

**Beaney's 2 Bar**

**MENU**

Wed Crepes & Veggie Burgers  
Thurs Wraps  
Fri Pizza  
Sat BBQ (Bison Burgers/Cowboy Beans)  
Sun Baked Potatoes with "The Works"  
Mon Manicotti Monday & Meatloaf  
Tue CLOSED

\* DAILY Soup and Sandwich,  
Chef Salad, Green or Fruit Salad \*  
always - vegetarian, lactose-free,  
gluten free, diabetic choices  
~Kids Meals \$1.00~  
"Continental Breakfast every day."  
Cooked Brekkie Sat. 8-10am

**FRANKIE'S RESTAURANT**

**Free Home Delivery**

Limited Time  
**July 14 - 20**

Enjoy the Great Taste of Home!  
at Frankie's  
569-2609

**DSD Computers**

569-0189

DSD Computers will be  
CLOSING THEIR DOORS  
July 14th, 2004.  
Return all movies to  
Race Trac Gas  
~~~~~

I would like to thank all my customers for their patronage. It was a journey, but my journey is done.  
Thanks to all my employees too, you were all one of a kind and hard workers. Thanks a whole bunch to everyone.  
-Sheila Watson

**Advantage Insurance Services Ltd.**  
Rosemary L. Hruby, CAIB  
250-569-2264

**Your Local Advantage For ALL Your Insurance Needs.**

**BIGWAVE FOODS**  
PHONE # 569-2326

- Mon.-Thur. 8am-6pm      Fri. 8am-7pm
- Sat. 9am-6pm              Sun. 10am-6pm
- Lilydale Frozen CHICKEN LEGS - BACKS ATTACHED 5 KG BOX - \$11.59
- Fresh BREAKFAST SAUSAGE ----- \$2.29 /lb.
- PORK BUTT SHOULDER STEAK      Family Pack - \$2.99 /lb.
- WEST BEST BACON - 500 g. ----- \$4.69
- MANGOS - Case of 12 ----- \$6.98
- HONEYDEW MELON ----- \$1.49 each
- CANTALOUPE ----- \$1.49 each
- WHOLE SEEDLESS WATERMELON --- \$4.98 each
- HOT HOUSE TOMATOES ----- \$1.98 /lb.
- COOL WHIP - Regular or Light - 1 L ----- \$3.29
- NATURE VALLEY CRUNCHY GRANOLA BARS
- Variety Pack - 48's - \$10.99

**FREE The little FREE McBride Paper**

Serving BC's Friendliest Town and Area!!  
For the week of Wed.. July 14th. 2004

**ROBSON VALLEY FALL FAIR**

It's that time of Year - Yes time to start thinking and getting ready for Fall Fair 2004 which will be held on August 27th & 28th.

One of our biggest parts of the Fall Fair is the Cheryl Sansom Memorial Trophy. Each year at the Robson Valley Fall Fair, we award a trophy in memory of our friend and long time member of the Fall Fair Association, Cheryl Sansom. The Criteria are Citizenship & Community Service. Do you know anyone who, like Cheryl, made this Valley a better place to live? She always had a cheerful word, and was very involved in the Fall Fair, Minor Hockey, Ball, School, events and other organizations. She made our valley a more enjoyable and diversified place to be. If you know anyone like this that you would like to nominate, send a written submission listing this person's attributes by August 25 to the Robson Valley Fall Fair Association, Box 21, McBride, B.C. V0J 2E0.

**YARD SALES**

Yard Sale - 902 Dominion - Friday July 16 & Saturday July 17, 9am. - 5p.m. \*Deluxe Food Hydrator, Hammock, Patio Umbrella (top quality), Electrolux, Rug Shampooer, and other new and used items.  
YARD SALE - Saturday & Sunday, next to McBride Autobody. 10:00am - ?

**McBride & District Community Calendar**

- 14) TODAY!!! 6:30 - 8:30p.m. Vacation Bible School.
  - 15) 11:00a.m. Parents & Tois \*2:00 - 4:00p.m. OAPO Stitch & Knit \*5:00p.m. Whistle Stop Gallery Soc Ming \*6:30 - 8:30p.m. Vacation Bible School.
  - 16) Noon - 3:00p.m. McBride & Area Farmers Market \*6:30 - 8:30p.m. Vacation Bible School.
  - 17) 10:00a.m. - Noon Dunster's Farmers Market
  - 18 & 19 (Nothing)
  - 20) 1:00 - 3:00p.m. SDA Food Bank \*6:30p.m. TOPS \*8:00p.m. Elks/Royal Purple.
- Can't find your organization's event on the calendar? Please phone Sue Demaine, Community Development Project Coordinator, at 569-3366, or email details for the Community Calendar to: come2mcbride@telus.net.  
\*\*Museum & Archives: Antique Cameras on display in July\*\*

**FUN FACTS**

Eskimos use refrigerators to keep food from freezing.  
Do you know the names of the three wise monkeys? They are: Mizaru (See no evil), Mlkazaru (Hear no evil), and Mazaru (Speak no evil).  
An atomic clock is accurate to within 1 second in 1,7 million years.  
The names of all the continents end with the letter they start with.  
On every continent there is a city called Rome.  
The oldest inhabited city is Damascus, Syria.  
The first city in the world to have a population of more than one million was London, which today is the 13th most populated city, with about 8 million residents.  
The most populated city in the world - when major urban areas are included - is Tokyo, with 30 million residents.  
Thomas Cook, the world's first travel agency in the world, was founded in 1850.  
A fathom is 1,8 metres (6 feet).

**Greyhound Bus Schedule**      McBride Husky 569-2441

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, 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!!  
Scott & Susan Gilnes - Oscar & Broom

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

**RACE TRAC GAS**

AUTHORIZED STEEL DEALERSHIP & REPAIR FACILITY      569-2418

AUTOMOTIVE, SMALL ENGINE & HEAVY DUTY REPAIRS - PROPANE - DIESEL  
Designated Provincial Inspection Facility for Automotive, Light and Heavy Duty

**Canoe Robson Valley Community Futures**

Presently on E.I.  
Would you like to explore the idea of starting your own business?  
For more information on the Self-Employment Benefit Program (SEB), please contact:

**Ken Starchuck**      Phone: (250) 569-2229  
SEB Co-ordinator      Fax: (250) 569-3276  
E-mail: futures3@telus.net

Funded by HRDC **Canada**

**WILDE SERVICES FIRST AID**

For Remote & Industrial Operations  
250 569 2529  
1 877 5 MEDICS

Rescue  
⇒ OAF 3's required (unrestricted), & Class 4 drivers and better.  
⇒ Serving the Robson Valley since 1995.

Combine skills:  
1. FIRST AID EQUIPMENT SALES AND RENTALS.  
2. TRAINING CLASSES FOR FIRST AID AND OTHER CERTIFICATION.  
3. OFFICES SHOP & ACADEMY BASED IN THE TOWN OF McBRIDE.  
4. SMALL BUSINESS OFFICE SPACE RENTAL.  
E-mail: wilde@telus.net

**Dasani Water - 1 lt.**  
2 for \$2.79 + dep.

**Doritos XL 300g**  
2 for \$5.00 + tx. (when you buy 2)

**Pepsi Products**  
591 ml  
2 for \$2.22 + dep. & tx. (when you buy 2)

**Husky**  
569-2441  
OPEN 24 HOURS

**Health Heart & Home**  
Health Products, Gifts & Antiques  
246 Main Street, McBride, B.C.  
Ph: 569-92559

\*Antiques\*      \*Gifts\*  
\*Vitamins & Minerals\*  
\*Bulk Spices\*      \*Bulk Herbs\*  
OPEN Daily till 5:30pm Friday till 6:00pm

**Mel's Locally Grown Cukes Now Available!**

**Hats NEW T-Shirts**

CALL TOBOOK APPOINTMENTS FOR:  
Deb Cochrane - Reiki, Ear Candling & Aroma Therapy  
Deb Ladouceur - Herbalist, Iridologist & Reflexology

**Robson Valley Home Support Society**

ARE YOU 14 or over?

**READY TO WORK?**

You need a SOCIAL INSURANCE NUMBER.  
Contact Bob or Bridget 569-2266  
or drop by 942 - 3rd Ave.  
Funded by the Government of Canada

**RNR Recreation**  
Ride N Hide  
ATV Rentals & Tours  
569-2354      1-877-868-7288  
Parts - Repairs

CSC-ASC Certified ATV Instructor  
~Safety Courses Now Available~



# JENNY'S Shop N Wash

McBride  
569-0095

Come In And Try Our

SLUSHIES - SCREAMERS - MILKSHAKES - HARD ICE CREAM  
**\* Friday Night Special \***  
**HAM STEAK**  
with Mashed Potatos, Corn on the Cob,  
Green Salad & a Dinner Bun



569-8820  
**RESTAURANT**  
Western & Chinese Cuisine

**WAITRESS WANTED**

**Apply within with resume**

**Smorgasbord Fridays 5pm-9pm**

**OPEN 11am - 10pm 7 Days a Week**

## McBRIDE & DISTRICT PUBLIC LIBRARY Summer Fun Program 2004

Starts July 6, 2004

**Tuesday**

10:00 - 11:00 Ages 0 - 3 • 11:00 - 12:30 Preschool Ages  
1:30 - 3:00 Ages 6 - 10 • 3:30 - 4:30 Ages 10 - 12  
7 - 9 Computer Games and Internet

**Wednesday**

9:30 - 11:30 Ages 6 - 10 • 12:30 - 2:00 Ages 10 - 12  
2:30 - 4:30 Teens

**Thursday**

9:30 - 10:30 Preschool Ages • 11:00 - 12:00 Ages 6 - 10  
1:30 - 3:00 Ages 10 - 12 • 3:30 - 4:30 Teens

**Friday**

9:30 - 11:30 Ages 6 - 10 • 12:30 - 2:00 Ages 10 - 12  
2:30 - 4:30 Teens

**Saturday**

9:30 - 10:30 Preschool Ages • 11:00 - 12:00 Ages 6 - 10  
1:30 - 3:00 Ages 10 - 12 • 3:30 - 4:30 Teens

All Are Welcome.



**McBRIDE REALTY  
CENTER LTD.**

277 Main Street  
P.O. Box 729

McBride, B.C. V0J2E0  
Bus: (250) 569-2719 or 569-2735  
Res. - (250) 569-2795  
Fax: (250) 569-2787

E-mail: [rodger@mcbriderealty.com](mailto:rodger@mcbriderealty.com)  
[www.mcbriderealty.com](http://www.mcbriderealty.com)



Rodger L. Peterson  
Owner / Agent

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



Vanderhoof & Districts  
Co-operative  
Association

**DRIVER SALES REPRESENTATIVE**

For Commercial and Farm Personal Contact  
where high level of customer service is Job One.

**Delivering Fuel East to McBride**

**Greg Belshaw**

990 Railway Road Vanderhoof/Head Office  
Prince George, B.C. Phone 250-567-4488  
Toll Free 1-866-309-2667 Fax 250-567-4490  
Home 250-963-9011 Cell 250-565-8436



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

Your Neighbourhood Food Store

**DELI**

Honey Ham - 100g...\$1.29  
Black Forest Chicken - 100g...\$4.99

**NEW**

Dairyland Organic Milk - 1L.....\$2.79  
Dannon Yogurt - 12 pack .....\$5.98  
Deli Soya Cheese ..... Select Varieties

Good Host Iced Tea - 2.35kg.....\$10.99  
Whole Seedless Watermelon .....\$4.19 each  
Imported Australian Rib Eye

BBO Steak ..... \$6.99 / lb.  
Bulk Weiners ..... \$4.89 / lb.  
Centennial Beef Burgers - 5 lb. box\$8.99 each

**BAKERY**

Fruit Buns - 6 for...\$4.99  
Boston Creme Cakes - 500g...\$6.49

## TODAY - JULY 14th!!!

**Birthday Tea** - July 14 at the Beaverview Lodge Lounge.  
Come and Enjoy Tea & Cake with the seniors for only  
\$2.00. The Seniors of McBride would like to wish a  
Happy Birthday to all who have a Birthday in the month  
of July.

### COMMUNITY ANNOUNCEMENTS

**FREE** to a good home: A family of four yellow-orange  
cats, two adults and two weaned kittens. Call Wayne  
Zimmerman at 569-2521.

McBride Community Market, noon to 3pm Fridays, from  
June 25 to September 10. Support your local producers.  
Dunster Farmer's Market - Sat - 10am to noon, Dunster  
Community Hall, July 10th to Sept. 11th. Call Pete for  
info: 968-4334.

The McBride Village Office will be closed 12pm-1pm,  
from Monday July 5/04 to Thursday August 5/04. We  
apologize for any inconveniences!

**Summer Day Camp** - Ages 5 - 12 & 3 - 5! Outdoor  
Camp, July 12 - 16th. Call to Register at 569-8861.

McBride & District Public Library - Donation Book Sale  
at the Library Annex All Summer Long come on by and  
check out the great selection!!!

### BIRTHDAY WISNES JULY 14-20

Judy Phillips, Michael Balcaen, Darlene Koncar, Scott  
Keim, Jane Harstad, Stephen Harstad, Dakota Wedman,  
Teresa Smith, Kim Elliott, Barry Kohn, Hayleigh Wasney,  
Jon Littlechild, Norma Stromberg-Jones, Kory Christison,  
Jane Blouin, Jenna Lawrence, Derrick Lewis, Jessica Lewis,  
Kara Silva, David Griffith, Clay Cardinal, Scott Glines,  
Lillian MacKinnon, Richard Hodgkin Jr., Ron Franke, Sherri  
Flynn, and to anyone we missed Happy Birthday.

### BUY, SELL, RENT & MISC.

**For Sale:**2002 Sunfire, 4 DR, Blue, 5 speed, 78,000 km,  
\$6500.00 / 2003 Sunfire, 4 DR, Gray, Loaded, 6,200 km,  
\$10,000.00 / 2001 Sunfire 2 DR, 5 speed, Red, 28,000 km,  
\$6700.00 Phone:569-8830 days, or 569-8863 evenings. ••**For  
Sale:**2 Canopies, \$20.00 each, Utility Trailer \$60.00. Phone  
Justin at 569-0125 or 569-2712. ••**For Sale:**1976 Toyota  
Motohome AT/, Good Condition, 25 M.P.G. \$2500.00 -  
(250) 569-0031 / 1969 31 ft. Airstream Trailer Comp. Self  
Cont. Solar, Cont. Hot Water, Freezer. A/C. \$10,000.00 -  
(250)569-0031 / 1990 3/4 t. Dodge Diesel 23 m.p.g. A/T.,  
A/C., Good Condition. \$5000.00 - (250). 569-0031. ••**House  
For Sale:**1650 sq. ft., 3-4 bedroom. 1 1/2 bath, office, new  
hardwood flooring, large garage and shop with attic, 2  
acres with garden by Dore River. Ph: 569-0310. ••**For Rent-**  
3 Bedroom House. Call 569-2531 Evenings. ••**House For  
Sale** on 3rd Avenue. Phone 569-2531. ••**To place an ad  
here call 569-3110 or drop info + \$'s at 981-5th Ave.  
(\$3/week + GST).**

### THOUGHT OF THE WEEK

Nothing is impossible for the man  
who doesn't have to do it himself.

### CHURCH NEWS N' THINGS

**Anglican United Church - Downtown Thrift Store** on  
Dominion Street. - Mens, ladies and children's clothing -  
Open: Tues. 1:30 - 2:30 - Sat. 10:00 - 12:00. ••**Dorcas** is  
OPEN Tuesdays from 1-3pm. Phone 569-3186. ••New contact  
for the **Foodbank** is 569-3225. ••**Seventh-day Adventist Church-**  
Meet Saturdays at 9:30 & 11am. and Wednesdays at 7p.m.  
Phone: Ph:569-0244. ••**Memonite 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-**441  
Dominion Street. Meet Sundays at 9:00 a.m. Phone 569-  
3206 or 569-3386. Hall Rental contact Dorothy Simpson  
569-3343. ••**Evangelical Free Church-**Worship Service at  
10:30 a.m. Ph:569-2378 or 569-8845 Pastor Dan  
Carlaw. ••**Robson Valley Christian Centre-**Meets in home  
Sundays 11am. Dunster Ph:968-4335. ••**St. Patrick's Catholic  
Church-**Meets Sundays at 11:00am Ph:569-2606. "Catholic  
Faith for Adults" inquiry class. Contact Sr. Olive.

#### Via-Rail Schedule

Phone 1-888-842-7245  
Going West - Sunday, Tuesday, Wednesday & Friday...2:40pm  
Going East - Monday, Thursday, Friday, Saturday...12:47pm  
Seniors (60+) take a friend for free (any age) (in economy  
class) Naton wide • Kids 0-11 Free with Adult

### Important Phone Numbers

|                          |          |                                |                |
|--------------------------|----------|--------------------------------|----------------|
| EMERGENCY .....          | 9-1-1    | Forstry .....                  | 569-3700       |
| R.C.M.P. ....            | 569-2255 | Village .....                  | 569-2229       |
| Hospital .....           | 569-2251 | Reg 1 Dist' .....              | 1-800-667-1959 |
| Health Unit .....        | 569-2251 | Home Support .....             | 569-2266       |
| K to 7 School .....      | 569-2721 | Food Bank .....                | 569-3225       |
| High School .....        | 569-2295 | Fire Hall .....                | 569-3117       |
| Dunster School .....     | 968-4414 | Greyhound .....                | 569-2441       |
| School District 57 ..... |          | The Little McBride Paper ..... | 569-3110       |
| 1-800-256-7857 .....     |          |                                |                |

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 Frieddifest Town!!**

**Whiskey Jack Holdings**  
Crane / Backhoe / Dump Truck  
Services  
Call Mike 569-2642

569-0133

**B<sup>2</sup>**  
Bistro

Much more than  
"the best coffee in town!"

Drinks for dieters, lactose/gluten-free, diabetic,  
no salt, sugar added. All fresh, made to order drinks.

**MOBILE HOME PADS FOR RENT**

Riverbend Mobile Home Park.  
Riverbend Road, off Ziedler Drive.  
5 minutes west of McBride. RVs welcome.  
Phone 968-4375

To:

- 1) The person(s) who hit the cat on 1st Ave. & left it to die, alone, in the rain ...
- 2) The person(s) who dumped the beautiful flower basket on Main St. between 1st and 2nd Aves....
- 3) The person(s) who writes noxious graffiti on the walls of buildings ...
- 4) All who drop their trash on the streets, sidewalks, parks, public areas of McBride.

**WE VOTE YOU OFF THE "ISLAND"**

McBride Old Fashioned Broom Factory

Beautiful Hand Crafted Brooms **VISA**  
Add pleasure to your sweeping chores **VISA**  
5 Km West, on Lamming Pit Road 569-2377

**5TH AVENUE HAIR**  
CALL VICKI  
OPEN

MON., TUES., THURS. & FRI 10AM-5PM  
569-0067 946 - 5TH AVENUE

**HEARTLAND** 569-2285

**RESTAURANT HOURS**  
Sunday - Thursday 6a.m. to 8p.m.  
Friday & Saturday 6a.m. to 9p.m.

**FOR RENT**  
3 Bedroom House - Carpet, Washer, Dryer,  
Stove, Fridge, Electric Heat.  
5th Avenue  
Rent is \$550.00  
References Required  
Ph: Bob at 569-2244

**NADINE SHOVAR**  
25 Years Experience  
\*Bookkeeping & Payroll\*  
(Manual & Computerized)  
\*General Office Services\* Business Plans\*  
\*Office Temp Service\*  
\*GST, Receiver General Remittances\*  
\*Income Tax Returns\*  
For appointment Call 569-2503

**SASQUATCH**  
Beauty Barn  
Fully Licensed Esthetics  
OPEN Thurs. 1-5, Fri. & Sat. 10-5  
1102-4th Ave. Call 569-2294 for Appointment

**THINK ABOUT IT...**  
We have only 2 things to worry about: That things will  
never get back to normal, and that they already have.



**Angels say**  
There isn't a mountain high enough  
that would stop an angel from  
accompanying you upward.

**WHISTLE STOP GALLERY**  
A Beautiful Selection of Local Arts and Crafts  
Open Daily/at the end of main street  
**PHYSIOTHERAPY**

**E. Kim Hammerstedt BPT**  
246 Main Street, McBride 569-0107

**A.C. & T. CONSTRUCTION**

JOURNEYMAN-CARPENTER

- Basement Development • Windows • Doors •
- Concrete Work • Roofing • Kitchens • Baths •
- Decks • Stairs • Drywall • Painting • Finishing •
- Drafting & Design ••

•• Home Repairs •• •• Odd Jobs ••  
•• Free Estimates •• Call Art  
•• Free Consultations •• At 569-2519

# HOUSE FOR SALE



**981 - 5th Avenue**  
**3 Bedroom, 1 Bathroom,**  
**Fridge, Stove, Washer & Dryer,**  
**Seperate Garage with Workroom,**  
**Fenced Yard.**  
**1 Block from Stores,**  
**Elementary School, & Post Office.**  
**Call 569-3110**