

CONGRATULATIONS

Dylan Watchuk

...for being selected to play in the 15th World Hockey Tournament in Southburg, Austria. Considered to be the highest level European Hockey Tournament for athletes Dylan's age.



Good Luck in Europe Dylan!

MULTI-FAMILY YARD SALE

AT THE MCBRIDE LEGION

SATURDAY, SEPTEMBER 24, 2005.

10:00AM TO 1:00PM

NO POINT IN COMING EARLY AS DOORS WILL BE LOCKED UNTIL

10:00AM.



- NEW HOURS Monday - Saturday 9am to 7pm Sunday 9am - 6pm
- KNORR SOUP MIXES - Assorted Varieties - 500 ml - 2 for \$5.00
- SHAKE & BAKE - Assorted Varieties \$2.19
- QUAKER MUFFIN MIXES - Assorted Varieties \$3.49
- BULK REGULAR WEINERS - \$1.29 / lb
- LOOK FOR OUR EVERYDAY VALUES and our UNADVERTISED SPECIALS



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

30% OFF ALL In Stock

Bikes Cement planters & Edging

Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

Your Local Advantage

For ALL Your Insurance Needs.

JOKE OF THE WEEK

A blonde was playing Trivial Pursuit one night.

It was her turn, she rolled the dice and she landed on "Science & Nature".

Her question was, "If you are in a vacuum and someone calls your name, can you hear it?"

She thought for a time and then asked, "Is it on or off?"

FORRYER PRINTING & SIGNS

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



Scott & Susan Glines
455 King Street
Ph: 569-3110
Fax: 569-0220

FREE The Little FREE



McBride Paper

Serving B.C.'s Friendliest Town and Area!!

For the week of Wed.. September 21st. 2005

HARVEST SUPPER

Harvest Supper Sponsored by the Anglican United Church Women. Thursday October 6th, 2005 AUCW Hall. Sitings: 5:00, 6:00 and 7:00 O'Clock. Tickets: Adults \$10.00. 7 to 12 Years \$5.00. Up to 7 Years .50¢ per year. For more information please contact Eileen Lawrence 569-2582 or Fran Long 569-2658.

YARD SALES

Yard Sale - Sept. 24th 10a.m. - 2p.m. 1102- 4th Ave. Yard Sale - 5 Years in the Making... Baby Items, clothes, house wares etc. 1158 McBride Crescent. SUNDAY Sept. 25th 10:00a.m. - 3:00p.m. No Early Birds, Please!

COMMUNITY EVENTS

McBride & District Chamber of Commerce Annual General Meeting. Wednesday, September 21, 2005. Sun Valley Restaurant, Dinner 6:00 pm \$15/plate. Meeting 7:00 pm. 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.

BIRTHDAY WISHES SEPTEMBER 21-27

Al Thiel, Leslie Showers, Ross Partington, Rory Cobb, Tammy Willeman, Loretta Simpson, Adam Roth, Dana Phillips, Brandon McLennan, Leonard Barnes, Bob Downing, Hal Carmont, Lyle Lewis, Tracy Yeter, Marissa Quam, Devin London, Kelly Norton, Harvey Hill, Tanya Bend, Jade Lawrence, Kaurina Partridge, Fran Long, Chris L'Heunex, Sherry Partington, Andrea Shawara, Dennis McFarland, Robert Callaghan, Tonia Arnold, and to anyone we missed Happy Birthday.

THOUGHTS OF THE WEEK

We all get heavier as we get older because there's a lot more information in our heads.

I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me.

Two confirmed bachelors were sitting and talking. Their conversation drifted from politics to cooking.

"I got a cookbook once," said the first,

"but I could never do anything with it."

"Too much fancy cooking in it, eh?" asked the second.

"You said it. Every one of the recipes began the same way..."

'Take a clean dish and...'

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 • Seventh-day Adventist Church - Meet Saturdays at 9:30 and 11a.m. and Wednesdays at 7p.m. Phone: Ph: 569-3370 • Memorial 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 9:00 a.m. Phone 569-3206 or 569-3386. Hall Rental contact Dorothy Simpson 569-3343 • Evangelical Free Church - Sunday School @ 9:45 a.m. *Sunday 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.

Greyhound Bus Schedule	McBride Husky 569-2441
Depart to East-12:10am Daily • Edmonton	
Depart to West-6:10am Daily & 8:25pm Fri. Sat. Sun. • Prince George	
Depart to South-10:50am Fri. Sat. Sun. • 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 Friendliest Town!!



McBride
JENNY'S Shop N Wash
569-0095

NEW RESTAURANT HOURS

Monday - Wednesday 7:00am-4:00pm
Thursday & Friday - 7:00am-7:00pm
Saturday - 8:00am-7:00pm
Sunday Closed

NEW LAUNDROMAT HOURS

Monday - Saturday 7am-7pm
Sunday 9am-7pm

Yard Sale

Saturday Sept 24 / 05

12:00 to 4:00p.m.

Len's Auto Wrecking Yard.

928 Airport Rd, McBride. B.C.

35 Years Collection

"Something for Everyone"

Health Heart & Home

Health Products, Gifts & Antiques
940 Main Street, McBride, B.C.
Ph: 569-9559 TOLL FREE 1-888-669-9559
Antiques *Gifts*
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Bulk Spices *Bulk Herbs*

Come see the DUNSTER QUILT

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

OPEN 24 HOURS

COCA-COLA & MINUTE MAID

591 ml - 2 for \$2.00 + dep. & tx.

RED BULL

250 ml @ \$2.89 + dep. & tx.

LAY'S STAX

163 - 170 gms - 2 for \$4.00 + tx.

Husky 569-2441



Employment Assistance Service
Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?

Contact Bob Thompson 569-2266

Handed by the Government of Canada
Canada

MCBRIDE MOVIES & MORE



WINTER HOURS BEGIN MONDAY, SEPT. 26TH

MONDAY TO THURSDAY 11:00AM-8:00PM

FRIDAY & SATURDAY 11:00AM-9:00PM

SUNDAY 11:00AM-6:00PM

569-0123



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• Free Estimates • • Call Art
• Free Consultations • • At 569-2519





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

Your Neighbourhood Food Store

DELI

Chicken Salami - 100g...\$1.99
Hungarian Salami - 100g...\$1.99

Avocados.....	\$1.49 / lb.
Red Plums.....	\$1.99 / lb.
Gooseberries - 100 g pack.....	\$1.99
Mazola Corn Oil - 1.4 L.....	\$4.99
Bic Comfort Shavers - 4's.....	\$5.59
Glad Easy Tie Garbage Bags - Large - 40's..	\$9.99
Dare Banana Cream Cookies - 350 g.....	\$2.99
Pork Back Rib Tails - Family Pack.....	\$1.69 / lb.
Chicken Breast Backs Attached -	
Family Pack.....	\$1.99 / lb.
Outside Round Roast.....	\$2.69 / lb.

BAKERY

Eccles Cakes - 2 pack...\$1.99
Max's Berry Cups - each...\$1.29
Two Bite Brownies - Sliced - each...\$2.99



Vanderhoof & Districts
Co-operative
Association

DRIVER SALES REPRESENTATIVE
For Commercial and Farm Personal Contact
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Fax 250-567-4490
Cell 250-565-8436



233 Main Street
McBride, B.C.

Your Neighbourhood Food Store

HELP WANTED

Cashier

Part Time - Full Time
Apply within with resume.



McBRIDE REALTY
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DID YOU KNOW...

Annually, approximately 46 millions Cokes,
five million pounds of french fries,
and seven million hamburgers are consumed
at Walt Disney World Resort.



The McBride Curling Club is hosting a
social on Friday, September 30, 2005.
Bar will be open and snacks provided.
Pay your curling dues and receive a
discount. Non - curlers welcome!

DID YOU KNOW...

The jet streams blow from the
west with such a power that
eastbound airliners fly across
North America about an hour
faster than airliners flying
westward.

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.

DIETICIAN EDUCATION SESSIONS are available by videoconference for *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 number if not in.

McBRIDE HEALTH UNIT

Fun with Family & Friends: McBride Health Unit 2nd & 4th Thursdays 11:00 a.m. to 12:00 p.m. Snacks & Refreshments. Schedule of Events: 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.

BUY, SELL, RENT & MISC.

For Sale-1995 Neon, 4 door. Good reliable car, good mileage. \$3500 obo. Phone 569-0194•**Housestier** needed last two weeks of Oct. 05 and first week of Nov.. 05. References preferred. Two dogs and one cat need care. Call 569 0351•**For Sale-** Bodyflux 2 in 1 Magnetic Elliptical and Stepper Trainer. Folds up for easy storage. \$100.00. Ph:569-2269 Amanda••**For Sale-1998** Arctic Cat 600 Powder Special. Plus Extra's / 1993 Snowmobile Trailer (Double)*Combo Sale \$4,800.00. Serious Inquires Only Ph:569-2607•**For Sale-**19 ft. travel trailer, reduced to \$9000. 12 volt deepcell battery \$50, single mattress \$20, ladies bike \$25, casement window \$60, hockey skates size 5 \$40, hockey bag \$15, double bed frame Free. Call 569-0165•**For Sale-Propane** heater. Handsome highend, with glass front for fireplace effect. Black with brass trim. No fuss, no muss heating for living/family room. \$2500.00. Call 569-8858.•**For Sale-1989** Isuzu Trooper 4x4. Rusty but runs good. \$1200.00 O.B.O. Ph:569-0031•**For Sale-1998** Ford F150 XLT 4x4 Supercab 3 door V8 4.6L 8 foot box with canopy. Second set of tires: Studded tires on rims. Well maintained, extremely clean interior, 198,000 KM mostly highway. Fully loaded, air conditioner, cruise, CD Stereo etc. Trailer package \$12,500. McBride Ph:569-3202 evenings•**For Sale-One** 2000 lb. 8' x 8' Utility Trailer \$200 / One 1986 ATV with Yamaha Motor. \$1,000 Ph:569-3196•**For Sale-1988** Chev Extended Cab \$2500 o.b.o. Ph:968-4545•**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, \$6500 Ph: Len McCarty at 569-3153 or 569-2431•**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).

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 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	
	1-800-256-7857		569-3110

Report Forest Fires - 1-800-663-5555
Inquiry B.C.-1-800-653-7867 - 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!:

Come in & Enjoy **Beanery 2**
569-0133

Coffee
and a Bagel

Hours: M-F 7-4:30 SAT & SUN. - Closed

PHYSIOTHERAPY

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246 Main Street, McBride 569-0107

THE HAIR SHOPPE

803 3rd Ave. - side entrance
569-3359 We Carry JOICO Supplies

Do you have what we need?
Are you an artist or craftsperson? We want you!
Come on in to the Gallery and show us what you got.
You could help us amaze visitors with our local talent.
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Angels Say

Angels bring you strength.

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FALL STOCK
ARRIVING DAILY

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ONLY 1 WEEK LEFT FOR OUR
SUMMER STOCK SALE

OPEN MONDAY TO FRIDAY 10:30AM - 6:00PM
569-0077 AFTER HOURS CALL 569-2539



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NAPA & TRACTION heavy duty
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Fax: 250-569-2342
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Whiskey Jack Holdings

Backhoe / Dump Truck
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Call Mike 569-2642

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PUBLIC LIBRARY

Tuesday - 10am-5pm & 7pm-9pm
Wednesday - 10am-2pm
Friday - 2pm-9pm Saturday-2pm-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