

CHAMBER BULLETIN

COMMUNITY SERVICE BULLETIN BOARD

OCTOBER 1, 2008

This update is brought to you two times a month by the Bitterroot Valley Chamber of Commerce. We want to let you know what is happening in the Valley and give you the opportunity to promote what is happening in your business.

Announcements are limited to 40 words and can have a link to your website. The bulletin board will be emailed on approximately the 1st and the 15th of each month. Announcements must be sent to localinfo@bvchamber.com, three days prior to the bulletin. In the subject line put BULLETIN. These publications will be limited to **EVENTS ONLY**.

Curves – Check out the upcoming 6 Week Solution. In an ongoing effort to curb obesity and unhealthy eating habits, and incorporate daily exercise, Curves presents a realistic approach with ‘Permanent Results Without Permanent Dieting’. Call 363-0393 to register.

11th Annual Oktoberfest – Hamilton Eagles Lodge – 125 North Second St 6:30 to 8:00 Dinner -- 8:00 - 11:00 – Music by The Community Band and the All Valley Accordians. Dinner \$13 or \$25 per Couple OR Music \$4 single or \$7 per Couple. Proceeds to Eagles Scholarship Fund. – October 27.

Active Aging Seminar - Saturday, October 4 @ 1pm *Presented by* John Humble, Owner of Iron Horse Athletic Club and Master Certified Trainer with over 35 years of fitness training experience. He has won national and world competitions in several styles of weight training.

Targeting 50+ age group. Will address joint health, basics of cardio and strength training for older adults, nutrition, and other age-related fitness topics. John falls in this age category, as do most of his fitness clients. He knows first-hand about back and knee surgeries and rehab, and working around those aches and pains an aging body develops.

60 – 90 minutes including Q & A. Open to non-members and it's FREE!

Oct. 2-4 8 p.m. & Oct. 5, 2 p.m.: Fools Theatre presents Shakespeare's "A Midsummer Night's Dream," at the Hamilton Playhouse, 100 Ricketts Road. Tickets at the door, or 375-9050, Tues—Fri, 1-6 p.m. or one hour before showtime, or online at www.hamiltonplayers.com.

Business After Hours US Bank – 5:30 p.m.- 7:30 p.m. - Wednesday, October 8th - 1265 North 1st Street - Hamilton

Business After Hours Bitterroot Drug – 5:30 – 7:00 p.m. – Thursday, October 9th - 211 West Main Street Hamilton – Refreshments, Sales, Prizes Fun!

Green Home Living Expo at the First Interstate Center in Hamilton on Saturday, November 1 from 9 a.m.

to 4 p.m. Contact Laura Craig 961-0004. Now is the time of the engineer, the inventor, the designer, and the visionary ~ all those who know how to live green.

If you have a product, business, service or idea that promotes Green Living, YOU are invited to have a booth at the Green Home Living Expo. For a registration form, call 406-961-0004 or write GHL Expo, PO Box 434, Corvallis.

Friday October 3, 2008 the Auxiliary of Bitterroot Eagles #1693 will host a Roast Pork & Dressing Buffet in the Aerie Hall, 125 N 2nd, Hamilton, MT.

The Menu includes Mashed Potatoes, Gravy, vegetable, Salad, Roll, and Desert with Roast Pork and Dressing. Cost is \$8.00 Buffet will be served from 6:30 pm to 7:30 pm.

Public Welcome

Saturday, Oct. 4, 11-1 p.m.: Stephen Gough will sign copies of his fictional life of John Colter, "Colter's Run." Gough imagines the career of Colter, who departed the Lewis & Clark expedition in 1806 to become a fur trapper and explorer, ending up courting danger time and again. He explored the Yellowstone area, which was known for a time thereafter as "Colter's Hell," and achieved immortal fame with his escape from the Blackfeet at Three Forks, in what is known as "Colter's Run."

Saturday, Oct. 18, 11-1 p.m., Chapter One Book Store: Jan Fennell will sign copies of her book, "The Dog Listener: Learn How to Communicate With Your Dog for Willing Cooperation." Wednesday, Oct. 22, 7 p.m., Chapter One Book Store: David Knibb will read from his new book, "Grizzly Wars: The Public Fight Over the Great Bear." His presentation will include visual aids and handouts. The book covers the recovery of the grizzly, in the U.S. and Canada, from the North Cascades to the Northern Rockies, in an evenhanded look. Sunday, October 26, 12:30-2 p.m., Chapter One Book Store: Margot Kahn will sign "Horses That Buck," the story of champion bronc rider Bill Smith.

Thursday, Nov. 13, 7 p.m., Chapter One Book Store: David Cates will read from and sign his new novel, "Freeman Walker." The book is set in the 1850's and 1860's, traveling from a plantation, to England, to the gold camps of Montana Territory, following the adventures of a Freeman Walker, whose mother was a slave, his father a plantation owner. It weaves in historical figures in a narrative about freedom, civilization, and courage.

Saturday, Nov. 22, 11-1 p.m., Chapter One Book Store: Michael Hahn will sign his new novel, "Butte."

APPLE DAY at the Ravalli County Museum – Saturday, October 4 from 9:00 to 4:30 p.m. Come one ... come all. You won't want to miss the biggest apple day event of the year!

