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Rodger L. Peterson
Owner / Agent

E-mail: rodger@mcbriderealty.com
www.mcbriderealty.com

The Center of Real Estate Action in the Robson Valley!!

IGA

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

HOMETOWN PROUD

- DELL**
- Head Cheese - 100g...\$4.99
 - Pizza Pepperoni - 100g...\$4.99
 - Pizza Salami - 100g...\$4.99
 - Family Pack Loin Pork Chops by the package - 6 center cuts, 2 rib portions & 2 tenderloin (filet) \$2.69 / lb.
 - Zucchini \$4.89 / lb.
 - Broccoli \$4.79 / lb.
 - Eggplant \$1.19 / lb.
 - Barlett Pears \$5.00
- All Pepsi Products - 2 litre - 4 for \$5.00
We now carry the Buy & Sell

PRICED RIGHT

- Rogers Flour - Assorted 10kg...\$7.48
- Old El Paso Salsa - 650ml...\$3.38
- Old El Paso Taco Shells - 12's...\$2.28
- Old El Paso Tortillas - 8's - 2 for...\$4.98
- Old El Paso Tortilla Chips - 400g...\$2.38

BAKERY

- Pumpernickle Bread...\$1.79
- Flax Bread...\$1.79

McBRIDE CREDA NEWS

The brochures are out!!! If you did not receive one in the mail, you can pick one up around town or at the McBride CREDA office at 964 2nd Ave. We are offering over thirty courses this year and are still working on a few more. Many will fill up quickly, so register as soon as you see something you like! You can call any time at 569-3379. Leave your name, phone number and the course you would like to take.

HARKIDO - This martial arts course is already in progress but you can register and begin any time. Mike Jacques instructs at McBride Centennial School gym on Monday and Thursday from 6pm to 9pm. The cost is \$50.00 for 4 weeks.

GETTING READY FOR GOODBYE - This is a course everyone should take. Linda Fry will help you understand wills, estate planning, living wills, power of attorney, being an executor, etc. The course fee of \$15.00 will get you two evening sessions at Beaverview Lodge (Feb. 3 & 10).

AMATEUR RADIO - Frank Turner will guide you through this 20 hour course. The \$95.00 fee includes a \$40.00 manual and a \$40.00 membership in the radio club and allows you to write the exam for your Basic Amateur Radio Licence. Register before Feb. 1 so we can order the manuals!

COMING SOON - Walk Through the Health Hut, Tango with the Taxman, Computer Courses, Photography, Garden and Bedding Plant Courses, etc. Remember to register early!!!

A.C. & T. CONSTRUCTION

- CARPENTER - HANDYMAN**
- Renovations • Additions • Siding • Basement Suites • Windows • Doors • Asphalt Re-Roofing • Kitchens • Baths • Drywall • Painting • Finishing • Drafting & Design •
- Home Repair • • Odd Jobs •
• Minor Electrical & Plumbing Repairs •
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• Free Consultations • • At 569-2519



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FREE The little FREE

McBride



Paper



Serving BC's Friendliest Town and Area!!

For the week of *Wednesday, Jan. 26th, 2000*

THANK YOU

The Caputo Family would like to extend a heartfelt Thank You to all the friends and family who brought food, flowers and cards during our recent loss. Your support and kindness during this difficult time was greatly appreciated and will never be forgotten. A Special Thank You to Dr. Cowburn, Dr. Turner, and all the staff at McBride Hospital as well as the ambulance attendants for their great care of Frank during his short stay at McBride Hospital.

Carmela, Teresa, Olivia, Linda, Eliana and families

Paul Caputo and family

I want to Thank all the wonderful people in Robson Valley for their goods, materials, and service contributed to the extensive tornado-damage victims in my home state of Oklahoma. My sons and I did disaster relief with ADRA (Adventist Development and Relief Agency), an international agency of the Seventh-Day Adventist Church. Volunteers and Victims were highly impressed with your effort and caring. I want to Thank Dorothy Simpson, Lynn Schook and Lorraine Thiecheant with the Girl Guides, Gail Mason of Gail's Childcare, the Seventh-Day Adventists Pathfinders, all the private individuals from McBride, Saint Patricks Catholic Church, Students of the Robson Valley Jr. Academy, Robson Valley Christian Centre, The Evangelical Free Church, The McBride Seventh-Day Adventist Church, Gail Shantz of the Chevron Service Station, and Ned and Deb Wilstie of the Kal Tire. Thanks Greatly for your help. What a GREAT COMMUNITY!!!

Debra, Zachary, and Clint Gait

COMMUNITY ANNOUNCEMENTS

The Ski Club would like to remind all the skiers that the trails are well groomed and tracked for great skiing conditions. So take your family and have a great time together!!!

LIBRARY NEWS - Fine Free February!! The McBride & District Public Library would like to remind everyone that February is amnesty month at the Library. So if you have any overdue items lurking around the house, in the closet, under the bed, wherever, now would be a perfect time to bring them back. If you think you may have an overdue book, but you're not sure, just give us a call at the Library. We'll be happy to let you know what items you have checked out.

After February our fines are going up. The new rate will be 5 cents per item per day on materials from our library collection. **Grief Support Groups** - Grief support groups are being formed in the McBride and Valemount Communities. Purpose: To provide support and information for grieving individuals. All interested persons are welcome to attend. *Weekly groups to begin FEB. 1, 2000 *Daytime and evening groups are being scheduled. *To be held in the communities of McBride and Valemount. *No cost to Participants. *Pre-Registration Necessary *For further information or to register, Please Contact: Barbara Wells - McBride Office: 569-3387 or Valemount Office: 566-9107

Northern Interior Regional Health Board next meeting will take place Wednesday, February 9 at 3p.m. at PGRH. The public is invited to attend.

Cross Country Ski Equipment Swap - Anyone wanting to buy or sell childrens' XC Ski Equipment please call Elaine Gillette @ 569-2643.

CHURCH NEWS N' THINGS

The **Downtown Thrift Store** on Dominion Street winter hours are: 10am. to 2pm. Saturdays. Thanks to everyone for their donations of clean clothing. Due to limited space we are unable to accept large furniture, magazines or large books (e.g. Encyclopedias etc.) Drop off when not open at 1153 Dominion Street or the Health Hut. **Dorcas** is OPEN Tuesdays starting Sept. 7 from 1pm to 3pm. For more information call 569-3186. **Seventh-day Adventist Church**-Meet Saturdays at 9:30am Ph:569-2539. **Mennonite Church**-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-3302. **Mountain Chapel (PAOC)**- Sunday School & Adult Classes-10am, Services-11am. Ph:569-3350. **Anglican United Church**-Meet Sundays at 11:30am. Dominion St. Ph:569-2580. **Evangelical Free Church**-Sunday School 9:45am. Sunday Services at 11:00am. Ph:569-2537. **Robson Valley Christian Centre**-Meets in home Sundays 11am, Dunster Ph:968-4335. **St. Patrick's Catholic Church**-Meets Sundays at 10am Ph:569-2606. **IF YOU WANT TO GIVE THAT SPECIAL SOMEONE A HAPPY VALENTINES MESSAGE TAKE OUT A \$5.00 AD IN THE LITTLE McBRIDE PAPER. JUST GIVE US A CALL AT 569-3110 OR FAX US AT 569-0220.**

Greyhound Bus Schedule

Country King
Depart to East-9:35am & 2:35am • Edmonton
Depart to West-8:05pm & 5:30am • Prince George
Depart to South-9:35am • Kamloops

Please Call The Little McBride Paper with all coming events, news, trivia, comments, anything!! Ph:569-3110 or Fax:569-0220. If we don't know about it, we can't write about it!! Susan & Scott Gillies - Broom & Oscar - Box 441 McBride

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

POWERHOUSE PUB

SUPER BOWL SUNDAY

- * FREE POOL *
- * LARGE SCREEN TV *
- * FOOD & BEVERAGE SPECIALS *

STEDMANS

Main St. McBride 569-2415
Our CLEARANCE SALE

Continues Until Monday, January 31

- 15% OFF - Bird Seed & Feeders
 - 25% OFF - Boxed Chocolates & Nuts
 - 25% OFF - Comforters & Bed-In-A-Bag Ensembles, Towels, & Cushions
 - 30% OFF - Running Shoes & Slippers
 - 30% OFF - Colognes & Perfumes
 - 30% OFF - Gloves, Toques & Scarves
 - 30% OFF - Children's Winter Clothes & Footwear
 - 40% OFF - Men's & Ladies Winter Clothes & Footwear
 - 50% OFF - Covergirl Lipsticks, X-Mas Stock
 - 50% OFF - Selected Yarns, Crystal Giftware
- Watch for In-Store Specials on Selected Toys, Picture Frames, Appliances & More!
This Sale does not apply to already "Sale or Clearance" Items.
All Sales Are Final!

FARNSWORTH ACUPUNCTURE

Your Health Alternative

Acupuncture is a method of using fine needles to stimulate invisible lines of energy running beneath the skin's surface.

This affects a change in the energy balance of the body and works to restore health. Western medicine looks for an external cause or agent of a specific disease which it isolates, controls or destroys with drugs or surgery. Chinese medicine takes into account the disease symptoms but also age, lifestyle, diet, work, medical history, emotional states, physical traits, pulse and tongue diagnosis which form in total patterns of disharmony.

McBRIDE CLINIC
Jan. Feb. Mar. 28/29 25/26 24/25



Robson Valley Health Hut
569-2559

TRADITIONAL CHINESE MEDICINE

RESTLESS WHEELS CAFE

IF YOU ARE TRAVELLING THROUGH

MILLET ALBERTA STOP IN AT THE

RESTLESS WHEELS CAFE.

GREAT FOOD!!!

- Monday / 6:30a.m. - 3:00p.m.
- Tuesday-Friday / 6:30a.m. - 5:30p.m.
- Saturday / 8:00a.m. - 3:00p.m.
- Sunday / CLOSED

Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

ADVANTAGE of using Advantage Insurance Services Ltd.

QUITOPKON

GRIEF SUPPORT GROUPS

are being formed in McBride and Valemount meeting weekly, daytime or evenings beginning early February. For more information, or if you wish to register, please phone Barb Wells 569-3387

BIGWAY

Main St., McBride
FOODS 569-5166

Extra Savings All Week Long
Spartan Apples \$1.00 / lb.
Navel Oranges - 6 for \$1.00
Honeydew Melon \$2.49 / lb.
Boneless Bottom Blade Steak \$4.99 / lb.
Whole Cut Up Frying Chicken \$1.99 / lb.
Boneless Skinless Chicken Breast \$4.99 / lb.
And Many More Unadvertised Specials

JENNY'S SHOP

McBride
569-0095

ASK ABOUT OUR
STUDENT MEAL CARDS

"TAKE OUT"
Pizza - Chicken
"Hot or Cold Subs" and mini pizzas
Restaurant & Much More

Offering Old Fashioned Shoe String Fries
Fridays Only

Espresso Bar

Coffee Cards are available. Buy 5 Espresso
Specialty Drinks and get the 6th FREE

POWERHOUSE PUB INTRODUCING

THE "QUICK MEAL"

LUNCHEON DEAL

Soup & Sandwich with Coffee \$5.95 + tax

Monday - Friday 11am to 2pm

Keno Special - Play 5 get the 6th FREE

FOR RENT

Furnished Apartments

Utilities included

Large one bedroom

Large two bedroom

with laundry

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We Repair, Upgrade & Sell Computers
Lease To Own Your Dream Computer
for less than \$100.00 a month.

Give us a call for a free quote.

Happy 13th Birthday Ashley

January 27

569-8805
aaamiron@mcbridebc.net

The Soup & Sandwich Shop



(located beside the Liquor Store) 569-0045

where good food and good friends meet

WE'RE STILL HERE!

The Same Great Food!

Fresh Home-made Soups!

Great Sandwiches!

Monster Burgers!

Fresh Baked Goods!

Because we are Owner Operated, we will

Remain a Smoking Establishment.

NEW WINTER HOURS

7am to 4pm Monday to Friday

Closed Weekends

Come on in and try our Five Alarm Chile!

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OF SIGNS

PHOTO COPIES • TROPHIES • ENGRAVING
COLOR LASER PRINTER • DIGITAL CAMERA
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• BANNERS • SIGN BOARDS • PLASTIC SIGNS
Scott & Susan Glines Ph:569-3110
981-5th Ave. Fax:569-0220

GRADE 12's FUND-RAISER

Valentine's Day Flowers- The grade 12's are selling Valentine's Day bouquets this year as a fund-raiser for their Grad Trip to Edmonton. The bouquets will consist of 6 large carnations, greens and babies breath. Each bouquet costs \$12.00 and will be available for pick-up on Sunday, February 13th from noon to 3:00pm. at the high school. If you have not been contacted by a Grade 12 student, you can place your order by calling the school at 569-2295 by noon Friday, January 28th.

COMING EVENTS

McBride Ski Club Meeting is rescheduled for Monday January 31 at 7:00pm. in the Highschool.

McBride Curling Club Ladies Bonaspiel will be taking place February 11, 12 & 13, 2000. Please watch for further details"

AROUND THE SCHOOLS

The McBride Secondary Grapefruit, Orange and Apple Sales- The McBride Secondary School's Annual Orange and Grapefruit sales which will include the sale of Spartan, Macintosh, Red and Golden Delicious apples is back! You won't want to miss out on these juicy seedless navel oranges and pink grapefruit or the fresh ripe apples. The boxes are approximately 12-14 lbs. each. The cost will be \$14.00/box for apples and \$16.00/box for oranges and grapefruit. The deadline for orders will be 9:00a.m. Friday, February 4th and should arrive the following week. Orders can be phoned in to the McBride Secondary School at 569-2295.

McBride Centennial School - Grade 7 class is integrating Art and Socials by making "Paper Mache" mummies for Ancient Egypt. Students are busy designing and sewing their own quilts. Our "Family Life" program has been completed with much maturity on the part of the students. Thanks to parent helpers for our Thursday Curling program. Basketball practice happens Tuesday and Friday at 7:45a.m. as well as Wednesday noon.

BIRTHDAY WISHES JAN. 28- FEB. 2

Phyllis Toews, Richard Quan Sr., Mary Henderson-Bekus, Ashley Miron, Jennifer Hooker, Laine Molendyk, Mitch Lanning Sr., Christopher Flynn, Don Smith, Robert Green, Shea Krenzler, Joey Rich, Kathleen Elliott, Shane Long, Morgan Littlechild, The Kimmacher, Jesse Spangler, Linden Salayka Ladouceur and to anyone we have missed.

BUY, SEEL, RENT & MISC.

For Sale-1985 Suburban 350 auto. Good Running Condition \$2500 o.b.o. 1985 Pontiac 6000 V-6 auto. \$500. Phone 569-0041**For Sale-Hand Post Hole Auger and one hundred post holes. Write to W. Westgard Box 947 McBride B.C. V0T 2E0**For Sale-2 Pizza Ovens: One 110 volt and One 220 volt. Phone Ed at 569-0045 or 569-0122**For Sale-1994 Ford Aerostar 4WD, Air Tilt, Cruise, Running Boards, 1 owner, immaculate condition. \$12,000. Phone 569-3325**For Sale-Steel Office Desks. With laminated top and wood drawers. \$75.00**Quick Sale-50'x125' Vacant Lot. Excellent location, close to school/shopping. Phone 569-0033**For Sale-1979 Dodge 1/2 ton. Good Running Condition. Includes dry box. \$1300.00 Ph:566-9798**For Rent-2 Bedroom House Available December 16. Ph:569-2712 or 569-2531**For Rent-3 Bedroom Clean Mobile Home for rent in McBride. Fridge, Stove, Propane Heat, Fenced Yard, Pets Negotiable. \$450/mth includes pad rent. Unli extra. Damage Deposit required. Ph:250-674-2484**For Sale-Carved wooden Ram and Carved Wooden Wolf - Offers / Girls Book Case Hutch for top of a desk - White. Power Trowel, Bow Mag. Must Sell. Ph: 569-2672**For Sale-by motivated owners: 1157-4th Ave. Approx. 1200 sq. ft. home. Built in appliances: 3+1 Bedroom. New carpet and lino. Finished basement with wood stove, pool table, 4 pct. bath, beautiful landscaped. Detached garage. \$97,500 o.b.o. Phone 569-2478**To place an ad here call 569-3110 or drop off info and \$'s at 981-5th Ave. (\$3/week).

NIGHT LIFE LINE-UP

McBride Hotel-Superbowl Sunday we will be having a pool tournament. Cash & Prizes. We now have Satellite T.V. for all your Sports Entertainment. Beverage Specials. Room Rates-Best Rates in Town Single or Double starting at \$40 tax incl. or a Double for 7 nights for \$150 tax incl. Watch for our INN HOUSE SPECIALS. McBride Restaurant is open 7 days a week 11a.m. - 11p.m. Free Pool on Wednesday Evenings & Sunday Afternoons. Phone 569-2277.

Phone 1-800-561-8630

Via-Rail Schedule
Going West - Sunday, Wednesday & Friday...2:40pm
Going East - Monday, Thursday & Saturday...12:47pm
40% Savings on Coach Fares booked a week in advance
Additional Savings for Seniors, Children & Students

Important Phone Numbers

EMERGENCY 9-1-1
R.C.M.P. 569-2255
Hospital 569-2251
Health Unit 569-3765
K to 7 School 569-2721
High School 569-2295
Dunster School 968-4414
School District 57 1-800-256-7857

The Little McBride Paper.....Phone 569-3110 or Fax 569-0220
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.

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AUTOMOTIVE, SMALL ENGINE & HEAVY DUTY REPAIRS

REGULAR - DIESEL - PROPANE - MON. - SAT. 6AM TO 8PM & SUNDAY 7AM - 7PM

NEED SOME MENDING DONE?

Drop off items at Odds & Ends for

Linda McClinton to mend. Please clean garments beforehand.

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Bearings and Seals • V-Belts • Roller Chain • Clutches to fit most Tractors • Alternators • Starters • 3 Point Hitch • Front End Parts • Hydraulic Lines made to order

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SIN MOO HAPKIDO

Mondays & Thursdays at the Elementary School
Children: 6:15 - 7:15 Adults: 7:30 - 8:30
Contact Instructor M. Jacques 569-2487 or CREDA 569-3379

FOR RENT

2 and 3 Bedroom Mobiles. Both have Large Additions, Wood Stove and Fridge & Stove Mountainview Trailer Park. 569-0231

If interested in having a biweekly or monthly AUCTION in McBride please call Wade at 569-2504 or Bob at 569-3344. Please let us know as soon as possible for more information.
(Licensed Auctioneer)

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SASQUATCH Beauty Barn

Treat Yourself Today

Manicure - \$18.00

Pedicure - \$25.00

OPEN TUESDAY - SATURDAY 10am - 5pm
1102 - 4th Ave. Call 569-2294 for Appointment

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Robson Valley Home Support Society

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Contact Bob Thompson 569-2266
569-2464



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STUDENTS

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Cruise In Discount Cards

Need Auto, Truck or Snowmobile Parts?

CRUISE AUTOMOTIVE

(located in the rear of the Cruise In Cafe)

COLD WEATHER!

Batteries - Antifreeze - Alternators
We Have Them In Stock

Monday - Friday 8:00am to 6:00pm
Saturday 9:00am to 4:00pm Sunday 10:00am to 2:00pm