st. Grants for up to \$1,000 are available to local charities for projects that benefit or enhance the quality of life of the residents of the Robson Valley. Applications are available at and should be submitted to the Village Office, 100 Robson Centre, PO Box 519, McBride, B.C. V0J 2E0 no later than Oct. 31st.

Notice from McBride & District Hospital - Effective Nov. 1/16 The McBride & District Hospital will no longer be accepting cash or cheques. Options for payment will be: Debit card, Visa, MasterCard, American Express, and Discovery. If not able to provide debit or credit card, then a cheque can be mailed to: Northern Health 300-299 Victoria St. Prince George, B.C. V2L 5B8. You also have the option of paying via on-line banking. We do not accept email transfers.

Royal Purple will once again be ordering Purdy's Chocolates at a 25% discount. Orders and payment must be received by November 10th. If you would like a catalogue call Dawna @250-569-3210 or Florence at 250-569-3254.

Community basketball season continuing every Thursday unless notified, 6-8pm. Ages 12+.

McBride Volunteer Fire Fighter Association is looking for bids for catering for our Christmas Party on November 19, 2016. Please include prices for adult plates, children under 12 plates and children under 6 plates. The meal needs to include meat and vegetarian option. If you have any questions please call Tracy at 250-569-7011. Please submit bids to Tracy at [jingle2@telus.net](mailto:jingle2@telus.net) by October 21, 2016.

**SECOND HELPINGS** is offering home cooked meals for seniors in our community two days a week. If you'd like more information please contact RVSS 250-569-2266.

**A LITTLE THINKER...**

What do Facebook employees do to waste their time at work?

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 (Valemount, George)

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything! 250-569-3110, Fax:250-569-0220, email:spines3@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 & Broome)

All articles and ads are not the expressed opinion of this paper or its owners.

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

**HORSESHOEING**

Gary Schwartz  
Farrier Service  
**250-569-3319**

McBride, BC

WINTER HOURS

Monday-Friday 6am-5pm  
 Sat. 9am-5pm Sun.-Closed

M-F:6a.m.-5p.m. . Sat.:9a.m.-5p.m. Sun.-CLOSED 250-569-0133

**Beaneys 2 Bikes**

**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](http://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)

**HISTORIC MCKALE HOUSE**

**421 MAIN STREET 250-569-7176**

Puppets have arrived:  
 Dragons, T-rex, and more!!!  
 Pumpkin Candies!  
**WED-FRI 10-5, SAT 10-4**

**MOBILE MEAT PROCESSING**

Field to Plate Service "Stress free animals for domestic and Game make better meat!"

Mark Roth 250-569-7805 "Serving the Robson Valley"

**Alaina Chapman RMT**

Registered Massage Therapist

Ph: 250-566-1040 To book an appointment Monday

**Frankie and Sons Automotive Ltd.**

Repairs - Tires - Windshields

**975 Airport Road - 250.569.8830**

**REALLY NICE STONEMARKIII**

Call Stives Call Adam Rath [sauanaworkiii@gmail.com](mailto:sauanaworkiii@gmail.com)  
 250-569-6809 <http://www.beautipaige.ca/jenquam/>  
 "Rocking the Robson Valley!"

Beautycontrol

Dermatologist strength skincare, makeup, bath and body products

Tons of great Christmas gifts

<http://www.beautipaige.ca/jenquam/> Jen Quam 250-569-7382

Order & pre-pay by phone for pickup in McBride at Sears

**Infinity**

1 855 566 4225

Vitamins, Specialty Food & More

[loffice@telus.net](mailto:loffice@telus.net)

**Cougar Den Cabins**

250-569-7308

Daily, Weekly & Monthly Rates

1800 samson rd. mcbride (bottom of lucille mountain)

**Glass Cutting, Picture Framing, Matting and Framing**

call Bill Arnold 569-3381

Gerald Moore

**M4 CONSTRUCTION** (250) 569-7147



## THANK YOU

On behalf of the McBride & District Public Library, the Valley Museum & Archives Society, and the Robson Valley Arts & Culture Council, a big, big thanks to our local farmers, gardeners and producers who shared their products for our Harvest Supper this month: Balsam Ranch, C.E. Robson Organics Highland Farm, Old Keim Gatherings, R3 Acres, Roasted Bean, Twin Meadows Organics, Wheeler's Farm, Amyoony gardens, Castle Creek gardens, Rykes gardens and Stearns gardens. What beauty we grow here! Thanks to the many volunteers who made the supper possible with set-up, clean up, baking, and more, including the Elks and Royal Purple and Kim McNaughton's Youth Group! And finally, thanks to everyone who came out to share the season with us.

## SHO-TAI

A new healing modality is making its way to McBride at the end of October. Class 2, Sho-Tai Practitioner, Evan Dougherty, will be doing Sho-Tai assessments, starting October 27th. There will be a free, one hour presentation on the Friday evening. Sho-Tai, was developed by Terry Bell, while he was seeking answers to his own health issues. Terry's journey began in his 20's. He is now in his 60's & traveling across the country, helping thousands of people with their health issues, as well as operating a clinic, in his home town, Selkirk, Manitoba.

Sho-Tai utilizes examination of color changes & markings on the eyes, tongue & teeth to determine health changes in the body. Muscle testing (Kinesiology) is utilized to determine the weakest & most damaged organs & glands which are causing health issues. For instance, the thyroid is often the weakest gland & the pancreas is often the most damaged gland. Kinesiology is also applied to determine which foods are negatively impacting the body & which herbs will aid the body in healing. We are all unique, like a snowflake, so a food that may be healthy for one person, may actually be detrimental to another, because of our genetic make-up & other causal factors throughout our lifetime. Terry likens eating a non-beneficial food, to a cow eating meat. It is recommended to make the dietary & supplement changes for a 'season', or 3 months & then reassess. The system follows the principles of Cleanse, Repair & Maintain to achieve optimum health. Evan has been traveling & working with Terry for many years, and is now starting his own 'road-show'. He will return every 3 months to reassess clients & see new people. For more information, please explore the website for Sho-Tai, or call Kelly at 250-968-4400.

## Open Gate Gardener

**Open Gate Gardener** Potato Market - Saturday, October 22nd in McBride. 10:00 til noon. Potatoes - 1.00 per lb. - several varieties. Carrots 5.00 per 3lb. bag. Proceeds to go to the 2017 OGG gardening season. Come on out and support Community Gardening in the valley! Rosara 250-569-7282 - Pete 250-968-4334.

**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.

## LIBRARY NEWS

**GBEK SQUAD** Mondays, starting October 17th. 3pm. Discover technology: programming, robotics, more. Ages 9-13. 10 spots available. Please let us know you're coming at 250-569-2411.

**READY, SET, LEARN** hosted together with McBride Centennial. Tuesdays, Starting October 18th. 10:30 - 11:30am at the Elementary School. See school news for more info!

**Book Discussion Group**, Thursday, October 27th at 1:30pm. This month we're reading from the "100 Best Books for BC Students" recommended by BC Teachers. Stop by to pick up a title and join us to discuss over coffee and tea. All welcome!

**Fibre Artists Gather**, Thursdays at 10am. Everyone welcome to bring your knitting/crocheting/stitch project and work away while visiting over coffee and tea!

**Music Jam**, Tuesdays at 7pm. Want to learn new music? Tired of playing alone? Bring your instrument and join neighbours for blue grass, blues, rock, & country. All welcome!

## 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.

**There will be a FREE** information session on the healing art, Sho-Tai, & a product, Valenus, given by Class 2, Sho-Tai Practitioner, Evan Dougherty, on Friday, October 28, 7-8 pm, Evangelical Free Church. Information: Kelly 250-968-4400.

**Bingo Wednesday**, 1st, 3rd & 5th Wednesdays of the month at the Legion Hall. Early Bird 6:30pm. Everyone Welcome!

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



## Request for Proposals for Removal and Utilization of Waste Wood from Block 28 McBride Community Forest Corp.

The McBride Community Forest Corp. (MCFC) is seeking qualified companies to make proposals for removal and utilization of all to part of about 900m<sup>3</sup> of Cedar and about 100m<sup>3</sup> Hemlock of waste wood from debris piles and a few log decks in Block 28 (located on south side of Highway 16 just east of the Ferguson Hill and just southeast of the West Twin Creek Chain-Up pullout). On-site work may commence by December 15, 2016 and is to be completed by February 28, 2017. Prospective proponents should expect that wood removed from the site must be weight scaled and it should be assumed that stumpage of \$0.25/m<sup>3</sup> will be payable to FLNRO.

Responses to this Request for Proposal must include a description of the services being offered, how the wood will be utilized and include details of net payments to MCFC or costs required to be covered by MCFC.

In addition the following are the requirements for prospective proponents:

- Registered with Worksafe B.C.
- Comprehensive Insurance of \$5,000,000.
- References may be requested.

Maps of the block are available through the MCFC office (contact Bob Elliot at 250-569-7122).

If you have any questions, please contact Jeff McWilliams at 604-351-7710 or [jeff.mcwilliams@relus.net](mailto:jeff.mcwilliams@relus.net).

Please submit a written Expression of Interest to the McBride Community Forest Corp., Box 519, McBride, B.C. V0J 2E0, by 4pm November 4, 2016.

## BIRTHDAY WISHES OCTOBER 19-25

Katleen Starlund, Mark Froese, Nova Gladys Barnes, Gillian Hooker, Nelson Hicks, Pete Amyoony, Derrick Shaw, Ann Porrier, Franziska Jager, Harden Whitford, Mark Aubrey, Ernie Klassen, George Greenwald, Victor Rollinson, Dorothy Stewart, Ben Grierson, Clint Traquair, Joyce Godfrey, Cary Wright, Izzy Monroe, and to anyone else we missed, Happy Birthday!



## It's time for the MCFC Annual General Meeting

Please join us on Saturday, October 22  
at the Robson Valley Community Centre.  
Tea, coffee and snacks will be provided.

### 2:00 - 3:00 Open House

There will be maps and information available for the new proposed Forest Stewardship Plan (FSP) for the McBride Community Forest. The FSP map shows the location of the timber and non-timber values to be managed for within the community forest. The FSP also states the results, strategies or measures that the MCFC will achieve in order to be consistent with government objectives for forest values. In addition to the FSP, maps and information will be available showing the areas where MCFC is considering development activities within the next year or two. The MCFC management team will be available to explain the proposed plans and receive input.

### 3:00 – 4:00 MCFC AGM

This is a shareholder's meeting, with a formal AGM requirement for the following agenda:

- Minutes of the last AGM
- MCFC Chair's Report
- MCFC Manager's Report
- Year End Financial Report
- Appointment of Auditors
- Appointment of Directors
- Other Business

### 4:00 Q&A

The meeting will then be open for questions from the community.

The MCFC management team will be available after the meeting to address questions and receive input on the maps and plans.

## WINTER PREP

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

BLOWER  
BOOTS  
BRUSH  
CORD  
EAR  
EXTENSION  
FIREWOOD  
FURNACE  
ICE  
INSULATION  
JOHNS  
LAYERS  
LONG  
MITTS  
MUFFS  
OIL  
PLOW  
SALT  
SAND  
SCARF  
SCRAPER  
SHOVEL  
SNOW  
SOCKS  
STORM  
SWEATERS  
TIRES  
TOQUE  
WINDOWS  
WINTER