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1136 - 5th Ave. Inside the McBride Hospital

NEW

NEXIUM 24HR

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PRESCRIPTION

WE WILL BE CLOSED
SATURDAY, NOVEMBER 11
FOR REMEMBRANCE DAY

OPEN MONDAY, NOVEMBER 13
9 AM TO 5PM



ROBSON VALLEY ESSENTIALS

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

We have McBride Souvenirs!

Fall Season has Started

~ Children's & Adults Cough Syrup ~

~ plus Ginger Chew ~ Lozenges ~ Vitamins ~

****Kerlig K Cup Destination .06¢ 5¢ .89 each****

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November 4 & 5

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50%
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Studio Hours:

Sat. & Sun. 11:00 - 6:00

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REGULAR HOURS

Tuesdays: 10-5pm, 7-9pm
Wednesdays and Thursdays: 10-5pm
Fridays: 2-9pm Saturday: 2-5pm

library@mcbridebc.org www.mcbridebc.library.ca

Stock up on BIRD SUET for the winter!

\$5.00 Bags at Uncle Mark's Meat Shop



MCKALE HOUSE

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Pumpkins

40% Off.....Stock up for next year!

November Sale

20% off all nonfiction war books!
Wed-Fri 10-5, Sat 10-2

FREE The little FREE

McBride



Paper



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

For the week of *Wednesday, November 1st, 2017*

REMEMBRANCE DAY

The Royal Canadian Legion Branch #75 Invites you to Remembrance Day in the spirit of Remembrance and march in the Parade with us from Legion Hall at 10:30 a.m.. Service at 11:00 a.m. at Cenotaph, Steve Kohida Park. Roast Beef Dinner 12:30 p.m. at Legion Hall, 805 - 4th Avenue. Dinner is by donation, prepared by Beantry 2 Bistro. Socialize for the afternoon with old friends and make new ones. Everyone Welcome.

THANK YOU

We would like to thank the community of McBride for the outpouring of support following Ben's sudden passing. We are truly grateful for the donations of firewood, food and cards of sympathy, the hugs and sharing of memories. Thank you to Craig and Tonia Arnold for their kindness and compassion and helping us to deal with the many details. Thank you to the McBride Seventh Day Adventist Church for the beautiful luncheon. Thank you to Ron Westlund and crew for all of the firewood and the use of the log splitter. Thank you to all of our family and friends for setting up the display at the Community Hall for Ben's celebration of life. A very special thank you to Doug Trask who on a beautiful October day took Ben paragliding one last time over the Valley he loved so much.

The Blixrud family.

Sho-Tai in McBride & Valemount

The healing art, Sho-Tai, with Class 2 Practitioner, Evan Dougherty, is returning to McBride, & Valemount November 14 & 15. 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. 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. Evan has traveled & worked with Terry for more than 10 years & is 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.

COMING EVENTS

McBride Christmas Craft Fair - Attention Craft Fair Vendors: McBride Secondary School PAC is gearing up for the Christmas Craft Fair - Saturday, November 18. New this year - the Craft Fair will be held at the Robson Valley Community Centre. Open to the public 10am-2pm (open to vendors at 8am). \$25/vendor. Free coffee/tea service to vendors. We will also host a concession. Book now to secure a table! Call Kathy at the school at 250-569-2295.

Talent Show coming November 23... Seeking talent in our community, All Ages: skit, song, dance, comedy, magic, pet tricks, music, art, poetry, story telling, athleticism, juggling, theatrics, and anything else you can imagine. There is lots of time to think of your idea and practice before the show! (Please keep your talent limited to 4.5 minutes or under). This event will be a fund-raising event for the Live Different Trip to Mexico with the High School students. The event will be held at the Roundhouse Theatre at 6:30pm. Tickets will be available early November and concession will be available during a break the night of the event. Contact Lonnie Gustafson through lonnawas@gmail.com or phone/text 250-569-7657 with your enthusiastic ideas!!!

The Valley Museum and Archives is pleased to present: Felting: An Advanced class with Forest Felters. November 25-26 at 521 Main Street, McBride. Limited seats - \$30/person. Kathy Junker and Hugh Perkins will teach you to: produce relief work and incorporate organic material, Create a wall hanging, table runner or a piece to sew into clothing, Market your own work. To book your spot, call 250-569-3000 or email valleymuseumarchives@gmail.com. **Save The Date** - McBride E-Free Church Annual Ladies Christmas Tea December 7, 2017. More details to follow.

BIRTHDAY WISHES NOVEMBER 1-7

Dennis Will, Ezra Keim, Marg Johnson, Anita Jones, Dustin VanBergen, James Roth, Nolan Frazier, Quinn Franke, Gray Poehnel, Rozina Shaw, and to any we missed, Happy Birthday!

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 Friendliest Town!!

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"Rocking the Robson Valley!"

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McBride, BC
250-569-3319

REMEMBER!

Closed Saturday, November 11, 2017
M-F:9am-5pm. Sat:9am-3pm. Sun. & Stats:Closed
250-569-0133

**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
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Phone 250-569-0033
Serving McBride and Valemount

Dog Bones & Bird Suet \$5.00/Bag
Now carrying Smoked Bones and Smoked Liver
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Ph: 250-566-1040 To book an appointment

**THE RESTYRON
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Thurs. 10-6 Sat. 10-5
477 Main Street 250-569-4203

VILLAGE OF MCBRIDE
Small Business Walk

The Village of McBride conducted a Small Business Walk on Monday, October 30. Did we miss your business? We would love to catch up with you to find out how your small business is doing. Call Karen at 250-569-2229 or email edo@mcbride.ca to book an appointment for a visit.

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home of

The little McBride Paper

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Fax: 250-569-0220,
E-mail: sglines3@telus.net

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The Farm Store



New Store Winter Hours!

Tuesday - Friday Open 10-5, Saturday 10-3pm
Closed Mondays Starting Nov 1st.
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ROYAL LEPAGE Prince George

Advantage Insurance
Services Ltd.

Rosemary L. Hruby, CMB
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PLEASE

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Winter Road Conditions
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SNYDER'S PRETZELS 240g
& HAWKINS CHEEZIES 210g

2 for ~ **\$6.00**

3x the Points

PEPSI
2 L ~ 2 for ~ **\$5.00**

COMMUNITY ANNOUNCEMENTS

From Open Gate Community Garden: We still have Potatoes for sale! \$1.00 per pound. They are available at the McBride and District Library or from Pete Amyoony in Dunster. Contact Pete at 250-968-4334. We have found an outlet in Valemount and will have potatoes at Infinity Office and Health in the near future. Thanks for supporting a local fund-raiser!

ROBSON VALLEY MUSIC SOCIETY

presents: Bill Bourne is a Canadian multiple Juno award winner who has received international acclaim for his recordings and live performances. A veteran of the international roots and blues scene, life on the road is reflected in Bill's music with powerful rhythms and soulful songs, steeped in blues, wold beat, cajun, Celtic, folk, Latin, funk, poetry and more. www.billbourne.com. Bill Bourne will be performing in our valley! Thursday, November 2 in the Dunster Schoolhouse. Doors @ 7:00pm Show @ 7:30pm. \$15.

SOUP AND BUN IS BACK!!

McBride Community Literacy Task Group & Better at Home will be hosting. 12-1pm @ Beaverview Lodge on Wednesday, November 8 & 22. Pay what you can - and bring a friend!

LIBRARY NEWS

From the 'Reign of Terror' to the War on Terror: The History of Human Rights in Canada. Presentation by Prof. Dominique Clement from the University of Alberta. Saturday, November 3rd, 3pm at the Library.

Scrabble's Out Tuesday, November 14th at 7pm. All welcome for a game or two!

Ready, Set, Learn program. Tuesdays at 10:15am (new time!) at the Elementary School. We're calling all 3-5 year olds and their caregivers to join us for songs, stories, snacks and a craft. This program is 8 weeks long and is hosted together with McBride Centennial Elementary School.

It's Small Business Month! Missed our Coffee Break Demos of the library's free resources for small businesses? Call 250-569-2411 to book a time and we'll go over some of the online and in-person tools that we have available, including free online courses on business development, accounting & finance, technical skills, and much more.

Tuesday Night Music Jan. 7pm in the Annex. Want to learn new music? Tired of playing alone? All welcome. Contact David Marchant with questions.

Fibre Artists Gather. Thursdays at 10am. Bring your knitting/crochet/quiltcraft & stitch project to work on with neighbours. We'll have the coffee on! All welcome.

BUY, SEEL, RENT & MISC.

For Sale-Large 4 bedroom house on 3 lots for rent. \$900 plus utilities. Large kitchen and balcony! Ph:403-952-8224•**For Sale**-CCM Exercise Bike, 27" Portable Organ, Bag of Antique Knitting & Craft Books (10/\$5.00). Phone 250-569-2234•**For Sale**-Temporary Vehicle Shelter: One Year Old. 11'x8'x20'. Asking \$250.00 Ph:778-258-0064, Full size truck fits inside•**Wanted**-Optically Damaged Binoculars. Cheap. Call Andrew Ph:250-569-7336•**ForSale**-Whirlpool 24" Electric Built-In Oven. \$1000, o.b.o. Ph:250-569-2420 or 560-7470•**For Sale**-4 Winter Tires with studs on rims for 6 Bolt GMC. \$200.00. Phone 250-569-7333•**For Sale**-Student Desk-4 drawer 16x36 \$30.00, Rowing Exercise Machine \$20.00, Upholstered Recliner \$100, 18" drafting lamp \$25.00 Ph:250-569-2234•**Goats For Sale**-Four Does, Alpine Saanen 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, 807lb, mixed grass, twine, no rain, shed, loading available, - Aaron Ford 780-221-0666•**For Sale**-1998 Buick, 4 door, runs and drives, no rust. Make an offer. Ph:250-569-7249•**For Sale**-30 Red Clover Bales 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•**For sale**-Square Hay Bales, \$3.00 each. Ph: 250-533-6890•**For Sale**-5x5 Hay Bales, \$55.00 Bale. Time Heatwole Ph:250-569-0012•**For Sale**-Stihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469.

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** 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 & 11am, and Wednesdays at 7p.m. Phone: Ph: 569-3370•**Memorial 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:569-3330•**Anglican United Church**-441 Dominion Street. 1st and 2nd Sundays in the month - Worship 9:00 am, 3rd and 4th Sundays Worship 11:30 am. Youth Group Wednesdays 3:00 to 4:30 pm. Contact Student Minister Kim McNaughton, phone 250-968-4467 or leave message at 250-569-3206•**Evangelical Free 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
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'1 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

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.

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

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UNTIL NOVEMBER 4

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Stop By and Check Out
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Sat. 6:30am-6pm, Sun. 9am-5pm.

What do you call two spiders that
just got married? Newlywebs!

Robson Valley Septic

(250) 569-7812

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Thanks for your business!



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Watch for Vendor Updates

on our facebook page.

Show your Love for local!

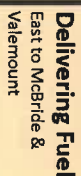
WHISTLE STOP GALLERY
250-569-8891



Friends and family visiting?

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



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Co-operative

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East to McBride &
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Our equity allocation based on members' 2016 purchases totalled
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Fax: 250 564 3433 TF: 866 309 2667 TF: 866 309 2667

Robson Valley Acupuncture
Now Accepting Clients

Acupuncture is used to treat pain,
headaches, stress, fertility and many
other health issues.

~~~~~  
*Chelsa Roth R. Ac.*

For more information visit  
robsonvalleyacupuncture.com  
Or call 250-569-7638



**Robson Valley Douglark**  
**Quilting Supplies**

Open Thurs and Fridays 10am to 4 pm.  
All other times please call Georgie at  
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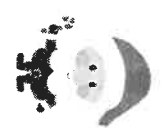


October Sale  
Holds 80/20 cotton/poly blend Batting  
\$11.00 m

**A LITTLE THINKER...**


It was so cold outside I saw a politician with  
his hands in his own pockets.



Robson Valley Community Calendar - November 2017

| Sunday                                                                                                                                                                       | Monday                                  | Tuesday                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                                                                                                                            | Saturday                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                              |                                         |                                                                                                                                                                                                                                       | <div>1</div> <div>Influenza Immunization Clinic<br/>8:30-11:30am and 1-3:30pm<br/>McBride Community Services<br/><br/>Figure Skating<br/><br/>Yoga @ Firehall 4:45pm<br/>Bingo @ Legion 6:30pm</div>                                                                                                   | <div>2</div> <div>Strong Start @ School 8:45am<br/>Yoga @ Firehall 9:00 am<br/>Physiotherapy @ the Gym 9:00am<br/>Fibre Arts Meet @ Library 10am<br/>Josh's Place @ EFree 2:45-5pm<br/>Community Basketball 6-9pm<br/>McBride Curling Club Mtg 7:30pm<br/>Bill Bourne @ Dunster 7:30pm</div>                 | <div>3</div> <div>McBride Parent/Child Play Group @ EFree 10-12pm<br/><br/>Curling Club Registration @ 7pm</div>                                                                                                                                                                                                                                                                                                                  | <div>4</div> <div>The History of Human Rights in Canada: Presentation @ Library 3:00 PM</div>                                                               |
| <div>5</div> <div></div> <div>Daylight Saving Time Ends</div>                             | <div>6</div> <div>Figure Skating</div>  | <div>7</div> <div>Ready, Set, Learn @ Elementary School 10:15am<br/><br/>Downtown Thrift Store 1-3pm<br/>Dorcas 1-3pm<br/>Teen Rec Space 3-4:30pm<br/>Gymnastics 4pm<br/>Village Council Meeting 7pm<br/>Music Jam @ Annex 7pm</div>  | <div>8</div> <div>Influenza Immunization Clinic<br/>8:30-11:30am and 1-3:30pm<br/>McBride Community Services<br/>Dunster Play Group @ Dunster Schoolhouse 10am-12pm<br/><b>Soup &amp; Bun @ Beaverview</b> 12pm<br/>Figure Skating<br/>Yoga @ Firehall 4:45 pm<br/>Pickleball @ Highschool 7-9pm</div> | <div>9</div> <div>Strong Start @ School 8:45am<br/>Yoga @ Firehall 9:00 am<br/>Physiotherapy @ the Gym 9:00am<br/>Fibre Arts Meet @ Library 10am<br/>Josh's Place @ EFree 2:45-5pm<br/>Community Basketball 6-9pm</div>                                                                                      | <div>10</div> <div><br/>McBride Parent/Child Play Group @ EFree 10-12pm<br/><br/>Downtown Thrift Store 1-3pm</div>                                                                                                                                                                                                                           | <div>11</div> <div><br/>Lest We Forget.<br/><br/>Remembrance Day</div> |
|                                                                                                                                                                              | <div>12</div> <div>Figure Skating</div> | <div>13</div> <div>Ready, Set, Learn @ Elementary School 10:15am<br/><br/>Downtown Thrift Store 1-3pm<br/>Dorcas 1-3pm<br/>Teen Rec Space 3-4:30pm<br/>Gymnastics 4pm<br/>Scrabble @ the Library 7pm<br/>Music Jam @ Annex 7pm</div>  | <div>14</div> <div>Figure Skating<br/><br/>Yoga @ Firehall 4:45 pm<br/>Bingo @ Legion 6:30pm<br/>Chamber of Commerce Meeting @ 7pm<br/>Pickleball @ Highschool 7-9pm</div>                                                                                                                             | <div>15</div> <div>Strong Start @ School 8:45am<br/>Yoga @ Firehall 9:00 am<br/>Physiotherapy @ the Gym 9:00am<br/>Fibre Arts Meet @ Library 10am<br/>Josh's Place @ EFree 2:45-5pm<br/>Community Basketball 6-9pm<br/>Figure Skating</div>                                                                  | <div>16</div> <div>McBride Parent/Child Play Group @ EFree 10-12pm<br/><br/>Downtown Thrift Store 1-3pm</div>                                                                                                                                                                                                                                                                                                                     | <div>17</div> <div>Christmas Craft Fair @ the Community Centre 10am-2pm</div>                                                                               |
| <div>19</div> <div></div> <div>Mandala Art at Christmas 1-4pm @ Dunster Schoolhouse</div> | <div>20</div> <div>Figure Skating</div> | <div>21</div> <div>Ready, Set, Learn @ Elementary School 10:15am<br/><br/>Downtown Thrift Store 1-3pm<br/>Dorcas 1-3pm<br/>Teen Rec Space 3-4:30pm<br/>Gymnastics 4pm<br/>Village Council Meeting 7pm<br/>Music Jam @ Annex 7pm</div> | <div>22</div> <div>Influenza Immunization Clinic<br/>8:30-11:30am and 1-3:30pm<br/>McBride Community Services<br/>Dunster Play Group @ Dunster Schoolhouse 10am-12pm<br/>Soup &amp; Bun @ Beaverview 12pm<br/>Figure Skating<br/>Yoga @ Firehall 4:45 pm<br/>Pickleball @ Highschool 7-9pm</div>       | <div>23</div> <div>Strong Start @ School 8:45am<br/>Yoga @ Firehall 9:00 am<br/>Physiotherapy @ the Gym 9:00am<br/>Fibre Arts Meet @ Library 10am<br/>Monthly Book Discussion 1:30pm<br/>Josh's Place @ EFree 2:45-5pm<br/>Community Basketball 6-9pm<br/>Figure Skating<br/><b>Talent Show 6:30pm</b></div> | <div>24</div> <div>McBride Parent/Child Play Group @ EFree 10-12pm<br/><br/>Downtown Thrift Store 1-3pm<br/><br/><b>Festival of Lights &amp; Santa's Visit</b> 6:00pm @ the Elks Hall<br/><br/>RV Beekkeepers' Meeting @ Library Annex 7pm</div>                                                                                                                                                                                  | <div>25</div> <div></div>                                              |
| <div>26</div> <div></div>                                                                  | <div>27</div> <div>Figure Skating</div> | <div>28</div> <div>Ready, Set, Learn @ Elementary School 10:15am<br/><br/>Downtown Thrift Store 1-3pm<br/>Dorcas 1-3pm<br/>Teen Rec Space 3-4:30pm<br/>Gymnastics 4pm<br/>Music Jam @ Annex 7pm</div>                                 | <div>29</div> <div>OPAO Luncheon and Meeting</div>                                                                                                                                                                                                                                                     | <div>30</div> <div>Strong Start @ School 8:45am<br/>Yoga @ Firehall 9:00 am<br/>Physiotherapy @ the Gym 9:00am<br/>Fibre Arts Meet @ Library 10am<br/>Josh's Place @ EFree 2:45-5pm<br/>Community Basketball 6-9pm<br/>Figure Skating</div>                                                                  | <div></div> <div>To have your event listed email: <a href="mailto:events@visitmcbride.ca">events@visitmcbride.ca</a><br/>Visit the calendar online: <a href="http://visitmcbride.ca/calendar">visitmcbride.ca/calendar</a></div> <div><div>This month's Community Calendar is sponsored by:</div><div>Robson Valley IDA Pharmacy</div></div> |                                                                                                                                                             |

More Information

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| <b>Gymnastics on Tuesdays @ 4pm</b><br>McBride Elementary School<br>Contact Jenny Byford 250-566-0167                                                                                                             | <b>Mandala Art at Christmas</b><br>Contact Monica Rohatynchuk 250-569-8811                                                                                                                                              | <b>Mandala Art at Christmas:</b> mixed media mandala art & stories for the season. Some supplies provided, everyone welcome! Sunday, November 19th from 1-4pm<br>Contact Nancy Taylor (250-968-4358/ <a href="mailto:nancy@dunstermancy.ca">nancy@dunstermancy.ca</a> ) | <b>Robson Valley Community Calendar</b><br><br><b>Under Construction!</b><br>                                                                                                                                                         |
| <b>Pharmacy Clinics on Wednesdays @ 11am</b><br>IDA Pharmacy - located at the hospital<br>Contact Monica Rohatynchuk 250-569-8811                                                                                 | <b>Josh's Place On Thursdays After School - 5</b><br>Contact Laurella Gabert <a href="mailto:notime2loos@hotmail.com">notime2loos@hotmail.com</a><br>Stewart Reimer 250-569-7878<br>Find Them On Facebook @joshplaceetc | <b>Physiotherapy at the Gym:</b> Thursdays, 9:00 to 10:00am at the Fit Plc. Group gym sessions for people who have physical issues like joint replacements, arthritis, & back pain. Contact Michelle Read of Robson Valley Physiotherapy at 569-0053 for more info.     | We (a small group of volunteers) are working on reinstating this printed version of the calendar. <b>This information sheet and/or the calendar may be incomplete.</b> Your comments, suggestions and contributions are welcomed at this email address: <a href="mailto:events@visitmcbride.ca">events@visitmcbride.ca</a> |
| <b>Ready, Set, Learn:</b> Tuesdays at 10:15am at the Elementary School. Contact the School at 569-2721 for more info or to register your child. Held together with the Library.                                   | <b>Strong Start:</b> Thursday mornings at the Elementary School. Contact the Elementary School at 569-2721 for more info or to register your child.                                                                     | <b>Community Basketball.</b> Thursdays, 6-9pm @ Highschool                                                                                                                                                                                                              | <b>McBride &amp; District Public Library:</b> contact 250-569-2411, <a href="mailto:library@mcbridebc.org">library@mcbridebc.org</a> or visit <a href="http://mcbride.bc.libraries.coop">mcbride.bc.libraries.coop</a> for more information on events!                                                                     |
| <b>Dunster Play Group:</b> Alternating Wednesdays at the Dunster Schoolhouse, 10-12pm. Contact Susan Urnstot at 569-4033.                                                                                         | <b>McBride Curling Club Meeting:</b> First Thursday - Monthly, 7pm at the curling lounge.                                                                                                                               | <b>Talent Show:</b> Fundraiser for the Live Different Trip. November 23rd, 6:30pm at the Roundhouse Theatre. Contact Lonnie Gustafson at 569-7657 with your ideas!                                                                                                      | <b>McBride Figure Skating Club</b><br>Mondays, Wednesdays, Thursdays<br>Contact Amanda Moore for more information 250-569-7557<br>Monica Rohatynchuk <a href="mailto:monica.mcbride@outlook.com">monica.mcbride@outlook.com</a>                                                                                            |
| <b>McBride &amp; District Volunteer Fire Dept.</b> Weekly meeting Mondays @ 7pm at fire hall.                                                                                                                     | <b>Robson Valley Bee Keepers:</b> Meeting Last Friday of each month. 7pm @ the Library Annex. Contact Monica at: 569-7019.                                                                                              | <b>Soup and Bun @ Beaverview.</b> 12-1pm a few Wednesdays/month. Hosted by Better at Home & the Community Literacy Task Group.                                                                                                                                          | <b>Yoga Instructor:</b> Jennette Chuipka                                                                                                                                                                                                                                                                                   |
| <b>From the 'Reign of Terror' to the War on Terror:</b> The History of Human Rights in Canada. Presentation by Prof. Dominique Clement from the University of Alberta. Saturday November 3rd, 3pm at the Library. |                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                            |

McBRIDE HOTEL NEWS

"Wasn't it a Party"! Saturday, October 28, 2017, the McBride Hotel hosted a great Halloween Costume Party and everyone present had an extremely fun time. The Hotel jukebox kept our feet a dancin' and of course, the beverages were great too! The many interesting and innovative costumes were simply excellent. It becomes increasingly more difficult to award the prizes each year. A panel of judges were in agreement with the following results: Ladies First - Kristen Murrah (Jigsaw), Ladies Second - Christine Finnerty (Marilyn Monroe), Mens First - Dallas DeVries (Larry-Just Gonna Send It Guy), Mens Second - Clint Traquair (Mad Hatter), Most Original - First Daylene Bodnarciuk (Beauty of Beauty and the Beast), Most Original - Second Vanessa George (Bumble Bee), Couples - First Brice & Jodi Littlechild (Egyptian Prince & Princess), Couples - Second Tristia Barnett & Mat Villeneuve (Hooker & her Pimp). Prizes and tickets were awarded to all of the winners. A special "Thank You" to Tina Carter and Chrissy Hughes for a job well done keeping all of our patrons happy. We all enjoyed the evening so well - can hardly wait for the ghosts and goblins to appear again Halloween 2018. The next major McBride Hotel function will be the Grey Cup Party and Pool Tournament end of November. Bye for now and see you there. Drop in any time...S.C

COMMUNITY SERVICES

McBride Community Services - Flu Season is coming upon us and here are the times and dates for the month of November. All of November will be drop in only. December and into the New Year will be by appointments which can be made at 250-569-2026. Dates - November 1, 8 and 22, Time 8:30 to 11:30, closed for lunch from 12-1, 1:00 to 3:30p.m. You may be eligible for FREE Influenza Immunization.. Influenza vaccine is recommended for everybody greater than 6 month of age. In BC, the influenza vaccine is provided free to the following of people: •People 65 years and older and their caregivers/household contacts. •People of any age in residential care facilities. •Children and adults with chronic health conditions and their household contacts. •Children & adolescents (6 months to 18 years) with conditions treated for long periods of time with Acetylsalicylic Acid (ASA) and their household contacts. •Children & Adults who are morbidly obese (adult BMI>40; child BMI assessed as >95th percentile adjusted for age and sex. •Aboriginal people (on and off reserve). •All healthy children 6-59 months of age. •Household contacts and caregivers of infants and children 0-59 months of age. •Pregnant women at any stage of pregnancy during the

influenza season and their household contacts. •Inmates or provincial correctional institutions. •People who work with live poultry. •Health care and other care providers in facilities and community settings who are capable of transmitting influenza disease to those at high risk of influenza complications. •Visitors to health care facilities and other patient care locations. •Individuals who provide care or service in potential outbreak settings housing high risk persons (e.g., crew on ships). •People who provide essential community services (first responders, corrections officers). If you do not meet any of the criteria for publicly funded vaccine, the vaccine can be purchased through some community vaccine providers such as physicians and pharmacists. For more information visit: <http://www.northernhealth.ca/YourHealth/PublicHealth/InfluenzaInformation.aspx> <http://www.bccdc.ca/imm-vac/VaccinesBC/Influenza/default.htm> [www.immunizebc.ca](http://www.immunizebc.ca)

NOVEMBER



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

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

CHRISTMAS CRAFT FAIR

November 18. Get ready for the biggest shopping event of the season, the McBride Secondary School PAC's Christmas Craft Fair! When: Saturday, November 18, 10am-2pm. Where: NEW VENUE - Robson Valley Community Centre, 441 Columbia St. (beside the Arena). Admission: \$1 or by donation with all proceeds supporting extra-curricular programs and events for students at McBride Secondary. 40+ tables that include: baked goods, arts and crafts, home-based business sales, gift wrapping, a concession and much more!

- ANNUAL AWARENESS
- CANCER CHARITY
- DEPRESSION DETECTION
- DIAGNOSIS EARLY
- EFFECTIVE ENCOURAGE
- FUNDS
- GROW
- HEALTH HISTORY
- INVOLVE ISSUES
- LIFESTYLE
- MEN
- MONTH
- MOUSTACHE
- NOVEMBER
- PROSTATE
- RAISE
- TESTICULAR
- TREATMENTS