



HORSESHOE LAKE VENTURES  
100 Mountain View Rd.  
McBride, B.C. V0J 2E0  
250-569-0075

We are the local WeldCor Cylinder Depot.  
Check out our selection of cylinders and welding supplies.

- Feed and Farm Supplies
- Dog and Cat Food
- Full Hydraulic Hose and Fitting Supply
- Automotive Parts/Accessories

## DNG Developments

### Vehicles for Sale

- 2018 Ford F150, Lariat, shortbox, Auto, loaded, 39,500km, Lot #5264 ■ \$33000.00
- 2017 Chevrolet Trax AWD, 11516km, Lot #9595, \$14000.00
- 2014 Suzuki S40 motorcycle, 28000km, Lot #0789 \$35000.00

Contact us at 250-569-0343 for information  
Price indicated does not include applicable taxes  
Dealer #31296

## SHOPS ON MAIN

246 Main Street (McBride Trading Co.)  
Open Thursdays and Fridays 10-2

Homemade baking,  
crafts and fresh produce this week!

Show your love for local!!

**JNR** 250-569-2666  
1021 SE Frontage Road  
AUTO SERVICES

LICENSED AUTOMOTIVE  
& DIESEL MECHANICS

MONDAY to FRIDAY 8:00am - 5:00pm  
SATURDAY 9:00am - 12:00pm

Sue & Me Eatery  
News from Sue & Me on Main Street

Fresh baking,  
homemade food

and coffee with a friend...  
Life doesn't get any better!

Sun, Mon & Wed 9am - 3pm Tues Closed  
Thurs, Fri, Sat 9am - 9pm  
250-569-0080 Main St., McBride

Jessico's Artison  
Breads, Croissants, Treats and more.  
\*\* New Location \*\*  
411 Main Street (use side door)  
Friday's, 12:30 to 3:30pm

**ROBSON VALLEY ESSENTIALS**  
WE HAVE A VARIETY OF  
COLD & FLU PRODUCTS  
& GINGER CHEWS  
Keurig Pods 24pk NOW AVAILABLE  
Check Out Our Facebook Page

Gigglin' Grizzly Pub

Thursday-Friday-Saturday-Sunday Open at 11 am  
250.569.0101

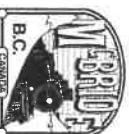
Offering Family Service  
to 10 pm  
Lunch & Dinner  
Three Ranges Beer on tap



FREE The Little FREE

## McBride

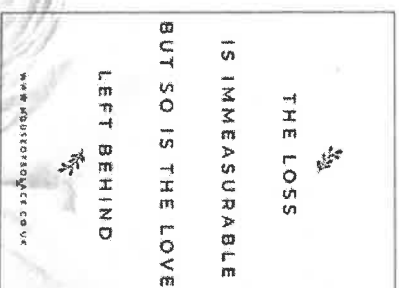
### Paper



Serving BC's Friendliest Town and Area since 1996!!!  
For the week of Wednesday, September 11th, 2019

### Ir Loving Memory

Ben Bixrud  
January 7, 1958 - September 15, 2017.  
We miss you every day.



### OAPPO NEWS

Our two month summer recess is over now and there are some important dates for OAPPO members to remember. On Wednesday, September 18, the Valemount Seniors have been invited to have lunch with us. We need all OAPPO members to pitch in and make this visit a success. We have been promised a ham and scalloped potatoes, but we will need nice salads and desserts and some vegetables and possible more main dishes. Make a note on your calendars right away and plan on participating. Our monthly dinner and meeting will be held on Wednesday, September 25. It will be pot luck and we look forward to all members bringing favorite dishes and desserts to enjoy. So that is three Wednesdays in a row for OAPPO events, the 11th, the 18th and the 25th. Be sure to join us and enjoy some fellowship.

### SCHOOL NEWS

MCBRIDE SECONDARY VOLUNTEER/SPONSOR APPRECIATION BBQ. In appreciation, the staff and students of the McBride Secondary School would like to host a barbecue at the school 11:00-12:30 p.m. on Thursday, September 26, 2019. We would like to thank all those who have volunteered, coached, sponsored one of our school teams, school organized trips, Scholarship Bursary or purchased a 2017-18 Community calendar or Yearbook ad. Please call 250-569-2295 by September 19th, to place your order. Also reminder to pick-up your order.

### VILLAGE OF MCBRIDE NEWS

COUNCIL WILL APPOINT THREE DIRECTORS AT MCBRIDE COMMUNITY FOREST AGM IN OCTOBER. Applications will be received beginning August 26, 2019. The Village of McBride, on behalf of the McBride Community Forest Corporation, will be hosting the 2019 Annual General Meeting on Wednesday, October 16, 2019 where three directors of the Corporation's Board will be appointed by the Community Forest's Shareholder. Council, representing the Village of McBride which is the Corporation's sole shareholder, agreed that an appointment process would be the best way to fill the three open director positions. The intent is to provide representation from the community at large, focusing on members with forestry, financial and/or volunteer experience and local knowledge. (An appointment process is allowable under section 14.1 of the Corporation's Articles of Incorporation) The Village will receive applications for director positions beginning Monday, August 26 with a deadline for submissions by Friday, September 20, 2019. More information on the application process and applicant requirements will be made available in the coming weeks on the Village's website at www.mcbride.ca. The Annual General Meeting will be held at the Robson Valley Community Centre, located at 441 Columbia Street at 7:00 pm and is open to the public. Council and the board of directors of the Corporation thank the public for their patience as preparations were made for this important up-coming meeting. Council continues to be committed to ensuring the vital community resource of the Community Forest Corporation continues to thrive to the benefit of all of McBride's citizens. For more information, please contact Sheila McCutcheon cao@mcbride.ca or Karen Dube edo@mcbride.ca. Media Contact: Sheila McCutcheon, 250-569-2229.

Via-Rail Schedule  
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 Comm. SV. 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  
BC BUS...844-564-7494 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!!

SCOTT KEIM  
Red Seal Journeyman Carpenter  
250-569-7120



Four Rivers  
Co-operative

Commercial, Farm & Personal

Visit our Gas Bar in Prince George!  
6749 Westgate Avenue - Tel: 250.964.2697

Prince George: 250.564.3488 Valemount Cardlock: 250.569.3110  
Tel: 250.564.3488 1500 - 9th Avenue McBride Cardlock: 250.569.3110  
TF: 866.309.2667 Valemount BC 2130 Zeitler Road  
Fax: 250.564.3433 TF: 866.309.2667 TF: 866.309.2667 McBride BC

Rich boyz MECHANICAL AND TOWING  
250-569-2470

Light & Heavy Duty Towing  
BCAA Provider

Heavy Duty & Commercial Transport Mechanical  
CVSE Inspection Facility

McBride AG Foods  
250-569-0140

FRESH FISHES FRIDAY!!!  
•Steelhead •Rockfish  
LAST WEEK OF  
Super Saver for Back to School!  
Prices Effective till September 14, 2019  
ALWAYS CANADIAN

OPEN Mon.-Thurs. 6:30am-6pm, Fri. 6:30am-7pm,  
Sat. 6:30am-6pm, Sun. 9am-5pm  
250-569-2411

McBride & District  
PUBLIC LIBRARY  
521 Main Street McBride, BC V0J 2E0

### HOURS

Tuesdays: 10-5pm, 7-9pm  
Wednesdays and Thursdays: 10-5pm  
Fridays: 2-9pm Saturdays: 2-5pm  
library@mcbridebc.org mcbride.bc.libraries.coop



MIKE MOSELEY REALTOR®  
robsonvalleyrealty.ca

Buying or Selling in the Robson Valley?  
Helpful, friendly, Professional Advice.

CALL/TEXT  
778-258-0064  
mmoseley@royallepage.ca

WHISTLE STOP GALLERY  
250-569-8891

Bring your friends and family to the  
Whistle Stop and show off the local talent of our  
very own Robson Valley.

From world class paintings to the ever popular  
Dome Gnomes, you will find amazing arts and  
crafts in every nook and cranny.

There is always something new at the Gallery!  
OPEN 9-5 DAILY IN THE TRAIN STATION

FOREVER PRINTING  
& SIGNS

HOME OF THE LITTLE MCBRIDE PAPER  
•Signs •Magnetics •Banners •Sandwich Boards  
•Vehicle Decals •Window Decals  
•Business Cards •Memorial Cards •Posters •Binding  
•Address Labels •Full Color Laser Photo Copies  
•Invitations •Brochures •Trophies •Engraving •T-shirts  
for more information please contact  
Scott or Susan at 250-569-3110,  
fax: 250-569-0220, email: sgliness3@telus.net

## D & T INDUSTRIES



**2X50HITACHI TRACKED EXCAVATOR**  
**930H CAT WHEELED LOADER**  
**299D CAT COMPACT TRACKED LOADER**  
**\*\*108" & 84" DIRT BUCKET\*\***  
**\*\*78" BRUSH MOWER** BUCKET\*\*  
**\*\*84" BRUSH GRAPPLE** PALLET FORKS\*\*  
**\*\*84" SOIL CONDITIONER** TREE SHADE\*\*  
**\*\*42" SIDE BOOM MOWER MATERIAL HANDLING ARM\*\***  
**\*\*AUGER 6,9,12,18,24 & 30" BITS**  
**NEW ATTACHMENT - ROTOTILLER**  
*Food Plots, Gardens.....*  
**7X14 Ft Dump Box Trailer, Goose-neck Trailers, & GMCs to pull... WCB, ICBC, CGL, FALLER CERT**  
**CALL US 24-7!**  
**Darwin 250-569-7758 or 7050**  
**CLIFF'S BIKE SALES & REPAIR**  
**905 - 3rd AVENUE**  
**REASONABLE RATES.**  
**1-877-295-0655**  
**MONASHEE COMMUNICATIONS**  
 www.monasheecomcommunications.ca  
 accounts@monasheecomcommunications.ca  
**WIRELESS INTERNET**  
**McBride / Dunster / Tete Jaune / Valemount**  
**INSULATION & DRYWALL**  
**250-569-0320**  
**Advantage Insurance Services Ltd.**  
 Rosemary L. Hruby, cait  
 250-569-2264

**Does your vehicle have AUTONOMOUS BRAKING? New discounts now available.**

**Porta Potty Rentals - Daily, Weekly, Monthly**  
**Reunions, Home Weddings & Construction Sites!!**  
 Get Your Septic Tank pumped out before freeze-up!  
 \$200 for most tanks plus \$100 Village dump fee.  
 ☺ **Avoid costly problems!!**  
*If you don't remember when you were last serviced... It's probably time!!*  
**(250) 569-7812 ☺**  
**Robson Valley Septic**

**ROBSON VALLEY HDA TELEPHARMACY**  
**OPEN Mon.-Fri. 9-5, Sat. 9-3, Sun. Closed**  
 www.robsonvalleyidahpharmacy.com  
 250-569-8811  
 1136 - 5th Ave. Inside the McBride Hospital

**We will be at the SENIORS FAIR September 18**

**Stop by and say hi to Monica.**

**Lots of freebies**

**See you there**

**Like tea? Feeling 'foggy'?**

**Try our NEW Ceylon Fog!**

**Welcome Home**  
 GUESTS & MORE  
 Follow us on Facebook - fb.me/yourwelcometohome  
 Tuesday - Saturday 8:30am to 5:00pm 250-569-0215

**BIRTHDAY WISHES SEPT. 11-17**  
 Gerald Moore, Helen Marsh, Kenton Brossette, Michelle Wolney, Sylvia Melnychuk, Warren McLennan, Amber Godfrey, Irene Berndson, Marta Vizza, Aiden Roth, Hafsa Diviel, Heather Lintechild, Mariarah Milner, Linden MacTague, Lucinda Miller, Mandy Husay, Matthew Tejada, Troy McFarland, and to any we missed, Happy Birthday!

**521 NEWS**  
**Apple Pie!** September 21st. \$9 each or \$8 for 10 or more. We are limiting sales to 400 this year. We'll call those who ordered last year, but if you would like pies please call us at 250-569-3000 to order. All proceeds will go to programming & operations for the Museum & Library.  
**Volunteers are always welcome** for a range of apple pie jobs. If you're interested in helping out, please give us a call at 250-569-3000 so that we can plan. Thank you!  
**Summer Reading Club Kids!** Did you complete your record but miss our party last week? Drop by the library to collect your medal and your RV Explorer sunglasses.  
**Fibre Artists Meet.** Thursdays at 10am. All welcome to bring your stitch project and visit. We'll have the coffee pot on!  
**Tuesday Night Music Jam, 7-9pm.** Want to learn new music? Enjoy playing with others? Just want to sing along? All welcome. Call David Marchant with questions at 250-569-2569.

**COMING EVENTS**  
**ROBSON VALLEY BACK COUNTRY HORSEMEN** 9th ANNUAL POKER RIDE fundraiser September 14, 2019. Crown Lease Hinkleman Road. Registration 10am. Dinner and prizes after ride. See Information on posters around town and/or contact Eileen MacDonald for details 250-253-4193. Thank You to our many local sponsors (posted on Robson Valley Home Hardware's fence).  
**TERRY FOX RUN for Cancer Research** will be held on Sunday, September 15, 2019. Register today at terryfox.org. Registration at 10:30am, Run at 11:00am at the High School. For more information call Eleanor Johnson at 250-569-2459.  
**Robson Valley Trappers' Picnic.** Sunday, September 15, 10:00 at the Dunster Picnic Grounds. Campfire, coffee, games, demonstrations, potluck lunch. Rain or shine. Everyone of all ages welcome to come out. You could be King or Queen Trapper!! For more information: Claude 250-968-4459 or Chuck 250-968-4400.  
**Seniors Fair** is coming to McBride! Wednesday, September 18, 1-4pm at the McBride Community Hall. Presentation by ICBC representatives 1pm. Enjoy a piece of cake with your friends! Explore the many info booths & demos. If your group would like a table at this event: call Susan Urnstot 250-569-2018.  
**The MESC** is please to announce that the North Edge will be coming to us! This event will take place on Saturday, September 21st in the Curling Lounge. The workshop is FREE to attend. I highly encourage parents of new and seasoned skaters to attend. If you would like a fitting/sharpening please book ahead using this link: <http://www.thenorthedge.co/skate-fitting-form.html>. Please note that the \$25 fitting fee will be waived for this event.

**Minor hockey registration - Wednesday, September 25, 6pm-7pm** in the Robson Valley Rec Center. Registration is Free! Questions? Call Lisa Franke at 250-569-0345 or email wlfranke@telus.net.  
**COMMUNITY ANNOUNCEMENTS**  
 The McBride Community Calendar is available on line at the website <https://calendar.mcbride.ca/>  
**BUY, SELB, RENT & MISC.**  
 For Sale-Max Caddy Wood/Fuel furnace. Used one winter. Furnace is too big for our house. Asking \$4500.00 o.b.o. Call Luke. Evenings Ph. 250-569-7778. Free to give away-11 year old horse. Needs training. Just come and pick him up. Phone 250-566-4371. Looking to buy used gas push lawn mower - pls call 250-968 4370. For Sale-Working Collie Pups. Ph: 250-569-7612. For Sale-Star Trek VHS Vols. 1,3,4,6, \$5.00 for all. Portable Massage Table & Pads etc. \$100. Upright Freezer (u haul) \$150, Double (Full-size) mattress (u haul) \$20. Call Jacksons (250-569-7972. For Sale-Meat Rabbits. Butchered \$25.00 each. Live \$15.00 each. Discount on 5 or more Ph:250-569-7386. FREE-Cats and Kittens, nice variety. Greggo - Up the Beaver. Also 2 Black Bear Hides, ready for the Tannery. For Sale-Whirlpool Dryer. 215/65R/17 Studded Tires on Rims. 235/17 Studded Tires On Rims from Ford F150. Call 250-569-3254 for details or to view. For Sale-Arabian Quarter Horse, age 14, 14/3 hands high, colour chestnut. Experience rider, needs a little more training. \$500.00 Ph:1-250-566-4371. For Sale- Triton Snowmobile Trailer: 10 foot dual tilt deck with clampdowns for two snowmobiles. All aluminum construction. Front shield. Lights all working. Safety chains in place. Licenced and insured. Excellent condition. Cost \$2500 new. Asking \$1000. Ph:250-569-2334. For Sale-Oil Furnace with new tank, good condition, Asking \$600.00. Ph: 250-968-4370. Guinea fowl for sale - young birds, hatched 2019. Just beginning distinctive gender calls. Pearl, pied, and a couple of white. \$15 each. 5 for \$60. Monica 250-569-7019. Wanted: Dry firewood. Phone 250-569-4047. For Sale-Whirlpool Dryer. 4 Studded Tires on Rims 215/65R/17. Call 250-569-3254 for details or to view. For Sale-River Front Acreage Stick Home. Walk out Basement. Ph:250-569-7518. For Sale-1 BBQ, \$100 o.b.o. Great condition. 905 3rd Ave., McBride, B.C. WANTED-to rent pasture. Will fix fence if needed. Stan 250-569 7575. For Sale-6000 gallon potable Water Tank. \$5000 obo. Phone 250-569-7024. For Sale-Sihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469.

\*\*\*\*\*  
 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!!**

**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)

**Cougar Den Cabins**  
 250-569-7308  
**Daily, Weekly & Monthly Rates**  
 1800 Samson Rd. McBride (bottom of Lucille mountain)  
  
 • Renovations  
 • Restorations  
 • Insurance Claims  
 • Flood  
 • Fire  
 • Wind  
 Mitch/Brenden  
 250-569-7885/569-4109 • Now Offering Financing  
 Building with passion

**DOG BONES & BIRD Suet \$5.00/Bag.**  
 Now carrying Smoked Bones and Smoked Liver at Uncle Mark's Meat Shop

**CENTRAL REPAIRS**  
 • Repairing Farm Equipment  
 • Custom Field Work, Seeding and Haying.  
**Tim Heatwole 250-569-7612**  
**Fourth & Main X Hair Studio**  
 Open Monday's, Thursday-Saturday by appointment  
 call or text 780-236-4222  
**Large, clean bright apartment for rent in downtown McBride. \$750/mth**  
**Credit Check and References required. Call Alex 250-885-6917.**

**Alaina Chapman RMT**  
 Registered Massage Therapist  
 Monday, Wednesday & Thursday  
 Ph: 250-566-1040 To book an appointment

**Franke and sons Automotive Ltd.**  
 Repairs - Tires - Windshields  
 975 Airport Road - 250.569.8830

**UNCLE MARK'S CUSTOM MEAT CUTTING**  
 Field to Plate Service ☺ "Stress free animals for domestic and Game make better meat"  
 Mark Roth 250-569-7805 "Serving the Robson Valley"

**Glass Cutting, Picture Printing, Matting and Framing, call Bill Arnold 569-3381**  
 Pavel Bendl • 250-617-0263  
 • Renovations, new construction  
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 Call or email pavel.bendl@gmail.com

**R3 ACRES**, Farm raised beef, naturally. Grain fed beef available year-round. Call/text: 250-569-7203 Mon-Fri 9-4. Email: [beef@r3acres.com](mailto:beef@r3acres.com) Find us on Facebook.

**THE HAIR SHOPPE**  
 803 3rd Ave. 778-258-0343  
 side entrance

**Painting**  
 The Colour Garden  
 Call Phil 250-569-0205 or 7731

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

**Awsome - Bountiful & Cattine**  
 ABC  
 Patio Open NEW HOURS: 250-569-0133  
 (Open-M-F:6a.m.-5p.m. Sat&Sun:9a.m.-5p.m. Stats:Closed)

# Hunting Stuff For Sale

## \*\*\* Scopes [all 1" tubes] \*\*\*

- 1] **Bushnell Trophy Xlt Scope**...NEW in box, 4-12x40, DOA, Bulter Creek covers. \$200.00
- 2] **Nikko Stirling Nighateater Scope**... NEW in box, 2.5-10x42, 4 Flex lens. \$200.00
- 3] **Vortex Diamondback HP Scope**... USED 2-8x32 Dead-Hold BDC [MOA] \$300.00
- 4] **Bushnell Scope**... USED 3-9x40. \$100.00
- 5] **Weaver Scope**... USED 3-9x40 Comes with dove tail rings and lens covers. \$ 150.00

## \*\*\* Scope Mount [1" tubes] \*\*\*

- **Vortex Optics**... USED one piece mount [Canter lever] \$ 100.00

## \*\*\* Ammunition [Proof of Valid Pal to Purchase] \*\*\*

- **Winchester Super X 22 Magnum**. JHP, 40 grain, 50 round box, **7 boxes**, \$20.00 each.
- **Winchester 223**. JHP, 45 grain, 40 round box, Varmint & Predator, **1 box**, \$35.00.
- **Winchester 233**. JSP, 55 grain, 20 round box, Varmint & Predator, **1 box**, \$25.00.
- **Winchester 303 British**. 180 grain, Power-point, 20 round box, **2 boxes**, \$30.00 each.
- **Hornady Leverrevolution**. 30-30. 160 grain, FTX, 20 round box, **2 boxes**, \$45.00 each.
- **Winchester 308**. Power-point, 180 grain, 20 round box, **3 boxes**, \$30.00 each.
- **Winchester Super X 300 Win Mag**. 150 grain, power point, 20 round, **2 boxes**, \$35.00 each.
- **Winchester Super X 20 gauge**. 2 3/4", upland small game, 7 1/2 shot, **4 Boxes**, \$15.00 each.
- **Winchester Double X Magnum 12 gauge**. 2 3/4", BB shot, copper plated, **2 boxes**, \$25.00 each.
- **Winchester Heavy Game Load 12 gauge**. 2 3/4", 2 shot, **2 boxes**, \$15.00 each.
- **Federal Heavy Game Load 12 gauge**. 2 3/4", 7 1/2 shot, **2 boxes**, \$15.00 each.

## \*\*\* Misc \*\*\*

- **Ruger 10/22 Magazine**. 10 round, 2 available, \$25.00 each.
- **Bipod**. 5 1/2" to 8", \$40.00.
- **Sun Optics [Silver] Rings**. 1 inch, Medium height, \$30.00.
- **Sun Optics [Silver Rings]**. 1 inch, High, Dovetail, \$30.00.
- **V-Max Bullets**. 204, 40 grain, 100 pieces, \$15.00.
- **Skinning Knife**. Has leather case and 2 extra blades, \$60.00.
- **Ruger Sling**. NEW. Locking sling mounts, \$25.00.
- **Coulet Cowboy Boots**. Size 9 1/2, Excellent condition, \$80.00.
- **Buck Knife**. 5 7/8" straight blade, 10 1/4" overall length, leather sheath, \$80.00.

All prices are **FIRM! NO TRADES**. Cash Payment Only!

Can negotiate discount if multiple items [ 5 or more] are purchased.

Contact Art @ 250 569 7492.

Best way to reach me is via "Text Message".

Phone calls... Leave Message.

## Robson Valley Caregiver Support Group

Where: Community Health Building, McBride  
When: Tuesday, Sept. 17, 2019 from 2-3 pm

For those caring for someone with dementia - spouses, family or friends - a caregiver support group offers the chance to:

- Exchange information and friendship with others affected by dementia.
  - Access the most current information.
  - Learn and share practical tips for coping with change.
  - Decrease feelings of loneliness and isolation
  - Express feelings and be reassured that these feelings are normal.
  - Find a sense of hope.
- Supporting a person with dementia, can be incredibly demanding.
- People in this situation experience a variety of feelings. The demands of the disease can make it difficult to stay in touch with friends and family, and can lead to loneliness and isolation. Come and join us!
- Contact for more information:  
250-569-2018

Susan Umsioj, Primary Care Nurse, McBride.

## 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-Adventist Community Center**. Open Tues. 1:00-3:00. Contact Number 250-569-2479 •**Terrifoodbank** contact number is 569-3186 •**Seventh-day Adventist Church** meets on Saturday for Sabbath School at 9:30am and Worship Service at 11:00am, and meets on Wednesday for Prayer Meeting at 7:00pm •**Mennonite Church-Meet** Sundays 11am and 7:30pm & Wednesdays at 7:30pm Ph: 569-7297 •**Mountain Chapel (PAOC)**-Sunday School & Adult Classes-10am. Services-11:10am. Ph:250-569-0291 •**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.

## INTERNATIONAL CHOCOLATE DAY



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

ARTISAN  
AZTECS  
BENEFICIAL  
BITTER  
BRAIN  
CACAO  
CAKE  
CELEBRATE  
CHOCOLATIER  
CONFECTION  
CONSUME  
COOKIES

DARK  
FACTORY  
FLAVONOIDS  
FONDUE  
HEART  
INDULGE  
INGREDIENTS  
MILK  
MOCHA  
MOUSSE  
SWEET  
SWISS

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

## MCBRIDE COMMUNITY FOREST CORPORATION 2019 Annual General Meeting Wednesday, October 16, 2019 7:00pm

Robson Valley Community Centre 441 Columbia Street

The Village of McBride, on behalf of the McBride Community Forest Corporation (MCFC), will be hosting the 2019 Annual General Meeting on Wednesday, October 16, 2019 where three directors to the Corporation's Board will be appointed by the Community Forest's Shareholder.

The Village of McBride Council (Shareholder) is inviting all interested parties to submit applications and any person who feels they are qualified to be Director may apply.

The MCFC Director Application forms are now available at the Village of McBride Office at 100 Robson Centre or can be printed from the Village's website at [www.mcbride.ca/village-office/mcfc-agm-and-director-application](http://www.mcbride.ca/village-office/mcfc-agm-and-director-application).

The Village of McBride will receive applications for MCFC Director positions beginning Monday, August 26, 2019 with a deadline for submission by Friday, September 20, 2019.

The Village of McBride Council will review all applications and will announce who will fill the three vacant director positions at the October 16, 2019 Annual General Meeting.

The Village of McBride Mayor and Council continue to be tremendously grateful for the interest the public has shown in the operations of the MCFC and joins with all McBride residents in wanting to ensure the MCFC thrives, now and into the future.

For more information, please contact Sheila McCutcheon [cao@mcbride.ca](mailto:cao@mcbride.ca) or Karen Dubé [edo@mcbride.ca](mailto:edo@mcbride.ca) or call the Village Office 250-569-2229.

## UPCOMING WORKSHOP SUSTAINABLE NOT-FOR-PROFIT

Are you a Not-For-Profit within the Northern BC region, with an interest in learning about ways to build a sustainable organization?

**Community Futures Fraser Fort George** will be hosting a **1-day**, 5-module workshop to support sustainability and resiliency for rural based not-for-profit organizations, societies, social enterprises, charitable organizations & foundations.

**Pre-Registration is required:** Workshop is **free** to attend  
(Lunch will be provided, please notify us of any food allergies.)

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### TOPICS COVERED

- Board Governance
- Strategic Planning & Measuring Success
- Building Leadership - Board Recruitment & Succession Planning
- Asset-based Operational Planning
- Building for Proposals, Project Plans & Evaluation Frameworks

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**Dunster:** Saturday, September 28 // 9am- 5pm  
Dunster Fine Arts School

*Participants from other rural areas are welcome!*

**REGISTER BY PHONE @** [250] 562.9622  
**OR ONLINE @** [www.cfdc.bc.ca/calendar/](http://www.cfdc.bc.ca/calendar/)



ONE-DAY  
WORKSHOP

