

THANK ABOUT IT...
Truly great madness can not be achieved without significant intelligence.



Canoe Robson Valley Community Futures

You may qualify for the SEB Program if you are presently on E.I. or have been in the last 3 years or you have been on maternity leave in the last 5 years. 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
Fax: (250) 569-3276
SEB Co-ordinator E-mail: fitures3@telus.net

Supported and funded by the Government of Canada



The McBride and District Chamber of Commerce is now accepting bid proposals for the snowmobile access trail grooming, maintenance and collection of applicable trail passes for 3 (three) snowmobile areas for the 2004/05 snowmobile season.

Tender packages are available by request to:

McBride Chamber of Commerce

Box 2

McBride, B.C.

V0J 2E0

by telephone: 250-569-3366,

or e-mail request:

come2mcbride@telus.net

All bids are confidential and the lowest bid may not necessarily be accepted. All bids must be received by September 30th, 2004 at 3:00 P.M.

Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB

250-569-2264

Your ADVANTAGE for

QuitoPkan

FRANKIE'S RESTAURANT

We're OPEN

Thanks for everyone's Patience & Well Wishes.

OPEN Daily 9am - 8pm

569-2609

Why Not Beat the Winter Blues this Year

by taking a Workshop?

Check out **The Saturday Sampler Series**

at Robson Valley Home Support Society!

OCT. 2 - The Precision of Preserves at the Robson Valley Home Support Kitchen.
10am-2pm Price \$25 - includes a jar of apple preserves!

OCT. 16 The Digital Camera Demystified
10am-2pm Price - \$20.

OCT. 23 Introduction to Acrylics
1pm-3:30pm Price - \$40 supplies provided.

NOV. 6 Level 1 First Aid Certification
8:30am-4pm Price \$85

NOV. 27 Learning About Grief
10am-2pm Price FREE!

DEC. 4 Christmas Card Creations
10am-2pm Price \$25 - supplies provided

Spaces are limited,
so call now to register 569-2266



FREE The Little **FREE**

McBride

Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., September 22nd, 2004

THANK YOU

We would like to express our gratitude to everyone who sent cards, food, prayers, Best Wishes, walked our dogs, mowed the lawns during Terry's recent illness. A special thank you to our Staff at Stehdans and our customers for their patience during this difficult time.

We would also like to thank everyone who contributed with pledges for the Terry Fox Run, especially Frances and Ian Anderson for the use of their scooter.

The people in this community are overwhelming. We appreciate all the thoughtfulness extended to us.

Sincerely,

Terry & Susan Koldta

HARVEST SUPPER

Annual Harvest Supper, Wednesday October 6th at the Anglican United Church Hall, 3 seatings 5:00 - 6:00 and 7:00p.m. Adults \$10.00 * Children 7-12 yrs. \$5.00 - 4.50 a year to 6 years. Ticket sales - Fran Long 569-2658 or Eileen Lawrence 569-2582.

REFEREE GYMING

There is a Minor Hockey Referee Clinic on Saturday, September 25th. (Must be 12 years old by December 31st). Call Brian Shawara at 569-2438.

SCHOOL NEWS

Special Events ... Prince George Northern Orchestra - Members of the Symphony will perform a matinee concert on Sunday, September 26 in the Roundhouse Theatre starting at 2:00PM. Tickets are available at Stehdans in McBride or at the door.

Coaches for 2004-2005 - McBride Secondary students participate on a number of extra-curricular teams through the school year.

For each of these teams, we require the assistance of volunteers from the community to assist with coaching and or sponsoring teams.

Many of the tournaments for the year fill up quickly in the spring for volleyball and basketball. If we want to provide our students with as many opportunities as possible, we need to know before the year-end if we will have coaches.

If you are willing to volunteer your time as a coach for a volleyball or basketball team, please call the school at 569-2295. Your support is greatly appreciated.

Grad 2005 Community Calendar - This year's grade 12 students have started taking orders for the "Community Calendar" for 2005. The cost has remained at \$8.00/calendar. If you are not approached by a grade 12 student, please call the school at 569-2295 to place your order and have your name added to the birthday/anniversary list. Deadline to order your calendar is October 25th.

SENIOR'S COMING EVENTS

Wednesday, September 29th Lunch at the Beaverview Lodge starting at noon.

COMING EVENTS

Prince Rupert & Maritime Exhibit of Valley Museum & Archive Society at the Museum/Library building, McBride. Exhibit open until Nov. 3, 2004 during library hours. Formal opening September 28, 2004 @ 7:00p.m. *Via Rail trip for 2nd draw continues.

Contemporary Christian Music Concert by Raylene Scarratt at the McBride Evangelical Free Church on Friday, October 1st. Doors open at 7:00 and starts at 7:30. NO CHARGE. Donations gratefully accepted. Award-winning country music star Paul Brandt endorsed Raylene's talent by saying "God done slapped her upside the throat!" **Ladies' Craft Night** at the McBride Evangelical Free Church, Thursday, October 7, 6:30 - 9:00 p.m. Bring whatever craft you're working on. NO CHARGE. Phone Linda at 569-2645 for more information.

McBride Fall Fair A.G.M. will be September 27th at the Beanyery. Pot Luck from 6-7p.m. Meeting to start at 7p.m.

FREE Live Music Performances at the Beanyery 2 Bistro on Saturdays from 12:00pm to 1:00pm.

COMMUNITY ANNOUNCEMENTS

Calling All Singers - Come and be part of a Community Christmas Program titled "Journey to the Manger". The next meeting is Thurs., Sept. 30 at 6:30pm in the Highschool library. Contact Shannon 569-0337 for more information.

THOUGH OF THE WEEK

The amount of work to be done increases in proportion to the amount of work already completed.

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 Glines - Oscar & Broom

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

RACE TRAC GAS

569-2418

NEW DVD

* MEAN GIRLS *

OPEN Mon.-Fri. 6am-9pm, Sat. & Sun. 7am-9pm

Health Heart & Home

Health Products, Gifts & Antiques
246 Main Street, McBride, B.C.

Ph: 569-9559

TOLL FREE 1-888-669-9559



Antiques *Gifts*
Vitamins & Minerals
Bulk Spices *Bulk Herbs*

NATURAL FACTORS SALE NOW ON

CALL TOBOOK APPOINTMENTS FOR:

Deb Cochrane - Reiki, Ear Candlesing & Aroma Therapy

Deb Ladouceur - Herbalist, Irridologist & Reflexology

THE DUNSTER QUILT HAS ARRIVED

OPEN Daily till 5:30pm Friday till 6:00pm

MOBILE HOME PADS FOR RENT

Riverbend Mobile Home Park.

Riverbend Road, off Ziedler Drive.

5 minutes west of McBride.

Quiet, Treed Sites next to Dore River

RVs welcome.

Phone 968-4375

NORTH COUNTRY LODGE

HELP

WANTED

Chambermaids

Apply Within with Resume

Employment Assistance Service
Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?
Contact Bob Thompson 569-2266

Powered by the Government of Canada
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~

OPEN 24 HOURS

POWERADE

710 ml - 2 for \$3.00 + dep. & tx.

PEPSI PRODUCTS

2 litre - Buy one for \$2.39

get 2nd for .99¢ + dep. & tx.

CADBURY SINGLE BARS

569-2441 (37-90gm) - 2 for \$1.69 + tax



HUSKY

Bush Medic **WILDE SERVICES**

FIRST AID

For Remote & Industrial Operations

250 569 2529

1 877 5 MEDICS

Rescue

⇒ OAP 3's required (unrestricted), & Class 4 drivers and better.

⇒ Serving the Robson Valley since 1995.

Comb. soon:

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: wildeservices@telus.net



More than
"the best cup of coffee"

- afternoon tea
- pie 'n chai
- tea for what ails you
- "lunch bunch" punch cards
- senior discounts
- freshly baked cookies .25¢
- cheese 'n crackers
- diabetic - lactose/gluten free
- trying to lose weight?
- come eat healthy & lite
- teens needing "sports" diets? try us
- good choice for kidz

PELLETO

PELLET STOVES

SAVE MONEY BY SHOPPING LOCALLY

Now Available At Big City Prices

Phone for Styles and Pricing 569-0171



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: rodger@mcbriderealty.com
www.mcbriderealty.com



Rodger L. Peterson
Owner / Agent

MARKET PLACE

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

Your Neighbourhood Food Store

DELI

Mortadella - 100g...\$1.29
Chicken Salad - 100g...\$1.39
Black Forest Ham - 100g...\$1.19

Seneca Apple Chips - \$2.59
Assorted Flavours - 85g \$2.59
Ornamental Cabbage/Kale - 2 for \$7.99
Hostess Hickory Sticks - 27x16g \$4.99
Our Compliments Pop -

12 pack cans \$2.78 + dep.
Rogers White Sugar - 10kg \$9.99
Good Host Iced Tea - 2.35kg \$9.99
Nestle Halloween Favorites - 593g \$6.98
CHECK OUT OUR GREAT DEALS ON
HALLOWEEN CANDY
(Great for Lunch Boxes)

BAKERY

Small Kaisers - 12 for...\$2.49
Portuguese Rolls - 6 for...\$1.49



McBride
Jenny's Shop N Wash
569-0095

Come In And Try Our
SUBS, PIZZAS, WRAPS & more...

Stay At Home and Let Us Deliver

Your Meal To Your Door...

Starting October 1st we are

going to do Free Deliveries

(Fridays & Saturdays 4pm - 8pm ONLY)

(Minimum Order of \$15.00)

(Up to a 2 Mile Radius of McBride)

NEW HOURS

Monday - Thursday 7am - 8pm

Friday & Saturday 7am - 8pm Sunday - CLOSED

* Friday Night Special *

SAUSAGES & HOMEMADE PEROGIES
with Veggies, Salad & Herb Bread

TRG MANIAGS FEMALE HOCKEY REGISTRATION

Tuesday, September 28th, 2004, 7:00 - 8:00 pm at the ROBSON VALLEY RECREATION CENTRE. Fees : \$100.00/season if paid at registration, \$120.00/season if paid after registration. Fees include team insurance, 1st Practice - Tuesday, October 5th 2004. For information contact: Sarah Bressette @ 250-569-2409 (leave message).

BIRTHDAY WISHES SEPT. 22-28

Phyllis Lindsay, Kaylee Korbo, Loreta Simpson, Adam Roth, Dana Phillips, Brandon McLennan, Leonard Barnes, Hal Garnont, Lyle Lewis, Tracy Yeller, Marissa Quan, Kelly Norton, Harvey Hill, Arthur Hart, Tanya Bend, Jade Lawrence, Fran Long, Sherry Partington, Andrea Shwara, Dennis McFarland, Brenda Hooker, Robert Callaghan, Tonia Arnold, Don Gordon, Tina Lanning, Lloyd Vandermark, Connie Vizza, Claude Hill, and to anyone we missed Happy Birthday.

FREE COMING EVENTS

Sunday 2-4 pm meet at Bearny 2 - Hiking Club.

Wednesday 5-7 pm Soup 'n song at the Bearny 2.

DID YOU KNOW THAT...

Our eyes are always the same size from birth, but our nose and ears never stop growing. All polar bears are left handed. In ancient Egypt, priests plucked EVERY hair from their bodies, including their eyebrows and eyelashes. An ostrich's eye is bigger than its brain. TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard. A crocodile cannot stick its tongue out. "Go." is the shortest complete sentence in the English language. The cigarette lighter was invented before the match.

BUY, SELL, RENT & MISC.

8 Week Old Border Collie/Blue Heeler Cross Puppies for Sale. \$20.00 each. Please call 569-2634 after 4 p.m. or leave a message. **For Sale**-Chesterfield, good shape, \$75. Phone 569-2277. **For Sale**- 2 Bedroom Trailer with large addition. c/w f&s. w&d. New panelling in living room. \$10,000. Phone 569-0186. **For Sale**-Burton Air Snowboard 160 cm with Burton Bindings, very good condition \$350 Ph:569-3191. **For Sale**:1997 Suzuki RM 250. Very good condition. \$3100 OBO Ph:(250)968-4415 / 2003 Suzuki DRZ 125 four stroke. Small wheel model. Excellent condition, on 2nd tank of gas. \$3100 OBO Ph:(250)968-4415. **For Sale**:1997 Dodge Grand Caravan Sport Van. 138,000 K.m. Excellent Condition, \$10,000.00. Includes set of studded winter tires. Call 569-2745. **For Sale**-Metal Bunk Bed (bottom is a double). Comes with double mattress. \$100.00. Phone 569-0105. **For Rent**-3 bedroom mobile home with addition & separate shed. \$500 / month. Please call 569-0303 or 569-0308. **For Sale**-Storm RX Power Wheelchair & Battery. 4 Wheel Walker. Phone 968-4480 or 968-4368 early morning or late evenings. **For Sale**-Prestigio Jr.: Industrial Pasta Machine. Stainless steel and 3 brass die cuts. Small restaurant or home business. \$1,500.00 obo. 569-0252. **House For Sale**-108 acres, Creek, 6 beds, 4 baths (2 ensuite), 2 sitting rooms, dining room, laundry, sauna. Ideal for B&B, Hobby farm, large family, 2 families. Peaceful location. 3 rooms fitted & ready for B&B. \$265,000.00 consider local acreage part trade. 569-2529 or 569-0252. **For Sale**-3 Bedroom House. Call (250) 563-5326. **To place an ad here call 569-3110 or drop info + \$'s at 981-5th Ave. (\$3/week + GST).**

ANOTHER THOUGHT OF THE WEEK

Violence is the last refuge
of the incompetent.

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 1pm-3pm. Phone 569-3186. Contact number for the Foodbank is 569-3225. **Seventh-day Adventist Church**-Meet Saturdays at 9:30 & 11am. and Wednesdays at 7pm. Phone: Ph:569-0244. **Memnonite 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**- Sunday School at 9:45 a.m., Worship Service at 11:00 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 - Mon., Thurs., (Fri. 12:20), Sat. ...12:47pm
Seniors (60+) take a friend for free
(any age) (in economy class) Nation wide

Important Phone Numbers

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	569-2251	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	
1-800-256-7857		569-3110	
Report Forest Fires - 1-800-663-5555			

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

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

PHYSIOTHERAPY

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

5TH AVENUE HAIR

CALL VICI

OPEN MON., TUES., THURS., 10AM - 3PM
FRI. 10AM - 3PM

569-0067 946 - 5TH AVENUE

WHISTLE STOP GALLERY

A Beautiful Selection of Local Arts and Crafts
Open Daily/at the end of main street

HEARTLAND

569-2285

RESTAURANT HOURS

Sunday - Thursday 6a.m. to 8p.m.

Friday & Saturday 6a.m. to 9p.m.

WINTER HOURS 569-0133
Monday to Friday 7:00am-4:30pm
Saturday 8:00am-3:00pm (Cooked Breakfast Saturdays)
Sunday 2:00pm-4:00pm

Number Cruncher Accounting Services

Amy Vause
569-0171

Now accepting new clients.

SASQUATCH

Beauty Barn

Fully Licensed Esthetics
OPEN ~ Wed. 1-5 ~ Thurs. & Fri. 10-5
(Call for non business hour appointments)
1102-4th Ave Call 569-2294 for Appointment

RELIEF FROM ACHES & PAINS

*BOWEN THERAPY**REFLEXOLOGY**MASSAGE*
CALL MARGRIT 968-4432



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



Angels say
An angel's smile is as bright
as a thousand suns.

Relax in Beautiful Scenery
Bed & Breakfast, RV's & Field Camping,
Evening Meals by reservation.

Scare Crow Farm Bed & Breakfast

Open all year round - 15 km West of McBride on Highway 16
Local Sat. Phone: 1-403-987-9119

A.C. & T. CONSTRUCTION

JOURNEYMAN-CARPENTER

- New Construction • Framing •
- Renovations • Additions • Siding •
- 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