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Your Neighbourhood Food Store

DELI

Chicken Loaf - 100g...\$4.59
Vegetable Quiche - each...\$2.99

Pork Loin Roast - Center Cut - Boneless...\$2.99 / lb.
Pork Loin Chops - Center Cut - Boneless -
Family Pack.....\$3.49 / lb.
Canadian T-Bone Steak - Family Pack.....\$5.99 / lb.
Lean Ground Beef - Family Pack.....\$2.69 / lb.
Crofters Organic Jam - Assorted Flavors -
235 ml.....\$3.59
Peaches.....\$1.39 / lb.
Red Delicious Apples.....\$1.19 / lb.
Seneca Apple Chips - Assorted Flavors.....\$2.59 each
E-Lu Fresh Fruit Crumble Dessert Kit.....\$3.29 each

BAKERY

Turnovers - Assorted - 4 for...\$2.99
Croissant Apple/Almond - 4 for...\$3.49



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Delivering Fuel East to McBride

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Daily Breakfast, Lunch & Dinner Specials
OPEN Tues. to Sun. 8am - 9pm - CLOSED Mon.

FRIDAY & SATURDAY SPECIAL

Hunter Schnitzel or 8 oz. AAA Steaks
c/w Baked Potatoes, Vegetables & a Warsteiner Beer (500ml)

Only \$16.95

Take Out

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Available 569-8884

ALWAYS OPEN

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McBride

Paper



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For the week of Wed., August 31st, 2005

THANK YOU

I would like to extend a heart filled thank you to the people of McBride for accepting me with open hands and hearts when I first moved here and for all your support in the past couple of weeks when I needed a real and true friend the most. Thank you one more time to all the friends and families that was there for me during this trying time in my life. I guess now I do know who my true friends are, your friend.
- Robert Mitchell

YARD SALES

Yard Sale - 3338 Plantway Road, (2nd Right Past Dore River Bridge) August 30 - September 2 11:00am. to 8:00pm. except Friday 11:00 a.m. - 4:00pm ONLY. Furniture, Household Items, Bows, Pool, Books and many more misc. items.

McBride District Volunteer Fire Department Garage Sale, Saturday September 10, 2005, 10am to 1pm at the Fire Hall. NO EARLY BIRDS. Tons of items, household baby items, and more. There will also be a concession. Come see the new fire trucks. All proceeds will go towards Halloween fireworks. Anyone wanting to donate items call Jen at 569-0150.

McBRIDE FIGURE SKATING CLUB

McBRIDE FIGURE SKATING CLUB Registration and AGM Monday, September 12th at 7:00 pm in the Curling Club Lounge The Club Constitution is available and will be voted on at the AGM. Please bring Medical Card #, email addresses and first half skating dues. Figure Skating start date: September 19th.

McBRIDE GIRL GUIDES REGISTRATION

Registration for Sparks ages 5-6, Brownies ages 6-8, Guides ages 9-12, Pathfinderers ages 13-15, will take place at the Elks Hall on Wed., Sept. 7 at 7pm. A great opportunity also to find out more about girl guides and to meet this year's leaders. For more information contact Sarah Taylor at 569-3358.

McBRIDE MEALTIME

Fun with Family & Friends: McBride Health Unit 2nd & 4th Thursdays 11:00 a.m. to 12:00 p.m. Snacks & Refreshments. Schedule of Events *Sept. 8 - Welcome / Ice Breaker *Sept. 22 - Me, Myself & I *Oct. 13 - Music to the Ear *Oct. 27 - Monster Mash *Nov. 10 - Arts & Crafts *Nov. 24 - Trains, Planes & Autos *Dec. 8 - We'll Surprise You

COMMUNITY EVENTS

Valley Museum & Archives Society - "Farming in the Robson Valley & 90th Anniversary of the McBride Farmer's Institute" Exhibit of Valley Museum & Archives Society @ the Museum/Library building, 241 Dominion Street, McBride. Exhibit "Grand Opening" Friday, September 9, 2005 @ 7:00 p.m. Everyone is welcome to attend. The exhibit will run from August 24th to October 3rd, 2005.

McBRIDE MINOR HOCKEY

McBride Minor Hockey Association Registration is September 8th 6 - 8p.m. at the McBride Curling Lounge.

CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street. - Mens, ladies and children's clothing -Open: Tues. 1:00 to 3:00 - Sat. 10:00 to 12:00-Dorcas is OPEN Tuesdays 1pm-3pm. Phone 569-3186>Contact number for the Foodbank is 569-3225-Sevenday Adventist Church-Meet Saturdays at 9:30 & 11a.m. and Wednesdays at 7p.m. Phone: Ph:569-3370-Mennonite Church-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-0445-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-Worship 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 Schedule May 17-Sept 29* Ph 1-888-842-7245

Going West - Sun, Tues*, Wed, Fri...2:44pm
Going East - Mon, Thurs, Fri*, Sat...12:03pm
Discounts, seniors (60+) 2 for 1; book 6+ days advance

Important Phone Numbers

EMERGENCY	9-1-1	Forestry	569-3760
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	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 Friendliest Town!!

SASQUATCH Beauty Barn

Fully Licensed Esthetics
I'm Now Back To Work - call for appointments
1102 - 4th Ave. If you can't get a hold of me try
569-2294 shape@telus.net my Cell Phone @ 569-7229

THOUGHT OF THE WEEK

The trouble with being punctual is that nobody's there to appreciate it.

Ande's Auto Parts

NAPA & TRACTION heavy duty
269 Main Street, McBride BC V0J 2E0
Tel: 250-569-2332
Mon.-Fri. 7 to 7, Sat. 8 to 6,
Sun. 10 to 2
Del Fry / Lenny Stone After hours 250-569-2332
Fax: 250-569-2342

MOBILE HOME PADS FOR RENT

Riverbend Mobile Home Park.
3115 Riverbend Road, off Ziedler Drive.
5 minutes west of McBride. RVs welcome.
Phone 968-4375

WORKERS NEEDED

at the Meat Shop in McBride.

Please apply in person or call Jason Menzke at 569-0099

HEARTLAND RESTAURANT

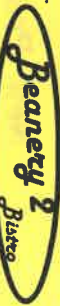
569-2285

BACK TO SCHOOL Special
Order of Fries & a Large Pop

\$3.50

OPEN Sun. to Thurs. 8am - 9pm Fri. & Sat. 8am - 9pm

Beavery 2 autumn & winter hours are coming.



Barbara will be in Kansas for the winter and Dr. Mike sometimes will be on call 2 weekends a month.

After the September long weekend, B2 will be closed on Saturdays and Sundays.

Monday through Friday, we will be open 7 a.m. to 4:30 p.m.

B2 will continue to be available after hours and on weekends to groups for meetings, birthday parties, etc.
Contact us at 569-0133 for arrangements.

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

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Angels Say

Angels lead us from our darkness to our own light.



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Serving locally for 21 years

569-3319 animal health technician

Scare Crow Farm B & B

Plus CAMPING Evening Meals by request

569-0351 15km West on Highway 16



McBRIDE & DISTRICT PUBLIC LIBRARY

Monday-9am-5pm Tuesday-9am-5pm & 7pm-9pm
Wednesday-9am-5pm Thursday-9am-5pm
Friday-9am-9pm Saturday-9am-5pm
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



PHONE # 569-2326

- Mon., Tues, Wed., Thurs., Sat. & Sun. 8am - 6pm Friday 8am - 7pm
- **KRAFT CRACKERBARREL CHEESE - \$9.99**
- 907 g - Assorted Varieties
- **WEST BEST PEACH HALVES & SLICES - \$14.99**
- 398 ml - 12 FOR
- **PETALL MAINSTAY CAT FOOD - \$7.99**
- 8 kg
- **HEINZ KETCHUP - \$4.69**
- 1.5 L

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- More Back-To-School Sale Items:
- Exercise Book, 80 pg. 79¢
- Refill Leads 2 tubes + 1 free \$1.99
- Loose Leaf Paper 200 sheets 99¢
- Scientific Calculators \$9.99

PLUS MANY MORE IN-STORE SPECIALS!!!

New Programs at

McBride Hospital and Health Center

WELL MEN'S CLINICS Drop in for a quick check up of blood pressure, blood sugar, weight, etc. or make an appointment for a partial or complete check up. Every second Wednesday drop in from 6 - 7. Appointments 7 - 9 pm starting September 7th and one Saturday a month starting Sept. 24th. appointments 8 - 11:00 am drop in 11 - 12.

ARTHRITIS GROUP: Once every one to two months. First one September 8th from 7 - 9 pm. If you have any type of arthritis, come and find out resources there are for you and help us to see what is yet needed. No appointment necessary.

DIABETIC GROUP: For those with diabetes, to review the best practices in diabetic management. Educational session every one to two months. First one will focus on foot care. First session is Wednesday, Sept 28th 7 - 9. No appointment necessary.

FOOT CARE CLINIC: For people with diabetes or problems with circulation in feet. Must have referral from physician, Home Care Nurse or Public Health Nurse. Every second Thursday morning and some Saturdays or evenings. Please make appointment.

DIETETICIAN EDUCATION SESSIONS are available by videoconference for **weight loss** - next class Sept. 8th and **cholesterol problems**: classes available approximately every two weeks starting with Sept. 15th. Must phone at least a week ahead to book.

NOTE: Regular **WELL WOMEN'S** will continue to be held on every second Wednesday afternoon. Please make appointment.

For appointments call hospital reception 569-2251 ext. 200. For more information call Primary Care/Chronic disease management nurse at 569-2251 Ext. 204. Leave name and phone number if not in.

FORRYER PRINTING SIGNS

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- LAMINATING
- BANDING
- AND MUCH MORE
- CHECK US OUT FOR ALL YOUR TROPHY NEEDS



Forge of The Little McBride Paper
Scott & Susan Glines
455 King Street

Ph: 569-3110
Fax: 569-0220

PUBLIC NOTICE

Public Notice of Traffic Disruptions for Road Upgrade Paving: Milling of Asphalt Pavement on Main Street and Frontage Road intersections is scheduled to begin Tuesday August 30, 2005 with temporary road and lane closures in effect. *No Parking on Main Street will be Permitted for various durations on Tuesday and Wednesday. -Some Disruptions -Traffic Control will be in Place - on Wednesday. -Reduce Speed -Reduce Parking on Main Street. PAVING TO START AFTER SEPTEMBER 5, 2005 LONG WEEKEND - WEATHER PERMITTING.

POLICE REPORT

NEWS RELEASE: During the afternoon of August 28th, RCMP from the McBride Detachment responded to a residential break and enter in the 5000 block of Mountainview Road. Occupants of the residence returned home to discover that somebody had entered inside during their absence. The rear window leading into the basement was broken allowing the assailant to enter inside. Once inside, a locked gun room was forcibly entered where one Sturm Ruger 22 magnum revolver, an SKS assault rifle, and two 12 gauge pump action shotguns, along with ammunition, were taken. Investigation continues into this incident and anyone with information is asked to contact Cst. Kent KRZYZANOWSKI of the McBride Detachment at (250)569-2255 or Crime Stoppers.

August 21, 2005 - McBride RCMP responded to a single motor vehicle accident near West Twin Bridge, vehicle lost control due to excessive speed on the wet highway. The driver was issued a Violation Ticket.

August 21, 2005 - A motorist reported hitting a Deer approximately 10 km's West of McBride on Highway 16. There were no injuries with some minor damage to the vehicle.

August 24, 2005 - McBride RCMP attended the Elementary School where someone had spray painted some graffiti on the back of the school with red and silver paint. Anyone with any information relating to this mischief are requested to contact the McBride Detachment at 250-569-2255.

August 24, 2005 - A report was received from a local business that a window had been smashed by three small rocks that had been thrown through the window and that the screen had been pulled back but no entry had been made.

August 24, 2005 - McBride RCMP were called out to a disturbance where two individuals had been involved in a physical confrontation **August 25, 2005** - A report was received of a black bear and two cubs running around in behind Dominion Street. Just a reminder to please make sure that there is no garbage or food laying around that would attract bears.

August 25, 2005 - McBride RCMP attended a local resident where someone had spray painted the windshield of their car with red spray paint.

BIRTHDAY WISHES AUGUST 31 - SEPTEMBER 6

Jim Schneider: Rosemarie Jackman, Brendan Fitzpatrick, Mitchell Elliott, Marjory O'Toole, Renee Weidman, Donald O'Toole, Jeremy Holland, Doug Bend, Desi Harchard, Tyson Remmele, Billie Litchfield, James Shawara, Morris Desormeaux, Sabina Regier, Nahum Bickford, Céline Velestrand, Draizna Taphorn, Ken Watson, Russell Wiltsie, Flo Myrino, Mike Monro, Cora-Lee Molendlyk, and to anyone we missed Happy Birthday.

COMMUNITY ANNOUNCEMENTS

Community Market at the Pavilion in the Park - Starts Friday, July 1st to Friday, September 9th from 12 noon to 3p.m.
Dunster Farmers' Market - Every Saturday, July 9th to Sept. 10th - from 10am to noon. Sellers Welcome! Call Pete at 968-4334.
Puppies - Free to good homes, mixed breed, medium size dogs, 2 females / 4 males to choose from - call 569-0268 for more information.

THINK ABOUT IT...

Any number squared is equal to one more than the numbers on either side of it: 5 x 5 is 25 and 4 x 6 is 24. **BUY, SELL, RENT & MISC.**

For Sale-Seats Double Mattress & Box Spring. Very Good Condition. \$50.00. Phone 569-2729. For Sale-Very Good Hay 35 (620 lb.) Bales @ 27.00 or \$875 takes all. Ph: Len McCarty at 569-3153 or 569-2431 / High Capacity Combine JD 105 excellent Diesel Motor, New Tires, Grain Monitor, Two Headers, \$7995 Ph: Len McCarty at 569-3153 or 569-2431. Farm House For Rent-\$600.00 per month. Available September 1st. For more information phone 569-0033. For Sale-1974 Trailer with addition. \$23,000. Phone 569-2310. For Sale-2003 Honda Odyssey. 103,000 Km. Mostly loaded. Winter Tires included. \$25,500 obo. Phone 569-2350. For Rent-2 Bedroom House: Call 569-2628. For Sale-New 10' x 14' Overhead Garage Door with Hardware, Still in Box. Price? Make an Offer Phone: 569-2493. For Sale-1991 GMC Safari AWD. Blue. 7 passenger. Good Shape. Command Start. Tow hitch. Rear heater. Very well maintained - documented. \$2695.00 Call Andy at 968-4311. For Sale-1992 Mazda MPV 4x4 Van. Low kilometres on the motor and transmission. \$4,000 Ph: 569-0200. HOUSE FOR SALE: Three bedrooms, huge bathroom, wrap around deck, lots of windows to let the sun in. Sale price includes five appliances. \$139,900.00. To view phone 569-8863 evenings. To place an ad here call 569-3110 or drop info + \$'s at 455 King Street (\$3/week + GST).

Greyhound Bus Schedule	McBride Husky 569-2441
Depart to East-9:50am & 2:35am • Edmonton	
Depart to West-8:25pm & 5:45am • 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 455 King St. 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 Feedstore Towan!!

MCBRIDE MOVIES & MORE



• DAILY SPECIAL, SEE IN-STORE FOR MORE DETAILS.

• 30 NEW RELEASES COMING THIS SEPTEMBER

*BACK TO SCHOOL *
COME IN AND ENTER TO WIN A DVD PLAYER!

(DRAW DATE SEPT. 30, 2005 AT 6PM)

569-0123

MONDAY TO SATURDAY → 11:00AM-9:00PM
SUNDAY → 11:00AM-6:00PM

"ICE" your cell phone

Paramedics and EMT's will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE.

"ICE" stands for In Case of Emergency. If you add an entry in the contacts list in your cell phone under ICE, with the name and phone no. of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do. Paramedics know what ICE means and they look for it immediately. ICE your cell phone NOW!

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We will be CLOSED on Monday, September 5th.

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

OPEN 24 HOURS

PEPSI CSD PRODUCTS

591 ml - 2 for \$2.22 + dep. & tx.

AQUAFINA WATER

591 ml - 3 for \$2.00 + dep.

"NEW" FULL THROTTLE 473 ml - @ \$2.79 + dep. & tx.



HUSKY
569-2441

It's Finally Here!

Career Management Workshop

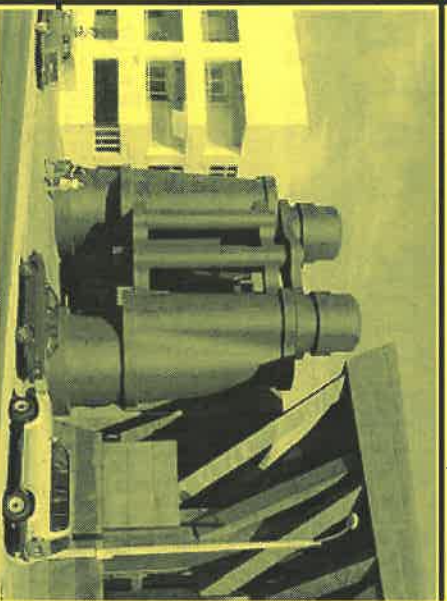
~September 8th & 9th~
10:00 am to 3:00 pm

Robson Valley Home Support Society

942 - 3rd Avenue, McBride

- What are your skill sets?
- Are you cut out to be an entrepreneur?
- What careers suit your personality type?
- How do you manage your working life?

Call now to register! - Ask for Bob or Bridget 569-2266



America has its share of strange or unusual buildings. The one above is the Binocular building.

It is located on Main Street in Venice, CA, and is home to the Chiat/Day/Mojo Advertising Agency. It was built in 1991.

McBride & District September 2005 Community Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MUSEUM: Antique Farm Equipment Display, commemorating the 90th anniversary of the Farmers Institute. Open during LIBRARY hours: 10am - 5pm, 7 - 9 pm Tue; 10am - 2pm Wed; 2 - 9pm Fri; 2 - 5pm Sat</p> <p>SENIORS' PROGRAMS: anyone age 55+ is welcome. New to the Valley? Call 569-3366 to arrange a Chamber of Commerce Welcome Visit</p> <p>SDA Food Bank: phone 569-3225</p>						
<p>CHURCHES 4</p>	<p>5 Labour Day</p>	<p>6 Back to School 9:30-11am WEE Teach @ RVHSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing 6:30 pm TOPS @ HihlUnit 7:30 pm Elks - Royal Purple 7:30 pm Hospital Auxiliary mtg @ MDH</p>	<p>7 2:00 pm Seniors Birthday Tea @ BVLodge 6:30 pm Bingo @ Legion Hall 7:00 pm Sparks Brownies, Guides Register @ Elks</p>	<p>8 10am - 3pm Career Mgmt Workshop @ RVHSS 11am - noon Fun with Family & Friends @ HU 2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 6 - 8 pm Minor Hockey Regn & Equip Swap @ Curling Lounge 6:30 pm Sis Bingo @ BVLodge</p>	<p>1 10am - 3pm McBride Community Market</p>	<p>3 SDA Church 10am - noon AUCW Thrift Shop 10am - noon Dunster Cmty Mkt</p>
<p>CHURCHES 11</p>	<p>12 7 pm Figure Skating Regn @ Curling Lounge 7 - 9 pm VFD mtg @ Fire Hall</p>	<p>13 9:30-11am WEE Teach @ RVHSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing 6:30 pm TOPS @ HihlUnit 7:30 pm McBride Village Council Meeting</p>	<p>14 10:30 am Seniors Pastoral Care Service @ Hosp 7 - 9 pm Valley Picnakers @ HS</p>	<p>15 2 - 4 pm OAPO Stitch & Knit @ BVLodge 3:30-5:30pm Dome Ck Reading Room 5:00 pm WS Gallery Society mtg @ Station 6:30 pm Sis Bingo @ BVLodge</p>	<p>16</p>	<p>17 SDA Church 10am - noon AUCW Thrift Shop</p>
<p>CHURCHES 18 TERRY FOX RUN 2 - 8 pm Free Skate @ RV Rec Centre</p>	<p>19 5 - 7 pm Library Trustees mtg @ B2 7 - 9 pm RV Fall Fair AGM @ B2 7 - 9 pm VFD mtg @ Fire Hall</p>	<p>20 9:30-11am WEE Teach @ RVHSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing 6:30 pm TOPS @ HihlUnit 7:30 pm Elks - Royal Purple</p>	<p>21 Chamber of Commerce AGM: 6pm Dinner, 7pm Meeting @ Sun Valley Restaurant 6:30 pm Bingo @ Legion Hall</p>	<p>22 11am - noon Fun with Family & Friends @ HU 2 - 4 pm OAPO Stitch & Knit @ BVLodge 3:30-5:30pm Dome Ck Reading Room 6:30 pm Sis Bingo @ BVLodge</p>	<p>23</p>	<p>24 SDA Church Hospital Auxiliary Regional Conference @ Elks Hall 10am - noon AUCW Thrift Shop 7 - 9 pm Circle Dance @ Dunster Hall</p>
<p>CHURCHES 25 Hospital Auxiliary Regional Conference @ Elks Hall</p>	<p>26 7 - 9 pm VFD mtg @ Fire Hall</p>	<p>27 9:30-11am WEE Teach @ RVHSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing 6:30 pm TOPS @ HihlUnit 7:30 pm McBride Village Council Meeting</p>	<p>28 noon Seniors Luncheon @ BVLodge 7 - 9 pm Valley Picnakers @ HS</p>	<p>29 Me, Myself & I: Child Care Resource & Referral from PG @ RVHSS</p>	<p>30 10:00 am Infant Massage @ RVHSS</p>	<p>COMMUNITY SPORTS @ HS GYM starting September 8 Bball: Mon & Thu 7 - 9 pm SENIORS' CARPET BOWLING @ Rec Ctr Tue & Fri, 10:00 - 11:30 am ICE SEASON starts Sep 19</p>

On-line Calendar: mcbride.ca Phone Sue Demaine at Info Centre, 569-3366, or email details to: come2mcbride@telus.net October Calendar deadline: Sep 24.