

Beaney 2 Bistro

- Wed Meatloaf & Diabetic Choice
 - Thurs Quesadillas & Lactos Free Choice
 - Fri Pasta & Pizza
 - Sat Soup & Sandwich
 - Sun Pie & Goodies (2pm-4pm)
 - Mon Gratins & Gluten Free Choice
- The Shepherds Pie & Vegetarian Choice
~Soup & Sandwich
available every day~
- "Continental Breakfast every day."
Cooked Brekkie Sat. 8-10am



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

VALLEY COMFORT DEALER

"Blaze King" Stoves



The McBride Community Forest Corporation
And Board of Directors

Annual General Meeting

on
Wednesday, November 10, 2004
7:00pm
at the Council Chambers
100 Robson Centre, McBride

This meeting is open to all members of the public.
For more information contact:

Marc von der Gonna
General Manager
569-2229

MCBRIDE SNOWMOBILE CLUB



**THURSDAY 7:00PM
BEANERY 2 BISTRO**

MEMBERSHIPS SOLD THERE

Advantage Insurance Services Ltd.
Rosemary L. Hruby, CAIB

250-569-2264

Need insurance on a Saturday?

We're here - 10am to 3pm

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.

FREE The Little FREE



McBride Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., November 3rd, 2004

THANK YOU

The McBride Village staff, Mayor & Council would like to thank the businesses and residents of McBride and Dunster for their patience and consideration, during the period in which the garbage truck was out of service.
We appreciated your help to ensure the situation did not get out of hand.

GARAGE SALES

"Gotta put the car in the garage." Everything goes! Friday, November 5th from 8:30am to 6:00pm and Saturday, November 6th from 10:00am to 2:00pm. Jackson's 1056 - 2nd Avenue. Nothing sold early.

CHAMBER OF COMMERCE

Have you renewed your membership to the McBride & District Chamber of Commerce? As a member of the Chamber of Commerce you can fully participate in the future of your community! For the 2004/2005 year, there are a series of membership packages available ranging from \$50 to \$200, depending on the level of involvement at which you want to participate.

Festival of Lights 2004 will be held on Friday, November 26th starting at 6pm with the parade. Once again Santa will be in the Train Station for the kids.

Watch for the Chamber entry forms and Shop Local so you can enter the draw for 2 tickets to the Chamber Christmas Dinner and Gala on December 18th/04. Just make a minimum \$5.00 purchase at one of the following merchants between November 1st and November 26th and have the store stamp your entry form. When all 8 boxes are stamped just deposit your entry in the Draw Box located at First and Main Info Centre. Draw date is Nov. 26th at 8pm. Participating merchants are: Health Heart & Home, Home Hardware, Logger & the Lady, Rose Garden Boutique, Steedmans V&S, Valley Accents (phone 569-2595), Wahoo Ent., Whistle Stop Gallery and the Willow Heart.

The McBride & District Chamber of Commerce is inviting proposals from interested parties to provide catering for the annual Christmas Gala scheduled for December 18th, 2004 at the Elks Hall. If you are interested in catering this function please contact Rosemary at 569-2264 days or 569-3321 evenings for information. Proposals will be accepted until November 10, 2004.

COMMUNITY ANNOUNCEMENTS

Ground Search and Rescue Course. Interested in joining a Search and Rescue Team? This is the provincial standard for all SAR Volunteers. Information and Registration will be on Thursday, November 4th in the McBride Secondary School, room #142, 7:00pm. Course fee: none.

COMING EVENTS

McBride Grizzlies Hockey Games this weekend - November 6th at 7:00p.m. and on November 7th at 10:00a.m.

The Robson Valley Junior Academy and the Robson Peaks Pathfinder Club will present for screening the Award Winning Documentary Film "The Conscientious Objector" November 10 at 7:00 pm in the Round House Theatre located at the McBride Secondary School. Come and see this inspiring true story of Desmond Doss, an Army Medic who overcame impossible odds on the battlefield of Okinawa during World War II to become one of America's Greatest Military Heroes. His incredible acts of heroism under enemy fire earned him America's highest recognition, The Congressional Medal of Honor. Admission is free.

Infant Massage Course - Learn to massage your baby. Friday mornings at the McBride Health Unit 10:00am to 11:30am sessions November 19, 26, and Dec. 3 and 10. Registration is \$10.00 For more information and to register call Cary Savarella at 569-2251 ext. 226 or Mary Stewart at 569-2266. Space is limited to 10 babies so please register as soon as possible. Mary Stewart is a certified IAIM instructor. (International Association of Infant Massage)

CPR Course (for Parents with Young Children) includes: -The choking victim; - Cardiac resuscitation; -Respiratory resuscitation. Sponsored by: McBride Health Unit. Instructor Sharon Schieleben. Monday, November 22 from 1pm-5pm or Thursday, November 25 from 5:30pm-9:30pm. Cost: \$30 per person. Registration limited to 6 per session. Register by November 18 (Call Judy or Cary @ the Health Unit: 569-2251 ext. 226).

FREE COMING EVENTS

Free Soup and Song Wednesdays from 5pm to 7pm in the Beaney 2 Bistro.

Hiking Club meets Sundays from 2pm-4pm in the Beaney 2 Bistro. Everyone is welcome.

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

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.C.'s Friendliest Town!!



PEPSI EDGE
591 ml - .99¢ + dep. & tx.
AQUAFINA WATER
1 litre
2 for \$2 + dep.



HUSKY
569-2441
OPEN 24 HOURS
CADBURY FAMILY BARS
100gm @ \$1.89 + tax



Special 400 Minutes \$99.95

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Health Products, Gifts & Antiques
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- *Antiques*
- *Vitamin & Minerals*
- *Bulk Spices*
- *Bulk Herbs*

CALL TOBOOK APPOINTMENTS FOR:

Deb Cochrane - Reiki, Ear Candling & Aroma Therapy
Deb Ladouceur - Herbalist, Irridologist & Reflexology
OPEN Daily till 5:30pm Friday till 6:00pm

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- Decks • Stairs • Drywall • Painting • Finishing •
- Drafting & Design •

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

Whiskey Jack Holdings

Crane / Backhoe / Dump Truck Services
Call Mike 569-2642

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

MIDGET MILLS

FIR CLEARS 1" - 2" THOUGHT OF THE WEEK

There cannot be a crisis next week.
My schedule is already full.

Employment Assistance Service Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?
Contact Bob Thompson 569-2266

Canada
Funded by the Government of Canada

RN Ride N Hide Recreation

ATV & Sled Rentals
569-2354 1-877-868-7288

Certified ATV & Snowmobile Safety Course
now available with Certified Instructor
~New Location - 940 2nd Avenue~

MIDGET MILLS

BIRCH 1" - 5/4" - 2"



Huh?

PELLET STOVES

SAVE MONEY BY SHOPPING LOCALLY

Now Available At Big City Prices

Phone for Styles and Pricing Amy Vause 569-0171



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

Owner / Agent

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



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

Your Neighbourhood Food Store

DELI

Heritage Ham - 100g...\$1.99
Rosemary Roasted Ham - 100g...\$1.99

Boneless Brisket Point \$3.62 / lb.

Tedley Tea - 72's \$3.99

Mr. Noodle - Flat Soup Mix - 85g cse -

Beef or Chicken \$6.08

Ziplock Bags Sandwich Bags - 100's \$1.99

Organic Spartan, McIntosh, Red Delicious

or Golden Delicious Apples..... 4.99 / lb.

SELECT VARIETIES OF BIRD SEED

TILL SUNDAY

Green Peppers - \$1.89 / lb.

Green Onions & Radishes - 4.59 / lb.

BAKERY

Chocolate Swiss Roll - each...\$2.99
Raspberry Swiss Roll - each...\$2.99



McBride
JENNY'S Shop N Wash
569-0095

Come In And Try Our

SUBS, PIZZAS, WRAPS & more...

* **Friday Night Special** *
BAKED SPAGHETTI
with Caesar Salad and Garlic Toast

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Scott & Susan Glines
Ph: 569-3110
881-5th Ave. Fax: 569-0220

MIDGET MILLS

CEDAR CLEARS 1" - 5/4" - 2"

A real head

scratcher...



THINK ABOUT IT...

An old man is teaching his grandson about life.

"A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves.

One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

"The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

"This same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather which wolf would win.

The old man simply replied, "The one you feed."

HOSPITAL AUXILIARY NEWS

The Hospital Auxiliary Christmas Extravaganza is on Saturday, December 4th in the Elk's Hall from 7:00pm to 9:00pm. Great place to meet your friends, have coffee & pie and buy your Christmas baking, candy and gifts. Raffle - 1st prize Christmas hamper, 2nd prize Candlelight and wine basket, 3rd prize large Turkey. Silent Auction, Cake Walk, New and Almost New, Crafts, Touch and Take for the children. Hope to see you there!

SENIORS COMING EVENTS

Wed. November 10, 2:00 - Birthday Tea at the Beaverview Lodge.
Thurs. November 18, 6:30 - Movie at the Beaverview Lodge.
Wed. November 17, 10:30 - Pastoral Service at the Hospital.
Wed. November 24, - Lunch at the Beaverview Lodge.
Friday, November 19, 5:00pm. - Kilin Restaurant. Anyone needing a ride call Uta at 569-2251 ext. 216.

SCHOOL NEWS

Coming Soon - Variety Night - 2005 GRAD Trip Fund-raiser. Interested in performing call Shannon at 569-3288 or Michelle at 569-3388. For December 2, 2004 (Thursday). Pick up a form at the McBride Secondary School.

BIRTHDAY WISHERS NOV. 3 - 9

Michael Wedman, Nicole Davis, Marg Johnson, Ania Jones, Nolan Frazier, Rian McLeod, Mark Hicks, Dylan Bouvier, Bonnie Chupka, Stephen Porter, Angelina Ondang, Rose Anne Forster, Trevor Jones, Kelsey Gillette, Lily Whitehead, Dale Miracle, Randy Hearstad, Crystal Cholin, Alaina Chapman, and to anyone we missed Happy Birthday.

BUY, SELL, RENT & MISC.

For Sale-4 Michelin Tires 215/70 \$100 for the set Ph:569-2444•For Rent-One bedroom house. Rent by the week @ 125.00 includes power. Rent by the month 450.00 includes power. For more information phone 569-2594 before 6:00pm only. •For Rent-2 bedroom suite. Heat and hydro included. Non smoker. No dogs. Call to view. 569-0169, ask for Vicky•For Sale-1996 8' Arctic Snow Blade. Excellent Shape, only used 2 seasons, original cutting blade. \$3500.00 obo. Phone 569-2549•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-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).

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•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 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, Wednesday & Friday...2:40pm

Going East - Monday, Thursday, Saturday...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
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 Friendliest Town!!

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

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Fax 250-567-4490

Cell 250-565-8436

Angels Say

Kind words can be short and easy to speak

but their echoes are truly endless.

Mother Teresa

PHYSIOTHERAPY

E. Kim Hammerstedt BPT

246 Main Street, McBride 569-0107

THE HAIR SHOPPE

803 3rd Ave. - side entrance

569-3359 We Carry JOICO Supplies

B2 Buxco PIE BOOKS 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

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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 RESTAURANT

569-2285

~Book Early For Christmas~

Watch for upcoming date for

Breakfast with Santa

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

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

MIDGET MILLS

PINE 1" x 12"

Waho Enterprises

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

Website: <http://www.wahoenterprises.ca>

Email: info@wahoenterprises.ca

Here's a few of our specials from our electronics flyer:

Harry Potter & The Prisoner of Azkaban PC game \$29.99

ZipCaps Micro R/C cars \$29.99

CD Doctor Scratch Repair Kit \$6.99

USB Cable For Digital Cameras \$19.99

Plus many, many more!

Come in and have a look through the newest flyer.

PIGS FOR SALE

WEANER OR BBQ PIGS AVAILABLE IMMEDIATELY



CALL 569-2549 for more information

