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1136 - 5th Ave. inside the McBride Hospital

HAPPY THANKSQIVING!!

ROBSON VALLEY IDA WILL BE CLOSED MONDAY OCTOBER 9/17

Come Check Out Our BLISTER PACK CLINIC Wednesday, October 11/17 from 11am-2pm

SALE ITEMS THIS WEEK

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For the week of Wednesday. October 4th. 2017

HAPPY THANKSGIVING!!! HARVEST DINNER

Harvest Dinner - Wednesday, October 4th at the Elks Hall. Sitting #1 - 4:30p.m. Sitting #2 - 6:30p.m. Adults \$15.00. Seniors & Young Adults, ages 13-16 \$12.00 Children 6-12 \$1.00/Year, Children under 6 FREE. Reserve your tickets at the McBride Library 250-569-2411.

PATHFINDER GLUB

The Pathfinder Club will be doing their annual "Can Collecting" on Thursday, October 5 from 3:30 to 6:00. They thank you in advance for your kind donations of non-perishable food items for the

SCHOOL NEWS

British Columbia College & University Fair Wednesday, October 10th from 10:00am - 11:30am, Call Mrs. L'Arrivee @ 250-569-2295

McBride Secondary Grad 2018 Community Calendar - This year's grade 12 students have started taking orders for the "Community Calendar" for 2018. 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.

Local Community and help your family, friends and neighbours. Benefits - Free Special Training, air brakes, first aid, out of town training - Free Gym membership. For more Information Contact Chief Dave Hruby or Deputy Ole Quam. Drop in Mondays at 7:00p.m. McBride District Volunteer Fire Department, P.O. Box 428, 875 South West Frontage Rd. Chief Dave Hruby - Phone: 250-569-7252 Email - mdvfdhruby@telus.net or Deputy Chief Ole Quam - Phone: 250-569-7383 Email-olequam@hotmail.ca.

GOMING EVENTS

Bingo Wednesday, 1st, 3rd & 5th Wednesdays of the month at the Legion Hall. Early Bird 6:30p.m. Everyone Welcome! ROBSON VALLEY JUNIOR ACADEMY'S 1st Bake Sale Fundraiser - get all baking and goodies for Thanksgiving. October 6 from 12-2pm in the grassy area between Robson Valley Essentials

and Scotiabank.

FIVE K HIKE FOR THE FOOD BANK. Come see the newest, and most scenic trail added to the McBride Mountain Trails Network - RIVER RUN. This trail was built by Tierra Mano Contracting (Valemount) and locals Keith Shawara. ID Cardinal, and Logan Crichton. For every participant in this event, \$5 will be donated by the Robson Valley Mountain Bike Association to the local food bank. Event start is 10:00 on Saturday, October 7. Please meet at the parking lot at Kilometre 1 on Rainbow Road (via Highway 16 W and Mountain View Road) and dress for the weather. Bring water and snacks if you wish. The route can be varied to accommodate ratio of the multi-use trail users this summer was 20 hikers: 3 horses: 1 bikers.

The Valley Museum and Archives & The McBride Farmers Institute are pleased to Present: For The Love of Cheese: The Art of Cheese Making @ Robson Valley Harvest Company. October 15 9:00a.m.-1:00p.m. \$110/Person - Lunch and drinks provided Learn to make, market and sell your own artisan cheeses from experts Therese and Hari Gasset. Space is limited. To book your spot, call the museum office at 250-569-3000.

Robson Valley Fish and Wildlife Club Meeting on October 16, at 7:00p.m. at the Beanery 2. Everyone Welcome.

Wishbone Theatre Presents: Hunter of Peace. A play by Sharon Stearns. "A historical drama of adventure and romance in the Canadian Rockies. "Dunster: October 13, at the Dunster Store. Valemount: October 18th & 19th at the Valemount Community Theatre. All Shows at 7:30 - Tickets available at The Dunster Store. Valemount: October 18 his & 19th at the Valemount Community Theatre. All Shows at 7:30 - Tickets S20 available at British Control of the Roman Rockies. The Roundhouse Theatre and Incorporate organic material, Create a wall hanging, table runner or a piece to sew into clothing, Market your own work. To book your apot, call 250-569-3000 or email valleymuseumachives@gmail.com.

Ann Schwartz



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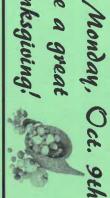
Tuesdays: 10-5pm, 7-9pm nesdays and Thursdays: 10-5pm vs: 2-9pm Saturday: 2-5pm



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Chanksgiving! Have a great



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NEW- GLOVES, SCARFS AND BABY CLOTHES CLOSED MON., OCT. 9 - HAPPY THANKSGIVING!

SOUP, & SANDWICHES SERVED DAILY
TO STAY OR TAKE-OUT
PEN MONDAY-SATURDAY 10:00AM-5:00PM 250-569

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

SHO-TAI

Current clients please note the change in visits every 3 months. (Current clients please note the change in visits from October to November). He will be in McBride for a day & a half, & in Valemount on the afternoon of the 15th.

Sho-Tai is known for a number of techniques, including muscle testing (Kinesiology), which determines the electrical flow throughout the body - it can identify where the body has gone weak or is not functioning at full capacity. Terry Bell, the founder of Sho-Tai, went on his own 'health trek' in his 20's, due to his own health issues. He began studying various techniques, including electric acupuncture, & iridology. Terry noted similarities in color changes & markings with the eyes, tongue & teeth, which related to health issues in various parts of the body. After many years, these assessments became part of Sho-Tai. The assessment also looks at what foods are interfering with the healthy functioning of the body. We are each unique, like a snowflake, based on our upbringing, family history, etc. Terry describes someone eating a food that disrupts their body, 'like a cow eating meat'. Recommendations are made, to try to avoid the foods that are disrupting the body's healing process. Two or three herbs, which can aide the body in recovering healthy function are also recommended. Terry recommends making changes for a 'season', or 3 months, in a process of healing that flows from cleansing, to repairing, to maintaining health. Not only did Terry improve his own health, but he has traveled coast to coast, helping thousands of people recover their health, for more than 35 years now. Evan has traveled & worked with Terry for more than 35 years now. Evan has traveled & worked with Terry for more than 35 years now bringing this unique health assessment to the Valley, every 3 months. If you have any questions, you may refer to the Sho-Tai website, or contact Kelly McNaughton with questions or to book an appointment at 250-968-4400.

LIBRARY NEWS

Monthly Book Discussion meets on Thursday, October 26th at 1:30pm. This month's theme is "Set in England". All welcome to join, over coffee & tea!

Spooky Storytime. Friday, October 27th at 6:30pm. Feel free to come in october 1

BUY, SELL, RENT & MISG.

Goats For Sale-Four Does, Alpine Saanan cross, one and one half years old, all de-horned. All kidded this spring. Great milk potential. Phone 250-569-0426••For Sale-4 Studded Hercules X-Treme Avalanche Winter Tires. 205/65R16 M&S rated. Bought new last winter, less than 1000km on them. \$350. Phone: 250-569-2772••For Sale-Brand new Mastercraft 10" Tablesaw, 15A, \$150.00. Phone 250-566-1517••For Sale-8 Dining Room Chairs. Best cash offer. Ph:250-569-8879••Hay For Sale \$45, 4x5, 807 lb., mixed grass, twine, shed, loading available. Aaron Ford 780-221-0666••For Sale-New miter hand saw \$50. Portable backyard campfire container with lid made from washing machine tub and BBQ stand \$50. New Jet 1/2" Impact Driver with 4 bits, \$20. Phone 250-569-3380••For Sale-1998 Buick, 4 door, runs and drives, no rust. Make an offer. Ph:250-569-7249••For Sale: 2003 YZ 250 2 stroke drif bike. Brand new complete rebuilt with papers, asking \$2600.00 Please text 250-569-7653••Hay for Sale: 4x4 round bales. Phone 250-968-4400••For Sale-30 Red Clover Bales 5x5 - \$40 each. 25 mixed Hay plus Clover 1100 lbs - 5x5 - \$60 each. Phone 250-569-7733••For Sale-2008 Honda Civic DXG, city driven, original owner, auto start, Sirius, winter/summer tires, 170k kms, \$6900 OBO. 778-214-3971••Free to a Good Home - A Beautiful. Loving, Male Great Dane. 6 years old, neutered, well trained, owners moving. Ph:250-569-2420 or 569-7470••For sale-Square Hay Bales. \$3.00 each. Ph: 250-569-0012••For Sale-Sy Hay Bales. \$55.00 Bale. Time Heatwole Ph:250-569-0012••For Sale-Sy Hay Bales. \$55.00 ach. Ph: 250-569-0012••For Sale-Sy-For Sale-Sy Hay Bales. \$55.00 bale. Time Heatwole Ph:250-569-8852••For Sale-Symall garden tractor appliances. 2 plows, 1 disc, 1 harrow. Any offers OK, or you can have them for free. Phone Dwight 250-569-2466••For Sale- 4 Summer tires, Momentum 215/65/R16. 75% tread, \$150 firm. Ph: 250-569-0221••For Sale-Stihl and Phusky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469.

GHURGH 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 open Tues. 1-3. Ph: 250-569-2479 Terri, 250-569-2527 Esther*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•Memonite 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:569-330•Anglican United Church-441 Dominion Street. Meet 9am - 1st & 2nd Sundays and 11:30am 3rd & 4th Sundays. Phone 569-330•Anglican United Church-Worship Gathering at 10:30am. Ph:569-2378•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 Discounts for 1 or 3 days advance booking.

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October Sale

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Monday to Thursday: 6:30am - 6:00pm Friday 6:30am - 7:00pm New Hours Starting October 10 Saturday: 6:30am Sunday: 9:00am - 5:00pm CARABIAS

got into a fight? He got the stuffing knocked out of him! What happened when the turkey

Robson Valley Septic

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OPEN for 2017.

Open Thursdays and Fridays from 10-2 246 Main Street (McBride Trading Co.) Watch for updates on Facebook.

Text or call Beth at 250-569-7460 Want to be a vendor?

WHISTLE STOP GALLERY



250-569-8891

Bring them down to the gallery and share the stories of the Robson Valley told by the over 90 artists and crafters whose work is on display.

OPEN DAILY IN THE TRAIN STATION Friends and family visiting?



of Fraser-Fort George

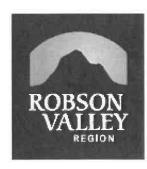
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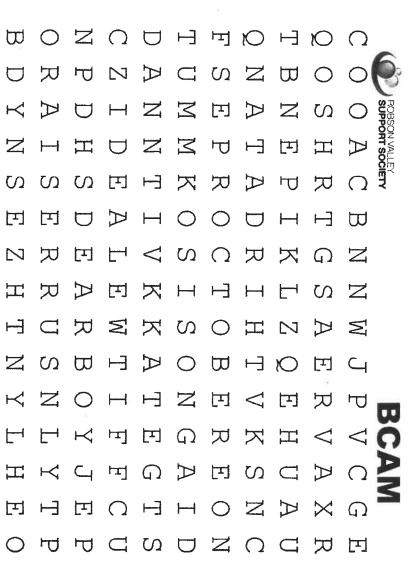
The Regional District of Fraser-Fort George is pleased to announce the

October 8, 2017 from 2:00 p.m. to 8:00 p.m. at both the Robson Valley Recreation Centre - McBride and the Canoe Valley Recreation Centre - Valemount

Regular Winter Hours will begin October 10, 2017, 6:00 a.m. to 9:00 p.m. at both facilities.

For more information please call: Robson Valley Recreation Centre – 250-569-3360 Canoe Valley Recreation Centre – 250-566-4740





ROBSON VALLEY SUPPORT SOCIETY JOB POSTING VACANCY

Safe Shelter Program Coordinator (McBride)
Wage Range: \$19.77 - \$22.48 hourly
(depending on experience/qualifications)

The Program Coordinator will assist with the existing Women's Transition Housing and Supports Program (WTHSP) supporting women and their children who are At Risk of Violence or have experienced Violence, by providing access to safe, secure and confidential services. The Program Coordinator will work out of the McBride office for 15 hours per week (additional hours paid for after hour call outs) to provide the Dunster, McBride, Dome Creek, Crescent Spur, and surrounding areas. The position also requires travel between Valemount/McBride and surrounding communities in the Robson Valley as part of after-hours and emergency service calls.

• Note: RVSS Safe Shelter Coordinators must be available and provide emergency response services to clients twenty-four (24) hours a day, seven (7) days per week, inclusive of all statutory holidays, and must reside within 30 minutes of McBride, on call pay provided.

Qualifications required:

Relevant post-secondary degree, recognized support worker/counselling certificate, or equivalent combination of training/experience.

Minimum of one year supporting social services in non-

of training/experience.

Minimum of one year supporting social services in non-profit setting with vulnerable sector criminal record check.

Must have access to reliable transportation and be able to travel throughout the Robson Valley.

This posting is open to all interested applicants and requires union membership.

BREAST CAMPAIGN

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MONTH

OCTOBER

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CANCER CAUSE

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

To apply, please submit your cover letter and resume by e-mail to Lina Thompson at od@rvssbc.org or Melanie Johnson at finance@rvssbc.org in confidence, in person at 942-3rd Avenue, McBride, or mail to RVSS, Box 430, McBride, BC, V0J 2E0 prior to **October 16, 2017** at 4:30pm.