

Wahoo Enterprises

820-1st Ave., McBride Phone: 569-0320

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

Appointment books, diaries, calendars now in stock!
Limited quantities!
Also new PC games have arrived!
Riven, DucatiWorld Racing Challenge, Cat in the Hat, Harry Potter & the Prisoner of Azkaban, All American Sports Series: Golf, Half Life, Grand Theft Auto III, plus many more!



PHONE # 569-2326

- NEW HOURS Monday - Saturday 9am to 7pm Sunday 9am - 6pm
- SUNNY DELIGHT - Florida or California Style - 2.8 L ----- \$3.49
- ROBINHOOD QUICK OATS - 3 kg ----- \$4.99
- ZEST BAR SOAP - Extreme Cool - 6 pack ----- \$2.99
- Energyrush or Extreme Cool - 6 pack ----- \$2.99
- LOOK FOR OUR EVERYDAY VALUES and our UNADVERTISED SPECIALS



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

FIR

PELLETS

Now In Stock

Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB

250-569-2264

OPEN

**Monday to Friday
8:30am - 6:00pm**

Saturday 10:00am - 3:00pm

October 17th-21st is Small Business Week!
We are asking that all local small businesses drop off a business card for display in the branch during this week. Our goal is to showcase business in our community, let others know the services you provide.

Please ensure that your card is in the drop box no later than October 12th.

Business cards only please!
We reserve the right to refuse to post cards, which we deem unreasonable or offensive.

While you're in the branch, enter our draw celebrating the **"Convenience of Small Business Banking"** and be sure to join us for...

Small Business Appreciation Day October 21st.

Business card drop box in-branch from
September 30th - October 12th

Scotiabank
311 Main Street, McBride

**You need to RELAX,
but still get the JOB DONE...
SCOTIABANK helps you do both!**

FORRYER PRINTING SIGNS

- TROPHIES
- ENGRAVING
- COLOR SCANNING
- T-SHIRTS
- PHOTOCOPIES
- CONFIDENTIAL CARDS
- OCCASIONAL CARDS
- INVITATIONS
- BUSINESS CARDS
- LAMINATING
- BANKERS SIGN BOARDS
- VEHICLE SIGNS
- MAGNETIC SIGNS
- PLASTIC SIGNS
- BANNERS



AND MUCH MORE

CHECK US OUT FOR ALL YOUR **IRONHY** NEEDS

Forge of the Little McBride Paper

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

POTLUCK FAREWELLS

Potluck Farewell get together for Darlene & Don Koncar Saturday, October 1st / 05 at the Elks Hall from 5pm. Dinner 6:30. Everyone is welcome. Phone 569-3210 or 569-3254 for more information.

THANK YOU

Thank you for supporting the Terry Fox Run. Your generous pledges were greatly appreciated. -Susan Koïda & Family.

DINNER BIDS

The McBride District Volunteer Fire Department is seeking bids for our 2005 Firefighters Dinner to be held on November 26. The bid is for approximately 100 people and should be a full dinner and desert.

Please send quotes to Box 428, McBride, BC V0J-2E0. Anyone needing additional info contact Jen at 569-0150.

OCTOBER HEALTH PROGRAMS

Well Men's Clinics in Education Room at McBride Hospital (call 569-2251 Ext. 200 to make appointment). No appointment necessary for drop in times. **Please note change from Wednesday to Thursday evening and longer drop in times.** Odd Thursdays (October 13th + 27th): Drop in - 6:30 to 8:00 pm. Appointments: 8 - 10 pm. Saturday, October 22nd: Appointments 8 - 10. Drop in 10 - 12 (Men & women) **Note:** At a drop in clinic you can get your blood pressure, blood sugar, weight and waist circumference measured as well as getting information and help with setting realistic goals to improve your health.

Blood Pressure Clinics - October 7th from 2 - 4 @ Health, Heart & Home.

Foot Care Clinic for people with diabetes or decreased circulation (referrals from doctor, public health nurse or home care nurse only) Every second Thursday morning (October 13th + 27th) and Saturday morning October 8th by appointment only.

Cholesterol education classes: October 6th and 20th from 9 - 11:30. Please make leave your number with front office and you will get a call back to confirm attendance 569-2251 Ext. 200. Family members can come with you as well.

MCBRIDE MEALTIME 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.

FIREWOOD

Fir Firewood For Sale - Split, delivered & Stacked \$95.00 /cord. Proceeds go to Fiji Mission Group. Please Phone Willie @ 569-2508. NO Friday Night or Saturday calls please.

BUY, SELL, RENT & MISC.

For Sale-1995 Neon, 4 door. Good reliable car, good mileage. \$3500 obo. Phone 569-0194•House/iteer 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-1998 Arctic Cat 600 Powder Special. Plus Extra's / 1993 Snowmobile Trailer (Double)
*Combo Sale \$4,800.00. Serious Inquiries Only Ph:569-2607•**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).**

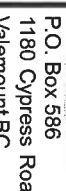


Greyhound Bus Schedule McBride Husky 569-2441
Depart to East-12:10am Daily • Edmonton
Depart to West-6:10am Daily & 8:25pm Fri. Sat. Sun.-Prince George
Depart to South-9:50am Fri. Sat. Sun. • Kamloops

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 Frieddifest Toward!!

JR's Hot Tubs & Recreation



- Sales
- Maintenance
- Chemicals

P.O. Box 586
1180 Cypress Road
Valemount BC
V0E 2Z0
566-4686

All Your Hot Tub Needs!
Call Jack Hoy
rubberduck@valemount.com

Health Heart & Home

Health Products, Gifts & Antiques
240 Main Street, McBride, B.C.
Ph: 569-9259 TOLL FREE 1-888-669-9259
Antiques *Gifts*
Vitamins & Minerals
Bulk Spices *Bulk Herbs*

**More Giftware has arrived.
Stop by and Check It Out!**
OPEN Daily till 5:30pm Friday till 6:00pm



A-RUSH ENERGY
250 ml - 2 for \$3.00 + dep. & tx.
PEPSI PRODUCTS
2 lts - 2 for \$3.33 + dep. & tx.
GATORADE
591 ml - 2 for \$2.00 + dep. & tx.

569-2441 OPEN 24 HOURS

**Employment Assistance Service
Robson Valley Home Support Society
NEED A JOB?**

NEED A WORKER?

Contact Bob Thompson 569-2266
Funded by the Government of Canada
Canada

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: futures3@telus.net

Supported and funded by the Government of Canada
Canada

THINK ABOUT IT...
Don't be irreplaceable.
If you can't be replaced,
you can't be promoted.

McBRIDE & DISTRICT 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
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

McBride & District

October 2005

Community Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>MUSEUM: Antique Farm Equipment Display, continues until new exhibit arrives. Open during LIBRARY hours: 10am - 5pm & 7 - 9 pm Tue; 10am - 2pm Wed; 2 - 9pm Fri; 2 - 5pm Sat SENIORS' PROGRAMS: anyone age 55+ is welcome. • SDA Food Bank: phone 569-3225 New to the Valley? Call 569-3366 to arrange a Chamber of Commerce Welcome Visit October 17 - 24 is Canadian Library Week</p>							
					<p>COMMUNITY SPORTS @ HS GYM Basketball: Mon & Thu 7 - 9 pm Volleyball: Tue 7 - 9 pm Badminton: Wed 7 - 9 pm SENIORS' CARPET BOWLING @ Rec Ctr Tue & Fri, 10:00 - 11:30 am</p>	<p>Sep 30 10:00 am Infant Massage @ RVHSS 7:30pm Curling Club Social</p>	<p>1 SDA Church 10am - noon AUCW Thrift Shop</p>
<p>2 Churches</p>	<p>3 7 - 9 pm VFD mtg @ Fire Hall 8:00 pm Farmers Institute</p>	<p>4 9:30-11am WEE Teach @ RVHSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing 6:30 pm TOPS @ HithUnit 7:30 pm Eiks - Royal Purple 7:30pm Hospital Auxiliary mtg @ MDH</p>	<p>5 5 - 6 pm Sparks (ages 4 - 6) 6:30 pm Bingo @ Legion Hall 7:00 pm Chamber of Commerce Executive Meeting @ Council Chambers</p>	<p>6 9 - 11:30am Cholesterol Education Class 2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 4-5:30pm Brownies (ages 7 - 8) 5,6,7 pm Harvest Supper @ AU Church 8 pm The McDades @ Roundhouse Theatre</p>	<p>7 10:00 am Infant Massage @ RVHSS Pre-Regn required 569-2266 / -2251x226 2 - 4 pm Blood Pressure Clinic @ Health Heart & Home</p>	<p>8 SDA Church 10am - noon AUCW Thrift Shop 7 - 9 pm Circle Dance @ Dunster Hall</p>	
<p>9 Churches</p>	<p>10 Happy Thanksgiving!</p>	<p>11 9:30-11am WEE Teach @ RVHSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing 6:30 pm TOPS @ HithUnit 7:30 pm McBride Village Council Meeting</p>	<p>12 2:00 pm Seniors Birthday Tea @ BVLodge 5 - 6 pm Sparks (ages 4 - 6) 6:30&30pm Guides (ages 9 - 12) 7 - 9 pm Valley Pieemakers @ HS</p>	<p>13 11am - noon Fun with Family & Friends @ HU 2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 4-5:30pm Brownies (ages 7 - 8) 6:30 pm Srs Bingo @ BVLodge 6:30-10 pm Well Men's Clinic @ McBride Hospital</p>	<p>14 10:00 am Infant Massage @ RVHSS 7:00 pm Memonite Coup Singing @ BVLodge</p>	<p>15 SDA Church 10am - noon AUCW Thrift Shop 5:30pm McBride PeeWees vs Quesnel 8:00pm McBride Midgets vs Williams Lake</p>	
<p>16 Churches 8:00am McBride PeeWees vs Quesnel 10:30am McBride Midgets vs Williams Lake</p>	<p>17 5 - 7 pm Library Trustees mtg @ B2 7 - 9 pm VFD mtg @ Fire Hall</p>	<p>18 9:30-11am WEE Teach @ RVHSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing 6:30 pm TOPS @ HithUnit 7:30 pm Eiks - Royal Purple</p>	<p>19 10:30 am Seniors Pastoral Care Service @ Hosp 5 - 6 pm Sparks (ages 4 - 6) 6:30&30pm Guides (ages 9 - 12) 6:30 pm Bingo @ Legion Hall 7:00 pm Chamber of Commerce @ Council Chambers</p>	<p>20 9 - 11:30am Cholesterol Education Class 2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 4-5:30pm Brownies (ages 7 - 8) 5:00 pm WS Gallery Society mtg @ Station 6:30 pm Srs Bingo @ BVLodge</p>	<p>21 10:00 am Infant Massage @ RVHSS</p>	<p>22 SDA Church 8am-noon Well Men's Clinic @ McBride Hospital 10am - noon AUCW Thrift Shop 7 - 9 pm Circle Dance @ Dunster Hall</p>	
<p>23 Churches 7:30 pm: Quarterly Hymn Sing @ Memorial Church - Everlong 10:30am McBride Midgets vs Valerount</p>	<p>24 7 - 9 pm VFD mtg @ Fire Hall 8:30-10:30am Pancakes for Parents @ RVHSS 31 Halloween Fireworks</p>	<p>25 9:30-11am WEE Teach @ RVHSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing 6:30 pm TOPS @ HithUnit 7:30 pm McBride Village Council Meeting</p>	<p>26 noon Seniors Luncheon @ BVLodge 5 - 6 pm Sparks (ages 4 - 6) 6:30&30pm Guides (ages 9 - 12) 7 - 9 pm Valley Pieemakers @ HS</p>	<p>27 11am - noon Fun with Family & Friends @ HU 2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome Ck Reading Room 4-5:30pm Brownies (ages 7 - 8) 6:30 pm Srs Bingo @ BVLodge 6:30-10 pm Well Men's Clinic @ Hosp</p>	<p>28 10:00 am Infant Massage @ RVHSS</p>	<p>29 SDA Church 9am-4 pm Hockey Referee Clinic 8:00pm McBride Midgets vs Valerount</p>	
<p>30 Churches</p>	<p>31 Halloween Fireworks</p>						

On-line Calendar: mcbride.ca Phone Sue Demaine at Info Centre, 569-3366, or email details to: come2mcbride@telus.net November Calendar deadline: Oct 21.