

Courier NEWS

North of 50 continued...

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Fitness levels aside, the course takes teamwork, and the mental challenges each person struggled with at different times through the event meant each person needed a little help from the group at different points, which was amazing to watch.

People overcame fears, pain and fatigue to complete the course, and there were some shedding tears of relief at the end.

Pushing yourself and your teammates through the kind of course the event included makes you appreciate what you can accomplish and how rewarding pushing yourself past where you thought your limits were.

The ladies of Fort St. James did



Two North of 50 team members pose in clean shirts before the event. Renada Walstrom (left) and Alison Moise (right) completed the challenge with their eight fellow teammates.

Ruth Lloyd/Caledonia Courier

the town proud, and ran with Fort St. James emblazoned on their t-shirts right over their hearts.

This year 19,000 people had signed up for the Whistler Tough Mudder event and over the 35 events planned for this year, in excess of 460,000 people are expected to take part.

Historic courthouse

The old courthouse building may get new life yet. Despite a decision by council to potentially return the building to the province when the lease runs out this year, the building may yet go back to the community.

Joyce Helweg of the Fort St. James Community Foundation has stepped forward to stop the municipality from releasing the building. Instead Helweg is proposing a number of groups in the community come together to look at cleaning the building up to make it more usable and then allowing those groups to use it for storage and meeting space.

Mayor and council discussed her proposal at the last council meeting and agreed to look into the feasibility of changing the use of the building so it could be kept.

Helweg has spoken to the Girl Guides, the Fort St. James Community Arts Council, Fort St. James Rotary Club and the Fort St. James Community Foundation, all of whom are in favour of keeping the building.



Some things are just better together.

#itsbettertogether

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Rediscover Fort St. James

Ouellette Bros. - Building Supplies



Staff of the Ouellette Bros. Building Supplies.

The Ouellette family has been helping to build the community of Fort St. James for nearly four decades. Ouellette Bros. Construction opened for business in 1975 and boasts an impressive portfolio of Residential, Commercial and Industrial Construction projects. To date they have completed jobs in British Columbia, Alberta and Saskatchewan.

Ouellette Bros. Building Supplies retail store opened its doors 1999. In 2006/2007 they brought their customers even more value and selection by partnering with industry leader Castle Building Centres. The store now offers a complete line of building sup-

plies, kitchen and bath, interiors and top quality paint including the latest Benjamin Moore products. Ouellette Bros. are pleased to announce that they now carry GE, GE Allura, GE Profile and Moffat appliances as well as Serta mattresses. If you don't see what you're looking for or require a special order, ask the knowledgeable staff and they will do their best to get it for you.

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In 2008 Ouellette Bros. Enterprise was established specializing in geothermal heating and cooling, natural gas fitting, electrical, and plumbing services and WETT wood stove inspections. From plan to project completion, leave it up to the professionals to complete the job for you.

Whether you are just in the planning stages, building, fixing or finishing you can trust Ouellette Bros. for quality, selection and service.

They know their community, their customers, and their needs.

Stop by and say Hello to Jonathan Ouellette and the staff, and remember to join us in celebrating our 38th anniversary this September 20th!

Check out our Web site for rentals, rates and products at www.ouellettebros.com



Jonathan Ouellette



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Ouellette Bros. - Building Supplies

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