

ROBSON VALLEY IDA TELEPHARMACY

OPEN Mon.-Fri. 9-5 Sat. 9-3 Sun. Closed
www.robsonvalleyidaharmacy.com
250-569-8811

1136 - 5th Ave. inside the McBride Hospital

Robson Valley IDA will be Closed Wednesday, November 11 for Remembrance Day.

Just a reminder to please
Call Ahead for your prescription refills,
and Please do not come into the Pharmacy
if you have a cold.
One of our staff would be more than happy to
deliver it out in the parking lot if no one is available
to pick up for you.

The Pharmacy is implementing mandatory mask use
until further notice due to the incoming Flu Season.
If you are unable to wear a mask due to health
reasons please notify staff.



Four Rivers
Co-operative

Delivering Fuel
East to McBride &
Valemount
Commercial, Farm & Personal

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

Prince George:
Tel: 250.564.3488
TF: 866.309.2667
Fax: 250.564.3433

Valemount Cardlock:
1500 - 9th Avenue
Valemount BC
TF: 866.309.2667

McBride Cardlock:
2130 Zeidler Road
McBride BC
TF: 866.309.2667

250-569-2411

McBride & District PUBLIC LIBRARY

521 Main Street McBride, BC V0J 2E0

WINTER HOURS

Tuesday 10:30-5, 7-9.
Wednesday and Thursday 10:30-5:00.
Friday 1:30-8, Saturday 2:30-5.

library@mcbridebc.org mcbride.bc.libraries.coop

HISTORIC MCKALE HOUSE

421 Main St. 250-569-7176
Great books...make great gifts!
Fun sock collection has arrived!
New books for babies coming soon!
Hours: Thurs, Fri.: 11-4; Sat. 10-2



**Robson Valley Sewing
Quilting Supplies**
All your Quilting and Bag making Supplies
Open Thursdays and Fridays
Have us show
By Appointment only
Call on Text: 250-569-7433
email: widsawgym@gmail.com

Employment Opportunity

The McBride office of the Ministry of Children and Family Development is seeking an auxiliary administrative assistant for an "on call, as and when" basis.

With your keyboarding speed of 40 wpm and a full spectrum of office skills, you'll be called upon to perform a wide variety of clerical tasks on an on-call basis for the local office of the Ministry of Children and Family Development.

Receiving, responding to and directing inquiries; providing administrative support to staff; and carrying out records management duties will be just a few of the many and varied office assignments you'll be working on in this busy environment. This job requires secondary school graduation or equivalent and experience working in an office setting.

Please forward your resume to:
The Ministry of Children and Family Development
1441 7th Avenue, Prince George, BC V2L 3P3
Attention of Katie Faucher
or email it to Katie.Faucher@gov.bc.ca

What can travel around the world while staying in a corner?

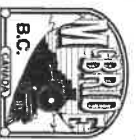
Robson Valley Septic

Check out septic tips and info at robsonvalleyseptic.ca
(250) 569-7812

duffy's V

Your business is our business!

FREE The Little McBride FREE



McBride Paper

Serving BC's Friendliest Town and Area since 1996!!!
For the week of *Wednesday, November 4th, 2020*

LEGION NEWS

Due to on-going COVID-19 restrictions, the McBride Branch will not have an official Remembrance Day service this year. Members of the Branch will raise the flags at the Cenotaph at approximately 10:45 am November 11, 2020. If members of the public wish to show their respect and lay a wreath at the Cenotaph, they may do so individually throughout the day. If you need a wreath please contact Dennis Rejman at 250-569-2692. The flags and wreaths will be collected up at approximately 5:00 pm. The McBride Branch would like to Thank everyone for their understanding and support. The Branch would also like to acknowledge the support of the Regional District of Fraser-Fort George for their Community Grant-In-Aid.

NOTICE

Due to Remembrance Day landing on a Wednesday, we are Printing Monday, November 9 and Delivering Tuesday, November 10. If you have any articles or advertising for The Little McBride Paper, we must have it in by Saturday, November 7. Thank You

THANK YOU

Our heartfelt thanks go out to the members of The McBride Fire Brigade and the Ambulance Crew who turned out so promptly and performed so efficiently on the 27th of October when we had a Carbon Monoxide scare. It is so comforting to live in a town where people so willingly help one another. J and H Mantlon

SGMOOL NEWS

McBride Centennial Elementary School News:
COVID-Conscious Kids' Christmas Shopping Day Sale - Early December. Think of McBride Centennial as you clean your house, sort through boxes etc. We welcome any gently-used or never-before-used-and-want-to-find-a-good-home items for our sale. Please leave boxes on the benches outside the school's front doors. Call us at 250-569-2721 to let us know you have dropped items/boxes off or to let us know that you will be dropping some items/boxes off. Items will be sanitized before the sale. All items must be dropped off by Monday, November 30 at 3 p.m. The proceeds will go towards the grades 4/5/6 swim programme if we can have one in the spring. If not, the proceeds will go towards our Outdoor Learning Space. The smiles go to the students; and the gifts go to their loved ones. Thank you to all those parents and community members who have donated items thus far! Much appreciated!
Purdy's Christmas Fundraiser - If you would like to order from this fundraiser, please phone the school for a catalogue and an order form. Orders and payment must be in by Tuesday, November 24. The proceeds from this fundraiser are going towards activity days, field trips, grade 7 grad, clubs, and awards.

COMMUNITY CHRISTMAS DINNER

Due to COVID-19 restrictions, the Community Christmas Dinner on December 25 will look very different this year. There will be two options: Option 1. Pick Up & Option 2. Delivery Service. This will mean that EVERYONE will need to pre-register. We will need your name, address and number of people. Please Call KIM at 250-968-4467 or PETE at 250-968-4334 before December 1, 2020 to ensure that you will enjoy a turkey dinner on Christmas Day.
Thank You - Community Christmas Dinner Committee

OAPO NEWS

As many members know, our Treasurer Dawna Hickery has moved away. We need a volunteer to take over the bookkeeping. Please come forward and offer to take this position. New membership cards for 2021 will be available shortly. The OAPO continues to work for elders despite not having a place for our meetings. Your executive continues to look for a meeting place. However, Birthday Teas and Luncheons will not likely be available for some time.
Contact D. Simpson 250-569-3343.

BIRTHDAY WISHES NOV. 4-10

Amelia Wolney, Javon Christensen, Dustin Van Bergen, Giovanna Clements, James Roth, Gray Poehnel, Angelina Ondang, Rose Anne Forster, Scarlet Sullivan, Aaina Chapman, Ingrid Stengler, Jordan Doherty, Karlos Miller, Randy Harstad, Teagan Trask, Conner Forman, Jason Shantz, and to any we have missed. Happy Birthday!

AGM

The McBride Curling Club Annual General Meeting will be held on Thursday, November 5, 2020 at 7:15 in the curling club at 451 Columbia Street. Items on the agenda will be elections, the 2019/20 year and the 2020/21 season going forward in these strange times.

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! 250-569-3110, Fax:250-569-0220, email: contact@fpasca.ca, 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! And check out our website www.fpsca.ca.
Scott & Susan (Oscar & Bloom)

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

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

Alaina Chapman RMT

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

Do you want to know the truth about God?

Does He earn sinners forever in hell,
and can the dead speak to us?
Contact Bible Truth, Phone 250-569-7077, Box 185, McBride, B.C.
A LITTLE THINKER...
The other day I asked the bank teller
to check my balance, so she pushed me.

Frankie 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
make better meat"

\$5 bags of bones and bird suet Mark Roth 250-569-7805

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

Double Czech Carpentry

Pavel Bendl • 250-617-0263



- Renovations, new construction
- Exterior and interior finishing
- Cabinetry, kitchen remodeling

Call or email pavel.bendl@gmail.com

THE HAIR SHOPPE

803 3rd Ave. 778-258-0343
side entrance

Gigglin' Grizzly Pub

The Griz is temporarily closed
for annual vacation
and maintenance,
reopening November 19th.

Cougar Den Cabins

250-569-7308
Daily, Weekly & Monthly Rates
1800 Samson Rd. McBride (bottom of Lucille mountain)



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

Closed November 11, 2020
Regular hours November 12, 2020
"Let's We Forget"
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

Meraki Builders

Construction and Renovations
250 569 7885 (Mitch) 250 569 4109 (Brenden)

We ship gifts Internationally

Gifts from \$20 & up

Buy local!

House of Jasper Silver Studio

141 Dominion St. McBride
Sat. & Sun.
11:00-3:00
www.HouseOfJasper.com/directions/

MONASHEE COMMUNICATIONS

1-877-295-0655
www.monasheecomunications.ca
accounts@monasheecomunications.ca



WIRELESS INTERNET

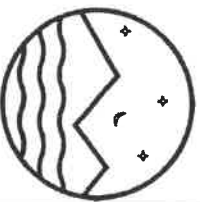
McBride / Dunster / Tete Jaune / Valemount

INSULATION & DRYWALL

250-569-0320

Robson Valley Business Services

Offering Bookkeeping,
Income Tax,
and Computer Services.



Lori Gane 250-569-7941

Jim Chicago 250-569-7942

Or check us out at www.rvbs.ca and on
Facebook at fb.me/RobsonValley.BusinessServices

RVBS

Sue & Me Eaterly

News from Sue & Me on Main Street

Monday Closed Tuesday Closed
Wednesday 11 - 9 Thursday 11 - 9 Friday 11 - 9

Saturday 11 - 9 Sunday 11 - 5

Take Out & Delivery Available (*Tap at The Door or Cash is Still King!*)
**BBB is now open and waiting for reunions,
weddings or just great family fun.**

250-509-0080

Main St., McBride



ROBSON VALLEY
PHYSIOTHERAPY

Phone 250-569-7995

robsonvalleyphysio@gmail.com

Post hole digging with portable power
auger, \$20 per hole, available 7 days a
week. Call ANDRE 250-968-4370.

HAY FOR SALE

20 4X5 800 LB. PH:250-569-2314



MIKE MOSELEY REALTOR

dl_lumiere@yahoo.ca

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

CALLTEXT

778-258-0064

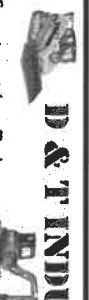


HORSESHOE LAKE VENTURES
100 Mountain View Rd.
McBride, B.C. V0J 9E0

250-569-0075

We are the local WeldCor Cylinder Depot.
We have GLOVES! Leather Workwear, Poly/Cotton,
Rubber, and Nitrile Gloves. Lots of variety!

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



D & T INDUSTRIES
Valley for over 70 years!

Serving the Robson

Darvin 250-569-7738
250-569-7050 Tovi



Uncle Mark's



Tasty
Food

Open Weekdays!!

www.unclemarks.ca

1st Ave - Ph: 569-3003 to order!!



250-569-2666
1021 SE Frontage Road

LICENSED AUTOMOTIVE & DIESEL MECHANICS
We will be CLOSED on Wednesday, November 11
for Remembrance Day

We have SHELL Conventional and Synthetic Diesel Engine Oil in stock
and SHELL Grease

MONDAY to FRIDAY 8:30am - 4:30pm
SATURDAY & SUNDAY - CLOSED

MCBRIDE BIG COUNTRY SNOWMOBILE NEWS

McKale FSR Gate will be locked effective immediately for bridge
repairs.

COMMUNITY ANNOUNCEMENTS

Influenza immunizations available starting November 2. By
appointment only, please call 250-569-2026 to book your appointment.
Location: McBride Community Health Services Building.

The Little McBride Paper is now On-Line at our new website
www.fpas.ca. Plus check out all the past issues of The Little
McBride Paper in the Archives section.

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

LIBRARY NEWS

McBride library is now on winter opening hours: Tues. 10:30-
5, 7-9. Wed. and Thurs. 10:30-5. Fri. 1:30-8. Sat. 2:30-5. If you are
not feeling well, please do not come to the library. We will be happy
to deliver materials to you. Call us at 569-2411. Children under 12
must be accompanied by an adult at all times. If possible, please try
to send one family member to collect items for your family. The
computer lab is limited to 3 adults (15+) people at any time.
Collection/delivery service still available.

NEW: Writing Group on Fridays - Are you a writer with chronic
procrastination issues? Do you have an overdue term paper, or a
novel that should have been finished in 2012? What about a report
for work that just isn't writing itself? You are not alone! Come join
us in the library on Fridays from 12-1:30pm for a new writing
group. 30 minutes of visiting/writing chat followed by an hour of
silent writing (or 90 minutes of writing if you're not feeling chatty!).
Physical distancing measures will be in place, and you can also
participate from home via zoom if you would prefer. All are
welcome, but please let us know if you are planning to attend, so
we can keep track of numbers: 569-2411/library@mcbridebc.org.
Questions? Get in touch!

Would you like to Learn to use a 3D Printer? For more details,
or to book your session, email Larry at larry@mcbridebc.org. You
can also call the library on 250-569-2411. While priority is for
seniors, we are opening up the sessions to anyone who is interested
in learning, so please get in touch.

ANOTHER LITTLE THINKER...

I got a new pair of gloves today,
but they're both 'lefts' which, on the one hand,
is great, but on the other, it's just not right.

BUY, SELB, RENT & MISC.

For Sale-4 LT 245/75R16 Nokian Hakkapeliitta M&S winter tires
on Chevrolet 6 bolt rims. Approx. 50% tread. Asking \$350. Phone
250-569-3110•**FREE**-Kittens - cute, black & fuzzy. Ready for a
new home. Ph: Lynda 250-569-7734•**For Sale-3** Legal Black Bear
Hides & lots of Cats and Kittens. Greggo Match up the Beaver••**For**
Sale-2010 Flex, seats 7, 241,000km, runs good but needs some
work. Open to offers. Pat Powell 250-968-4474. •**For Sale-14**
Lambos for Sale, ready in November. 7 intack males & 7 females.
1/2 down to hold. Price \$150,00 each. Call Lisa to hold. Ph:250-
553-2365•**For Sale-2015** Ford Fiesta SE-4 door Sedan. Non
Smoker owner, very low mileage, Ruby clearcoat metallic colour. A/
C. Sirius Radio, dtrp rails. Ford Maintenance Program until Nov.
2022. Low Mileage, 6500km. Mounted Snowtires, 6 speed auto
transmission, excellent condition. Call/Text 778-258-0064. Asking
\$13,500•**For Sale-2013** 18" Sailboat with Boat Trailer. Fully
equipped. Asking \$4000. Phone 250-566-1017 or 250-862-8340•**For**
Sale-2 Truck Canopies: 1 Regular box & 1 Short Box (comes with
4 clamps) \$150 each or trade 905 3rd Ave. Cliff:•**For Sale-Sitihl**
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 is open Tuesdays & Fridays from 1 to 3 pm.
Clothes and Household Goods•**Sunday worship services** at
McBride Anglican United Church at 10am (4th Sunday of the month
at 9am). We celebrate Communion together, usually on the third
Sunday of the month. We welcome you to join our community of
faith as we gather safely in person for a time of prayer, music,
readings, and reflection. All are welcome. Rev. Kim McNaughton,
250-569-3206•**Dorcas- Adventist Community Center** (Dorcas)
OPEN Tuesdays from 1-3pm. Due to small space we will limit guest
to 4 at a time (unless family group). Contact # Terri 250-569-
2479•**Foodbank** contact number is 250-569-3186. •**St. Patrick's**
Catholic Church-Meets Sundays at 11:00am. Ph:250-569-2606.
Call to Confirm. •**Mountain Chapel** at Main Street and Third
Avenue is open for Services at 11:10am every Sunday. Everyone
Welcome. Contact 250-569-0291.

Via-Rail Schedule viarail.ca Phone 1-888-842-7245
Going West - Sunday...2:44pm
Going East - Thursday...12:18pm
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. Serv.	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	250-569-3110
1-800-256-7857	250-569-3434		
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 Finestest TOWN!!

CERTIFIED ORGANIC POTATOES

in stock

Yellow and Red Varieties

Tim Heatwole 250-569-7612

FOREVER PRINTING & SIGNS
Home of The Little McBride Paper
Phone: 250-569-3110 Fax: 250-569-0220
www.fpas.ca email: contact@fpas.ca

Vehicles for Sale

PNG Developments

Certified Salvage Rebuilds

- 2014 Ford Edge Sport Limited, awd,
76000km, #5295, \$16900.00
- 2015 Chevrolet Trax AWD,
air and cruise, back up camera,
99000km, #5669, \$9000.00

For more information contact 250-569-0343

Price indicated does not include applicable taxes. BCDL #31296

ROBSON VALLEY ESSENTIALS

250-569-2415

Assortment of Animal

Micro Mink Throws

K-Pods sold by the box

Check Out Our Facebook Page

WHISTLE STOP GALLERY

250-569-7825

We have received a flood of new artwork
and crafts at the Gallery.
Dave Marchant has the 2021 calendars in,
which means that 2020 is almost over - yay!

We have new
cozy felt art from the Forest Felters,
and we have been invaded by Dome Gnomes!
Drop by for a visit, you are always welcome.

Open Daily 9-5 whistlestopgallery.ca

**COFFEE FOR THE CAUSE FOR BREAST CANCER
AWARENESS RAISED \$549 OVER THE MONTH
OF OCTOBER TO THE BREAST CANCER SOCIETY
OF CANADA. MUCH THANKS TO ALL!**

WE WILL BE CLOSED
WEDNESDAY, NOVEMBER 11
FOR REMEMBRANCE DAY.



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

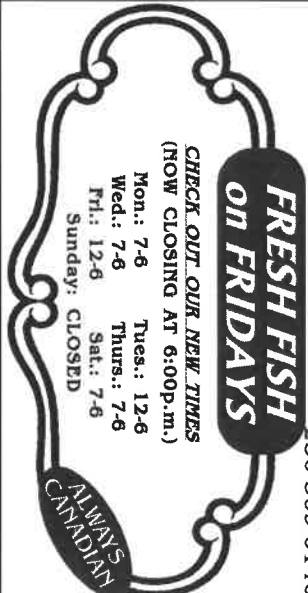
Rich boyz MECHANICAL AND TOWING

250-569-2470

Light & Heavy Duty Towing
BCAA Provider
Heavy Duty & Commercial Transport Mechanical
&
CVSE Inspection Facility

LOCAL DAILY FREIGHT SERVICE McBride AG Foods

250-569-0140



Advantage Insurance

Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

With the clocks being set back one hour
it is now getting darker earlier in the day.

Please Drive Carefully



McBride Tourism Master Plan **expedition**

We need your input! MANAGEMENT CONSULTING

In the spring of 2020, the Village of McBride began a process to develop a Tourism Master Plan for the McBride region. Over the past 9 months, we have worked closely with the community to develop a **Draft Tourism Master Plan**. *Many of you filled out a Tourism Master Plan survey!* We would now like to present the draft plan to the community and collect your feedback on the proposed direction.

We hope you will join us to discuss the draft plan at a **Public/Stakeholder Feedback Opportunity**. The Zoom session will begin with a brief presentation of the draft plan by Expedition Management Consulting followed by a group discussion to collect your feedback.

When: Wednesday, November 12, 2020 - 5:30-7pm (Zoom)

How to sign up: visit www.mcbride.ca/village-office/tourism-master-plan to register.

View the plan: download from Village website:

www.mcbride.ca/village-office/tourism-master-plan.

We recommend reviewing the plan prior to attending the session.

Questions or comments can be directed to the Village Office

Karen Dubé, karen@mcbride.ca, 250-569-2229



Is the Village of McBride Age-Friendly? WE WANT TO HEAR FROM YOU!

WHAT'S HAPPENING? Between October 2020 and February 2021, the Village of McBride is carrying out an Age-Friendly Assessment and Action Plan to identify ways to make McBride a more age-friendly community.

YOUR INPUT IS NEEDED!

Visit the website <http://www.mcbride.ca/village-office/age-friendly> to:

- Get involved and learn more about the age-friendly assessment and action plan
- Take the Age-Friendly McBride Survey (coming soon)
- Participate online or in an organized event (within health and safety guidelines)
- Find out how you can join the age-friendly working group.

WHAT IS AN AGE-FRIENDLY COMMUNITY?

- supports people of all ages actively participate in the community
- treats everyone with respect, regardless of age
- makes it easier for older people to stay connected to the community
- focuses on 50+ while benefiting all

Contact us with any questions or comments!
Hudson McLellan, Age-Friendly Project Consultant – EcoPlan
HUDSON@ecoplan.ca, 1.604.228.1855 x4



McBride Secondary School students and the Parent Advisory Council (PAC) invite you to attend:

CHRISTMAS CRAFT FAIR

Saturday, November 21 - 11am to 3pm

At the Robson Valley Community Centre
(by the Arena) - 441 Columbia St.

Due to current physical distancing maximum attendance at the Centre is 45 people. Therefore, there will be 20 tables of Robson Valley Artwork, Crafts, Baked Goods, and much more...
Masks will be mandatory.

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!

Admission is \$1.00 or by donation

.....to BOOK a table call 250-569-2295. \$25.00 per crafter (this includes FREE advertising, venue set up & clean up and shoppers!).
The "Crafter Fee" is donated to the PAC.
Thank you to all the "CRAFTERS" for their support towards the PAC!

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

AWARENESS
 CANCER
 CHANGE
 CHARITY
 DEPRESSION
 DETECTION
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 EARLY
 EFFECTIVE
 ENCOURAGE
 EVENT
 FACE
 HEALTH
 INCREASE
 ISSUES
 LIFESTYLE
 MENS
 MENTAL
 MOUTSACHE
 NOVEMBER
 PROSTATE
 RAISE
 SUICIDE
 TESTICULAR
 TREATMENTS

B.C. Seniors Advocate, Isobel Mackenzie, presented the Staying Apart to Stay Safe Survey Report about visitor restrictions to long-term care and assisted living homes, on Tuesday, Nov. 3rd at 10:00am, during a "live" streamed news conference. The report will be posted at: <https://www.seniorsadvocate.ca/reports/> and the news release will be posted at: <https://www.seniorsadvocate.ca/news/>. The BC Community Response Network is facilitating a ZOOM conference with Isobel on Wednesday, November 4 at 1:00pm. Isobel will present the report, provide an overview, and take questions from attendees. You can email events@rvscbc.org for the Zoom login information.

National Seniors Safety Week Nov. 6-12. Visit www.canadasafetycouncil.org for more information on safety recommendations for seniors. The Better at Home Program through RVCS can provide non-medical support for seniors to safely age in place. Call Sheri for more information: 250-566-9107. We are offering another co-hosted ZOOM Webinar: "Bullying between older adults in communal settings" ZOOM Webinar hosted by Senator's First BC & RVCS-Tuesday November 17th from 1pm to 2pm. Email events@rvscbc.org for the ZOOM link to register. Contact Jill if you have any questions or would like to view this webinar in person instead of from your home computer.

National Aboriginal Veterans Day is observed each year on November 8th. The First Nations, Métis and Inuit people of Canada have a long and proud tradition of military service to our country. Our Indigenous Literacy Coordinators have created a handout and coloring page which promotes the awareness of this day, introduces some interesting information, and provides recognition for those who served during the wars and in post-war years. Copies of this handout and coloring page are available at either RVCS office, and will be provided to the Indigenous Coordinator's at the schools in both communities.

"Soup and Bun TO-GO" Wednesday, November 18th from 12-1PM ... Join us at the McBride Library, in the meeting room off 5th Ave, outside entrance. Come pick up a cuppa soup, bun and dessert for FREE (donation's accepted) Physical Distancing measures in place. Brought to you by the McBride Library, RVCS-Better at Home Program, and the Community Literacy Task Force. For Questions, call Jana at 250-569-2266 or Abi at 250-569-2411. Deliveries available, call Abi to set up.

Tech Café-Tech Café provides residents with the opportunity to have their technology-related concerns addressed, along with assistance in navigating platforms on their devices. Clients are urged to bring in their own devices. Call Char at 250-569-2266 to pre-book your 1:1 appointment. Next McBride Tech café is: Nov. 23rd 10AM-12PM at RVCS. COVID safety measures in place, face masks are mandatory.

Nov. 25th - 16 days of Activism: The 16 Days of Activism against Gender-Based Violence is an international campaign that runs annually from November 25 (International Day for the Elimination

of Violence against Women) to December 10 (World Human Rights Day). The 16 Days are an opportunity to unite with partners around the world and reflect on what we can each do in our own communities and in our own lives to eliminate the disproportionate violence faced by women, girls and LGBTQ2 individuals. Starting November 25th to December 10th, show your solidarity by displaying purple décor, lights, hearts, etc. on you, your home or business. Post a picture of you wearing purple, or your decorated house/business, tag us, and use the hashtag #OurActionsMatter to commemorate. The 16 Days of Activism Against Gender-Based Violence. **BCAPOP-RVCS** has paired up with the BC Association of Pregnancy Outreach Programs (BCAPOP) to provide pregnancy outreach programs, resources and supports. We are currently developing programs that aim to support women through many aspects of prenatal, perinatal and postpartum care, including infant loss supports. Call Sharon Darragh at 250-566-9107 or email sharon.darragh@rvscbc.org for more information on BCAPOP.

Family Place Drop in Program - We are Indoors again! Please call Char in McBride: 250-569-2266 and Sharon D in Valemount: 250-566-9107, to reserve a spot, as we are able to safely accommodate small groups at this time. Valemount Friday Dates: Nov. 6, 13, 20, 27. McBride Wednesday Dates: Nov. 4, 18, 25. (Stat holiday on Nov. 11th) Call for more information!

YES: Youth Empowerment Speakers Program - From the First People's Cultural Council, this program is for BC First Nations youth between the ages of 18-30 who want to become fluent in their language while pursuing a career in language revitalization. For more information, contact our Indigenous Literacy Coordinators: Sheri or Charlene.

CVMH Virtual Youth Drop In Program from 3-4PM: Nov. 3 - Building Connections/Peer Relationships & Nov. 17 - Where to Turn when you need help - This is a virtual youth drop in (ages 13-17) to support youth mental health. This is a bi-weekly program that will be happening until December. This will be an interactive, safe space to talk about mental health, including things like stress, managing anxiety, healthy relationships and coping skills. Contact Jessica or Laura at: 1-844-324-2004, or email: events@rvscbc.org to request the ZOOM link and password.

COMING SOON...

Paint Night and Open Mic - Standing up to Gender-Based Violence. A gathering of like-minded individuals, sharing stories through art and standing up against gender-based violence. Come sing a song, share a story, read a poem, or share your art. This event is in coordination with RVCS's 16 Days of Activism Against Gender-Based Violence and the Paint the Robson Valley Purple campaign. **Youth Programming** on November 20th **Circle of Security**...Dates to be announced!

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