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Various attachments - Commercial & Residential Services



Joe & Rosanna Kohida
1301 Second Avenue P.O. Box 385
McBride, British Columbia V0U 2E0
250-569-2549 Phone/Fax
250-569-7206 Cell
email: bubbal1@telus.net

*Compact Track Loader**Southland Dump Box Trailer*
*H&H Gooseneck Trailer**Excavator**

Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

We will be CLOSED Monday, September 3rd for Labour Day

Margrit will not be available for Sept. & Oct.

Margrit Iseli

Certified Practitioner of

BOWEN THERAPY

REFLEXOLOGY

Barbara Faust will be here for you.

Barbara Faust, IHP

Massage, Craniosacral, Gems of Excellence - GeoTran™

Tuesdays at Health, Heart & Home

For appointments, please call
(250) 968-4509



MCBRIDE HOTEL
569-2277

KARAOKE NIGHTS

FRIDAY, August 31

SATURDAY, September 1

9:00 p.m.

Sing to the Tunes of

BEN CHRISTIE

"King of Karaoke"

Direct from Vegas

Come & Sing a Song & Nothing Will Go Wrong!!

CHANGE IN

CHURCH SERVICE TIMES

MCBRIDE

ANGLICAN/UNITED CHURCH

EFFECTIVE SEPTEMBER 2

SERVICES AT 9 AM

SUNDAY SCHOOL

COMMENCES SEPTEMBER 9



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

Your Neighbourhood Food Store

NOW HIRING STUDENTS

for

Weekends &

After School 4:00pm-6:30pm

Apply Within

FREE The Little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed.. August 29th, 2007



Vecchio Matwick exchange vows.

On Saturday July 7th 2007 St. Patrick's Catholic Church was the scene of a beautiful sunny summer wedding. Gina Vecchio, daughter of Tony and Ida Vecchio, Married Roland Matwick, son of Kenn Matwick and Marianne Bartram. Guests were ushered into the church by Guy Vecchio. The ceremony took place at 1pm, the radiant bride walked down the aisle on the arm of her father Tony, to the strains of the music (here comes the bride). She wore a full length gown of white taffeta, with a full train flowing out from a laced back, her headpiece was of sparkling rhinestones with a tiny veil attached on back. The church pews were decorated with white bows, and flowers adorned the altar, Gina also carried a bouquet of fresh red roses, Gina chose for her maid of honor, Mandy Vizza long time friend, her other attendants were Michelle Rejman school friend, Pamela Vecchio, and Tricia Vecchio cousins of the bride. They all wore identical full length A-line burgundy sleeveless gowns and carried a spray of white Cala lilies and greens. The girls all had matching necklaces and earrings, a gift from the bride and groom. The flower girl dress was a short white nylon dress, she carried a basket of rose petals. The groom was handsome in his tux, with burgundy tie to match the girl's colors. Roland's best man was his brother Andrew Matwick, groomsmen were his father Kenn Matwick, step-father David Bartram, and the bride's brother Fernando. They wore matching tuxedos. The little ring bearer Christopher Hronopoulos was also adorable in his tux. Priest Richard Beaudette officiated the ceremony, and the groom's step-mom, Bonnie Matwick, played the organ. Readings during the ceremony were done by Oliva Vizza, Linda Caputo, and Dinah Phillips. From the church the bride and groom and wedding party went to have pictures taken by photographer Philomena Hughes. The banquet buffet style started at 6:00 catered by Joe and Rosanna Kohida, for 220 guests, adorning many dishes, and special Italian delicacies. The tables were decorated with candles, and fresh pink stargazer lilies in glass vases on mirrors. Tables were covered with white and burgundy linens. Gina and Roland were adorned with many wishes from friends and family, at times there wasn't a dry eye in the house. Mr. Ian Kennedy was the master of ceremonies, making the evening very enjoyable. Gina and Roland cut the cake made by Ruby Horinek, it was five tiered with a spray of pink stargazer lilies coming down the side. Music for the dance was done by Robbie Carpino of Kamloops. The bride's bouquet was caught by, Trina Sandbach and the garter was caught by Peter Mercuri. The flowers for the wedding were arranged by Oliva Vizza, they were gorgeous. Decorations were done by Oliva, the bride's maids, parents of the bride and groom, Carmela, Quinto, Cesco, Fernando with Dennis and Irene assisting. Out of town guests came from Kamloops, Nanaimo, Vancouver, Victoria, Indonesia, Holland, Kelowna, Terrace, 100 Mile House, Prince George, Chilliwack, Castlegar, and Ontario. A lovely gift opening was held on Sunday at the home of the bride's parents. The bride and groom travelled to Cancun Mexico for their honeymoon the following week.

Greyhound Bus Schedule McBride Husky 569-2441

Depart to East-12:15am Daily • Edmonton

Depart to West-6:10am Daily & 7:30pm Fri. Sat. Sun. • Prince George

Depart to South-Daily 12:15am or 10 am Fri. Sat. Sun. • Kamloops

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, email:sglines3@telus.net, P.O. 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!!

ROBSON VALLEY

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McBride, BC V0U 2E0

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Rental available•••

•••Steamcleaning Available•••

Call Don or leave a message

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RED BULL

250 ml - 2 for \$5.00

HELP WANTED

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resumes for the

Graveyard Position

in McBride



Husky

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Employment Assistance Service
Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?

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Pit Run Gravel



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Brand New Silver and Gold Designs
from Western Canadian Jewellery Show
are now available at "House of Jasper"

Come select something UNIQUE
for yourself or loved one.

QUANTITIES ARE LIMITED

most items are one-of-a-kind.

We are open: Fri. - Sat. - Sun. 11:00 till 3:00
141 Dominion St., McBride.



Is now the McBride
Authorized Dealer for

Welding & Industrial Supplies

◊CLOSED September 2 & 3◊

◊Resume Regular Hours September 4◊

◊FALL FLYER Next Week◊

Mon - Friday 8:30am to 5pm
Saturday 8:30am to 2:00pm
Sun to 6pm Sunday 10:00am to 2:00pm

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Royal LePage Prince George
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Prince George, B.C. V2L 3K2

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Fax: (250) 562-3986

Toll Free: 1-800-419-0709



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- Home Repairs ••
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ROBSON VALLEY MACHINE WORKS

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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

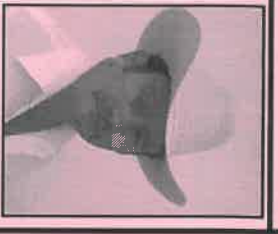
Greg Belshaw
990 Railway Road
Prince George, B.C.
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Home 250-963-9011
Vanderhoof Head Office
Phone 250-564-3488
Fax 250-567-4490
Cell 250-565-8436

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Fax: (250) 569-2787
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www.mcbriderealty.com

USED AUTO PARTS

1989 Chev 2500 4x4 with
HD trailer towing package and
fifth wheel ball in box - \$2995.
Good used 12 V battery, 30 day warranty \$45.
Del - 569-7070



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

DELI

Potato & Egg Salad - 100 g...\$1.79
French Herb Meat Loaf - 100 g...\$1.29

Sirloin Tip Steak - Family Pack.....	\$2.99 / lb.
Pork Sirloin Roast.....	\$1.99 / lb.
Chicken Wing Drummettes -	
Family Pack.....	\$2.79 / lb.
Broccoli Crowns.....	\$1.69 / lb.
Pickling Cucumbers.....	\$1.69 / lb.
Five Alive - Assorted - 1.89 L - 2 for.....	\$2.98
Pepsi - Regular or Diet - 24 pk.....	\$7.99 + dep.
Tide Liquid - 2.9 L.....	\$8.98
Lays Potato Chips - 250 g - 3 for.....	\$6.00
Hunts Pudding Snack Pack - 12 pk.....	\$4.99

BAKERY

White Bread - 450g...\$1.09
Whole Wheat Bread - 450g...\$1.09

MINOR HOCKEY

McBride Minor Hockey Registration Thursday, September 13 6pm to 8pm. There will be a swap meet at the registration night. A great way to get gentle used equipment at a great price! McBride Curling Club \$100 special registration rate on that night when paying for the whole year with concession duties. \$450 for whole year without concession. We are a fun loving club that encourages inclusion for all boys and girls aged 4 and up. More info - Jen Quan 569-0150.
GARAGE SALES

3rd Annual McBride Firefighters Association Garage Sale. Saturday, September 8, 10am to 1pm at the Fire Hall. Tons of stuff and a concession are available. 100% of the proceeds go towards a Halloween fireworks display. NO EARLY BIRDS. People wishing to donate items can drop them off at the Fire Hall by 9am on September 8 or contact Jen at 569-0150.

BIRTHDAY WISHES AUG. 29 - SEPT. 4

Trevor Littlechild, Dawna Hickery, Laura Thompson, Fern Sansom, Bill Arnold, Everhard Franke, David Hill, Evelyn Storie, Jim Schneider, Rosemarie Jackman, Mitchell Elliott, Renee Wedman, Marjory O'Toole, Donald O'Toole, Jeremy Holland, Doug Bend, Vern Adams, Billie Littlechild, and to anyone we missed - Happy Birthday.

BUY, SELL, RENT & MISC.

For Rent-2 Bedroom Apartment across from Hospital. Fridge/Stove. No pets. References required. \$525/mth. Phone 569-0208. For Sale-Dresser w/Mirror. Asking \$200.00. Solid wood, like new. Phone 569-3140 early evenings. For Rent-Partially furnished 2 bedroom basement suite. No pets, no smoking. Available immediately. Call Rea & Don at 569-0402. FOR SALE-2002 Yamaha 400 4x4. Lots of extras. Canoe Cover, windshield, heated handle grips, rifle case and gun rack. \$5000.00 firm call 569-0405. For Sale-Old Cockshutt Tractor / Yamaha Electric Organ / Electric All Grain Grinder (what, Corn, Oats) Phone for prices o.b.o. 569-2462. Firewood For Sale- \$90.00 p/lu load unsplit - \$100.00 split Ph# 569-0336. For Sale-1999 GMC Sierra 271 Fully Loaded \$11,500.00 Ph# 569-0336. For Sale-Mid 1980's camper good condition, sleeps 5, sink, water tank, and three burner stove, stored indoors during winters. Call 569-0150. Asking \$1500. For Rent-3 Bedroom Apartment. Call days 569-2559. For Sale-14 year old 17 hand Draft Horse Mare. Ready to breed \$800.00. AMHA Registered Stallion, broke to drive. Ready for stud or show \$450.00. 3 Angora Goats, 1 billy & 2 nannies \$1000.00 for all. Portable sheep squeeze \$350.00. Bred cow calf pairs, 1 bred heifer, 2 holstein steers, 1 holstein heifer, 1 holstein bred cow. Phone 569-7241. For Sale-Oil Furnace \$300.00 obo. Phone 569-0159. For Sale-Swivel wooden CD tower, black, holds 200 CDs \$100 569-0320. For Sale-2 Bedroom trailer with addition in local park c/w fridge & stove, has a fenced back yard, new floors in kitchen and livingroom, great starter home. \$10,000 open to offers. Call 569-0334 for more information. For Sale-1992 Asuna Summerer with hard top cover and older soft top \$3500.00. Laminate Flooring .99 cents per square foot. Phone 569-8830. For Sale-4 Bedroom House on 5 acres. Gravity fed water, 30x40 shop. Phone 569-2575. For Sale-1966 Western Flyer Coach-diesel pusher, 8V71 DD, 5 speed manual, All electric except for stove and furnace, 2 TV's, 2 dr. freezer/fridge, shower, ceramic toilet, rear bedroom, sleeps 5/6, 7.5 Kw diesel generator, elec. baseboard heaters, 50 Amp. service. A real classic. \$35,000 OBO Ph:(250) 569-2638. For Sale-Organ, or will trade for a Guitar or a Violin. Phone 569-0069. For Sale-1992 Toyota 4Runner, 5 spd., sunroof, overload shocks, leather interior, new tires & battery. Excellent mechanical shape. \$5000. Phone 968-4411. For Sale-Cordless phone battery for Panasonic HHR-P509 phone, brand new. Retail for \$20, selling it for \$10. 569-0320. For Sale-Viberg loggers boots with corks, black, size 11, worn only 16 hours. New \$260, selling for \$150 OBO 569-0320. For Sale-1 - Kenmore Stack Laundry Center \$400 o.b.o. / 1 - New Jenn-Air Range-Top c/w Fan \$300 o.b.o. Ph:569-2350. To place ad here call 569-3110, Fax 569-0220 or drop info at 455 King Street.

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. Doors are CLOSED till September. Phone 569-3186-Contact number for the Foodbank is 569-3186. Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am. and Wednesdays at 7p.m. Phone: Ph:569-3707. Menonite Church-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-0445. Mountain Chapel (PAOC)-Sunday School & Adult Classes-10am, Services-11:10am. 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 Worship Service at 10:30a.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

Going West - Sunday, Wednesday & Friday...2:40pm
Going East - Monday, Thursday, Saturday...12:03pm
Seniors (60+) 2 for 1 is back. Must book 6+ days advance.

Important Phone Numbers

EMERGENCY.....	9-1-1	Forsyry.....	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.....	569-3186
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.-1-800-663-7867 - For Toll Free Calling to Provincial Numbers ...
Dial this Number 1st and ask operator to connect you to provincial departments.
Take a Break in McBride...B.G.'s Friedfest Town!!

M-F 6-5 S&S 9-5 569-0133
Come In: 569-0133
Cool down with a frozen Granita.
~Heat up with hearty soups ~Relax with herbal teas
~Pamper yourself with a treat ~Enjoy Homestyle Cooking
~Visit with old & new friends~

Trailer For Sale

14x70 Safeway - All windows & doors replaced in 2001. Front end kitchen, 3 bedrooms, 1 bath, porch & newer deck. c/w 5 appliances. Set up in Trailer Park with shed & fenced yard. Asking \$20,000.00 offers???

Immediate Occupancy Phone: 569-2474

CARPENTRY & BOBCAT SERVICES

GERALD MOORE
G & A Moore Ventures
*Debris Removal *Landscaping
*Underground Tank Removal
*Backhoe Attachment for small foundation excavating, water lines, hydro, septic, drainage problems, etc.
(approx. 12' outreach, 6' depth)
Box 982, McBride, B.C. V0J 2E0
Phone/fax: (250) 569-2269 Cell: (250) 569-7147
email: amoreventures@telus.net

Robson Valley Pet Hostel
Grooming & Boarding
Serving locally for 23 years
Ann Schwartz 569-3319 animal health technician

Sirens • Hair Cuts and Colors

Open *August 29 to Sept. 4 *Sept. 13 to Sept. 25
Phone: 250-569-0131 1011 South Frontage Rd. McBride

NO SENSE OF HUMOR

The last fight we had was my fault.
My wife asked, "What's on the TV? I said, Dust!

LORNE RICHMOND FINANCIAL

Lorne M. Richmond CSA
Life, Disability, Group Benefits
Investments
Toll Free 1-888-828-2108 Bus: (250) 828-2345
email: lrchmond@shaw.ca

SCARE CROW FARM ☎ 569 0351

B&B, Camping & RVs, and Horse Hotel.
scarecrow@mcbridebc.com
15km West on Highway 16

ANN'S PERENNIALS

MON-SAT 10A.M. TO 5P.M., SUN NOON TO 5
OPEN MOST EVENINGS - PLEASE CALL

HARDY PERENNIAL PLANTS,
TREES AND SHRUBS
AT GREAT PRICES!
4.5 KM EAST FROM MCBRIDE ON HIGHWAY
(ROBSON VALLEY PET HOSTEL) 569-3319

DUNSTER AUCTION

September 8, 2007
Harvey Hill's Place
Alspaugh Road (2nd left after Dunster Bridge)
Everyone Welcome

ENTIRE WOOD WORKING SHOP SUPPLIES
-drills, mitre saws, table saw, drill press,
jigsaws, sanders, routers, many hand
tools, lathe, 2 thickness planers,
air compressor.

LUMBER - Variety of species & sizes
Chainsaws & Supplies
Fishing Rods & supplies, Bucktail Jigs
Hunting Gear, knives, etc.

Guns
(buyer must produce a Reg. firearms licence)
Reloader - shells
Small amount of farm equipment -
plows, disc, old wagon, push lawn mower,
Tidy Tank.

Sofas, Love Seat, China Cabinet, Desk,
Bedroom Suite, Bunk Bed, Hospital Bed,
Sewing Machine, Dining Room Table &
Chairs, T.V., CD & Video Player, Stereo
Other smaller household items -
China, Bread Machine, Toaster, Coffee Pot,
Western Books, Videos, Music Videos.

AND MUCH MORE!!!

Concession Provided

STEDMANS

Main St. McBride

569-2415

Our "Summer Clearance Sale" continues till

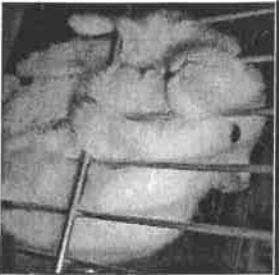
Saturday, September 1

- ~ 40% OFF Adult Summer Clothing
- ~ 30% OFF Childrens Summer Clothing
- ~ 30% OFF All Sandals, Summer Hats and Sleepwear
- ~ 25% OFF All Camping Supplies, Ball Equipment, Lawn Furniture, Coolers & Fans (Sale does not include already reduced items!) ALL SALES ARE FINAL!



AHHHH - Feels just like mom used to feel.

I'm innocent I tell ya, innocent!



SCHOOL NEWS

Parents can register students at the McBride Secondary School on Wednesday, August 29 and Thursday, August 30 from 9am-3:30pm. Please bring birth certificate.

COMMUNITY ANNOUNCEMENTS

McBride Farmers Market - only 2 Fridays left for Market. Dunster Farmer's Market - 10:00am - 12:00 noon Saturdays, until Sept. 29 at the Dunster Hall, Sellers Welcome. Call Loreta 1-250-968-4453.

The Dorcas is now closed for the summer. We will not be able to accept any donations of used clothing until we reopen in September. Please save it until then. However the Food Bank will remain open through the summer.

SCHOOL HUMOR

TEACHER : Why are you late, Frank?
FRANK : Because of the sign.
TEACHER : What sign?
FRANK : The one that says, "School Ahead, Go Slow."
TEACHER: John, why are you doing your math multiplication on the floor?
JOHN : You told me to do it without using tables!
TEACHER : Donald, what is the chemical formula for water?

DONALD : H I J K L M N O!!
TEACHER : What are you talking about?
DONALD : Yesterday you said it's H to O!
TEACHER : Can anybody give an example of COINCIDENCE?
TINO: Sir, my Mother and Father got married on the same day, same time."

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted doing it. Now, Louie, do you know why his father didn't punish him?"
LOUIS : Because George still had the axe in his hand.

TEACHER : Clyde, your composition on "My Dog" is exactly the same as your brother's. Did you copy his?
CLYDE : No, teacher, it's the same dog!

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?
HAROLD : A teacher.

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

Wahoo Enterprises

820-1st Ave., McBride Phone:569-0320
Website: <http://www.wahoocenterprises.ca>

Don't forget Wahoo carries back-to-school supplies! Still many items in stock!

Also don't forget bow season starts this Saturday. Get your tags & hunting gear before the big day. We will be open this long weekend, Fri. & Sat. 9-5:30, Sun. & Mon. 10-3

McBride



FALL HOURS

Starting September 4, 2007
Monday - Friday 8:00am-3:00pm
Saturday - 8:00am-2:00pm
Sunday Closed
LAUNDROMAT HOURS
Monday - Saturday 8am-6pm
~Entire building all closed on Sundays~



When I grow up I want to be a full size van...

McBride & District

September 2007

Community Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Get involved - have fun volunteers are the heart of our community!</p> <p>Robson Valley Home Support Society Great Programs coming soon 569-2266</p>	<p>MUSEUM/LIBRARY Tue:10-5 & 7 - 9 pm, Wed:10am - 2pm Fri:2 - 9pm Sat:2 - 5pm SENIORS' PROGRAMS: anyone age 55+ is welcome. SDA Food Bank: phone 569-3225</p>	<p>Stay Tuned for winter sports schedule @Hightschool</p>				<p>SDA Church 10am - noon AUCW Thrift Shop</p>
<p>CHURCHES 2 Elks - Royal Purple</p> <p>Labour Day</p>	<p>CHURCHES 3 Labour Day</p>	<p>CHURCHES 4 Back to school</p>	<p>CHURCHES 5</p>	<p>CHURCHES 6</p>	<p>CHURCHES 7</p>	<p>CHURCHES 8 SDA Church</p>
<p>CHURCHES 9</p>	<p>CHURCHES 10</p>	<p>CHURCHES 11</p>	<p>CHURCHES 12</p>	<p>CHURCHES 13</p>	<p>CHURCHES 14</p>	<p>CHURCHES 15 SDA Church</p>
<p>CHURCHES 16</p>	<p>CHURCHES 17</p>	<p>CHURCHES 18</p>	<p>CHURCHES 19</p>	<p>CHURCHES 20</p>	<p>CHURCHES 21</p>	<p>CHURCHES 22 SDA Church</p>
<p>CHURCHES 23</p>	<p>CHURCHES 24</p>	<p>CHURCHES 25</p>	<p>CHURCHES 26</p>	<p>CHURCHES 27</p>	<p>CHURCHES 28</p>	<p>CHURCHES 29</p>
<p>CHURCHES 30</p>						

McBride Recreation Centre - Open Call 569-3360 for more information on programs or go to

Phone: McBride Visitor Centre, 569-3366, or email details to: come2mcbride@telus.net

October Calendar deadline: September 21, 2007

September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<i>Prince Rupert train trip is planned for Oct 1-3. Some will leave from McBride on Sept 30th. Room still available!!</i>						
2	3 Civic Holiday Chair Exercises@BV @9am	4	5 Chair Exercises@BV @9am LUNCH @ KILIN	6 Stitch/Knit @ BV 2pm-4pm	7 Chair Exercises@BV @9am Bowling 10am@REOC	8
9	10 Chair Exercises@BV @9am Movie Night 6:30@BV	11 Bowling 10am@REOC	12 Chair Exercises@BV @9am OAPO Birthday Tea @Lodge	13 Stitch/Knit @ BV 2pm-4pm	14 Chair Exercises@BV @9am Bowling 10am@REOC	15
16	17 Chair Exercises@BV @9am	18 Bowling 10am@REOC	19 Chair Exercises@BV @9am LUNCH @ N.Country	20 Stitch/Knit @ BV 2pm-4pm	21 Chair Exercises@BV @9am Bowling 10am@REOC	22
23	24 Chair Exercises@BV @9am Movie Night 6:30@BV	25 Bowling 10am@REOC	26 Chair Exercises@BV @9am OAPO Lunch/Meeting	27 Stitch/Knit @ BV 2pm-4pm	28 Chair Exercises@BV @9am Bowling 10am@REOC	29
30						