



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

Your Neighbourhood Food Store

- DELI**
- Fresh Egg Salad - 100g...\$4.99
 - Fresh Chicken Salad - 100g...\$1.39
 - Ziplock Sandwich Bags - 100's.....\$1.99
 - Rogers White Sugar - 10 kg.....\$9.99
 - Monkeys Mushrooms.....\$10.48
 - Stems & Pieces - 12x284ml.....\$2.49
 - Dawn Liquid Dish Soap - 625ml.....\$6.98
 - Nestle Halloween Favorites - 50's.....\$9.99
 - Good Host Iced Tea - 2.35kg.....\$1.39 each
 - Happy Apple - Crunch Coating.....\$4.49 / lb.
 - Assorted Squash.....\$4.49 / lb.
- NEW - NEW - NEW - NEW - NEW**
Freybe Assorted Turkey & Chicken Sausages (No filler added)
Chapmans Ice Cream - 4L...\$6.99
(Peanut & Nut Free plus Tamper Free Lids)



Small Kaisers - 12 for...\$2.49
Herb Focaccia Bread - 340g...\$1.49

JENNY'S Shop N Wash
569-0095

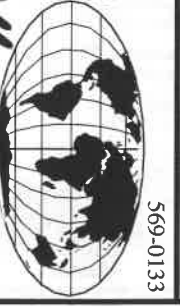
Come In And Try Our
SUBS, PIZZAS, WRAPS & more...

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 - 7pm
Friday & Saturday 7am - 8pm Sunday - CLOSED

*** Friday Night Special ***
HAM STEAK
with Mashed Potatoes, Veggies, Salad & a Dinner Bun



569-0133

MEALS FROM AROUND THE WORLD

Served right here in McBride.

NOW OPEN

COUGRIL CANDIES

Premium Quality,
Handmade Candies

Taking orders until
November 15
for Christmas

Call now for
Halloween Treats

Every order is custom made.

Call Sharon at 250-968-4413



McBRIDE REALTY CENTER LTD.
277 Main Street
P.O. Box 729
McBride, B.C. V0J2E0
Bus: (250) 569-2719 or 569-2735
Res. - (250) 569-2793
Fax: (250) 569-2787
E-mail: rodger@mcbriderealty.com
www.mcbriderealty.com

Rodger L. Peterson
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The Center of Real Estate Action in the Robson Valley!!



FREE The little FREE McBride Paper

Serving BC's Friendliest Town and Area!
For the week of Wed., October 13th, 2004

THANK YOU

I would like to thank everyone who came to John's memorial to celebrate his life and share stories and memories. Thank you to Pastor Fred Carr, Barb Carr and Gene Runtz. Thank you to the people of the E. Free Church and the Mountain Chapel Church for the use of the facilities and for the wonderful lunch. Most of all thank you to everyone for their prayers and support. They have made all the difference.
-Colleen Littlechild.

Thank you to everyone who attended the Harvest Supper. Due to some unforeseen complications we were short some meats for the 7:00 seating, our most humble apology to those who missed the turkey. Thank you to all the ladies who baked, cooked, helped and donated to make our dinner a success. Your support is very much appreciated.
-Anglican United Church Women

COMMUNITY MEETING

Todd Whitcombe, Wayne Mills and Molly Eihar (nominated for the NDP in our riding) will be coming to McBride on Saturday, October 16 to meet with people of this community to hear their concerns and discuss issues. They will also be joined by Lois Boone. The meeting will be at the Beaneys 2 Bistro at 3:00 pm.

SCHOOL NEWS

McBride Secondary School Christmas Craft Fair - Saturday, November 27th 2004 11:00a.m. - 3:00p.m. Located in the McBride Secondary School Gymnasium. 40 Tables. All your Christmas Shopping in one convenient location. To BOOK YOUR TABLE NOW contact Rick Thompson at 569-2295.

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. "Via Rail trip for 2" draw continues.

FREE COMING EVENTS

Train Station Garden Club meeting Friday 3:30 - 4:30 at the Beaneys 2 Bistro.
Cookies & Milk On Thursdays - Jody is coming in to the Beaneys 2 Bistro to make cookies. All kids are welcome to come and have free cookies and milk after school.
FREE Live Music Performances at the Beaneys 2 Bistro on Saturdays from 12:00pm to 1:00pm.

COMMUNITY ANNOUNCEMENTS

Badminton - Starts on Tuesday, October 19, 7-9pm in the Highschool.
THOUGHT OF THE WEEK
Improve a mechanical device and you may double productivity. But improve humans and you gain a thousandfold.

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 7p.m. Phone: Ph:569-0244-Mennonite 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 11:30 am. 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
- R.C.M.P. 569-2255
- Hospital 569-2251
- Health Unit 569-2251
- K to 7 School 569-2721
- High School 569-2295
- Dunster School 968-4414
- School District 57 569-2441
- Report Forest Fires - 1-800-663-5555
- Forestry 569-3700
- Village 569-2229
- Reg'l Dist' 1-800-667-1959
- Home Support 569-2266
- Food Bank 569-3225
- Fire Hall 569-3117
- Greyhound 569-2441
- The Little McBride Paper 569-3110

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

HEARTLAND

RESTAURANT HOURS
Book Early For Your X-Mas Party

EXPERIENCED COOK WANTED
Apply with Resume to the
Restaurant - Ask for Leslie

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

JNR

Auto Services
1021 South Frontage Road
(250) 569-2666



"WINTER TIRE SALE"
Wide selection of Winter
Passenger & Light Truck Tires
in stock

- Light Truck Tire Prices starting at:
- Lt 235/75R15 140.00
 - Lt 235/85R16 150.00
 - Lt 245/75R16 150.00
 - Lt 265/75R16 165.00
- ~All Prices Include Mount & Balance~

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

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

Angels Say

Angels are not cruel because they know the kindness of God close up.

PHYSIOTHERAPY

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

BUTCHER PIGS
569-6801

PIE BOOKS 569-0133
ARE BACK!!!
Pie & Coffee - \$2.00

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

5TH AVENUE HAIR

CALL VICKI
OPEN MON., TUES., THURS. 10AM - 5PM
FRI. 10AM - 3PM

WHISTLE STOP GALLERY

946 - 5TH AVENUE
A Beautiful Selection of Local Arts and Crafts
Open Daily/at the end of main street



MCBRIDE HOTEL
569-2277

POOL TOURNAMENT

Sunday, October 17, 2004
12:00 Noon

Entry Fee \$10.00 - All Fees to Prize Money
Open Tables All Day



Advantage Insurance
Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

**Ask us about
NEW RESTRICTIONS
on Underground or Older
Oil Tanks.**

**MCBRIDE SECONDARY SCHOOL
CHRISTMAS CRAFT FAIR**



SATURDAY, NOVEMBER 27th, 2004
11:00am - 3:00pm
McBride Secondary School Gymnasium
~40 Tables~

Robson Valley Handicrafts - Baked Goods - Concessions
All your Christmas Shopping in one convenient location.

To book your table,
contact Rick Thompson at 569-2295



Icebreaker Social Nite at the Curling Club

Friday October 29, 2004 at 7pm

Everyone welcome, \$2/a player, teams to be drawn from a hat, one lucky winner for the twoonie pot. No experience necessary, equipment available.

Regular league curling to start
November 5, 2004.

Register as a team or individual.
Please sign up by November 1, 2004.

Phone Jennifer at 569-0150

Yahoo Enterprises

820-1st Ave., McBride, BC Phone (250)569-0320

Panasonic Portable MP3/CD player \$79.99

Jumbo LED AM/FM clock radio \$12.99

3-In-1 Universal remote \$12.99

Finding Nemo PC game \$24.99

Plus many more electronics, gadgets
& computer stuff on sale!

THE LOGGER AND THE LADY ROCKY GORTEX BOOTS

IN STOCK

SUPER SALE

ON HIGHTECH MAGNUM BOOTS

MON-THURS 10:30AM - 6:00PM FRI 10:30AM - 5:00PM
569-0077 AFTER HOURS CALL 569-2539



Robson Valley
Home Hardware
Main St., McBride 569-2284

VALLEY COMFORT DEALER

CHAMBER HIGHLIGHTS

Highlights of McBride & District Chamber of Commerce Directors' Meeting September 28, 2004

1. Barb Jackson will be attending the Asset Building Conference in Valenmount in October.
 2. The directors have set up the committees for this year. A new one this year is Enhanced Recreation Development headed by Doug Monroe. The others are Snowmobile Grooming, Highway Pullout Signs, Community Development Project, Welcome Baskets, The Duck Walk, Trade Shows, Festival of Lights, Christmas Gala, Membership Drive, The Caboose, Golf Tournament and New Year's Baby Basket.
 3. The closing date for tenders for the Snowmobile Grooming has been extended until October 10th.
 4. Sue Demaine, and two directors will be manning a booth at the Edmonton Trade Show with other presenters from the Robson Valley on October 22-24, 2004.
 5. The Membership committee is currently upgrading and putting together the membership packages and someone will be knocking on your door to ask you to join.
- The Chamber is currently gathering materials and quotes to put in new highway pullout signs. We are working with various businesses and groups on this project.

BIRTHDAY WISHES OCT. 13 - 19

Ryan Torngalson, Lee Dickson, Zachary Jackman, Vanessa Byron-Stanley, Niel Marsh, Marry Kelly, Kyle Qnam, Pamela Vecchio, Stuart Sanson, Chris Kapa, Heather Callaghan, Rod Reimer, Dawnne Needham, Brenda Isadore, Patie McRae, Larry McFarland, Brandon Thiel, Jasmine Bader, Renae Westlund, Keith Seney, Ashley Turquist, Donna Bend, Ernest Blangy, Halley Carnont, Nadine Showar, Masson Frazier, Morgan Bachrach, Chuck McNaughton, Kaitlyn Masson, Lyle Vogel, Dorothy Simpson, Kaileen Startlund, Aaron Walchuk, Mark Froese, Marianne Elliott, and to anyone we missed Happy Birthday.

FLU BUG

DON'T LET THE FLU BUG GET YOU! If you are eligible for the FREE vaccine - please call the Health Unit at 569-2251 ext. 226 or your Physician for an appointment. *If you are not eligible for the free vaccine please contact your physician for an appointment.

HOUSEHOLD TIPS...

Dirty Windows - Layers of dirty film on windows and screens provide a helpful filter against harmful and aging rays from the sun. Call it an SPF factor of 15 and leave it alone.

Cobwebs - Artfully draped over lampshades reduce the glare from the bulb, thereby creating a romantic atmosphere. If someone points out that the light fixtures need dusting, simply look confused and exclaim "What? And spoil the mood?" (Or just throw glitter on them & call them holiday decorations.)

Pet Hair - Explain the mound of pet hair brushed up against the doorways by claiming you are collecting it there to use for stuffing hand-sewn play animals for underprivileged children. (Also keeps out cold drafts in winter.)

Guests - If unexpected company is coming, pile everything unsightly into one room and close the door. As you show your guests through your tidy home, rattle the doorknob vigorously, fake a growl and say, "I'd love you to see our den, but Fluffy hates to be disturbed and the shots are SO expensive."

Dusting - If dust is REALLY out of control, simply place a showy urn on the coffee table and insist that "This is where Grandma wanted us to scatter her ashes."

General Cleaning - Mix one-quarter cup pine-scented household cleaner with four cups of water in a spray bottle. Mist the air lightly. Leave dampened rags in conspicuous locations. Develop an exhausted look, throw yourself on the couch and sigh, "I clean and I clean and I still don't get anywhere." As a Last Resort, turn on the oven, throw a teaspoon of cinnamon in a pie pan, turn off oven and explain that you have been baking cookies for a bake sale for a favorite charity and haven't had time to clean...Works every time.

Another Favorite, I think from Erma Bombeck - always keep several get well cards on the mantle so if unexpected guests arrive, you can say you've been sick and unable to clean.

BUY, SELL, RENT & MISC.

For Sale-1997 Dodge Neon, \$4300.00 obo, 4 dr. auto, 150,000 km, good cond. Call Melanie at 569-2266 (W) or 569-3123 (H)••For Sale-Olsen Duo-Therm Wood Furnace / 120,000 B.T.U.. Very good cond. Excellent Heat Source, will heat over 2500 sq. ft. \$700 obo Ph:569-2340••For Sale-Mason & Risch Piano. Like new \$3000 obo. Ph:569-2745. For Sale-1997 Dodge Grand Caravan Sport, Air, CD Player, Cruise, 3.3 v6, 4 bucket seats and back bench, 139,000 k.m. Excellent condition. Good summer tires and extra set of studded winter tires. New front brakes, transmission just serviced, inside detailed. \$10,000 Ph: 569-2745••FREE Kittens indoor / litter trained Ph:569-2446••For Sale-2 Bedroom Trailer with large addition. c/w f&s, w&d. New panelling in living room. \$10,000. Phone 569-0186••House For Sale-108 acres, Creek, 6 beds, 4 baths (2 en-suite), 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).

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!!

NORTH COUNTRY LODGE

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Chambermaids

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Robson Valley Home Support Society

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Wed. - 10-2 Fri - 2 to 9 Sat - 2 to 5
Cost of Internet usage - \$1.00 per half hour

http://www.mcbridebc.org/library

library@mcbridebc.org

241 Dominion St. (250)569-2411
Turn off the Tube and Read a Book