

Fitzpatrick Feed and Seed

1680 Koenenman Road, McBride, British Columbia



On Sale
All Natural Poultry Layer
25 kg - \$11.50

Please Call: 569-8897 (day) or 569-2341 (evening)
Open Monday - Saturday, 9:30 a.m. - 4:30 p.m.



Main St.
McBride
569-3166

SEEDLESS ORANGES
NAVEL VARIETY



.99¢ / lb.

Rogers White Sugar

4kg - \$4.99
10kg - \$10.99

Sun Rype
Apple or Orange Beverage
1 L - .87¢

Seedless Grapes
.98¢ / lb.

CHICKEN DRUMSTICKS
FAMILY PACK

Cooked Deli Ham

\$1.49 / lb.

Junho Yellow Onions
.39¢ / lb.



MANY MORE UNADVERTISED SPECIALS

Your Community Grocer - Everyday Low Prices



McBride
569-0095

Daily Soup & Sandwiches & Evenings Specials
Soup & Sandwiches

Thursday
Chicken Noodle Soup/
Tuna Sandwich

Friday
Chicken Fingers
with Poultine

Saturday
Hamburger Tomato Soup/
Caesar Wrap

Sunday
Brunch 11am - 2pm

Monday
Creamy Veggie Soup/
Bunwich

Tuesday
Pizza Night - Buy 1 &
2nd one is 1/2 Price

Wednesday
Beef Barley Soup/
Garden Wrap

Thursday
Tortellini Soup/
Pizza or Ham & Cheese Bar

Friday
Chicken Burger
with Potato Wedges

Saturday
Vegetable Tomato
Macaroni Soup/
Grilled Cheese

Sunday
Wing Night - Buy 1 &
2nd one is 1/2 Price
or Wings & Wedges

Monday
NOW OPEN 7AM - 8PM 7 DAYS A WEEK

MOVING SALE

TV, VCR, Stereo, Book Shelf, Couch, Drill Press,
Tools, Dishes, Lamps & Much more... At 10:00am
#18 Hatchard's Trailer Park Sat., Sept. 22

Sweet Pea Bubble Factory

Purveyors of Handmade Soap & Bath Items 1195 McBride Crescent, McBride BC
(250) 569-0256 September Specials! 10% discount on Gift Baskets
Call us for great gift ideas. We can custom design a basket to suit your needs.
<http://www.sweetpeabubblefactory.com>

The Car Crusher is in town until
September 15th. If you need vehicles
crushed call Len at 569-3292.

THE REC ROOM

(formerly Kaylee Juice Bar)

OPENING SOON

Video Games - Pool Tables - Big Screen
T.V. - Dance Floor - Hot Snacks
Start Booking by Oct. 1
for Kids Parties, Christmas Parties,
Office Parties, and More
Call collect 1-250-395-1093 until Oct., 1
for more information.



AAAMIRON
COMPUTER SERVICES

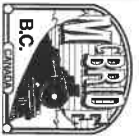
COMPUTER SALES & SERVICE
Want To Build A
CUSTOM SYSTEM!!!

Come In And See
What We Can Do For You.
Phone 569-0311
or email sales@mcbridebc.net

FREE The Little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., September 12th, 2001

THE TERRY FOX RUN

The Terry Fox Run 2001 for cancer research - Sunday, September 16, 2001 at the McBride High School. Starts 11:00am. Call Eleanor at 569-2459 for more information. Also T-Shirts will be for sale - See You There!!! For more information about the Terry Fox Run go on line at www.terryfoxrun.org. Please don't forget to donate to this cause.

SCOUTS CANADA - 1ST McBRIDE GROUP & GIRLS

GUIDES OF CANADA - ROBSON VALLEY DISTRICT
Scouts Canada - 1st McBride Group - registration for Scouts Canada - a co-ed youth organization will take place on MONDAY, Sept. 17th from 7 - 8:30 p.m. at the Elks Hall in McBride. This applies for Beavers (5-7 yrs), Cubs (8-10 yrs), Scouts (11-14 yrs), Venturers (15-17 yrs), and Rovers (17-25 yrs) Contact Lorraine at 569-0136 for more information.

Girl Guides of Canada - Robson Valley District - Registration for Girl Guides of Canada - will take place on TUESDAY, Sept. 18th from 6:30 - 8:00 p.m. at the Elks Hall in McBride. This applies to Sparks (5-6 yrs), Brownies (7-8 yrs), Guides (9-11 yrs), Pathfinders (12-15 yrs), Rangers, Cadets & Jr. Leaders (17 +). Contact Lorraine at 569-0136 for more information.

COMING EVENTS

Elks/Royal Purple Card Nights - Elks Hall Every 2nd and 4th Friday beginning at 7:00 p.m. Must be 19 or over. First Card Night to start Friday, September 14th. - Elks/Royal Purple Crib Nights - Elks Hall Every 1st and 3rd Friday beginning at 7:00 p.m. Cost \$3.00/ person. Must be 19 or over. Starts Friday, September 21st.
Robson Valley Community Volleyball - Community Volleyball will start Wednesday, October 3rd. If you are interested in entering a team (ages are 14 - Adult) call Kathy Molendyk at 569-3239 or 569-2295. Cost per team \$60.00. Registration fee must be in by September 21st.

McBride Minor Hockey Registration/AGM and Hockey Equipment Swap Wednesday, September 19th at 6:00 p.m. Curling Lounge. Random draw for an NHL Jersey for those who register that night. Your child must be 4 by December 31st of this year to play this season.

The first meeting for the year 2001/2002 of the Valley Piecemakers Quilt Guild in McBride will be held Monday, September 17, 2001 at 7p.m. in the Sandman Hotel in McBride. It will be a dinner meeting. New members are welcome. Contact Kim Hammerstedt or Anna MacMaster for more information.

CHAMBER OF COMMERCE

Winners of the McBride & District Chamber of Commerce Golf Tournament: *Mens Low Gross - Shawn Molendyk *Mens Low Net - Matt Elliott *Ladies Low Gross - Brenda Mitchell *Ladies Low Net - Martina Kelly *Ladies Longest Drive - Dona Shapley *Mens Longest Drive - Dwayne Needham *Ladies KP - Teresa Caputo *Mens KP - Shawn Molendyk *Longest Putt - Bob Beerda **\$4 Golfers in Total came out to enjoy a day of Golf**

CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street. We are overstocked with summer wear - Mens, ladies and children's clothing - everything will be 1/2 price starting June 2. New hours: Tues. 1:30 - 2:30, Sat. 10:00 - 12:00 • **DORCAS-CLOSED** until Sept. 4th. Food Bank will continue to operate through the summer. Call 569-3186 for an appointment. **Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11am. and Wednesdays at 7p.m. Phone: Ph:569-0244 • **Memonte Church-Meet** Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-3302 • **Mountain Chapel (PAOC)**-Sunday School & Adult Classes-10am, Services-11am. Ph:569-3350 • **Anglican United Church-Meet** Sundays at 9:00am. Dominion St. Ph:569-2580 • **Evangelical Free Church-Sunday School** at 9:45am. and Worship Service at 11:00am. Ph:569-3381 or 569-2561 • **Robson Valley Christian Centre-Meets** in home Sundays 11am, Dunster Ph:968-4335 • **St. Patrick's Catholic Church-Meets** Sundays at 10am - 11:30am Ph:569-2606. "Catholic Faith for Adults" inquiry class. Friday Mornings 10:30-11:30 a.m. Contact Sr. Olive.

Important Phone Numbers

Via-Rail Schedule Phone 1-800-561-8630
Going West - Sunday, Wednesday & Friday...2:40pm
Going East - Monday, Thursday & Saturday...12:47pm
Savings on Coach Fares booked a week in advance.
Additional Savings for Seniors, Children & Students

EMERGENCY	9-1-1	Forestry	569-3700
R.C.M.P.	569-2255	Village	569-2229
Hospital	569-2251	Reg'l Dist	1-800-667-1959
Health Unit	569-3765	Home Support	569-2266
K to 7 School	569-2721	Tourist Booth	569-3366
High School	569-2295	Fire Hall	569-3117
Dunster School	968-4414	Greyhound	569-2570
School District 57	1-800-256-7857		

The Little McBride Paper.....Phone 569-3110 or Fax 569-0220
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!!!

WEB SOLUTIONS VISUAL SOLUTIONS

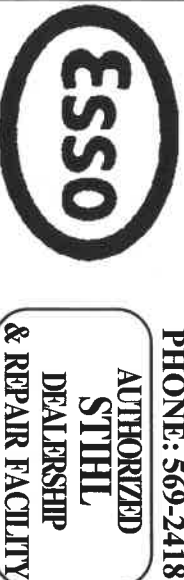
One Stop Solutions
Jerry Stanley
Box 152
McBride, BC
V0J 2E0
(250) 569-0130
www.1ststopsolutions.net
Desktop Publishing



Graphic Design
3D Graphics

Virtual Solutions Print Solutions

ROBSON VALLEY ESSO SERVICE
PHONE: 569-2418



AUTHORIZED
STIHL
DEALERSHIP
& REPAIR FACILITY

AUTOMOTIVE, SMALL ENGINE &
HEAVY DUTY REPAIRS
- REGULAR - DIESEL - PROPANE -
MON. - SAT. 6AM TO 8PM SUNDAY 7AM - 8PM

E. KIM HAMMERSTEDT, BPT
Physiotherapy Practice
Will be closing on Sept. 20, 2001

LINDA FRY, NOTARY PUBLIC
PROPERTY TRANSFERS ~ WILLS ~ MORTGAGES
569-0138
532 MAIN STREET

Who's On First

Antiques & Collectables 569-0201
848 1st Avenue (look for the Red Shutters)

ROBSON VALLEY FARM SUPPLY
8814 Horsey Creek Road (250) 968-4453
Bearings and Seals • V-Belts • Roller Chain •
Clutches to fit most Tractors • Alternators • Starters •
3 Point Hitches • Front End Parts • Hydraulic Lines made to order

HEALTH & WELLNESS CHOICES
DEBBY LADOUCEUR Herbalist, Iridologist,
Reflexologist Available for consultations in Dunster
tel/fax: 968-4429

McBride Old Fashioned Broom Factory
Beautiful Hand Crafted Brooms
Functional & Durable
569-2377
5 km West of Town
Community Market - local made or grown produce & products or used household items. Starting June 29th - Sept. 7th on Fridays from 12:00 noon to 3:00p.m. in the McBride Village Park. For information contact Dorothy Stewart 569-2436 or Joyce Godfrey 569-2427.

FOR RENT - 3 Bedroom Mobile
Fridge, Stove, New PVC Windows, Blinds.
References, no dogs. Phone 569-0231
THUNDER VALLEY CONTRACTING
CHRIS FRY - YOUR FIRST CALL FOR SERVICE
569-0127

TANDEM & TRIDEM LOWBEES & HAYRACKS, BELLDUMP
STEDMANS
Main St. McBride 569-2415
SUPER CLEARANCE SALE
STARTS THURSDAY, SEPTEMBER 13/01
DISCOUNTS ON HOUSEWARES, TOYS,
CLOTHING AND FOOTWEAR
CHECK OUT OUR "NEW ARRIVALS"
HALLOWEEN AND CHRISTMAS ITEMS
ARE ARRIVING WEEKLY

SASQUATCH
Beauty Barn
OPEN

TUESDAY - SATURDAY 10am - 5pm
Fully Licensed Esthetics & Hair Salon
1102 - 4th Ave. Call 569-2294 for Appointment

FOR RENT Mobile Home Pad \$130 per month,
includes water and sewer. Travel Trailers OK.
Riverbend Mobile Home Park, Riverbend Road,
McBride, Phone 968-4375
ROBSON VALLEY COMMUNITY FUTURES
Presently Unemployed and
Collecting Employment Insurance.
Thinking of starting your own Business.
I may be able to help.
Possible Dollars Available and Free Consultation.
Contact Bob Smith at Community Futures 566-4817

IGA

233 Main Street
McBride, B.C.
569-2712

HOMETOWN PROUD

Sweet Mesquite Fat Free Turkey
100g...\$1.99
or Coleslaw - 100g...\$1.69

Boneless Center Cut Pork Chops \$4.49 / lb.
Organic Pears \$1.99 / lb.

CASE LOT

SALE STARTS

THURSDAY

BAKERY
Almond Croissants
4 for \$2.89
Italian Bread
450g loaf - \$1.49

SNOWY RIVER FARM SUPPLY

Stove Pellets - Spruce & Fir Available

Rite-Lix Blocks - accept no imitation.
The ONLY cooked protein supplement available to provide greater utilization of the hay you have.

We work to save YOU money!!

3338 Plantway Rd. Ph:569-0115 Fax:569-0124
Just minutes West of McBride on Highway 16

DSD COMPUTERS

Derek & Sheila Watson
1093 Third Ave., McBride, B.C.
Phone:(250) 569-0189 Fax:(250) 569-0180
Wireless Internet!!

Now Open!
Monday-Thursday 9-4pm Friday 10-6pm

CONGRATULATIONS TO JEANE TEAGUE FOR WINNING OUR KEYBOARD AND SPEAKER DRAW!!!

HOUSE FOR SALE
650 Dominion, Newer 1500 sq, Split Level, Double Garage on a One Acre Lot, \$140,000.
Phone 569-2496



Try out our new

'Sonnenbrunne Wolf System' Tanning bed

September Special

\$52.95 for 200 minutes of tanning
\$89.95 for 400 minutes

'Where The Sun Shines All Year Round!!!'

RED CROSS STANDARD 1st AID COURSE

16 - 18 Hours

Registration \$140.00

Course to be held

the first part of October:

To Register call 569-0345

MCBRIDE & DISTRICT CHAMBER OF COMMERCE ANNUAL GENERAL MEETING

Thursday, September 20/01 at the Legion
\$12.50 per person - Tickets available at Stedmans till Monday, Sept. 17/01
Cocktails at 5:30pm - Dinner at 6:30pm
Meeting to Follow
It's Time to Renew Memberships

Teradon Power Equipment

289 Main Street, McBride 569-3203
Fall Savings on Wood Cutting Chainsaws & All Trimmers in Stock

Used Husqvarna 257 Saw Like New \$400.00

Authorized Husqvarna Dealer



Monday to Friday 9:00am - 6:00pm
Saturday 9:00am - 5:00pm

ROBSON VALLEY FAIR

Gheryl Sanson Memorial Troop Play Winner

I wish to nominate Mary Kolida for the Award. Mary is a long time area resident and though she was widowed quite young she had raised four children on her farm close to McBride. All the children are a credit to her and to whichever community they live in. Mary is a member of the CWL, Legion Auxiliary, Hospital Auxiliary, Royal Purple & OAPO. She can always be counted on for bake sales and to help which ever of these organizations needs help. She has taken her turn with the Hospital cart for the auxiliary & for several years organized & ran the monthly dinners for the OAPO. Mary also was a member of the PTA while there was one here; also worked at the Dorm & was likely "Dorm Mom" to more than one "Kid" away from home. She also was involved in scouting at the same time.

Mary can be counted on for a cheery "Hello" & she always has a sucker or two in her purse for the kids. Congratulations to Mary Kolida on being a wonderful lady and a great roll model for this Community.

YARD SALES

GARAGE SALE (in the garage) - 201 Dominion Street, Saturday, Sept. 15, 10am to 2pm. No earlybirds please.
MULTI FAMILY GARAGE SALE Saturday, September 15th, 9am to 2pm. 1153 McBride Crescent.
Saturday, September 15th, #1 - 1095 Dyke Rd. DorVal Mobile Home Park 10am. 5km West of McBride.

BIRTHDAY WISHES - SEPT. 12 - 18

Travis Wall, Helen Marsh, Sandra Flynn, Jennifer Bosley, Noel Paradis, Rachel Anderson-Kirk, Sylvia Melnychuk, Warren McLennan, Parti Lintck, Melody Lewis, Amber Godfrey, Elizabeth Griffith, Wanda Lanning, Don McNaughton, Bradley Sloan, Jesse Trask, Ryan Bodarchuk, Heather Littlechild, Cory Fry, James Monroe, Carol Pleasants, Mary Yizza, Lorrrie Moore, Reece Forster, Dan Myrnic, Heather Howard and to anyone we may have missed.

FALL MUSHROOM FORAY

Learn about mushrooms of the Robson Valley, Saturday, September 22, 2001. Mushrooms are diverse and mysterious, delicious and nutritious, dangerous and poisonous, beautiful and enticing, ugly and repulsive.

Whether mushrooms are your passion or you are just a little curious about them, join us for a wonderful day exploring their ecology and diversity. If you were on our spring foray in June, we guarantee that the mushrooms will be different this time. If you missed the spring foray, join us now!

Leaders for the day include mushroom experts from the Ministry of Forests, Canadian Forest Service, and private consultants.
Introduction to mushrooms 10:00 - 12:00 Dunster Hall

This morning session will include presentations describing the diversity of mushrooms and fungi. Colour slides of mushrooms will illustrate the presentations. Mushrooms collected from the Robson Valley will also be identified and on display. Learn the basics of mushroom identification!
Mushroom Walk 12:30 - 3:30 Leave from Dunster Hall

Join mushroom experts for a forest walk. Spot mushrooms in the woods and learn about their identity and ecology. Come prepared for all kinds of weather. The walk will be of moderate difficulty. You may require your own transportation, though we will car pool from the hall.

The community of Dunster is approximately 30 km East of McBride on Hwy. 16. Heading East, turn left at the Dunster intersection. The Dunster Hall will be to your right.

For more information contact:

Shannon Berch (Victoria) 250-952-4122 or
Michele MacNeil (McBride) 250-569-3764

Fall Mushroom Foray sponsored by Forest Renewal BC and BC Ministry of Forests.

BUY, SELL, RENT & MISC.

For Sale-Windows Frames & glass. For more information please contact Bill Arnold at 569-3381. **For Sale-1974 Mobile Home 12x60 in Riverbend Trailer Court - Wood Stove with oil furnace, washer, dryer, fridge, stove, New paint - Reduced to sell this fall \$15,000 o.b.o.** Ph: Kelly Pawlyszyn 968-4400 or write to her General Deliver Dunster. **For Sale-Canopy for Ford Shortbox.** Call 569-0345. **For Rent-1 Bedroom House, 5 Appliances, Newly Renovated.** Call 569-0157 after 3pm. **For Sale-White Fibreglass Canopy for Full Size Chev Pickup.** Call 569-3266 after 5pm. **To Give Away - 2 female kittens phone 569-8805. For Sale-2000 Ford Focus, 4-door, 5 speed, CD player, 17,000 km - \$11,000.00 / 1997 Ford F150 short box, 2wdt, manual, air, 62,000 km \$9700.00 / 1993 Mercury Topaz, 2 door, manual, 180,000 km \$4200.00 / 1999 Yamaha Mountain Max Snowmobile, only 600 km \$4200.00 *Call Dave at 569-0191 for more information. **For Rent-New 3 bedroom house, available Oct. 1st. \$550/month. Phone 569-2637 or 403-784-2638. For Sale-12x68 Mobile, comes with deck, porch & 4 new appliances. 569-0069. For Sale-20 kilowatt electric forced air furnace. \$300.00. Phone 569-8879. For Sale-1977 Chev School Bus \$3500. Snowblower, Assorted Items. Phone 569-2395. For Sale-Walker, excellent condition: \$175.00, Air Conditioner, fits window: \$150.00, Tub Transfer Chair, new \$400.00: \$150.00, Adult Diapers, severe inconvenience: NIGHT-TIME: .96¢ ea. or DAYTIME .83¢ ea. PH:1-250-968-4329. For Sale on Mountainview Road. Phone 1-800-945-3162. For Sale-1980 Bowmag - Dirt Compactor Ph: 569-2672. House For Sale on 3rd Avenue. Phone 569-2712 or 569-2531. To place an ad here call 569-3110 or drop off info and \$'s at 981-5th Ave. (\$3/week + GST).****

Greyhound Bus Schedule Country King
Depart to East-9:50am & 2:35am • Edmonton
Depart to West-8:05pm & 5:40am • Prince George
Depart to South-9:50am • Kamloops

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, E-Mail:forever@mcbridebc.net, write to Box 441, McBride, B.C. V0J 2E0 or drop off at 981 - 5th Ave. If we don't know about it, we can't write about it!! Susan & Scott Glines-Broom & Oscar

Take a Break in McBride... B.G.'s Favourite TOWNS!!

Phone 569-0007

SUN



Valley Fax 569-0004

RESTAURANT

In A Hurry, Run to Sun Valley Restaurant

Try Tony's Homemade Soup & Sandwich Special
Served 11am to 2pm Daily

Monday

Black Forest/Swiss Cheese Melt on a
Croissant with Homemade Soup - 6.95

Tuesday

Try our Chicken Salad Sandwich on a
Croissant with Homemade Soup - 6.95

Wednesday

is Tony's Corn Beef on Rye
with Homemade Soup - 6.95

Thursday

The Sun Valley Rueben on Rye
Homemade Soup - Just 6.95

Friday - Your Choice

Shrimp Salad or Seafood Melt
served on our Croissant
with a Bowl of Homemade Soup
Still just 6.95

Tony's famous Chef's Salad

served Monday - Friday - 9.95

Sun Valley Catering from Family Dinners to Banquets
Birthdays, Anniversary, Wedding Catering

OPEN 24

HOURS

Movie & DVD
Rentals

Come & Check out
our In-Store Specials

Husky



569-2441



MCBRIDE REALTY
CENTER LTD.

277 Main Street
P.O. Box 729

McBride, B.C. V0J 2E0
Bus: (250) 569-2719 or 569-2735
Res. - (250) 569-2793
Fax: (250) 569-2787

E-mail: rodgert@mcbriderealty.com
www.mcbriderealty.com



Rodger L. Peterson
Owner / Agent

The Center of Real Estate Action in the Robson Valley!!

THE PUB'S KITCHEN

WANTED

Full Time Cook
Drop Resume at the
Powerhouse Pub
or Call Bev at 569-2504

Maximum Feed Value - Minimum Spoilage

A Cover-All™ building will protect your
hay Bales from spoilage while retaining
their feed value.
• Clear spans widths to 160'
• Naturally bright interiors
• Galvalshield® protected steel framework

Cover-All Okanagan
1-800-268-3768
www.coverall.net



Employment Assistance Service
Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?

Contact Bob Thompson 569-2266

Canada

DEER MEADOWS GOLF COURSE DEER MEADOWS MEN'S GOLF TOURNAMENT

10:00 a.m. start on SEPTEMBER 22, 2001

BCGA Rules apply

Prizes for: Low gross, low net, K.P., long drive, long putt, dence pot

18-hole stroke play followed by horse race

\$50.00 entry fee includes practice round on Friday, tournament and meal

**ENTRY FEE MUST BE RECEIVED BY
SEPTEMBER 21, 2001**

CALL 569-0191 TO ENTER

**PARTTIME CHAMBERMAID
NEEDED AT**

**BELL MOUNTAIN MOTEL
Drop Off Resume or Phone 569-0312**

THOUGHT OF THE WEEK

The primary cause of failure in electrical appliances is an expired warranty. Often, you can get an appliance running again simply by changing the warranty expiration date with a felt pen.

DSD Computers

Derek and Sheila Watson
Phone (250)-569-0189 Fax (250)569-0180
Box 206, 1093 3rd Avenue, McBride BC, V0J 2E0
derekw@uniserve.com - dsdcomputers@hotmail.com

Our New Store Is Finally Open!!
at 1093 3rd avenue (The old Police Station)

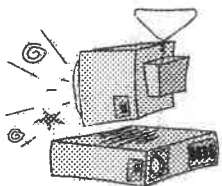
**Come in and try McBride's
High Speed Internet**



**One time \$300.00 installation fee
includes card, antenna, cable, and installation.**

**40 Kbps - \$30.00 / Month
70 Kbps - \$50.00 / Month
High Speed - \$100.00 /Month**

**We now stock hundreds of computer parts so we can provide
same day service and repairs to most major brands of computers.**



Software troubleshooting, upgrades, virus removal, and program sales.



**Custom built systems tailored to your personal needs and budget.
Get a free quote on the system of your choice or pick from one of our preselected systems.**



AGM

McBride Maniacs Annual General Meeting will be held on Tuesday, September 18 at 7:00pm in the Fire Hall. All previous members and anyone interested in playing female hockey are welcome to attend.

DOWNTOWN THRIFT STORE

Anglican United Church Hall Basement
Fall selection of clothing and jackets are now in stock for the whole family. Hours open Tuesday 1:30 - 2:30, Saturday 10:00 - 12:00. We will continue to accept good clean clothing.

TODAY'S WOMEN TRADE SHOW

The 4th Annual Today's Women Trade Show in Prince George on September 22 & 23 offers something for everybody - from careers to health & wellness. The show features over 85 exhibitors an Arts Cafe' with main stage presentations, The Country Kitchen featuring cooking demonstrations, and The Career & Business Centre. The Minister of State for Women's Equality Lynn Stephens will be the keynote Opening Luncheon speaker on Saturday, September 22.

In conjunction with the show is the 2nd Annual BC Interior, North & Yukon Today's Women Awards, major Sponsor Royal Bank Financial Group. The Awards will honour women in 12 categories, including, Aboriginal Women of Distinction; Contribution To The Arts; Innovation Or Achievement in Science or Technology; Focus On The Future Youth; Home Based Business Of The Year; Forging Our Future With Education; Professional Women Of Distinction; Health And Wellness; Influence and Impact - Women Of The Year; Community Enrichment; Business Of The Year and Internet Based Promotion. New to this years Show is the Northern BC Today's Woman Health & Wellness Conference sponsored by BC Gas. Keynote speaker Dr. Carolyn DeMarco will discuss an overview to a natural approach to menopause, and prevention of bone loss and heart disease through natural methods. The Conference will also feature speakers addressing topics ranging from Colour Therapy & Light Therapy to Acupuncture. For more information or to register please call 250-960-5602.

COMMUNITY ANNOUNCEMENTS

Women's Support Group - Feeling Stuck? Blah? Are you looking for an opportunity to meet with other women in a safe and confidential environment? Are you seeking support for personal growth? Are you ready to make changes in your life? A women's support group is welcoming new members. Facilitated by a qualified counsellor. Meets weekly. For more information call Nancy at RVHSS: 569-2266.

McBride A.U.C.W. Harvest Supper - Anglican / United Church Hall / Friday September 28, 2001 - Tickets available in advance for three sittings.

To Give Away - 2 female kitties to give away 7 weeks old - phone 569-8805

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

DEER MEADOWS GOLF COURSE DEER MEADOWS LADIES GOLF TOURNAMENT

10:00 A.M. START TIME

BEST BALL FORMAT

18 HOLES OF PLAY

PUTTING CONTEST

**GOLF ONLY -- \$20.00
GOLF AND MEAL -- \$30.00**

**ENTRY FEE MUST BE RECEIVED BY
SEPTEMBER 14, 2001**

**CALL ANITA AT 569-3283 OR GAIL AT 569-0191
TO REGISTER**

FOREVER PRINTING & SIGNS

PHOTO COPIES • TROPHIES • ENGRAVING •
COLOR LASER PRINTER • DIGITAL CAMERA •
COLOR SCANNING • CUSTOM T-SHIRTS •
CONFIDENTIAL FAXES • OCCASIONAL CARDS •
INVITATIONS • BUSINESS CARDS • LAMINATING
• BINDING • VEHICLE SIGNS • MAGNETIC SIGNS
• BANNERS • SIGN BOARDS • PLASTIC SIGNS •
Scott & Susan Glines
Ph: 569-3110
981-5th Ave. Fax: 569-0220

THINK ABOUT IT...

The opposite of a profound truth
may well be another profound truth.