



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

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



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

Your Neighbourhood Food Store

DELI

- Carribbean Chicken Breast - 100g...**¢.99**
- Black Forest Turkey Breast - 100g...**\$1.59**
- BREYERS ICE CREAM** - Assorted Flavours
- Uncle Ben's Fast & Fancy Rice -
- 6 pack - 3 flavours **\$5.98**
- Old Dutch Restaurant Style Tortilla Chips -
- 320g - Reg. **\$3.29**
- Five Roses All Purpose Flour - 10kg **\$6.99**
- Viva Puff Cookies - 300g **\$2.39**
- Wagon Wheels -
- Raspberry or Original - 10's **\$2.99**
- Sun Rype Fruit To Go - 5 for **\$1.99**
- Apples - 3 lb. bag **\$4.29**
- Extra Lean Ground Beef - Family Pack .**\$2.49 / lb.**
- Top Sirloin Steak - Family Pack **\$5.99 / lb.**
- Fresh Snapper Fillets **\$6.79 / lb.**
- All Valentine's Day Chocolates 50% OFF

BAKERY

- Italian Bread - 450 g...**\$1.29**
- Potato Bread - 450 g...**\$1.29**

RACE TRAC GAS

AUTHORIZED STEEL DEALERSHIP & REPAIR FACILITY

569-2418

SPRING BLOWOUT SALE

- 1 - MS440 Suhl Chainsaw - \$829.00
 - 1 - MS460 Arctic - \$900.00
 - 1 MS660 Arctic - \$1059.00
 - (saws priced w/o bars)
 - 4 - LT245/75R16 Sport King AT Tires @ \$125.00 each
 - 2 - BF Goodrich Winter Stalom P185/70R13 @ \$75.00 each
 - 4 - P175/70R13 Winter Kings @ \$56.00 each
 - 2 - 195/75R14 Winter King @ \$69.00 each
 - 4 - LT235/85R16 (1 set only) Studded Traction King Plus @ \$135.00 each
 - 4 - AT K.O. BF Goodrich 31x10.50R15 @ \$170.50 each
 - 4 - LT235/85R16 Sport King AT @ \$120.00 each
 - 1 - 100 Ft. roll 46 RSF Skip Tooth Chain @ \$330.00
- (all sale items cash at time of sale only.)

INCOME TAX RETURNS

Linda Fry
569-0138
year around service and support
convenient location
licenced, insured, registered with CCRA
e-file available for faster refunds



McBRIDE REALTY CENTER LTD.
277 Main Street
P.O. Box 729
McBride B.C. V0J 2E0
Bus: (250) 569-2719 or 569-2735
Res. - (250) 569-2793
Fax: (250) 569-2787
E-mail: roderger@mcbriderealty.com
www.mcbriderealty.com



Rodger L. Peterson
Owner / Agent

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



569-8820
RESTAURANT
Western & Chinese Cuisine
Smorgasbord
Fridays & Saturdays
5pm-9pm
OPEN 11am - 10pm 7 Days a Week

FREE The Little FREE

McBride



Paper



Serving BC's Friendliest Town and Area!!
For the week of Wed., March 3rd, 2004

THANK YOU

Thank you to everyone who came to my rescue when I fell, and thank you for the ride to the hospital. Nothing was hurt but my lip and my pride.
- Molly

SCHOOL NEWS

McBride Secondary School Report period 2 (Term Two). Ascending Alphabetical Order. For Percent Average between 86.00 and 100.00: Ashley Beer, Sarah Bressette, Kaylee Carr, Ashley Chuijпка, Reece Forster, Robyn Gillette, Bryony Griffiths, Riley Hicks, Brandon Holland Wanda Horinek, Rozlyn Jacques, Allison Kraby, Kendra Lipke, Kerry McNaughton, Mark McNaughton, Chantelle Miskie, Tina Pepper, Adam Roth, Holger Thies, Becca Thompson, Mark Trask, Bergen Valestrand, Clarisse Vogel, Nicole Von Der Gonna, Britney Wall, Katelyn Wells.

McBride Secondary School Report period 2 (Term Two), Ascending Alphabetical Order. For Percent Average between 73.00 and 85.99 Levi Aitken, Erica Arnold, Elysha Aspeslet, Kia Barton, Gary Brandt, Brendon Butkva, Tara Carr, Crystal Cole, Sarah Cunningham, Mandi Eyben, Donald Fitzpatrick, Marty Franke, Spencer Froese, Jennifer Gibbs, Allysa Gredling, Naomi Gunster, Tess Hammerstedt, Simone Hansen, Bradley Harstad, Kristie Hart, Ben Heinbecker, Josh Heinbecker, Bryce Hickerty, Robin Howe, Anna Marie Hulka, Carmen Hunter, Clinton Jacques, Logan Jacques, Logan Jeck, Michael Jeck, Reed Jones, Alesha Kelley, Cheri Lewis, Janel Lirette, Kori Jean MacMaster, Michelle Marszalski, Kaycee McLennan, Jeffrey McNaughton, Shannon Monroe, Kelly Norton, Jessie Owen, Susanne Pepper, Matthew Roth, Megan Shawara, Ben Sluggert, Kelly Sluggert, Michelle Smith, Aaron Starlund, Matt Strub, Madelaine Storie, Ashley Thiffault, Santiago Urbez, Ella Valestrand, Bradley Vizza, Curtis Vizza, Francesco Vizza, Maria Vogel, Marc Yungue.

GRIZZLIES TOURNAMENT RESULTS

For those who missed the Atoms Tournament on the weekend, you missed some exciting hockey. The final game was between McBride and Valenmount and it was spectacular. End of the 4th period had a 5-5 tie then in the overtime period Valenmount was able to slip one by our goalie to win the tournament. 1st Place - Valenmount Wildcats. 2nd Place - McBride Grizzlies. 3rd Place - P.G. Benner Refrigeration. 4th Place - Elson Football Flyers. 5th Place - P.G. Pulp Rockets. Most Sportsman-like Team - P.G. Pulp Rockets.

COMING FREE EVENTS AT THE BEANERYS

- 1st Tuesday in every month - Circle Dancing 4:30-5:30.
- Monday, March 8 - No lunch served. Free Potluck "International Women's Day".
- Monday March 8 - Fund-raiser for Station Garden (Pat Leake, Barb Jackson, Matthew Wheeler. 569-0133).
- March 16-18 - Manitoba Poets in town "Just West of Unity" watch for "sightings".
- March 20 - Guest Chef "Downhome Bar-b-que" Dwight Cole 11:30-8:00pm.

COMING EVENTS

St. Patrick's Family Fun Night Friday, March 12 at the McBride Legion Hall from 7-10pm. \$2 per person. Everyone is welcome. International Women's Day International Pot Luck Lunch at the Beanery 2, 12:00 to 2:00 on Monday, March 8th, 2004. Open mic - please bring something to share!

CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street - Mens, ladies and children's clothing -Open: Tues. 1:30 - 2:30 - Sat. 10:00 - 12:00-Dorcas is OPEN Tuesdays from 1-3pm. Phone 569-3186-New contact for the Foodbank is 569-3225-Seven-day Adventist Church-Meet Saturdays at 9:30 & 11am. and Wednesdays at 7p.m. Phone: Ph:569-0244-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-441 Dominion Street. Meet Sundays at 11:30 a.m. Phone 569-3206 or 569-3386. Hall Rental contact Dorothy Simpson 569-3343-Evangelical Free Church-Sunday School at 9:45 a.m. and 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...12:47pm
Seniors (55+) take a friend for free (any age)
(in economy class) Nation wide

Important Phone Numbers

EMERGENCY	9-1-1	Forestry	569-3700
R.C.M.P.	569-2255	Village	569-2229
Hospital	569-2251	Reg'l 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

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!!

McBride Old Fashioned Broom Factory
Beautiful Hand Crafted Brooms VISA
Add pleasure to your sweeping chores
5 Km West, on Lanning Pit Road 569-2377

Future Telling Card Readings
Reasonable Rates

For more information contact Dora at 569-0152
PRIVATE DANCE LESSONS

Fox trot, waltz's, jive, 2-step, polka, etc.
Nadine Shovar @ 569-2503

SASQUATCH Beauty Barn

OPEN Thurs. 1-5, Fri. & Sat. 10-5
Fully Licensed Esthetics
1102-4th Ave Call 569-2294 for Appointment



McBride
Gluten Free - Lactose Free - Diabetic - Low Calorie -
Vegan - Sugar/Salt Free - Arthritis Diet

JENNY'S Shop N Wash

569-0095
- FRESH SUBS -
- Daily Soup & Sandwich Specials -
- WINGS & PIZZA -

* Friday Night Special *
Pork Chops
with mashed potatoes, mushroom gravy,
veggies, green salad & herb bread

Wahoo Enterprises

820-1st Ave., McBride, BC Phone (250)569-0320
Website: <http://www.wahoenterprises.ca>
Email: info@wahoenterprises.ca

We are now open in our NEW location
at 820-1st Ave.
Come visit us, make a purchase over \$25
and receive a FREE gift.

R N R Recreation
Ride N Hide
Sled & ATV
Rentals & Tours
569-2354 1-877-868-7288
Parts - Repairs - Avalanche Gear

5TH AVENUE HAIR
Call Vicki
OPEN MON., TUES., THURS. & FRI 10AM-5PM
569-0067 946 - 5TH AVENUE
WHISTLE STOP GALLERY

A Beautiful Selection of Local Arts and Crafts
Open Daily/at the end of main street
HEARTLAND RESTAURANT HOURS
Sunday - Thursday 6a.m. to 8p.m.
Friday & Saturday 6a.m. to 9p.m.

PHYSIOTHERAPY
E. Kim Hammerstedt BPT
246 Main Street, McBride 569-0107
NADINE SHOVAR
25 Years Experience
Bookkeeping & Payroll
(Manual & Computerized)
*Office Services * Business Plans*
Office Temp Service
GST, Receiver General Remittances
Income Tax Returns
For appointment Call 569-2503

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



PHONE # 569-2326

Mon.-Thur. 8am-6pm Fri. 8am-7pm
Sat. 9am-6pm Sun. 10am-6pm

WEST BEST WAFFLES 1.49
Blueberry or Plain - 312g box -

ROBIN HOOD FLOUR 8.99
All Purpose or Whole Wheat - 10 kg -

KELLOGG'S RICE KRISPIES 5.99
700 g -

PILSBURY MINIPIZZAS 9.99
12 Pack - Assorted Flavours -
Congratulations to

Winner of the Framed Hockey Print:
Linda Trask

NORTH COUNTRY LODGE HELP WANTED

Front Desk Clerk & Chambermaids

Apply Within with Resume
to Chris Monday to Friday
7:30am to 2pm



Number Cruncher Accounting Services

Amy Vause 569-0171

It's Income Tax Time!

- Call to set up an appointment and enjoy these benefits:
- Personal & Small Business Income Tax Preparation
 - INSTANT Tax Refund *
 - Quick Turn-Around Time on Regular Refunds
 - Accuracy
 - Up-To-Date Tax Saving Solutions
 - Reasonable Rates
- *Some restrictions apply



ANNUAL MENS BONSPIEL

FR/SAT/SUN (MARCH 5, 6 & 7)

Dance will feature a live band: Andy and the Crossroads.

Tickets can be purchased at Sedmans for \$7.00

Register your team by 10:00a.m.

Wednesday, March 3rd.

Fee is \$140.00 Per team

Call: 569-2639, 569-2222 or 569-2506

SALE SALE SALE

AT

The Willow Heart

Everything @ 25% OFF

Lots of items up to 50% OFF

Sale starts Friday, March 12

thru Sunday, March 14

10:00am - 5:00pm

1630 Koeneman Rd. Phone 569-3310

DSD 569-0189
Computers P.G. LITE DEPOT

289 MAIN STREET

SLUSHIES ARE BACK

NEW RELEASES

* Looney Tunes * Goodboy *

* Duplex * Cold Creek Manor *

* School of Rock *

Mondays are \$1.49 days for all VHS & DVD Rentals
OPEN Mon.-Sat. 10-8 Sun. 12-7

Advantage Insurance
Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

OPEN

Monday to Friday

8:30am - 6:00pm

Saturday 10:00am - 3:00pm

LETTER TO THE EDITOR

Dear Friends: It is with a heavy heart that we write this letter. We would like to Thank all the people of the Robson Valley for their friendship, support and kindness over the last eighteen years. Thank You for your support and custom while we operated the McBride Hotel and I.L. Stapley Plumbing & Heating. Your loyalties were appreciated. Thank You for your prayers and support when our son had his accident, for all the warm messages when Ian's dad passed away. A very special thank you to Sarah and Steve Harstad and Michael Popp who looked after the movers when we had to be away. We would also like to thank the congregation of the United Anglican church for the wonderful parting gift and luncheon and the members of the community who organized and attended our surprise going away party. It truly was a surprise. To those who could not attend but have extended wishes of good luck, thank you. Our time in the Robson Valley has been one of the best experiences of our lives and the people of the Valley will always remain close to our hearts. For all the good times and wonderful memories thank you so very much. If you are ever in the Victoria area please do not hesitate to give us a call. (cell #250-889-3977), we would be more than happy to see you. From the bottom of our hearts thank you, Robson Valley residents, for everything. - Ian & Dona Stapley

SUPPER/ BOX AUCTION/ GARDEN PLANNING

Beaney 2 Bistro / CN Train Station 1000 1st Avenue: SUPPER / BOX AUCTION / GARDEN PLANNING - Monday March 8th, 2004, 6:30 - 9:00pm. *Questions and Reservations 569-0133* To combat the mistaken notion there is nothing to do in McBride after they roll up the sidewalks at 6:00. Everyone is welcome. From 6:30pm - 9pm. The meal will be \$10.00 each guest will bring a dessert in a box (the box will be provided by B2). The desserts will be auctioned off to raise money for the proposed garden. We already have \$65.00. Pat Leake is planning the garden to the southeast of the CN Station. It will surround the proposed site for the caboose. Matthew Wheeler is providing historic photos of the original gardens. The evening will be an opportunity to talk about the gardens and hear some of the plans. Don't miss out on the fun.

ROBSON VALLEY FALB FAIR

Any girls aged 15 to 18 interested in being in the Queen Pageant, August 28, 2004 as part of the Robson Valley Fall Fair, please phone Jennifer at 569-0150.

BIRTHDAY WISHES MARCH 5 - 9

Rose Lucius, Christopher Yungua, Duncan Taylor, Joe Ruper, Kobe Pavlovich, Rick Thompson, Rachel Rykes, Caleb Reimer, Damon Monroe, Nigel Jestico, Amber Watson, Stephanie Hooker, Susannah Krinke, John Pavlovich, Christopher Rejman, Darren Lindsey, Simba von der Gonna, Bertha Lewis, Mathue Miskie, Matthew Will, Carla Trask, Stephen Lewis, Taylor Bachrach, Becky Hulka, Chantelle Miskie, Michael Savarella, Terry Koida, Logan Jacques, Melissa Wiltsie, Ann Schwartz, Sarah Simanton, Kevin Chupka, Dana Boulet, and to anyone we missed Happy Birthday.

COMMUNITY ANNOUNCEMENTS

Invitation to a Baby Shower for Connor Quam on Friday, March 5th, 7:00pm at 878 - 5th Avenue, McBride.

Community Badminton - McBride Secondary School every Tuesday - 7:00 - 9:00 p.m. Must supply your own racquet. Open to all ages (FRBE).

Every Wednesday night come and join a Sing-a-long with Elsie Stanley and enjoy free soup at the Beaney 2 from 5pm-7pm.

The Hiking Club meets on the last Monday of every month from 7-8pm at the Beaney 2.

SENIORS EVENTS

Monday, March 8 - Movie Night at the Beaverview Lodge.

Wednesday, March 10 - Birthday Tea, 2pm at the Lodge.

Monday, March 22 - Supper at the Sun Valley Restaurant, 5pm.

Wednesday, March 31 - Lunch at noon in the Lodge. After the meeting Linda Fry will be doing a Will Presentation, free to all seniors.

Any seniors who would like to go to Miette Hot Springs sign up at the Beaverview Lodge or call Uta at 569-2251, ext. 216 so we know how many.

All seniors are welcome to everything.

CHAMBER OF COMMERCE

Get those brooms out of the closet, curlers!!! McBride and District Chamber of Commerce Annual Logger's Bonspiel will be held April 2 - 4, 2004. To enter a team please contact Jesse Patterson @ 569-0186, or Susan Koida @ 569-2415.

BUY, SELL, RENT & MISC.

For Sale-10" Craftsman Radial Arm Saw. Complete with stand. Like new condition. Some accessories. \$650.00 obo. Phone 569-3398. For Sale-Set of Leather couches (Couch, Love Seat & 2 Chairs) \$2500.00 o.b.o., Glass China Cabinet, Dining Table & 6 Chairs \$2000.00 o.b.o. Phone 569-2305. For Sale-2002 Neon. Call 569-8866 evenings. House For Sale-102 Dominion Street. \$35,000. Phone 569-2277. For Rent-3 Bedroom House. Call 569-2531 Evenings. House For Sale on 3rd Avenue. Phone 569-2531. To place an ad here call 569-3110 or drop info + \$'s at 981-5th Ave. (\$3/week + GST).

Greyhound Bus Schedule McBride Husky 569-2441

Depart to East-9:50am & 2:35am • Edmonton

Depart to West-8:05pm & 5:40am • Prince George

Depart to South-9:50am • Kamloops

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, Write to Box 441, McBride, B.C. V0J 2E0 or drop off at 981 - 5th Ave. 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!!

Health Heart & Home

Health Products, Gifts & Antiques

246 Main Street, McBride, B.C.

Ph: 569-9559

Antiques

Vitamins & Minerals

Bulk Spices

Bulk Herbs

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

NEWLY ARRIVED

Kies - Wind Chimes - Spring Napkins

CALL HEALTH, HEART & HOME
TO BOOK APPOINTMENTS FOR:

Jules d'entremont
Massage & Yoga

Deb Cochrane
Reiki, Ear Candling
& Aroma Therapy

Margrit Iseli

Deb Ladoucer
Bowen Therapy,
Reflexology
& Massage
Herbalist, Iridologist
& Reflexology

GIFT CERTIFICATES AVAILABLE for
Health, Heart & Home and All Practitioners.

Now OPEN UNTIL 6PM
GIFT CERTIFICATES AVAILABLE

"GRAB 'N GO" LUNCH BAG IN TOWN"
LUNCH BAG IN TOWN"
SOUPS
PIE 'N COFFEE DISCOUNTS
"HEALTHIEST BALANCED BREAKFAST"
"GRAB 'N GO" SANDWICHES
DISCOUNT COFFEE PUNCH CARDS
COFFEE AFTER 3 PM \$1.00

MCBRIDE & DISTRICT PUBLIC LIBRARY

Tuesday - 10 to 5 7 to 9

Wednesday - 10 to 2

Friday - 2 to 9

Saturday - 2 to 5

<http://www.mcbridebc.org/library>

library@mcbridebc.org

241 Dominion St. (250)569-2411

Turn off the Tube and Read a Book

NEED A JOB?

NEED A WORKER?

Contact Bob Thompson 569-2266

Financed by the Government of Canada

Canada

HRDC - Summer Career Placement - 2004

To interested sponsors of the Summer Career Placement Program:

You are invited to access the Internet for the Application, Articles of Agreement and information pertinent to the program in BC at:

<http://youth.hrdc-drtc.gc.ca/programs/scpp.shtml>

Please print on legal sized paper
Complete the application and return it by mail to
Human Resources Development Canada

1363 4th Avenue

Prince George, BC

V2L 3J6

by the deadline: March 26, 2004

Old Dutch Potato Chips

250 gm

2 for \$4.00 + tax

Dasani Water - 591 ml

2 for \$1.79 + dep.
(when you buy 2)

Powerade - 591 ml

2 for \$2.22
(when you buy 2)



569-2441

OPEN 24 HOURS