

TRAVELLERS' INN RESTAURANT
OPEN 7 DAYS A WEEK FULLY LICENCED

EASTER SUNDAY SPECIAL
HAM & SCALLOPED POTATOES

INCLUDES DESSERT



'DIANE'
Dowe Creek, B.C. (250) 553-6863
www.avanteacres.com
difie@telus.net

ICED CAPPUCINOS ARE BACK!

Licensed Automotive Repairs
PROVINCIAL INSPECTION FACILITY
Heavy Duty & Small Engine Repairs
Canadian Cylinder & Gas Depot - Welding Supplies
Logging Supplies & Accessories - Chainsaw Parts
Superior Propane

1098 NE Frontage Road, McBride 569-2418
Regular Business Hours: Monday-Friday 6am-5pm
Saturday 7am-noon

We will be closed for Easter April 14 - April 16



JR's Hot Tubs & Recreation

- Sales
- Maintenance
- Chemicals

All your Hot Tub Needs!
Call Jack Hoy

FORBES PRINTING & SIGNS

- TROPHIES
- ENGRAVING
- COLOR SCANNING
- T-SHIRTS
- PHOTOCOPIES
- CONFIDENTIAL CARDS
- OCCASIONAL CARDS
- INVITATIONS
- BUSINESS CARDS
- LAMINATING
- BINDING
- BANNERS
- SIGN BOARDS
- VEHICLE SIGNS
- MAGNETIC SIGNS
- PLASTIC SIGNS



- 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

Advantage Insurance Services Ltd.
Rosemary L. Hruby, CAIB

250-569-2264

We will be

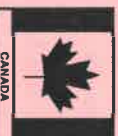
CLOSED Friday, April 14
OPEN Saturday, April 15

FREE The Little FREE



McBride

Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed.. April 12th 2006

HAPPY EASTER
IN LOVING MEMORY

Doug Lawrence
April 17, 1988

If we could have one lifetime wish,
One dream that would come true,
We'd pray to God with all our hearts
For yesterday and you.

-Your Mom, sister Sharon, brother Bruce and Families.
SCOTTABANK

Scotiabank McBride is celebrating it's 9th Annual B.C. Children's Hospital Barbecue and Raffle!! Please join us Friday, May 12th from 11 a.m. until 2 p.m. Help us to put smiles back where they belong!!

MGBRIDE HOCKEYVILLE NEWS

Dear Travelers, Welcome to McBride B.C. We are entered in the CBC KRAFT Hockeyville contest. The contest is designed for communities looking to showcase their community spirit and love for the game of hockey. Our passion for the great game of hockey and our love for our community reflects in our Hockeyville spirit. It is this thread that holds our community together and the same thread that has been woven throughout our great country. Watch CBC Hockeyville on April 12th @ 8:00pm & April 19th @ 8:00pm. Please share in our spirit and vote for McBride. Visit our website @ www.mcbridehockeyville.com
Voting begins on April 12th 2006 @ www.cbc.ca/hockeyville
WERE BLUE UNTIL THE GOLD SHINES THROUGH!
-McBride Hockeyville Committee

VILLAGE OF MGBRIDE

McBride Super Service Certificate - Career skills for today & beyond: 2 day course to improve customer service skills for all levels. Cost \$40 per student; \$10 refund for successful completion of the course. 25% OFF course price for employers that sign up their employees. *Friday & Saturday, May 5 & 6 / Village Office Council Chambers. 2 Full days starting at 8am. *Limited space, pre-signing for next session. **SIGNUP** - R.V. Home Support 569-2266 / McBride High School 569-2295 / Village Office 569-2229.

THANK YOU

Thank You for your Support - I wanted to thank the community for their overwhelming support and to each of you who voted and polled for votes during my running in Canada's Top Model! A special thanks to the community, McBride Secondary, Robson Valley Times, The Valley Sentinel and The Little McBride Paper for getting the information out there. -Danielle Alton.

McBride Hospital & Health Center

Well Women's and Men's clinics continue to be available as well as foot care for those with diabetes or circulation problems. Make appointment with front office.

Diabetic Group Meeting Thursday, April 20 at 1 pm and **Arthritis Group Meeting** Thursday, April 27 at 10:30 am both in the education room of the hospital.

Optometrist, Dr. Greydams, will be coming to McBride May 29, 30 and 31. To make appointments call 1-800-665-1128 and say you want your appointment in McBride.

COMMUNITY ANNOUNCEMENTS

75th Anniversary - For a musical ride I need interested horse people to join the crew. Please call 569-6801.

The Village of McBride's garbage collection will be Thursday, April 13th due to the Easter Holiday.

BIRTHDAY WISHES APRIL 12 - 18

Shelly Ryan, Helena Adamowicz, Chelan Mazereeuw, Brock Walker, Rob Taylor, Andrew Mason, Valerie Keim, Greg Gibson, Camren Classon-Ondang, Allana Starlund, Dorothy Foster, Caleb Will, Sherrae Watson, Anna Marie Hulka, Ray Wiltsie, Cesco Vizza, Sarah Marsh, Phyllis Irvine, Helene Snider, Deb Reimer, Tyler Marsh, Adella Gordon, Ted Zarowry, Cassandra McCutcheon, Dave Marsh, Gladys Barnes, Buddy Cardinal, Darrell Scales, Emma Street, Vince Boharichuk, Mark Thiffault, Elaine Shawara, Robert Peasegood, Lana Jeck, Peter Alan, Danielle Alan, and to anyone we missed Happy Birthday.

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.G.'s Friendliest Town!!

GOLF COURSE OPENS

King Creek Golf & Winterclub is open for another year of family fun. Enjoy a full round or try our Miniature Golf and Target Range. Find out how affordable golf can be for the whole family. Give us a call.
*Men's Golf Wednesdays
*Junior Golf Saturday
*Ask us for Half Price Rate Days and other specials.
250-569-0191

THE LOGGER AND THE LADY

SPRING STOCK IS HERE!!!

COME IN AND CHECK OUT THE FANTASTIC SALES

~~~~~  
**WE WILL BE CLOSED FRIDAY**  
**OPEN MONDAY**

OPEN MONDAY TO FRIDAY 10:30 - 6:00  
569-0077 AFTER HOURS CALL 569-2539

**Health Heart & Home**

Health Products, Gifts & Antiques  
946 Main Street, McBride, B.C.  
Ph: 569-9559 TOLL FREE 1-888-669-9559  
\*Antiques\* \*Gifts\*  
\*Vitamins & Minerals\*  
\*Bulk Spices\* \*Bulk Herbs\*

Watch HOCKEYVILLE  
April 12/06 8:00pm on CBC

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

**OPEN 24 HOURS**  
**DOLE JUICES / LIPTON TEA**

473 ml - 2 for **\$3.00** \* dep. & tx  
2 L - 1 at reg. price get 2nd for **.99¢** \* dep. & tx.

**HUSKY** GATORADE

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

**Employment Assistance Service**  
**Robson Valley Home Support Society**

**NEED A JOB?**

**NEED A WORKER?**

Contact **Bob Thompson 569-2266**

Funded by the Government of Canada  
**Canada**



**COUNTRY STYLE TOUPIE HAM:**

2 kg ----- **\$4.99**  
(With Flyer Coupon & \$75.00 Purchase) (\$1.13 / lb.)

UTILITY TURKEYS - ----- **\$1.39** / lb.

PIZZA PEPPERONI - 100 g ----- **¢.99**

COOKED EUROPA HAM - 100 g ----- **¢.79**

PORK SIDE SPARERIBS - ----- **\$2.99** / lb.

DAIRYLAND WHIPPED CREAM - 500 ml ----- **\$1.99**

CHRISTIE GRAHAM/OREO CRUMBS - 400 g ----- **\$2.99**

WESTON HOT CROSS BUNS - 8's ----- **\$2.99**

DEMPSTERS / COUNTRY HARVEST BREAD - 680 g ----- **\$2.59**

LOOK FOR OUR EVERYDAY VALUES and our UNADVERTISED SPECIALS

**EASTER EGG HUNT**

at McBride Bigway  
Count the Easter Eggs inside the Store  
and receive a SURPRISE  
(Kids & Adults Welcome)

WIN 1 of 2

**GIANT EASTER RABBITS**

Come in and pick up a picture of the Easter Bunny.  
COLOR IT & drop it off at McBride Bigway.  
Winners to be drawn on Monday, April 17th.





Vanderhoof & District  
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

**Number Cruncher  
Accounting Services**

Amy Vause  
569-0171



**Income Tax Returns  
Personal & Small Business  
Complimentary E-File for  
quick refunds  
Ask about Instant Refund!!!**

**DID YOU KNOW THAT...**

when using the first pay telephone,  
a caller did not deposit his coins  
in the machine. He gave them to  
an attendant who stood next to the  
telephone. Coin telephones did not  
appear until 1899.

**I could have sworn we had  
neighbours yesterday.**



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: rodney@mcbriderealty.com  
www.mcbriderealty.com



Rodger L. Peterson  
Owner Broker



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

**INCOME TAX**

Personal, Senior & Self-employed Returns  
accepted to April 23 for the April 30 filing deadline

Linda Fry, P. Mgr., C.I.M.  
532 Main Street, McBride BC  
569-0138

Prompt, confidential, year-round service.



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

Your Neighbourhood Food Store

**DELI**

In-Store Special April 9-15  
Pastrami - 100 g...\$1.59

Fresh Baked Pot Pies - Asst. Flavors...\$3.49 each  
EARLY MOTHER'S OR FATHER'S DAY PRESENT

White Robes Microfibre..... \$29.95

**CHECK OUT THE CASE LOT PRICES**

5 Alive Juice Boxes - 10x200 ml.....\$4.75  
Minute Maid Juice Boxes -  
Assorted - 10x200 ml.....\$4.75  
Island Farms Ice Cream -  
Assorted Flavors - 4 L Pail.....\$5.78  
Fresh Turkeys.....\$1.99 / lb.  
Burns Toupe Hams.....\$1.69 / lb.  
ASSORTED FRESH FLOWERS  
NOW AVAILABLE

**BAKERY**

Potato Rolls - 6 pack...\$1.09  
Butterflake Rolls - 6 pack...\$1.49

**McBRIDE REALTY UNIT**

**Smokeless Does Not Mean Harmless:** Many People think that using smokeless tobacco, more accurately called spit tobacco, is safer than smoking cigarettes. However, just because there is no smoke does not mean it is safe. Spit tobacco is a mixture of tobacco, nicotine, sweeteners, abrasives (sand & grit), salt and chemicals. It comes in three forms: \*Chew - this is a leafy form of tobacco. It is kept between the cheek & gums for several hours at a time. It is also known as a "wad". \*Plug - This is chew tobacco that has been pressed into a hard block. It is placed between the cheek & gum. \*Snuff - This is a powdered, moist form of tobacco. It is placed between the bottom lip or cheek & gum. Some users also sniff it. It is also known as "dipping". A person who uses 8 - 10 dips or chews a day gets the same amount of nicotine as a heavy smoker who smokes 30 - 40 cigarettes a day. Spit tobacco has over 3000 chemicals including 28 known cancer-causing agents. People who use spit tobacco are at a higher risk of: \*Mouth cancer, including cancers of the lip, tongue & cheeks; \*Cancers of the throat, sinns and stomach; \*Heart disease, stroke & high blood pressure; \*Dental diseases, including receding gums, tooth decay, stained teeth and chronic bad breath. \*Leucoplakia (white leathery patches inside the mouth). If you are a smoker or spit tobacco user and are thinking about quitting, McBride now has a Nicotine intervention counselor. Other options Quitnow by phone or Quitnow.ca. All are available free of charge. \*Nicotine Intervention Counselor: Call McBride Hospital & Health Centre 569-2251 ext. 200 to make appointment. \*Quitnow by phone: 1-877-455-2233 \*Quitnow.ca: www.quitnow.ca. Written By Laura Johnston, Regional Tobacco Reduction Coordinator, (NIHSDA)

**FUN WITH FAMILY & FRIENDS, PARENTS, NEWBORNS & TODDLERS:** Come meet with other parents & children while participating in crafts, story time & sharing. **McBride Health Unit** 2nd & 4th Thursdays 11:00 a.m. to 12:00 p.m. Snacks & Refreshments. \*April 13 - Mother Goose Presentation \*April 27th - Spring Fling-Walk to the Library for Mother Goose \*May 11 - Parenting \*May 25- Creepy Crawlies. Child Care Resource & Referral Consultant will attend on the 4th Thursdays with Stories & Crafts. •Other Guests: on 2nd Thursdays / Beth Frederick - Stepping Stones Daycare / Mary Stewart - Infant Development Program. \*\*Cary Savarella - Public Health Nurse - will be in attendance to answer questions or call 569-2251 ext. 226\*\*

**BUY, SELL, RENT & MISSG.**

For Sale-Older model 14 wide mobile home with a full length addition. Trailer in need of some work. Accepting bids until April 21. Call Robert at 569-2424 or Gordon at 569-3186 evenings to set up a viewing. •For Rent-2 Bedroom Mobile Trailer. Furnished, available immediately. Just out of town. Phone 569-2628 •For Sale:1988 Mercury Sable. Low mileage, good condition. Call (250) 569-2754 •For Sale-12x62 Trailer \$9000 o.b.o. Ph:569-0265 •NEED A VACATION? PUERTO VALLEARTA, MEXICO. ONE WEEK, 5 STAR ACCOMMODATION, TWO MILES OCEAN FRONT, SLEEPS 5, APRIL 22 TO APRIL 29, PHONE: 569-2778 •Don't like what I'm cooking? Make your own. This 3000 sq. ft. house has 2 full kitchens, 5 bedrooms & 2 baths. For more info phone 569-8869. Asking \$189,000.00 •For Sale-78, Travel Trailer 22', sleeps 6. Good Condition \$4500 obo 569-2709 •For Sale-A little tykes yellow car bed \$1000.00 Ph:569-2340 •For Sale-3 Bedroom Mobile Home with Addition, Sundeck and Shed. Owner financing available. Ph:569-0308 •For Sale-1997 Dodge Stratus ES, V6 w/ autostick, leather, pw, pd, ac. Well maintained with extra tires, and an uninstalled remote starter. \$4800.00. Call 569-3414 for more info. •To place an ad here call 569-3110 or drop info at 455 King Street.

**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 569-3186 •Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am. 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 •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:968-4353 •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 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  
R.C.M.P. .... 569-2255  
Hospital ..... 569-2251  
Health Unit ..... 569-2251  
K to 7 School ..... 569-2721  
High School ..... 569-2295  
Dunster School ..... 968-4414  
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!**

**Ande's  
AUTOCARE Auto Parts**

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

**DID YOU KNOW THAT...**

The term 'cop' came from England.  
It's short for Constable on Patrol.



Tuesday - 10 to 5 & 7 to 9  
Monday & Thursday Closed  
Wed. - 10-2 Fri. - 2 to 9 Sat. - 2 to 5  
Cost of Internet usage - \$1.00 per half hour  
http://www.mcbridebc.org/library

**Angels Say**

WHEN YOU CRY ALONE  
you don't notice angelic hands on your  
shoulders, but they are there.

**THE HAIR SHOPPE**

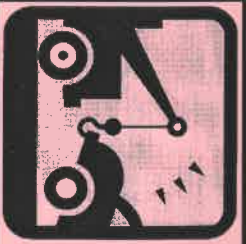
803 3rd Ave. - side entrance  
House Keeping Services  
Bonded & Insured  
\*weekly  
\*bi-weekly  
\*monthly  
\*special occasion



Amanda & Sherre Watson (250) 569-7155

**Kit's Heavy Hauling**

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



Del's  
Used Auto Parts & Tires  
is offering  
Free Vehicle Removal  
to April 30, 2006  
Del Fry ... 569-7070

**McBRIDE MOVIES & MORE**

YOU SCREAM  
I SCREAM  
WE ALL SCREAM FOR  
ICE CREAM  
Happy Easter

**SASQUATCH Beauty Barn**

Fully Licensed Esthetics  
\*Call for appointments\*  
1102 - 4th Ave.  
569-2294  
stape@telus.net my Cell Phone @ 569-7229

**PHYSIOTHERAPY**

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

Stylin' by Sina cuts - colors - curls  
(c) 569-7279 (m) 569-0411

**HEARTLAND RESTAURANT**

Easter Sunday  
Baked Ham, Scalloped Potatoes, Hot Vegetables  
Soup or Salad to start, Strawberry Cheesecake for Dessert  
\$12.95 (Seniors \$10.95)

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



Beaney's Bites 569-0133  
"Grab 'n Go"  
Pizza Slice  
11:30 - 1:30 FRIDAY ONLY  
OPEN Fri., Sat. & Sun.