from Sue & Me on Main Street

Life doesn't get any better! coffee with a friend... homemade food Fresh baking,

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

Jessica's **New Location ** **Croissants, Treats and more** Artisan

411 Main Street (use side door) Friday's, 12:30 to 3:30pm



HAPPY THANKSGIVING!!
CLOSED MONDAY, OCTOBER 14.
Keurig Pods (by box) NOW AVAILABLE ORGANIC AND GLUTEN FREE PRODUCTS & Sat. 9-5:30

Check Out Our facebook Page

PUB Jigglin' Grizzly Pub CLOSED

for a short hibernation; October 28th

November 14th

reopen



HORSESHOE LAKE VENTURES 100 Mountain View Rd McBride, B.C. V0J 2E0

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

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•Full Hydraulic Hose and Fitting Supply Dog and Cat Food

DNG Developments Vehicles for Sale

• 2017 Chevrolet Trax AWD, 11516km, Lot #9595, \$14000.00
• 2014 Suzuki S40 motorcycle, 2800km, Lot #0789 \$3500.00
• Contact us at 250-569-0343 for information

Price indicated does not include applicable taxes

Dealer #31296

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

Pop in for some special treats for thanksgiving weekend Follow us on the Shops on Main Facebook page.

Show your I ve for local!!

250-569-2666

1021 SE Frontage Road

We will be Closed Monday, October 14th LICENSED AUTOMOTIVE & DIESEL MECHANICS Have a Happy Thanksgiving

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

FREE The Little

McBride





HAPPY THANKSGIVING: Serving BC's Friendliest Tow For the week of Wednesd and Area since 1996!!! 4. October 9th, 2019

DOA SINFIEL

Representative Luminian Fort George for their support. **Thank You - The** Royal Canadian Legion McBride Branch #75 would like to give a SPECIAL THANKS to our Regional District Representative Dannielle Alan and the Regional District of Fraser

YARD SALE

Last Chance yard sale Saturday, October 12, from 9am to 3pm. Clothing, tools, household stuff and bedding. Make an offer, pretty sure we won't say no. Location - 1590 Koeneman Rd.

Update for Television

and Radio in the Valley

- for weeks now - to source the equipment needed to switch from analog to digital in order to get the re-broadcast back up and running. We ordered the equipment over two months ago. We have been in contact with the manufacturer and they assure us that the equipment has been made, it is being tested and then will be shipped. We are ready to install as soon as these last items arrive - but unfortunately, Technalogix advises that it will be two more weeks before we have it on site and installed. We really apologize for the length of time this has taken. However, hang in there everyone, it shouldn't be much longer now. -RVEA

Natural History Speaker Series: NEW DATE! Darwyn Coxson on Biodiversity. Why the Rocky Mountain Trench is such a special place to live, Friday, October 11th at 7:00pm. Brian Menounos on Castle Creek Glacier. Friday, October 25th at 6:30pm. Hosted together with the Valley Museum, McBride Library, and the Community

Jam with Melissa, Thursdays from 2-3pm, beginning 17th. All levels and abilities welcome! We have a couple

of ukuleles that new players can borrow.

Mother Goose in McBride, Wednesdays at 10:30am beginning October 23rd. Join Lotte and Naomi for songs, fingerplays and stories. Aimed at children aged 0-3 and their caregivers, but all welcome. New location: Family Place, Robson Valley Community

Ready, Set, Learn, Thursdays at 10:30am beginning October 24th at the Elementary School. Join Naomi for songs, stories, crafts and a snack. Aimed at children ages 3-5 and their caregivers. Please call the School at 250-569-2721 to let us know you're coming.

Making Sense of Aggression: A short course for parents, service providers, and anyone interested, based Gordon Neufeld's video discussion workshop series. Facilitated by Kairyn Janecke. Tuesdays, from 5:00-7:00pm, October 22nd & 29th and November 5th & 12th. Childcare and light refreshments provided. \$20/participant (financial assistance available). Please call the library at 250-569-2411 to register by Thursday, October 17th.

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? Very Enjoy playing with others? Just want to sing along? All welcome. Call David Marchant with questions at 250-569-2569.

BIRTHDAY WISHES OGT. 9-15

Joe Quam, Bobby Sansom, Chris Wolney, Jonathan Mazereeuw, Wyatt Milligan, Niel Marsh, Stan Keim, Kyle Quam, Rachel Keim, Rodger Peterson, Stuart Sansom, Anna Johnson, Brenda Isadore, Brenda Mitchell, Grant Scott, Katie Johnson, Richard Nec, Rod Reimer, and to any we missed, Happy Birthday!

GOMING EVENTS

Harvest Dinner - Thursday, October 10th at the Elks Hall. Sitting #1 - 4:30p.m. Sitting #2 - 6:30p.m. Adults \$17.00, Seniors & Young Adults (ages 13-16) \$15.00. Children Under 6 - Free, 6-12 \$1.00/Year. Reserve your tickets at the McBride Library 569-2411. ~Sponsored by McBride & District Public Library and Valley

Museum and Archives.

POTATOES, GARLIC and CARROTS For Sale - Open Gate Community Garden Annual Market Fundraiser. Friday, October 11, at 1:00 pm at the Community Garden. No Early Birds Please.

Via-Rail Schedule viarail.ca Phone 1-888-842-72
Going West - Sunday, Wednesday & Friday...2:44pm
Going East - Monday, Thursday, Saturday...1:48pm
Discounts for 1 or 3 days advance booking. 1-888-842-7245 riday...2:44pm

Important EMERGENCY9-1-

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250-569-8891

and more from the Gallery.

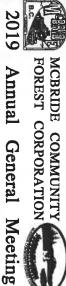
Practical and beautiful - perfect for a gift or a Happy Thanksgiving from the Whistle Stop Brighten up your thanksgiving table with quality kitchenware, table toppers

special treat for yourself.

OPEN 9-5 DAILY IN THE TRAIN STATION







Wednesday, October 16, 2019 at 7:00pm Robson Valley Community Centre 441 Columbia Street

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.

Everyone is welcome.

Red Seal Journeyman Carpenter SCOTT KEIM 250-569-7120

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Commercial, Farm & Personal

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Heavy Duty & Commercial Transport Mechanical

CVSE Inspection Facility

McBride AG Foods 250-569-0140

Turkeys and Hams available FRESH FISHS on FRIDAYS Happy

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

Get Pumped!!

We've just posted a Septic Website!! Loaded with Q's & A's, septic advice septic tank be pumped out? How often should your good info!!

We're still charging regular spring, summer and fall rates until the end of October!!

Get scheduled in NOW!! 250-569-7812 Should you use a septic bacteria additive?... NO!!
How much does it cost to get pumped out?
How to save a Million Dollars!! © additive?.

robsonvalleyseptic.ca

Robson Valley Septic

ROBSON VALLEY LEDES

OPEN Mon.-Fri. www.robson

250-569-8811 1136 - 5th Ave. inside the McBride Hospital

Monday, Thanksgivings We will be Happy Closed Oct

Wishing you a safe & happy long weekend

Happy Thanksgiving!

NEW this week!

Brown Sugar Cinn Funyamon Latte rown Sugar Chnamon Latte
Huckleberry Italian Soda Welcome of ome

Follow us on Facebook - fb.me/youarewelcomehome Tuesday - Saturday 8:30am to 5:00pm 250-569-0215

D & T INDUSTRIES



930H CAT WHEELED LOADER

299D CAT COMPACT TRACKED LOADER
108" & 84" DIRT BUCKET



7X14 Ft Dump Box Trailer, Gooseneck Trailers, & GMCs to pull... WCB, ICBC, CGL, FALLER CERT CALL US 24 - 7!

Darvin 250-569-7758 or 7050



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Jaune / Valemount

INSULATION & DRYWALL 50-569-0320 Advantage

Insurance

Services Ltd Rosemary L. Hruby, c. 250-569-2264

Monday, October We will be closed 14th.

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

school news

orders. Deadline to order and pay for your calendar is Friday, October 25th. If you would like to advertise your business, we do have a couple of spots open. Spots are 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 Friday, October year's grade 12 students have started taking orders for the "Community Calendar" for 2020. Each calendar is \$11.00 and must be paid in advance. Due to having such a small graduation class, and 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/memorial list. The Dunster Store will also be taking McBride Secondary Grad 2020

2019 Christmas Craft Fair - Mcbride Secondary School students and the Parent Advisory Council (PAC) invite you to attend: The Christmas Craft Fair, Saturday, November 16. 10:00a.m. to 2:00p.m. at the Robson Valley Community Hall (by the Arena) 441 Columbia St. The Christmas Craft Fair is PAC'S largest fundraiser of the year. Money raised goes towards supporting student activities at the school. Thank you for your support! 40 tables of Robson Valley Artwork, Crafts, Baked Goods, Home Business Sales, and much more... Concession will be hosted by the School Sports Teams... To BOOK a table call 250-569-2295. \$25.00 per crafter (this includes FREE advertising, venue set-up & clean up, beverages and shoppers, Lots of shoppers!) The "Crafter Fee" is donated to the PAC. Thank You to all the "Crafters" for their support towards the PAC! ~Admission is \$1.00 or by donation. See you there!

OAPO NEWS

Our October Birthday Tea will be on October 16. Looking there

A LITTLE THINKER...

is what keeps things from happening all

GOMMUNITY ANNOUNCEMENTS

The Valley Piecemakers Quilt group meets for fun and quilting every third weekend (Friday Saturday and Sunday) between Sept. and April, at the Elks Hall in McBride. New members and beginner quilters welcome. Please contact Georgie Kenzie by phone or text at 250-569-7433, or rvlongarm@gmail.com for more information.

The McBride Community Calendar is available on line at the website https://calendar.mcbride.ca

BUY, SELL, RENT & MISC.

4371••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 215/65/R17. 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-Stihl and Husky chain saws, a good selection of bars and chains to get ready for firewood season. Phone Warren Ph: 250-569-7469. For Sale-3 Arctic Claw winter XSI tires, M+S, LT275/65/R20, studded, 50%. 2 Avalanche tires, M+S X-treme, LT275/65/R20, studded, like new. All 5 tires for \$400.00. Phone 250-569-7769••For Sale-1998 Subaru Regency, 5 spd., 4 door, new winter tires, AWD, ready for winter, \$1000 obo. 1961 Ford Galaxie, 4 door, original drive train, 3 speed, no oil leaks, \$3500 obo. Call Bob 250-569-0364••For Sale-4 Arctic Claw Studded Winter Tires. M&S 195/65R15. \$200.00 Ph:250-569-2234••For Sale-Working Collie Pups. Ph: 250-569-7612••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••Free-Arabian Quarter Horse, age 14, 14/3 hands high, colour chestmut. Experience rider, needs a little more training. Ph:1-250-566-63714•Fer Sale-Oil Europe with new task good condition. Action

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-Adventist Community Center. Open Tues. 1:00-3:00. Contact Number 250-569-2479 Terri•Foodbank 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.

Please contact The Little Bride Paper with a ing!! 250-569-3110, Box 441, McBride, b don't know about it Susan Glines (Oscar

Alaina Chapman RMT

Franke and Sons Automotive Ltd.

Repairs - Tires - Windshields 975 Airport Road - 250.569.8830

for domestic and Game make better meat"

Mark Roth 250-569-7805 "Serving the Robson Valley" UNCLE MARK'S CUSTOM MEAT CUTTING

Glass Cutting, Picture Printing, Matting and Framing call Bill Arnold 569-3381

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BORSESHOEING

250-569-3319

McBride, BC

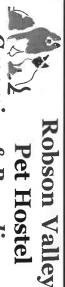
We will be Closed

Oct. 11, 12, 13 & 14 for Thanksgiving

Happy Thanksgiving everyoness

NEW HOURS:

(Open-M-F:6a.m.-5p.m. Sat.:9a.m.-5p.m. Sun.&Stats:Closed



Ann Schwartz - Animal Health Technician Grooming & Boarding

250-569-3319 Website with information and galleries www.pethostel.ca

250-569-7308
250-569-7308

Collagar Den Callin S



- · Restorations
- Insurance Claims

 Flood
- Fire
- Wind

Mitch/Brenden 250-569-7885/569-4109 New Construction
 Now Offering Financing

MoW carrying Smoked Bones and Smoked at Uncle Mark's Meat Shop Dog Bones & Bird Suet \$5.00/Bag.

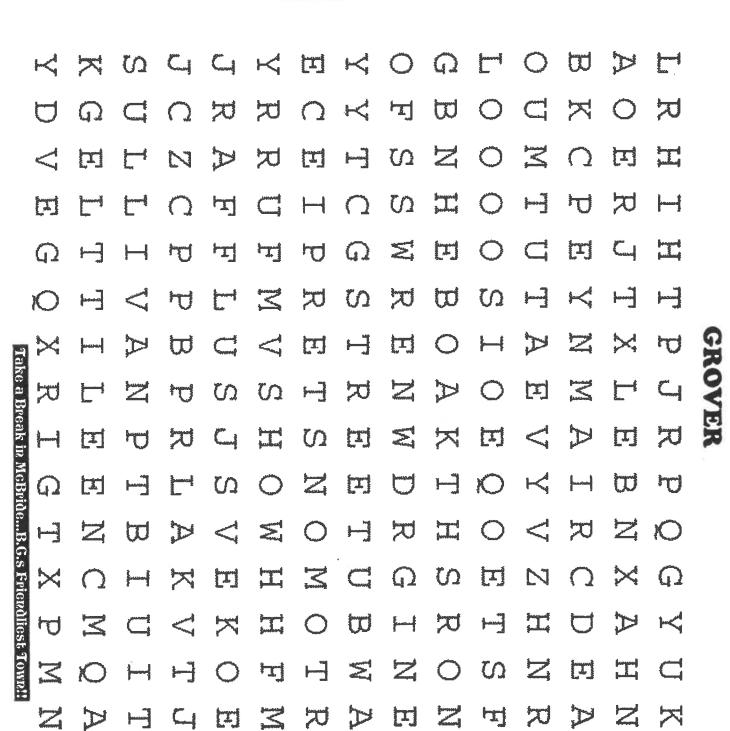
I WORK AWAY FROM HOME ALL WINTER JUST NEED A PLACE TO HANG MY HAT. OR APARTMENT IN MCBRIDE WANTED TO RENT A HOUSE CALL ROGER AT 780-303-0022

Fourth & Main % Hair Studio

Open Monday's, Thursday-Saturday by appointment call or text 780-236-4222

Robson Valley Longarm Quilting Supplies OPEN Thursdays & Fridays Панс-Арне

Other limes or days please call or lext Georgie at 250-569-7433



SHOW STREET SULLIVI SESAME NEAR SUPER PLAY OCTOBER MUPPET MOVING MONSTERP MONSTER LITTLE THEATER JVAN HCH

IRTHDAY

CUTE

FURRY

FRANK

FOURTEENTH

GLOBAL

GROOVING

HENSON

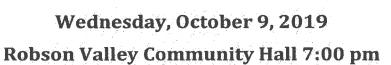


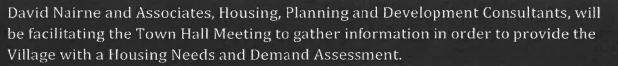


Corporation of the Village of McBride

Engage with Us!

Housing Town Hall Meeting





The Housing Needs Assessment will determine how the community can address its housing needs.

Housing affects everyone – your input is important!

Save the Date

Sko-Tai

Sho-Tai Returns to McBride In October with Class 1 Practitioner, Evan Dougherty. Evan Dougherty has qualified at the highest level in Sho-Tai, as a Class 1 Practitioner. He will be making his return trip to see clients in McBride & area on October 21st. There has been some expression of interest to have Evan begin trips to Prince George, so if you know anyone there who would like to see him, please contact him or Kelly. Sho-Tai is a healing art developed by Terry Bell, following a healing path with his own health issues, as a young man, which included multiple heart attacks. Sho-Tai is a natural, safe blending of non-invasive new Branch Manager, Crystal Parsons, techniques used to assess the structural & nutritional status of the body. A deficiency or excess in any of these areas could contribute to a variety of acute or chronic health issues. An advanced form of Applied Kinesiology (muscle testing), along with Iridology (the scientific study of the eye), & Body Reading (patterns, markings & color changes on the tongue, teeth & face) are utilized like a road map, to analyze conditions in the body, physically, mentally & emotionally, along with the strength or weakness of the various organs & glands that run the body. All of this gives a detailed picture of the body's integrity, analyzing areas of congestion or toxic accumulations, identifying the body's challenges & health potentials. Through Applied Kinesiology, the body is assessed for which foods are causing an excess or disturbance. We are each unique, like a snowflake, therefore, what is one person's medicine can be for another person a cause of the body to do more work to cleanse it out or create congestion. Also, through the use of Applied Kinesiology, Sho-Tai is able to specifically identify the body's unique requirements for the herbs needed to achieve healthful results, thereby limiting the number of herbs required. Food grade herbal products, developed by Terry Bell, along with other high quality nutritional supplements he has tested, are made available. There are multiple reasons that the human body gets sick. The two main causes of illness are an Excess or a Deficiency of a specific food. Recommendations are given to avoid foods that are testing as negatively impacting the body. It is recommended to follow these changes for 3 months, following the body's natural cycle of: Cleanse, Repair & Maintain. Toxic accumulations & illness are created by a lifetime of unhealthy habits, therefore cleansing & healing can take some time, but lead to a more joyful & healthy life. As Terry says, 'Your Health is Your Wealth'. For Information: Evan Dougherty, 204-291-0582, healthjourney@outlook.com, www.shotai.ca, evandougherty.com. For Information or to book an appointment: Kelly McNaughton 250-968-4400.

Scotiabank

Scotiabank Customer Appreciation Day Tuesday, October 29, 2019.

Join us for cake and meet our from 10:00a.m. to 3:00p.m.

We look forward to seeing you.

Great Specials

Every Week! We will be CLOSED from

Saturday, October 12 to Monday, October 14. OPEN on Tuesday, Oct. 15.

Happy Thanksgiving Open Mon.-Fri. 10am-5pm Sat. 10am-3pm 1011 Frontage Road 250-569-0425

LAUNDROMAT IS OPEN

421 Main St. 250-569-7176 We'll be opening again Wed. Oct 16!! **Inventory Reduction Sale!!** Help us make room for new stock!

Open: Wed -Fri 10-5, Sat: 10-2

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