

CISN FM

(the Country station)
is located at 103.1 now.
We had to switch the location
because of some equipment
changes.

Elect Ken Starchuck For Regional District Area H

- accessible & dependable
- will effectively respond to the needs of Area H residents
- experienced in analyzing and interpreting complex issues & problems



Re-Elect Irene Rejman for Councillor November 19, 2005

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



McBride Roundhouse Theatre Society Johnny Reid

Tuesday, November 8th 8:00pm

Tickets Are \$20.00 - Available at Stedmans



Bigamy FOODS

PHONE #
569-2336

- NEW HOURS Monday - Saturday 9am to 7pm Sunday 9am - 6pm
- DR. OETKER PIZZA - Assorted Varieties ----- **\$4.99**
- HEINZ BABY FOOD - Assorted Varieties - 128 ml ----- **¢.49**
- GRIMMS PEPPERONI - 500 g ---- **\$5.49**

Match For Our
NOVEMBER SAVE PROGRAM
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 ••

- Home Repairs ••
- Free Estimates ••
- Free Consultations ••

TAKE THE CHILL OFF!

BUY A PROPANE HEATER FOR A
FRACTION OF THE \$\$ OF A FURNACE.
GREAT AS BACK-UP HEAT!

CALL ROD @
Adrenaline Services
569-2330

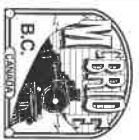
Advantage Insurance
Services Ltd.
Rosemary L. Hruby, CAIB
250-569-2264

Your ADVANTAGE for
Quattroplan

FREE The Little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., November 2nd, 2005

ALL CANDIDATES FORUM

The McBride & District Chamber of Commerce has arranged an all Candidates Forum to be held in the Roundhouse Theatre of the McBride Secondary School on Monday, November 7th, 2005 from 7:30p.m. to 9:30p.m. Ron Hawkins will be moderating your opportunity to meet the candidates, ask your questions and hear their ideas for McBride and Area H. The agenda will be fairly tight with seven candidates (five for Village Council and two for Regional District Director), therefore you are asked to bring any written questions with you to the forum. There will also be open time for questions directly to the candidates. 7:30 - 7:35p.m. - Opening remarks, Ron Hawkins / 7:35 - 8:05p.m. Each of the seven candidates will give a four minute presentation. / 8:05 - 8:30p.m. Written questions presented to candidates for their response. / 8:30 - 8:45p.m. Break. Refreshments by the Parent Advisory by donation. / 8:45 - 9:30p.m. Open question period. Running For Regional District Director are Keith Burchinal and Ken Starchuk. Running for McBride Village Council are Allan Frederick, Mike Jackman, Irene Rejman, Brian Taphorn and Rick Thompson. Please come prepared with your questions for the candidates. This is your opportunity to meet the candidates and ask your questions. The Advance Poll is November 9th. Election day is November 19th, 2005.

MCBRIDE HEALTH

Programs for November at McBride Hospital:

Well Men's Clinics on Odd Thursdays (3, 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 the post office last Friday of month (25th) 12-3pm.

Foot Care Clinic Sat., November 5, Thurs., 24 from 8am-12pm
Arthritis Group meeting - Thursday, November 17th, 10:30-12:00
Diabetes Group meeting - Wednesday, November 30th from 1-2 pm
Note: The group meetings are held in the education room at the hospital.

Don't Let The Flu Bug Get You!!! If you are eligible for the FREE vaccine please call the Health Unit at 569-2251 ext. 226 or your Physician for an appointment.

Health Unit Flu Clinic Dates: Nov. 7th - Monday / Nov. 10th - Thursday / Nov. 14th - Monday / Nov. 17th - Thursday / Nov. 21st - Monday / Nov. 24th - Thursday

TRAVEL TIPS-HEALTH PROTECTION: If travelling outside of Canada in the next few months, or just need an updated Tetanus Vaccine (every 10 years), call your local Public Health Unit at 569-2251 ext. 226 to book an appointment. Clinics fill fast & are by appointment only, so call well ahead of your departure. A Travel Consult with the nurse is required prior to immunizations, to review health concerns at your destination. Book well ahead of your departure date and bring any documentation of previous immunizations.

BIRTHDAY WISHES NOV. 2 - 8

Dennis Will, Michael Wedman, Nicole Davis, Marg Johnson, Anita Jones, Carole Jeppsen, Nolan Frazier, Rian McLeod, Mark Hicks, Bonnie Chinpka, Stephen Porter, Angelina Ondang, Rose Anne Forster, Trevor Jones, Kelsey Gillette, Lily Whitehead, and to anyone we missed Happy Birthday.

LOCAL HOCKEY

The McBride Maniacs 2005/06 Hockey Season is well under way with a team of 17 ladies coached by Dwayne Needham. The team attended their first tournament in Mackenzie on Oct. 22 & 23. The first game on Saturday morning saw the Maniacs matched with the Fraser Lake Screaming Beavers. McBride started out a little slow, but then picked up the pace and went on to beat Fraser Lake 7 - 1. The maniacs played a great passing game as evidenced by 7 goals scored by 6 different players. Game Points: Goals - Rhonda Johnstone, Val Keim, Sarah Bresette, Denise Walker (2), Judy Shawara, and Marnie Molendyk. Assists - Val Keim(3), Amanda Will, Marnie Molendyk, Renee Wedman, & Rhonda Johnstone. The Second Game was McBride vs. the Mackenzie Stars. This was a very fast paced, rough game which had McBride down 3 - 0 to the Stars, until the last period when the Maniacs pulled up their hockey socks and scored 2 more goals to end the game a 3-2 victory for the Stars. Game Points - Goals - Marnie Molendyk & Judy Shawara. Assists - Val Keim. The Maniacs' third game on Saturday was back to back with game 2 and matched them with the tournament hosts, the Mackenzie Chicks with Sticks. Again McBride came out strong with a final score of 5-0, with Maniacs goalie Lynn Airth getting a shutout. Game Points - Goals - Renee Wedman (2), Judy Shawara, Marnie Molendyk (2). Assists - Becca Thompson, Judy Shawara. The results of Saturday's games put McBride in the Final game playing for 1st and 2nd place, where once again the Maniacs came head to head with the fast paced Mackenzie Stars. It was a good final game with both teams playing hard, but the Stars shone and won the tournament with a 4-0 victory over the Maniacs. The McBride Maniacs finished a respectful 2nd place in the tournament thanks to great teamwork! Thanks to Wes Keim for coaching for the tournament. Congratulations Maniacs to a great start to your 2005/06 season!

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-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:sglines@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 Ghines - Oscar & Broome

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

WHY SHOP LOCAL???

Support your local businesses because they are the ones who support us. They employ local people, including our kids. They use local contractors when they need a leak fixed. Local merchants live, work and shop in our community. A dollar spent in a local business is spent seven times again. A dollar spent outside the community is gone, gone, gone.

Shop locally - it's home.

-The McBride & District Chamber of Commerce

The McBride and District Chamber of Commerce invites proposals to cater the 25th Anniversary Christmas Gala December 10, 2005

Suggested menus and prices should be sent to Box 730, McBride, B.C., by November 12.

Any questions please call 569-2264

Maintain the Momentum

Re-Elect

Rick Thompson for

McBride Village Council

On November 19, 2005



Summer's Cleaning Services
McBride, B.C.

Summer Rich
Phone 569-8881

References Available Upon Request
Senior's Discount



or e-mail Summerscleaning@hotmail.com

Health Heart & Home

Health Products, Gifts & Antiques

246 Main Street, McBride, B.C.

Ph: 569-9259 TOLL FREE 1-888-609-9259

Antiques *Gifts*

Vitamins & Minerals

Bulk Spices *Bulk Herbs*

NEW JEWELLERY has arrived
NEW PICTURES coming soon

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

DORITOS XL

280 gms - 2 for **\$5.00** + tx.

PEPSI

1 litre products
2 for **\$3.00** + dep. & tx



MOUNTAIN DEW PITCH BLACK

591 ml - @ **.99¢** + dep. & tx.

OPEN 24 HOURS

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.

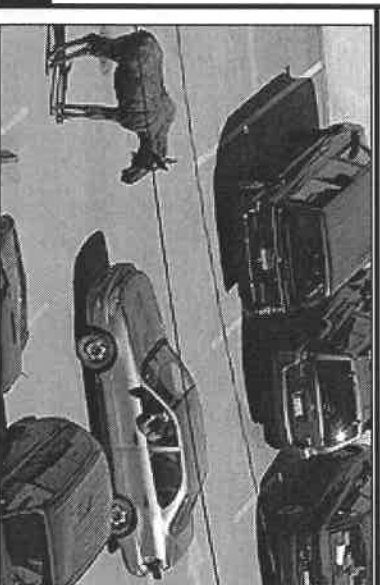
STARTING YOUR OWN BUSINESS

November 21 - 25
9:00am - 3:00pm
Spaces are limited so call now!

Ask for Bob or Bridget.

Canada!

569-2266





**McBRIDE REALTY
CENTER LTD.**

277 Main Street
P.O. Box 729
McBride B.C. V0J2E0
Bus: (250) 569-2719
Toll Free: 1-877-569-2735
Fax: (250) 569-2787
E-mail: rodgerr@mcbrider Realty.com
www.mcbrider Realty.com



Rodger L. Peterson
Owner Broker



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

DELL Chicken Dinner Special
BBQ Chicken - Salad of your Choice & 4 Buns
Only \$10.99

Earthbound Italian Salad Blend - 141 g \$4.49
Fresh Express American Salad - 340 g \$3.99
Fresh Express Italian Salad - 283 g \$3.99
Lettuce - Marketplace (Lvg) (Btr) - 113 g \$1.49
Elstar Apples \$1.19 / lb.
Chicken Breast - Boneless Skinless \$4.49 / lb.
Pork Sirloin Roast - Boneless \$1.99 / lb.
Five Roses Flour - 10 kg - White \$10.99
Canola Harvest Canola Oil - 1.89 L \$4.99
Campbell Chunky Soup -
Beef, New England Clam Chowder or
Chicken Noodle - 540 g - 3 for \$4.98
Oxy Action Sunlight - 625 ml \$2.29
Crown Lily White or Golden Clear Syrup -
500 ml \$2.99

BAKERY

Party Tray Pumpkin Tarts with Cream Cheese
510 g...\$7.99



Vanderhoof & Districts
Co-operative
Association

DRIVERSALES 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 250-567-4488
Fax 250-567-4490
Cell 250-565-8436



L to R:

*Charlene Bare (instructor), Sandra Wourms,
Ashley Chuipka, Shannon Monroe, Tina Pepper,
Steve Wallace (instructor), Stephan Kimpdon,
Wallace Driving School*

Wallace Driving School recently offered the Graduated
Licensing Program (GLP), in McBride. The course allows
the students to get their road test 3 months early and
receive 2 credits towards high school graduation. The
in-car sessions will be taken in Prince George and
McBride - Valemount area. The course includes 20
hours of theory and 12 hours of behind the wheel
lessons. Plans are in the works to offer driver education
courses 4 times a year in the Robson Valley.
For more information phone 56DRIVE Or 563-7483.
Wallace Driving School is celebrating
30 years in Business 2006.



Main St. McBride 569-2415

Our

“Toy Clearance Sale”

starts Thursday, November 3
Great Values on New Merchandise!
(Watch for flyers in the mail or pick up at the Store)

McBRIDE HOCKEY NEWS

Oldtimers Hockey Club Fund Kaiser Hockey Game - The
McBride Oldtimers Hockey Club will be Hosting the Valemount Old
Puckers to a Hockey Game on Saturday, November 5th, 2005 at
3:00p.m. This game is in support of the McBride Food Bank and
hockey fans are asked to bring out a non-perishable food item or
you can make a cash donation at the door. The Food Bank lost most
of their inventory to a recent break in and they are urgently in need
of non-perishable items. There will be raffles and a 50/50 draw. So
come out and see some great hockey and at the same time support
your local food bank.

POLICE REPORT

October 15, 2005 - A report was received of an individual sleeping
in a vehicle parked at a local store. Member on patrol attended and
the individual was issued a 24 hour Driving Prohibition.
October 16, 2005 - A motorist reported hitting a Deer approximately
50 km's East of McBride, there were no injuries with extensive
damage to the vehicle.
October 16, 2005 - A call was received of a motor vehicle accident
involving a moose, the driver sustained minor injuries with some
damage to the vehicle.
October 16, 2005 - A report of an erratic driver was received, patrol
made and vehicle was located and driver was given a warning.
October 18, 2005 - A report was received of a hit and run on a
legally parked loaded b-train parked in the rest area just west of
town.
October 19, 2005 - A report was received from a resident in
Crescent Spur of hearing shots fired after dark.
October 21, 2005 - A report was received of Huisyarna chain saw
taken from the back of a truck while it was parked on 1st avenue.
October 25, 2005 - Member on Patrol noticed a car run a stop sign,
vehicle was stopped. The driver was arrested as he was prohibited
from driving from a previous incident. A search of the vehicle
resulted in a small amount of Marijuana. The Marthwana was seized
under the Controlled Drug and Substance Act.

October 27, 2005 - A report was received of a Break and Enter on
a residence on Jack Road. The incident is still under investigation.
COMMUNITY ANNOUNCEMENTS

Oblate Parish Mission “Kindling the Faith Fire” Friday Nov. 4th
7p.m. to Monday Nov. 7th 7p.m. All are Welcome! St. Patrick's
Church. For more details phone 569-2606.
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.

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.
BUY, SEEL, RENT & MISC.

For Sale-RSS Wood Heater: \$350.00 Phone 569-3459**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-10 cu. ft. Upright Freezer \$259.00
o.b.o. / New Front Load Maytag Automatic Washer 3.3 cu. ft.
capacity, 10 yr. Warranty, \$1250.00 or Same Model Machine used
3 yrs. \$750.00 o.b.o. Ph: 569-2521 or contact Wayne Zimmerman,
5125 Mountainview Rd., McBride, B.C.**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**For Rent:3 Bedroom House: Wood Stove and
Electric Heat. Asking \$550.00/month Ph:569-2345 for more details**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•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 &
11am. and Wednesdays at 7p.m. 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:569-2378 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.

Phone 1-888-842-7245

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	
	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 department.

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

RELIEF FROM ACHES & PAINS

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

HEARTLAND RESTAURANT

569-2285
Sunday, November 6, 2005
Chicken Kiev \$13.95

Groquette Potatoes, Hot Seasonal Vegetables,
Soup or Salad to start. Includes Dessert

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

PHYSIOTHERAPY

Hours: M-F 7-4:30 SAT. & SUN. - Closed
E. Kim Hammerstedt BPT

246 Main Street, McBride 569-0107 THE HAIR SHOPPE

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

Only three more weeks to get your Christmas parcel out!
From Soaps to Candles. Hand crafted woodwork and
fine pottery, Cards, Books, DVD's.

We've got it all at the Gallery - and bubblewrap too!
WHISTLE STOP GALLERY OPEN DAILY AT THE TRAIN STATION

Angels Say
Angels give their best
to help us do our best.

Robson Valley Pet Hostel

Grooming & Boarding
Serving locally for 21 years
Ann Schwartz 569-3319 animal health technician

SASQUATCH Beauty Barn

Fully Licensed Estheticians

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 my Cell Phone @ 569-7729
SERVICING ALL OF ROBSON VALLEY'S
PROPANE NEEDS:

FURNACES - HEATERS - APPLIANCES
TANKS - INSTALLATION

MAINTENANCE - CLEANING

Adrenaline Services

ROD WHELPTON 569-2330
CELL: 569-7236

Whiskey Jack Holdings

Backhoe / Dump Truck
Services
Call Mike 569-2642

The new Watkins Associate for McBride is
MARIANNE LONGUSKIE Watkins Associate #359864

VITAMINS, SPICES, GIFTS,
& MUCH MUCH MORE!

WATKINS PHONE 569-0358 AFTER 4:00PM

Ande's

AUTOCARE Auto Parts

www.andesautoparts.com
289 Main Street, McBride BC V0J2E0
Mon.-Fri. 7 to 7, Sat. 8 to 6,
Sun. 10 to 2
Tel: 250-569-2352
Fax: 250-569-2342
After hours 250-569-2352
Del Fry / Lenny Stone