

THE MAIN STREET GRILL

Wednesday NITE SPECIALS

Garlic Buttered Wings Appy Salad
 Prawns **.35¢ each** **\$2.95 each**
 .25¢ each

OPEN 7am - 9pm
 7 Days a Week For Takeout
 569-0321
 For Takeout

MARKET PLACE

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

DELI
 Your Neighbourhood Food Store
 569-2712

Dijon Turkey - 100g...\$2.89
 Oven Roasted Beef - No Garlic - 100g...\$2.29

Canadian Chicken Breasts - back attached
 family pack (min. 1.5kg) \$2.89 / lb.
 Canadian AAA Sirloin Tip Steaks -
 family pack (min. 2kg) \$3.69 / lb.
 Pork Sirloin Roast Boneless - from USA. \$2.49 / lb.
 Canadian Chicken Legs - back attached
 family pack \$1.99 / lb.
 Canadian Chicken Breast Fillets -
 boneless \$5.99 / lb.
 Kraft BarBQ Sauce - 455ml \$2.28 each
 Pepsi or 7-Up 12x355ml 2 for .. \$9.00 + depn. & recy. fee
 Rogers All Purpose Flour - 10kg \$10.99 each
 Nabob Tradition Coffee -
 930g or Organic 915g \$11.98 each

In Store Specials
 Black Grapes \$1.99 / lb.
 Red Grapes \$2.29 / lb.

BAKERY

Fruit Flan - 450g...\$11.99

SPIN DRIFT POWER SPORTS

For all your Motorcycle, ATV, & Lawn and Garden Needs

In Store Sales until the end of July.
 ** Due to Glenn and Anyia's Wedding
 the shop will be closed July 31-Aug. 4.
 Aug. 8-17 shop will be open on an on-call basis.

OPEN 9am-5pm Tues. - Sat.

REMEMBER BIG OR SMALL WE REPAIR THEM ALL!!!

940-2nd Ave. (250)569-0070

Capital Builders

Bobcat Services & Landscaping
 General Construction & Concrete Finishing



Barry

(250) 569-7273

Box 934 McBride, BC V0J 2E0



Victor

(250) 569-7262

"NATIONAL HOME WARRANTY" Available



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.
 Toll Free 1-866-309-2667
 Home 250-963-9011
 Vanderhoof Head Office
 Phone 250-564-3488
 Fax 250-567-4490
 Cell 250-565-8436

Employment Assistance Service
 Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?

Contact Bob Thompson 569-2266

Canada

The McBride Trading Co.

Antiques, Bulk Foods,
 Gifts & Health Products



Fresh Locally Grown Produce

will be available
 Thursdays & Fridays
 while quantities last.
 Fruits & Vegetables grown by our family & friends

Thank you for supporting the RAW GOVERNMENT WORKSHOPS.
 All sessions were a great success.
 250-569-2559 246 Main Street McBride, B.C.

COMMUNITY ANNOUNCEMENT

Cattlemen's Ball on August 8, now has a live band for the Dance.
 McBride Community Market every Friday to Sept. 4 from 12
 noon to 3pm. at the Pavilion in the Park. For more information call
 Joyce 250-569-2427 or Dorothy 250-569-2436.

Dunster Farmer's Market - every Saturday to Sept. 12. 10am to
 noon at Dunster Hall. Sellers as well as buyers are more than
 welcome! For more info call Pete at 250-968-4334.

The Dry Grad 2010 is looking for Odd Jobs to do towards their
 fundraising for their trip next year. Please contact Wendy at 569-
 2672 or see her at the Post Office. The Dry Grad Class is also
 taking orders for firewood. Contact Lori Kimpton at 569-2745 for
 more information. Looking forward to serving our Community!!!

QUILT SHOW

Quilt Raffle - Tickets available from quilters & from Odds n Ends.
 See Quilt at the Bank of Nova Scotia. Raffle Drawn at Quilt Show
 September 12. •Sandy Birnie 250-569-4101 or Debbie Alexander
 250-569-7321.

DAILY VACATION BIBLE SCHOOL

McBride Evangelical Free Church Presents....The Greatest Show on
 Earth!!! Daily Vacation Bible School for Children ages 4-14. Come
 & join "Clancy the Clown" and all his friends for a time of fun and
 learning under the BIG TOP! Date: August 10-14 from 9:00a.m. -
 11:30a.m. daily. Location: McBride E-Free Church's Building. ~
 Games, Crafts, Bible Stories, Snacks, Prizes and so much more!
 Come One! Come All!

BUY, SELL, RENT & MISSG.

For Sale-Ping Pong Table with all accessories. \$100 firm. Phone
 569-0102. •For Sale-1990 Toyota 4 Runner. Not pretty but runs
 great. \$2500.00, 1980 GMC 3/4 ton, 350, auto trans., 2 wheel drive,
 \$300.00, 2008 10' white cargo trailer with barn doors, 3200 lb. axle
 w/brakes & 15" tires. \$2800.00 Phone 250-553-2331. •For Sale-
 Black Currants, \$3,000/lb. Call Lexie 569-2234. •For Sale-28' enclosed
 car hauler, campertized, \$8000.00, 2000 Honda 200 Dirt Bike
 \$2000.00, Phone 569-7226. •For Sale-Wiener pigs. Ready to go in
 two weeks, \$60 each. New Holland 718 Harvester Electrical controls,
 Excellent condition. \$1400. New Holland Crop Carrier Forage box
 with roof. Front and back unload. Excellent condition. Like new
 tires. \$2250. New Holland 393 Tub Grinder in good working order
 \$2350, Two Superior Octagon feeders, \$450 each. Phone 569-
 7810. •For Sale-Heavy Duty Punching bags, Smaller & bigger one,
 comes with stand & speed bag - taking offers / Nortie Flex Gold
 Workout Machine, also taking offers Ph:250-569-8828. •For Sale-
 Radius Edge Cedar Decking - 1 1/4" x 6", \$11.00/lin. ft. Birch
 Lumber - 1 1/4" x various widths. .40¢/brd. ft. Grill for \$15 GM
 Pick-up \$25.00, Weller Soldering Gun \$8.00 Ph:569-0028. •For
 Sale-2002 Chev Impala. Power windows, driver's seat, locks &
 mirrors, 40mpg. Great Shape. 183,000Km. Asking \$4,500. Phone
 569-2772. •For Sale-International Square Baler. Includes a 10 Bale
 Stooker, 1 set of 10 Bale Forks & a Hay Rake, \$700.00 obo. Phone
 569-2694. •For Sale-1 shower, brand new, never been out of the
 box. Phone 569-2577 (evenings only). •For Rent-3 Bedroom furnished
 house, newly renovated. Phone 569-0171. •For Rent-Clean House in
 McBride Crescent. Phone 569-0171. •For Sale-2002 SC1 Saturn 3
 dr. 96,000 kms -Red 5-speed manual/CD/air/four winter tires mounted
 on rims - REDUCED- \$4500 Must Sell. 1983 Suzuki GS 750ES
 - Great bike for around town or a longer trip if you have the
 buttocks to handle it! Very quick for the vintage, newer rear tire that
 has seen very few kilometers, brand new front tire. Yoshinura
 Exhaust, synthetic oil. I will not sell to a novice rider. Asking
 \$2600. Call 968-4331-Derrick. •Newly renovated 3 bedroom house
 for rent. Call 569-7378. •For Sale-1990 Wilderness Travel Trailer,
 29', 150 pu towable, rear queen island bed, A/C, 2 doors, very good
 condition. \$7900 obo. Phone 569-2471. •For Rent-2 Bedroom
 Apartment, across from the hospital. \$525/month. Ph:569-0208. •For
 Sale-Computer tower, Windows XP Home, AMD Athlon XP
 1600+, 1.4GHz, 2GB RAM, 2000GB hard drive, wireless PCI card,
 many extras! Only \$300! Phone 569-0320. •For Rent-3 Bedroom
 Country Home, fully furnished, fully equipped kitchen, 15 min. walk
 to town, housekeeping & cable available. Price depends on your
 needs. Call 569-2561 for details. •To place an ad call 569-3110,
 Fax 569-0220 or drop info at 455 King St.

CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion
 Street. Clothes and Household Goods. Open: Tues. 1:00 to 3:00 &
 Fri. 1:00 to 3:00. •Dorcas Lanning Pit Rd. (used clothing and
 household goods). Closed for the summer. Contact number for the
 Foodbank is 569-3225. •Seventh-day Adventist Church-Meet
 Saturdays at 9:30 & 11am. and Wednesdays at 7pm. Phone:
 Ph:569-3370. •Mennonite Church-Meet Sundays 11am and 7:30pm
 & Wednesdays at 7:45pm Ph:569-0445. •Mountain Chapel (PAOC)-
 Sunday School & Adult Classes-10am. Services-11:10am. Ph:569-
 3350. •Anglican United Church-Reverend Dee McEachern. 441
 Dominion Street. Meet Sundays at 11:30 am. Phone 569-3206 or
 569-3386. •Hall Rental - Phone Thelma Molendyk-250-569-
 0082. •Evangelical Free Church-Worship Service at 10:30am. Ph:569-
 2378 or 569-8845 Pastor Dan Carlaw-Robson Valley Christian
 Centre-Meets in home Sundays 11am, Dunster Ph:968-4333. •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 The Farm Store 569-0425
 Depart to East-12:15am Daily •Valemont, Jasper, Edmonton
 Depart to East-10:05am Fri. Sat. Sun. •Valemont, Jasper, Edmonton
 Depart to West-6:10am Daily & 7:20pm Fri. Sat. Sun. •Prince George

Please contact The Little McBride Paper with all coming events,
 news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220,
 email:sjlines3@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!!

THE HAIR SHOPPE

569-3359 803 3rd Ave. - side entrance

Christmas in July
 Get a head start on your gift giving!
 Everything for Christmas at Odds 'n Ends
 July 19-31
HUGE SAVINGS

MICAH YODER
 REGISTERED ACUPUNCTURIST
 CALL 250-566-1782
 FOR AN APPOINTMENT.
 Glass Cutting, Picture Printing,
 Matting and Framing
 call Bill Arnold 569-3381

ANTLER CARVINGS
 FOR SALE
 CALL AL #569-2602

•Sirens- Hair Cuts and Colors
 CLOSED July 23-27 & August 2-17
 Phone: 250-569-0131 1011 South Frontage Rd. McBride

BLACKWOOD GARDENS
 PERENNIALS, TREES,
 SHRUBS, BERRY BUSHES
 Mon - Sat 10a.m. - 4pm. & Sun 12 - 4pm.
 ANN 569-3319 (Robson Valley Pet Hostel)
 4.5 km East of McBride on Highway 16.

CANADIAN
 Digital Designz
 Martine Wall Phone: 250-569-0118 1139 McBride Crescent
 www.canadiandigitaldesignz.ca

Summer Time Is
 Beanery Time!!! 569-0133

FOR RENT
 Fully Furnished Cabins
 Please Call 250-569-7308

Ravensnook Guesthouse & Vacation Rentals
 Furnished Accommodations for Discerning Travelers
 421 Main St. McBride, BC
 1-250-569-7133

SCARE CROW FARM B&B ☎ 569 0351
 Camping and Horse hotel
 Amazing hummingbirds until mid August!!!
 15km West on Highway 16 email: scarecrow@mcbridebc.com

Robson Valley Pet Hostel
 Grooming & Boarding
 Serving locally for 24 years
 Ann Schwartz 569-3319 animal health technician

R. B. HATCHARD CONT.
 250-569-2493

3/4 Crushed Gravel
 Pit Run Gravel
 Concrete Gravel

Screened Pit Run Gravel
 McBride Mountain Sports Ltd.
 ALL SEASON EQUIPMENT RENTALS
 RECREATION & CONSTRUCTION
 LAWN & GARDEN • RETAIL
 250-569-2354
 NEW STOCK NOW IN!!!

Come sign-up for the next
 FREE Mountain Bike Service
 to be held on Sunday, July 26th
 ~6 people Minimum must sign up~

CONWAY Carriage Septic Services
 Member of the British Columbia Onsite Sewerage Association
 We're here to help you maintain and manage your septic system

Call us at:
 250-569-8880 or
 250-569-7371

ROBSON VALLEY CONSTRUCTION LTD

READY MIX CONCRETE

(250)569-2593

We will beat any Competitors Concrete Quote by 10%

Description	per yard
1 to 1 1/2 washed rock	\$26.00
1 1/2 to 2 drain rock	\$18.00
3/4 to 1 gravel	\$35.00
1 1/4 - 3/4 washed rock	\$36.00
Pit run	\$13.50
3/4 minus	\$27.00
1/4 minus play sand	\$14.00
Fine sand	\$35.00
Concrete	per yard
Regular concrete	\$125.00
30 mpa concrete	\$150.00
Concrete blocks	\$110.00
Truck time	\$90.00/hour
Rental Equipment	per day
Power trowel	\$120.00
Concrete vibrator	\$30.00
6' or 16' power plank	\$120.00
Bow flow	\$35.00

Finish concrete, Foundations, Excavation, Remodelling, New Construction.

FOREVER PRINTING & SIGNS

14 years experience

- Signs • Magnetic Banners
- Sandwich Boards • Vehicle Windows
- Binning • Posters • Business Cards • Address Labels
- Laser Printing • Colour Photo Copies • Illustrations
- Brochures • Trophies • Engraving • T-Shirts

for more information please contact us at 569-3410 or fax 569-0220



THANK YOU

On behalf of the Stepping Stones Daycare we would like to thank everyone who donated bottles to our bottle drive. We are still accepting bottles. Thank you very much. (250)569-8861.

McBride Elks & Royal Purple News

Can Tabs/Soup Labels - please drop off you tabs and labels at Odds & Ends.
Hall Rental - If you're interested in renting the hall, stop by Odds & Ends or call Barb Jackson at 569-0344 or 569-2645 for info.
VALLEY MUSEUM & ARCHIVES SOCIETY

"Dunster School of Fine Arts" - An exhibition of student art work on display @ the Museum/Library Building until Sept. 24, 2009. Everyone is invited to attend the "Opening Reception" on Friday, July 10 @ 7:00pm.

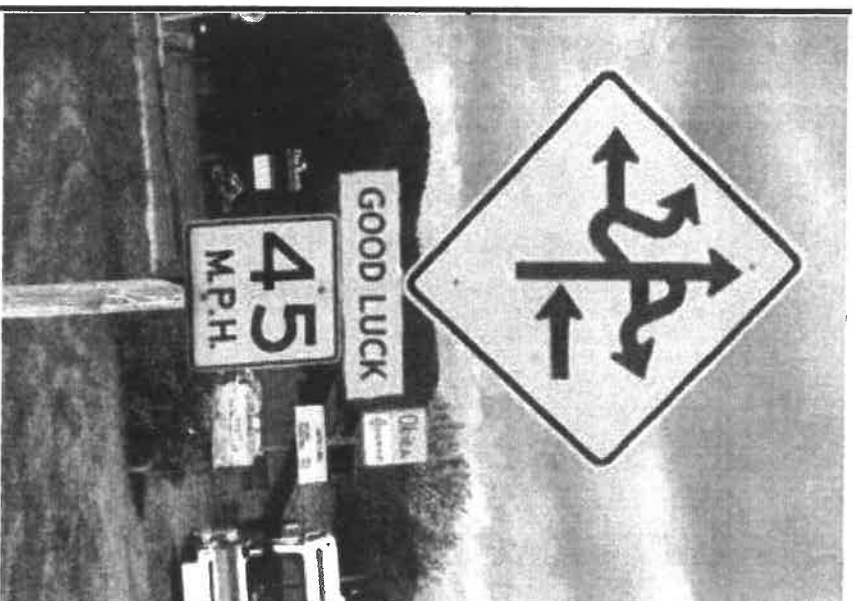
ROBSON VALLEY MUSIC SOCIETY

Robson Valley Music Festival - Dunster B.C. August 21st - 23rd, 2009 - Tickets on Sale Now - Limited Attendance - Tickets on sale online, by calling 250-968-4411 or at •Infinity in Valemount •McBride Trading Company in McBride •Dunster Store in Dunster. Regular Weekend Pass \$70 - 13 and under Free •Friday Pass \$30 - Saturday Pass \$40 - Sunday Pass \$15 •Camping \$10 No Dogs! Bring Drinking Water •Workshops ~ Vendors ~ KidsZone.
www.robsonvalleymusicfestivalbc.com • Mexican Reggae, Soul, Roots, Folk, Pop, Flamenco, Gypsy, World Grooves, Bluegrass, Rock, Jazz, Funk, Romanian, Eastern, Punk Etc.

FALL FAIR

Fall Fair 2009 plans have been under way for the last couple of months and things are looking really good. Our date is set for Sept. 12. Our Theme this year is Homesteading, so start thinking about this years parade, and all the crafts and goodies you can enter. If you have any interest in being a judge or section head for this years fall fair, please contact Marion Cousineau, or if you have any questions please feel free to call. Always looking for new members. Each Year we award a trophy in memory of our friend and long time member of the Fall Fair Association, Cheryl Sansom. The Criteria are Citizenship & Community Service. Do you know anyone who, like Cheryl, made this Valley a better place to live? She always had a cheerful word, and was very involved in the Fall Fair. Minor Hockey, Ball, School, events and other organizations. She made our Valley a more enjoyable and diversified place to be. If you know anyone like this that you would like to nominate, send a written submission listing this person's attributes, please send your letter to box 21, McBride BC V0J 2E0.

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



At least they have the courtesy to wish you luck!

THOUGHTS OF THE WEEK

A bird in the hand is always safer than one overhead.

The four food groups:
 Fast, Frozen, Instant, and Chocolate.