

STEDMANS

569-2415

Main St. McBride

Check out our selection of Halloween
Costumes, Make-up,
Decorations and Candy.

Lots of "New Arrivals" for
Fall and Christmas. Watch for reduced
Winter Clothing and Footwear.



McBRIDE REALTY
CENTER LTD.

277 Main Street
P.O. Box 729
McBride, B.C. V0J 2E0
Bus: (250) 569-2719
Toll Free: 1-877-569-2735
Fax: (250) 569-2787
E-mail: rodger@mcbriderealty.com
www.mcbriderealty.com



Rodger L. Peterson
Owner Broker



Cabela's TROPHY
PROPERTIES

Limited Liability Company

Rodger L. Peterson
Affiliated Broker for
Cabela's Trophy Properties LLC
Province of British Columbia, Canada

The Center of Real Estate Action in the Province of British Columbia

Kit's Heavy Hauling

For all your lowbedding needs in
the Robson Valley and Beyond.
(250) 569-7260 (250) 569-0116



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

Your Neighbourhood Food Store

DELI

Peppered Turkey Meatloaf - 100g...**¢.99**
Montreal Smoked Beef Brisket - 100g...**¢.99**

HALLOWEEN CANDY & PUMPKINS In Stock
Five Roses Flour - 10 kg. **\$10.99**
Buy 1 get 1 FREE
Pace Thick & Chunky Salsa - **\$3.99**
Medium - 642 ml..... **\$3.99**
Hawkins Cheezies Snack Pack - 8's - 224 g. . **\$2.59**
Brussel Sprouts **¢.49 / lb.**
Renes Dressing - Caesar - 355 ml **\$3.89**
Praserland Organic Red Potatoes -

5 lb. bag **\$4.99**
Organic Oranges **\$1.29 / lb.**
Pork Chops - Family Pack Buy 1 get 1 FREE
Chicken Wing Drumettes Buy 1 get 1 FREE

BAKERY

Mini Croissants - 6 pack...**¢.99**
2 pk mp Cinnamon Bun...**\$2.99** each



Vanderhoof & Districts
Co-operative
Association

DRIVERS 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. Vanderhoof Head Office
Phone 250-567-4488
Toll Free 1-866-309-2667 Fax 250-567-4490
Home 250-963-9011 Cell 250-565-8436

McBRIDE CAFE

Daily Breakfast, Lunch & Dinner Specials

Book Now for your

- * **Christmas Party** *
- * **Private Meetings** *
- * **Parties** *

in our Dining Lounge.

Large TV - DVD Facilities - Wet Bar

~~~~~

Come and Join Us for

## Halloween Dinner

October 28 & 29

Take Out Available  
Fully Licensed  
569-8884

FREE The Little FREE

# McBride

## Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., October 26th, 2005

## HAPPY HALLOWEEN!!!

## COMMUNITY ANNOUNCEMENTS

**TEMPORARY ROAD CLOSURE** - The CN Rail Level Crossing at Sanson Road/1st. Ave. will be closed to traffic for 12 days starting October 26, 2005. The Village water main line is near the CN underpass project site and must be relocated. Extensive excavations are required to facilitate the relocation, therefore a full closure at this site is necessary. Alternate Route: Please use the west CN Rail level crossing at Hwy. 161 Westlund Road/ McBride South Road, located approximately 500 meters west of McBride, for access to areas normally serviced by Sanson Road. Contact: Please contact the Village of McBride at 250-569-2229 if you have questions or need clarification. Please note that if a longer closure period is required notification will be provided as soon as possible. **RELOCATION OF VILLAGE OF McBRIDE MAIN WATER LINE** - Due to the relocation of the main water line, the Village of McBride is advising residents that the water will have to *periodically* be shut off for approximately 2-3 hours. Construction will commence Monday, October 31, 2005 for approximately 10 days. The water line outages are necessary to complete the CN underpass project. The village regrets any inconvenience during the relocation of the main water line. Please contact the Village of McBride at 569-2229 for any questions or clarifications. During the time of the construction, please keep water use to a minimum.

**Screening Mammography** is coming to the McBride Hospital on November 16th - 18th, 2005. For an appointment, call toll free: 1-800-663-9203. Eligibility criteria includes females who: •Are currently 40 to 79 (a doctor's referral is not necessary) •Are not currently pregnant •Are not currently breast feeding •Do not have breast implants •Have not had breast cancer •Have no current breast problems •Have not had a mammogram in the last year •Are BC residents •Are able to provide the name of a primary care physician. NOTE: If you are under 40 years of age, or over 80 years of age please discuss your options with your doctor. **Groups and individuals** wishing to rent the Dunster Community Hall please call Faye Callas at 250-968-4332 for a booking. Thank you for your ongoing patronage.

## McBRIDE MEALTIME

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. 27 - Monster Mash. Nov. 10 - Arts & Crafts. Nov. 24 - Trains, Plates & Autos. Dec. 8 - We'll Surprise You.

## ROUNDHOUSE

Johnny Reid - From Scotland, to Canada and from Nashville right to the Roundhouse. It's Johnny Reid, the Scottish born, Canadian-bred, Nashville based singer/songwriter and we've got him here TUESDAY, NOVEMBER 8th / 8:00p.m. Tickets \$20.00 Available at STEDMANS - 569-2415.

## Countdown to Halloween!

Halloween... a time to build family memories and traditions that will linger on for a lifetime. Halloween can be an opportunity to allow treats often enough so that they do not become forbidden foods. The following tips may help you engage with your kids as you celebrate the day: \* Before trick or treating have regular meals and snacks (including supper). This will leave less room for sugary foods. \* Offer non-candy treats" like sugarless gum, carrot sticks, stickers, barrettes, stencils, pens, collector's cards, toothpaste, and floss. \* Make sure treats are age appropriate. Don't give children under five hard jawbreakers and candies that may cause choking or chipped teeth. \* Help your children brush and floss before bedtime with a new toothbrush. \* At Halloween parties include protein and fiber rich foods like roasted pumpkin seeds, a fruit and vegetable platter, and hot chocolate made with milk. \* Follow treats with milk, yogurt, cheese, or nuts to help kids feel full for longer and increase their ability to concentrate on homework. \* Help your child manage his booty with a 'candy bank'. Let your child float over his candy and eat as much as he wants for a couple days. Then have him store the rest and open the bank for withdrawals at meals or snack time. Enjoy sorting the 'loot' with your children! For information on general nutrition call Dial-a-Dietitian at 1-800-667-3438 or contact your local Public Health Nurse at: McBride 569-2251 ext. 226, Valemount 566-9138 ext. 228. *Written by Elaine Wilkewink, Community Nutritionist at the Center for Health Living.*

Via-Rail Schedule Phone 1-888-842-7245  
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    | 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             | 569-3110       |
| 1-800-256-7857       |          | 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 department.  
Take a Break in McBride...B.G.'s Friendliest Town!!

# Ande's AUTOCARE Auto Parts

WWW.andesautoparts.com  
289 Main Street, McBride BC V0J 2E0  
Mon.-Fri. 7 to 7, Sat. 8 to 6,  
Sun. 10 to 2  
Del Fry / Lenny Stone After hours 250-569-2332  
Tel: 250-569-2332  
Fax: 250-569-2342  
Atter hours 250-569-2332

For all Clothing Alterations, Repairs, ETC.  
**TANYA RICH 569-0105**

## RELIEF FROM ACHES & PAINS

\*BOWEN THERAPY\*\*REFLEXOLOGY\*\*MASSAGE\*  
CALL MARGRIT 968-4432

## HEARTLAND RESTAURANT

Ukrainian Night  
Sunday, October 29, 2005  
\$12.95  
Cabbage Rolls - Perogies - Bavarian Sausage & Sauerkraut. Start it all off with Borscht.

## NORTH COUNTRY LODGE

# Help Wanted

Housekeeping &  
Front Desk

(Full Time & Part Time)

Apply in person



We will be  
**CLOSED**  
from October 31 to  
November 13

569-0133

Hours: M-F 7:4-3:30 SAT. & SUN. - Closed

## PHYSIOTHERAPY

E. Kim Hammerstedt BPT  
246 Main Street, McBride 569-0107

## THE HAIR SHOPPE

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

Have a Safe and Happy Halloween  
Drop in and see our selection of hand made fleece and knits. Warm and cozy for these frosty fall nights.  
WHISTLE STOP GALLERY OPEN DAILY AT THE TRAIN STATION



## Angel's Say

No matter how much love the human heart holds, it never breaks because of it.

**Robson Valley Pet Hostel**  
Grooming & Boarding  
Serving locally for 21 years  
Ann Schwartz 569-3319 animal health technician

## SASQUATCH Beauty Barn

Fully Licensed Esthetics

Now Doing AIR BRUSH TANNING - call for appointments  
The 1st 12 Customers who purchase a  
Full Body Spray Tan will receive a  
FREE 2 oz. Tahitian Body Spray

1102 - 4th Ave. If you can't get a hold of me try  
569-2294 [stape@telus.net](mailto:stape@telus.net) my Cell Phone @ 569-7229



SERVICING ALL OF ROBSON VALLEY'S  
PROPANE NEEDS:

FURNACES - HEATERS - APPLIANCES  
TANKS - INSTALLATION  
MAINTENANCE - CLEANING

## Adrenaline Services

ROD WHELPTON 569-2330  
CELL: 569-7236







| Sun                                                                                                                                                                                                  | Mon                                                                                                                                                             | Tue                                                                     | Wed                                                                                                                                                                                 | Thu                                                                                  | Fri                                                                                                                                         | Sat                                                                                                                                                           |                                                                                                                                                                                                                                                      |                                                                                                                                                          |                                                                                                                                                                                            |                                                                                                             |                                                                     |                                   |                                                                                                                                                                                                  |                                                                                                                                                                                                                  |                                                                                                                                                                                                  |                                              |                                                                                                                                                                  |                                                                                                                                |                                                                                                                                                                              |                                                                                                                   |                                                                                                                                                                                                                                                            |                                              |                                                                                                                                         |                                               |                                                                                                                                   |                                                                                                                                                               |                                                                                                                      |                                                                                                                      |                                                                                                                      |                                                                                                                      |                                                                                                                      |
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| <b>COMMUNITY SPORTS @ HS GYM</b><br>Basketball: Mon & Thu 7 - 9 pm<br>Volleyball: Wed 7 - 9 pm<br>Badminton: Tue 7 - 9 pm<br><b>SENIORS' CARPET BOWLING @ Rec Ctr</b><br>Tue & Fri, 10:00 - 11:30 am | <b>1</b><br>9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit<br>7:30 pm Elks - Royal Purple | <b>2</b><br>5 - 6 pm Sparks (ages 4 - 6)<br>6:30 pm Bingo @ Legion Hall | <b>3</b><br>2 - 4 pm OAPO Stitch & Knit<br>3:30-5:30pm Dome Ck Reading Room<br>4:5-30pm Brownies (ages 7 - 8)<br>6:30 pm Srs Bingo @ BVLodge<br>6:30-10 pm Well Men's Clinic @ Hosp | <b>4</b><br>10:00 am Infant Massage @ RVHSS<br>Pre-Regn required 569-2266 / 2251x226 | <b>5</b><br>8am - noon SDA Church<br>10am - noon Foot Clinic @ Hosp<br>10am - noon AUCW Thrift Shop<br>7 - 9 pm Circle Dance @ Dunster Hall | <b>6</b><br>CHURCHES<br>7:00 pm Minor Hockey Exec Meeting<br>7:30pm Hospital Auxiliary mtg @ MDH<br>7 - 9 pm VFD mtg @ Fire Hall<br>8:00 pm Farmers Institute | <b>7</b><br>9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit<br>7 - 9 pm Search & Rescue mtg @ 444 Main<br>7:30 pm McBride Village Council Meeting<br>8 pm Johnny Reid @ Rndrise | <b>8</b><br>2:00 pm Seniors Birthday Tea @ BVLodge<br>5 - 6 pm Sparks (ages 4 - 6)<br>7 - 9 pm Valley Peacemakers @ HS<br>7:30 pm RV Fall Fair Committee | <b>9</b><br>11am - noon Fun with Family & Friends @ HU<br>2 - 4 pm OAPO Stitch & Knit<br>3:30-5:30pm Dome Ck Reading Room<br>4:5-30pm Brownies (ages 7 - 8)<br>6:30 pm Srs Bingo @ BVLodge | <b>10</b><br>11:00am Remembrance Day Ceremonies at the Cenotaph<br>7:00 pm Memorial Group Singing @ BVLodge | <b>11</b><br>10am - noon SDA Church<br>10am - noon AUCW Thrift Shop | <b>12</b><br>CHURCHES<br>13<br>14 | <b>15</b><br>9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit<br>7:30 pm Elks - Royal Purple<br>8 pm Nathan Rogers @ Rndrise | <b>16</b><br>10:30 am Seniors Pastoral Care Services @ Hosp<br>5 - 6 pm Sparks (ages 4 - 6)<br>6:30-8:30pm Guides (ages 9 - 12)<br>6:30 pm Bingo @ Legion Hall<br>7:00 pm Chamber of Commerce @ Council Chambers | <b>17</b><br>2 - 4 pm OAPO Stitch & Knit<br>3:30-5:30pm Dome Ck Reading Room<br>4:5-30pm Brownies (ages 7 - 8)<br>6:30 pm Srs Bingo @ BVLodge<br>6:30-10 pm Well Men's Clinic @ McBride Hospital | <b>18</b><br>10:00 am Infant Massage @ RVHSS | <b>19</b><br>SDA Church<br>BC Municipal Elections Day<br>McBride PeeWees Home Tournament<br>10am - noon AUCW Thrift Shop<br>7 - 9 pm Circle Dance @ Dunster Hall | <b>20</b><br>CHURCHES<br>McBride PeeWees Home Tournament<br>5 - 7 pm Library Trustees mtg @ B2<br>7 - 9 pm VFD mtg @ Fire Hall | <b>21</b><br>9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit<br>7:30 pm McBride Village Council Meeting | <b>22</b><br>5 - 6 pm Sparks (ages 4 - 6)<br>6:30-8:30pm Guides (ages 9 - 12)<br>7 - 9 pm Valley Peacemakers @ HS | <b>23</b><br>8am - noon Foot Clinic @ Hosp<br>11am - noon Fun with Family & Friends @ HU<br>2 - 4 pm OAPO Stitch & Knit<br>3:30-5:30pm Dome Ck Reading Room<br>4:5-30pm Brownies (ages 7 - 8)<br>5:00 pm WS Gallery Society<br>6:30 pm Srs Bingo @ BVLodge | <b>24</b><br>10:00 am Infant Massage @ RVHSS | <b>25</b><br>SDA Church<br>McBride Bartrams Home Tournament<br>10am - noon AUCW Thrift Shop<br>11am - 3pm Christmas Craft Fair @ HS Gym | <b>26</b><br>CHURCHES<br>27<br>28<br>29<br>30 | <b>29</b><br>9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit | <b>30</b><br>noon Seniors Luncheon @ BVLodge<br>5 - 6 pm Sparks (ages 4 - 6)<br>6:30-8:30pm Guides (ages 9 - 12)<br>7 - 9 pm Mental Health Support Group @ HU | <b>McBride Bartrams Home Tournament</b><br>8:30-10:30am Pancakes for Parents @ RVHSS<br>7 - 9 pm VFD mtg @ Fire Hall | 9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit | 9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit | 9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit | 9:30-11am WEE Teach @ RVHSS<br>1 - 3 pm AUCW Thrift Shop<br>1 - 3 pm DORCAS Used Clothing<br>6:30 pm TOPS @ HiltUnit |

On-line Calendar: [mcbride.ca](http://mcbride.ca) Phone Sue Demaine at Info Centre, 569-3366, or email details to: [come2mcbride@telus.net](mailto:come2mcbride@telus.net) December Calendar deadline: Nov 25.



ROYAL CANADIAN LEGION BRANCH #75 MCBRIDE



IT'S A PIZZA PARTY!  
 WE BUILD IT, YOU BAKE IT!  
 BUBBA'S PIZZA IS BACK (but only for a day)

You won't want to miss this!

SUNDAY, OCTOBER 30, 2005

Choose from this list of fresh ingredients

Ham~Pepperoni~Salami~Onions~Olives~Mushrooms~Green Peppers~Pineapple  
 12" Crust

\$ 14.00 - Cheese only

\$ 15.00 1 Meat 1 Topping (eg. Ham & Pineapple, Pepperoni & Mushroom)

\$ 17.00 1 Meat 3 Toppings (eg. Pepperoni, Onions, Mushrooms, Green Peppers)

\$ 20.00 - Meat Lovers or Loaded(1 Meat all Veggies)



ORDER EXTRAS FOR HALLOWEEN NIGHT

PLACE YOUR ORDER TODAY!

569-2549

Orders must be placed by Thursday, October 27<sup>th</sup>

~ EACH ORDER WILL BE ENTERED INTO A DRAW TO RECEIVE 50% OFF OF THEIR ORDER ~

Support Your Local Legion  
 2005 YEAR OF THE VETERAN