

WHAT: Career Management Workshop
WHERE: Robson Valley Home Support
WHEN: MAY 30 & 31
TIME: 10:00am to 2:00pm

FREE!!

Call to register or for more details 569-2266

Want to work in Canada's fastest growing industry?

Do you love talking with people?

Are you enthusiastic about the Robson Valley?

McBride Visitor Information Centre

invites you to apply for:

HRSDC Summer Career Placements

Offering better than minimum wage - 35 hrs./wk.

• One 14-week position, starting May 23

• Two 9-week positions, starting June 27

Must be a student returning to school in the fall.

Visitor Information Counsellor training provided.

Please submit resume at the Info Centre in RR station, 1000 First Ave., or email come2mcbride@telus.net
Deadline: 4:00pm, Friday, May 20, 2005

Whiskey Jack Holdings
 Crane / Backhoe / Dump Truck
 Services
Call Mike 569-2642

Advantage Insurance Services Ltd.
 Rosemary L. Hruby, CAIB
 250-569-2264

We will be CLOSED

on Monday, May 23rd
 for Victoria Day

NORTH COUNTRY LODGE

Help Wanted

Front Desk (Part or Full Time) &

Housekeeping (Part or Full Time) Apply in person

A.C. & T. CONSTRUCTION
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• Free Consultations • • At 569-2519 •

LETTER TO THE EDITOR

The McBride & District Chamber of Commerce organizes the All Candidates Forum to provide an opportunity for local residents to meet candidates and hear the platforms of those candidates. Over the years we have developed a standard format for conducting the Forum which we feel offers an equal opportunity for citizens and candidates alike to voice concerns and opinions. Due to the time constraints of such a public forum, each individual written question may not be asked, however by using written questions, we as the organizer, are able to group questions by topic and have the concern addressed. We feel that this system prevents any one person from dominating the forum or taking an unfair amount of time in relation to the other people or concerns which require addressing. The McBride & District Chamber of Commerce is a non partisan organization working to represent the area from Dome Creek to Tete Jaune. Mary Hooker, Organizer, McBride & District Chamber of Commerce



FREE The Little FREE McBride Paper

Serving BC's Friendliest Town and Area!!

For the week of Wed., May 18th, 2005

CRISIS PREVENTION

The Crisis Prevention, Intervention & Information Centre for Northern BC is a volunteer-based, non-profit society that was established in 1970 dedicated to provide emotional support, suicide intervention and referral information to the people of Northern BC. The Crisis Centre has three lines: the Crisis & Information Line (which operates 24 hours a day, 7 days a week), the Youth Support Line (which operates 4 p.m. - 11p.m., 7 days a week, after hours calls are directly forwarded to the 24-hour line) and 1-800-Suicide line (which is a BC Distress Line Network). The Crisis Centre also publishes annually a directory of resources available to people in Prince George and surrounding areas to purchase. To those in crisis, the lines provide crisis workers who have intensive training in person-centered therapy. Each caller is guaranteed confidential, anonymous, non-judgmental service.

The Crisis Centre for Northern BC provides para-professional crisis counselling for the people of Northern BC. Coverage is from Alberta border in the east, to the Queen Charlotte Islands in the west, from Quesnel in the south, to the Yukon border. Our coverage does not include BC's Peace River country. In 2004, the Crisis and Information lines received over 10,000 calls from people who found themselves facing difficulties or needing information. People from all walks of life, with all sorts of backgrounds called the Centre and were assured of immediate attention and confidentiality.

CRISIS CENTRE FOR NORTHERN BC: 24 Hour Crisis & Information Line: 1-888-562-1214 / Youth Support Line: 1-888-564-8336 / Suicide Line: 1-800-SUICIDE (784-2433) / Website: northbcrcsisnbc.ca

COMMUNITY ANNOUNCEMENTS
 The O.A.P.O. Lunch to be held on May 25th has been CANCELLED.
Elks & Royal Purple News

May is Hearing & Speech Month. Look for us in front of the bank on Friday, May 27. All donations go towards the "Fund for Children".

On April 30th several members travelled to Quesnel for the annual District meeting and found it very informative and had a good time. Congratulations to the Royal Purple for tying with Williams Lake for the most new members over the past year.

Our Installation of Officers will be held on May 28th this year. The new nominated officers for the upcoming year are: Exalted Ruler: Mike Jackson, Honoured Royal Lady: Terry Jensen, Past Honoured Royal Lady: Carol Pleasants, Associate Lady: Lori Kimpton, Lecturing Knight: Don Koncar, Secretary: Danielle Smith, Treasurer: Kathy Molenadyk & Len Downing, Conductress: Kelly Taphorn, Inner Guard: Mike Mynio, Chaplin: Sharon Mason, Historian: Dwayne Needham.

We are still collecting Campbell Soup labels, and can pull tabs. The labels and pull tabs can be dropped off at Fort Electric. Elks Hall. Must 19 and over to attend.

If you are interested in being a member of the Elks or Royal Purple, please come out to a meeting. Meetings are held every 1st and 3rd Tuesday in the Elks Hall, beginning at 7:30 p.m.
Note: Our next meeting has been changed to Tuesday, May 24th because of the election.

SENIORS COMING EVENTS

Wednesday, May 25, Noon - Lunch at the Beaverview Lodge.

May 26 & 27, Trip to Mistle Hot Springs & Shopping.

CHURCH NEWS N' THINGS

Anglian 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 & 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 •Anglian 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- Sunday School at 9:45 a.m., 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-9:50am & 2:35am • Edmonton
 Depart to West-8:05pm & 5:40am • 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 Friendliest Town!!

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

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2 litres B.O.G.O.
 1st @ \$2.39
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OLD DUTCH RAVE 220g

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 2 for \$4.00 + tx.

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710 ml - 2 for \$3.00 + dep. & tx. 569-2441

OPEN 24 HOURS



Employment Assistance Service
Robson Valley Home Support Society

FRESH JOBS ON OUR JOB BOARD!

Attention business owners. Need an extra employee? Ask us about Targeted Wage Subsidy Program

Contact Bob Thompson 569-2266

Enabled by the Government of Canada

Canada

Summer Student Placement

Two Positions - 40hrs/week

Gallery Supervisor - Arts and Crafts Activity Coordinator.

Must be student returning to school in the fall. Must be computer literate, have demonstrated multi-tasking ability and good people skills.

Drop off resume in person to the Whistle Stop Gallery in the McBride Train Station, 1st and Main St. McBride, BC. Or e-mail to whistlestopgallery@telus.net.

We thank all who apply, only those selected for an interview will be contacted. Closing date: May 21, 2005. Position starts May 22, 2005.

BIGHWAY FOODS
 WE ARE REMODELLING

Starting Monday, May 16th for approximately 1 week. The store will still be OPEN our regular hours...

We value your patronage and apologize for any inconvenience. Management and staff hopes you will enjoy our

NEW LOOK as much as we will.

HOURS: 8am - 6pm Mon., Tues, Wed., Thurs., Sat. & Sun. 8am - 7pm Friday

Shawn & Tanya want to say thank you to our friends in McBride for choosing our free dinner program and health cooking products! We look forward to seeing you again soon in June.

250-828-8695
 email saladmaster@shaw.ca
 web. www.saladmaster.com

No Flour, No Sugar Fat free Pancakes
 This recipe is ideal for diabetic or people with allergies!
 In a blender:

- 1 cup slow cook oats
 - 6 egg whites
 - 1 cup low or non fat cottage cheese
 - 1/2 tsp each of cinnamon and vanilla
 - 2 packets of Splenda or similar sweetener
- Process all ingredients until smooth. Preheat 11" square griddle to medium heat. If water beads and rolls when sprinkled on the pan, it's hot enough to begin (It may still be too hot). Pour batter on griddle, then flip when top of the pancakes has bubbles across. Serve with sugar free syrup.

ROBSON VALLEY RACE TRAC AUTO SERVICE
 569-2418

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