



Re-Elect

Irene Rejman
for Councillor
November 19, 2005

- Team Player
- Reliable
- Hard Working
- Civic Pride
- Dedicated
- Honest

RESTAURANT

569-8820
Western & Chinese Cuisine

WAITRESS WANTED

Apply Within

OPEN 11am - 10pm 7 Days a Week



PHONE# 569-2526

- New Hours Monday - Saturday 9am to 7pm Sunday 9am - 6pm
- FRESH FRYING CHICKEN LEGS - Backs Attached ----- \$1.29 / lb.
- COUNTRY MORNING GOLD BONELESS RIBS - 650 g ----- \$7.99
- SCHNEIDERS SUMMER SAUSAGE - 100 g ----- \$1.69
- ROMAINE LETTUCE - Shrink Wrapped ----- \$1.59 each
- LOOK FOR OUR EVERYDAY VALUES and our UNADVERTISED SPECIALS

A.C. & T. CONSTRUCTION

JOURNEYMAN-CARPENTER

- New Construction • Framing • Renovations • Additions • Siding •
- Basement Development • Windows • Doors • Concrete Work • Roofing • Kitchens • Baths • Decks • Stairs • Drywall • Painting • Finishing •
- Drafting & Design •
- Odd Jobs •



PRESENTS...
McBRIDE HOTEL
569-2277

Annual Grey Cup Pool Tournament & Grey Cup Party

Sunday Afternoon, Nov. 27th. Cash & Prizes for winners

Advantage Insurance Services Ltd.

Rosemary L. Hiruby, CAIB
250-569-2264

DRIVE CAREFULLY

Respect the Winter Road Conditions

FORRYER PRINTING & SIGNS

- TROPHIES •
- ENGRAVING •
- COLOR SCANNING •
- T-SHIRTS •
- PHOTOCOPIES •
- CONFIDENTIAL CARDS •
- OCCASIONAL CARDS •
- INVITATIONS •
- BUSINESS CARDS •
- LAMINATING •
- BINDING •
- AND MUCH MORE •
- CHECK US OUT FOR ALL YOUR TROPHY NEEDS •

Home of The Little McBride Paper
Scott & Susan Glines
455 King Street
Ph:569-3110
Fax:569-0220

FREE The Little FREE

McBride

Paper

Serving BC's Friendliest Town and Area!!
For the week of Wed., November 16th, 2005

GRAFT FAIRS

McBRIDE SECONDARY SCHOOL CHRISTMAS CRAFT FAIR - SATURDAY, NOVEMBER 26th 2005, 11:00AM - 3:00PM in the McBride Secondary School Gymnasium. 40 tables, Robson Valley Handicrafts, Baked Goods, Concession. All your Christmas Shopping in one convenient location. Last chance to book your table. Contact Rick Thompson at 569-2295
Craft & Bake Sale - Come One & All November 26th, 2005 6p.m. - 8:30p.m. at the Legion Hall - Crafts, Baked Goods, Christmas Gifts, White Elephant & much more. Sponsored by the 7th Day Adventist Church.

THANK YOU

We want to send a huge Thank You to our Church and Community! The support given to us when we lost our barn was absolutely amazing. We thank God for each and everyone one of you that helped with the re-construction, those that prepared food and those that gave financial support. Our hearts were touched in a very big way and made us so very proud to call McBride our home!
-The Vanderweulens

Thank You to my daughter Sharon, grandchildren, great grandchildren, neighbours and friends (especially Mabel) who gave me a complete surprise on my Birthday. Your friendship and wonderful Pot Luck Supper was fabulous.
-Lillian Lawrence

Thank You to the McBride Volunteer Fire Department for their prompt response and great work at McBride Forest Industries.
The Grad Class of 2006 would like to thank the following for their generous contributions to our fire wood fund-raiser. MFI for the logs, Mike Kelley for the hauling, Rick Doerksen and Joe for the use of their log splitters, Mike Weterstrom for the use of his loader. Again thank you very much. The fund-raiser was a big success.

McBRIDE HEALTH

Programs for November at McBride Hospital:
Well Men's Clinics on Odd Thursdays Nov. 17: Drop in 6:00-8:00 pm appointments 8-10 pm and Saturday, November 26th. Appointments 8-11 am Drop in 11-12 am. Well Women's Clinic - every second Wednesday afternoon.
Blood Pressure clinics - at Post Office last Fri., Nov. 25th 12-3pm.
Foot Care Clinic- Thurs., 24 from 8am-12pm
Arthritis Group meeting - Dec. 1st at 10:30 (change of date due to use of education room by mammography clinic on Nov. 17th).
Diabetes Group meeting - Wed., Nov. 30th from 1-2 pm. Note: The group meetings are held in the education room at the hospital.
Health Unit Flu Clinic Dates: Nov. 17th - Thurs. / Nov. 21st - Mon. / Nov. 24th - Thurs.

PUBLIC FLU CLINICS

We care Home Health Services - Public Flu Clinics - McBride.
*Date: November 18th, 2005 *Time: 10:00 - 2:30 p.m. (thru lunch hour) *Location: Dr. Cowburn's Office *Eligibility: 9 years and over *Cost: \$20.00 ***NO APPOINTMENT NECESSARY***

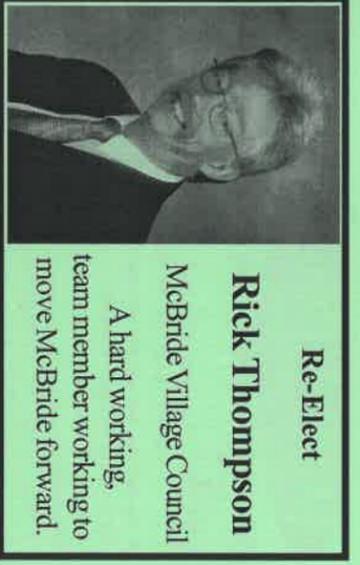
STORY ABOUT STROKE RECOGNITION

During a BBQ a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm, Ingrid passed away.) She had suffered a stroke at the BBQ - had they known how to identify the signs of a stroke perhaps Ingrid would be with us today. A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed and getting to the patient within 3 hours which is tough. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:
RECOGNIZING A STROKE: 3 steps: Read and Learn
1. *Ask the individual to SMILE.
2. *Ask him or her to RAISE BOTH ARMS.
3. *Ask the person to SPEAK A SIMPLE SENTENCE (Cohrently) (i.e. . . It is sunny out today) If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher. After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

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-Daily 12:15am or 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, 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.C.'s Friendliest Town!!



Re-Elect

Rick Thompson

McBride Village Council
A hard working, team member working to move McBride forward.

McBRIDE MOVIES & MORE

MON - THURS 11-8
FRI - SAT 11-9
SUNDAY 11-6
569-0123

MONTHLY SPECIALS!

All Top 100 +
Floor Movies
Over 1200 Titles
MON. TUES.
Over 1200 Titles
75¢ EACH

FREE CHILDRENS' RENTAL

Fri., Sat., & Sun. No Purchase Necessary!!

CONGRATULATIONS

to Joe Quam
Won 4 Tickets, Drinks, Popcorn @ Famous Players!

Health Heart & Home

Health Products, Gifts & Antiques
946 Main Street, Mebde, B.C.
Ph: 569-2559 TOLL FREE 1-888-669-2559

Antiques *Vitamins & Minerals* *Gifts*
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COCA COLA 2 lts
Buy 1 @ regular price & get second for .99¢ + dep. & tx

DASANI - 1 litre
2 for \$2.49 + dep.
FIVE ALIVE & MINUTE MAID
473 ml - 2 for \$2.49 + dep. & tx.

Are you self motivated? Do you have a business idea? Find out how to get your idea past the planning stages and into the exciting world of running your own company. Sign up now for a FREE, fun and informative week of workshops at Robson Valley Home Support Society and find out how you can BE YOUR OWN BOSS.

STARTING YOUR OWN BUSINESS

November 21 - 25
9:00am - 3:00pm
Spaces are limited so call now!
Ask for Bob or Bridget.

Canada
569-2266

Corporation of the Village of McBride

Due to the Election, the Village of McBride will be closing early on November 18th - 3:00p.m.

Wake me when it's over.





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

Your Neighbourhood Food Store

DELI
Assorted Flavored Turkey - 100 g...\$1.99
Roast Beef w/ or w/o Garlic - 100 g...\$1.99

Assorted Carrots - 1 lb.\$1.99
Assorted Herbs - 1 oz.\$1.99
Persimmons\$1.49 each
Turkey Wings or Drumsticks.....\$2.99 / lb.
Lean Ground Beef - Family Pack\$2.69 / lb.
Fresh Halibut Fillets\$12.99 / lb.

CASELLOT NOW ON

BAKERY

Donuts - 12 pack...\$5.99
Mini Danish - assorted - 9 pack...\$1.99



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

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Home 250-963-9011

Vanderhoof Head Office
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Fax 250-567-4490
Cell 250-565-8436



Alright,
I give,
I give...



**ROBSON VALLEY
AUTO SERVICE**
569-2418

'Canadian Cylindar & Gas'
we are now the Depot for

NOVEMBER MOVIE SPECIALS
All DVD Rentals \$1.99
All VHS Rentals \$.99
New DVD Releases every week!!!

*****TIRE SALE ON NOW*****
Traction King PLUS (winter/studdable)
LT235/85R16 \$165.00 each
LT245/75R16 \$175.00 each
LT235/75R15 \$150.00 each



MCBRIDE REALTY
CENTER LTD.



Rodger L. Peterson
Owner Broker

277 Main Street
P.O. Box 729
McBride, B.C. V0J2E0
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COMMUNITY ANNOUNCEMENTS

The Strathcona String Quartet will be at the Roundhouse Theatre on Sunday, November 27th at 2:00pm. Tickets will be sold at the door - Adult \$15.00 and Students \$8.00.

Valley Museum & Archives Society - "Arts Fest 2005" on Tour! Exhibit of Valley Museum & Archives Society @ the Museum/Library building, 241 Dominion Street, McBride. Exhibit "Official Opening" Friday, November 18, 2005 @ 7:00pm. Everyone is welcome to attend. The exhibit will run from Nov. 12 to Dec. 6, 2005.

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 COMMUNITY HALL

The McBride Community Hall Society wishes to announce that with the pending completion of the Community Hall Building, we will be entering a fund-raising campaign to aid with the cost of additional interior items for the building. These include such items as hardwood flooring for the main (dance hall) area and other incidentals to finish the interior. We will be reactivating our "Square Foot" (\$75.00 donation) campaign that was originally launched early in our efforts to establish a new Community Hall. Furthermore, we will be offering a graduated donation system for those who may wish to contribute larger amounts of funds. This system will recognize donors as Platinum (min. \$1,000.00), Gold (min. \$750.00), Silver (min. \$500.00), and Bronze (min. \$250.00). Over the next few months, Society members will appear publicly at local business locations in McBride to solicit donations from Community members. All donations as described above will be recognised with permanent posting in the new hall. We look forward to your continued support for this exciting community endeavour.

Note: All funds are kept in "trust" so that all donations can be fully refunded in the event of a project closure or other unforeseen event. Also Note: Those who previously donated to the "Square Foot" program, and wish to continue to support the completion of the Community Hall will be provided with updated receipts. Those who wish a refund of their "Summer Foot" donation due to the change from the originally proposed location of the New Community Hall may contact a society member. Contact the following with questions or donations: *Nadine Shovar 569-2503 *Len Downing 569-2630 *Roger Wiltsie 569-2772.

BIRTHDAY WISHES NOV. 16 - 22

Collan Ryan, Larry MacMaster, Deb Friesen, Kylie Tiphorn, Henrietta Sluggitt, Karthim Dunn, Shane Wood, Amy von der Gonna, Greg Miskie, Duke Peterson, Bonnie Culp, Diquita Cardinal, Lindsay Doerksen, Kevin Rhodes, Bethany Andrews, Jocelyn Monroe, Nelson DeFrians, Sheila Lewis, Audrey Loy, Dean Flahr, Jerry Stanley, Julie Monroe, Katly Molendyk, Ben Davis, Bob Finlay, and to anyone we missed Happy Birthday.

BUY, SELL, RENT & MISC.

For Sale-4 Goodyear Tracker Tires, P245/75R16 M+S. Used only 2 months last winter. \$350.00. Phone 569-3110•**For Sale-500** Gallon Fuel Tank with stand. \$250.00 firm. Phone 569-3110•**For Sale-1999** Toyota Rav 4 SUV, 4 door, 4 cyl, 5 spd, 4x4, pw, pl, pm, am/fm cd player, New windshield, battery & trans. Good tires & 4 extra rims. 150,000 km. Excellent condition. \$14,000 obo. Wes Keim 968-4415•**For Sale-6** 1/2 ft. dk blue Canopy. Fits Nissan or Import Trucks. Very good condition \$250.00 o.b.o. Ph: Al 250-569-3210•**For Sale or Rent-2** Bedroom Mobile Home Available November 1st - For more information Ph:569-2446•**For Sale or Trade-** Diamond willow headboard (wall mount) (tung oil finish) \$1800, Diamond willow headboard, footboard & frame (natural no finish) \$1000, both are Queen size. Willing to trade for ATV in good working order. Contact Al 569-2602 or view at 907 4th Ave. •**For Rent-Mobile Home.** 3 bedroom, comes with appliances. \$500.00 per month. Phone 968-4385•**For Sale-6.5** Acres, Commercial Property \$120,000.00. 5.1 Acres, Zoned RRI. \$75,000.00. Phone 569-8830•**For Sale-14** x 70 Mobile for Rent on Dore River Rd. Propane & Wood Heat. Furnished if required. Pets welcome. \$500/month Ph:569-2471•**To place an ad here call 569-3110 or drop info + \$'s at 455 King Street (\$3/week + GST).**

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•**Doreas** 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 & 11am, and Wednesdays at 7pm. Phone: Ph:569-3370•**Memnonite 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•**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 School @ 9:45 a.m.** *Sunday Worship Service at 11:00 a.m. Ph:569-2278 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	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

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 Friedfest Town!!

We will be **OPEN** November 16th
569-0133
Hours: M-F 7-4:30 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

Tired of the hustle & bustle, long lines and crowded stores? Looking for that special gift for that special someone? Give a gift that they will treasure for a lifetime and show off your home town talent! Happy Holidays from the...
WHISTLE STOP GALLERY OPEN DAILY AT THE TRAIN STATION
Angels Say
Sometimes hope seems as unreal as the angel beside you. But both are there.
Robson Valley Pet Hostel
Grooming & Boarding
Serving locally for 21 years
Ann Schwartz 569-3319 animal health technician

SASQUATCH Beauty Barn
Fully Licensed Estheticians
All Gift Certificates
25% OFF
till November 30
1102 - 4th Ave. If you can't get a hold of me try 569-2294 stape@telus.net my Cell Phone @ 569-7229

MISSING
from Lucille Mountain Road
Friday, November 4th, 2005
or morning of Saturday November 5th, 2005
1976 Skidoo Citation 300
May have been mistaken for abandoned. Greatly missed by Preben and Aksel Johnsons ages 10 and 8.
Please return, no questions asked.
1020 - 2nd Avenue
or call (250) 569-8824

Summer's Clearing Services
McBride, B.C.
Summer Rich
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Reveries Available Upon Request
Senior's Discount
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Whiskey Jack Holdings
Backhoe / Dump Truck
Services
Call Mike 569-2642

Ande's
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289 Main Street, McBride BC V0J 2E0
Mon.-Fri. 7 to 7, Sat. 8 to 6,
Sun. 10 to 2
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Tel: 250-569-2332
Fax: 250-569-2342

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Muffin & Coffee - Only \$1.99
BOOK EARLY FOR YOUR CHRISTMAS PARTY!
Power Saws • Lawn Mowers & Trimmers
Rototillers • Snow Blowers • etc.

SMALL ENGINE REPAIR
Call Don or leave a message
250-569-7888

THINK ABOUT IT...
There is nothing so irritating
as somebody with
less intelligence and more sense
than we have.