

# McBRIDE CAFE

Daily Breakfast, Lunch & Dinner Specials

## CANDLE LIGHT DINNER

Valentine's  
February 14th, 7 to 9pm in the Dining Room

Menu Includes:

Soup, Salad, Cornish Game Hen, Veggie,

Choice of Potatoes, Dessert

Reservation only for this event.

Regular menu in cafe.

**NOW AVAILABLE - Pizza Takeout**

**OPEN 8am - 8pm 7 Days A Week**

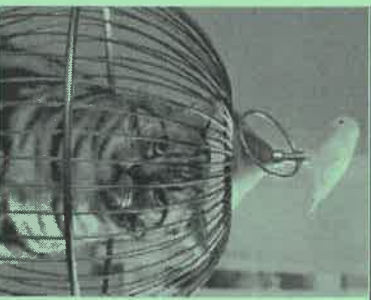
Take Out Available

Fully Licensed



**STEAK WEEKEND**  
Friday & Saturday

569-8884



### INSPIRATIONS

Remember the saying,  
Good things happen to good people!

## FORREVER PRINTING & SIGNS

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• PLASTIC SIGNS

**Home of the little McBride Paper**  
Scott & Susan Glines  
455 King Street  
Ph:569-3110  
Fax:569-0220



**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: [rodney@mcbriderealty.com](mailto:rodney@mcbriderealty.com)

[www.mcbriderealty.com](http://www.mcbriderealty.com)



**Rodger L. Peterson**  
Owner / Agent

The Center of Real Estate Action in the Robson Valley!!  
**MARKETPLACE**  
233 Main Street  
McBride, B.C.  
569-2712

Your Neighbourhood Food Store

## DELI

Gypsi Salami - 100 g...\$2.19

Montreal Turkey - 100 g...\$1.99

Cowgirl Chocolates - locally made - Assorted Varieties

Lays Potato Chips -

230g - Assorted Varieties - 3 for .....\$5.00

Sun-Rype Pure Apple Juice - 3.78 L -

Unsweetened, not from concentrate.....\$3.98

Turbo Power

Windsfield Washer Fluid - 4 L.....\$2.99

BC Chicken Wings & Drumettes.....\$2.69 / lb.

Fresh Strip New Zealand Loin Steak.....\$5.99 / lb.

Boilhouse Juices - 2 for.....\$5.00 (ends Saturday)

Aloha Sunflower Kernels - 400 g -

salted or unsalted.....\$1.99 (ends Saturday)

## BAKERY

Dinner Rolls - 12 for...\$1.99

Mini Danish - assorted - 9 for...\$1.99

## FREE The little FREE

# McBride

## Paper



Serving BC's Friendliest Town and Area!!

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

### PARENTS WITH TOTS!

Community Nutritionists coming to the Health Unit. TOPICS: The Feeding Relationship / Picky Eaters / Other Questions & Answers.  
\*Thursday, February 3, 11:00 - 12:00

### SENIORS EVENTS

Seniors Events for February 2005:  
Wednesday February 9, 2 pm: Birthday tea at the Beaverview Lodge.

Monday February 14, Noon: Restaurant "Sun Valley".

Wednesday February 16, 10:30: Pastoral service at the hospital, all seniors and friends are welcome.

Wednesday February 23, Noon: Lunch at Beaverview Lodge.

### COMMUNITY ANNOUNCEMENTS

**FUN DAY:** We, the students of The College of New Caledonia's Northern Outdoor Recreation and Ecotourism Program, would like to cordially invite everyone in the community to join us on our Annual Winter Family Fun Day. It will be held at Camp Creek Ski area just south of Valemount on February 19, from 10am. to 3pm. There will be something for all ages. There will be tobogganing, cross-country skiing, snow sculptures, environmental games, a skiing poker run and a 50/50 draw. We will be running a barbecue and hot drinks are available. No talent is needed to enjoy this day. Admission is free and there is a small charge for food. All proceeds will go to the Red Cross Tsunami Relief and Rebuilding Project. This would not have been possible without the generous support of all the Valemount merchants. Donation boxes will be available on site. Please come and join with us in enjoying our own winter wonderland. For more information please phone 566-4601

**"Compulsive Creations"** Needlework Art & Craft by Doreen Beck. Exhibit of Valley Museum & Archives Society @ the Museum/Library building, McBride. Exhibit open until Feb. 28, 2005 during library hours.

### THINK RED!!!

**Red? Yeah Red.** That's the theme for this years LADIES BONSPEL hosted by the McBride Curling Club. Feb. 11, 12 and 13th. Entry Fees \$140,00/team. Contact Jennifer at 250-569-0150. Great Prizes, great People. Great Fun! Entry deadline Wed., Feb. 9th.

### Royal Purple/Elks News

We are still collecting Campbell Soup labels, and can pull tabs. The labels and pull tabs can be dropped off at Fort Electric. Remember, Card Night every Friday, starting at 7:00 p.m. at the Elks Hall. Must 19 and over to attend.

If you are interested in being a member of the Elks or Royal Purple, please come out to a meeting. Meetings are held every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday in the Elks Hall, beginning at 7:30 p.m.

### SNOWMOBILE SEASON UPDATE

For information regarding snow conditions and trail passes, contact the Info Centre at (250) 569-3366, 1-866-569-3366 or [come2mcbride@telus.net](mailto:come2mcbride@telus.net)

### 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 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:569-0244-**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 am. Phone 569-3206 or 569-3386. Hall Rental contact Dorothy Simpson 569-3343-**Evangelical Free Church-** Sunday School at 9:45 a.m., 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:968-4355-**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

Going West - Sunday, Wednesday & Friday...2:40pm

Going East - Monday, Thursday, Saturday...12:47pm

Seniors (60+) take a friend for free (any age)

(in economy class) Nation wide

### Important Phone Numbers

|                                      |          |                          |                |
|--------------------------------------|----------|--------------------------|----------------|
| EMERGENCY                            | 9-1-1    | Forestry                 | 569-3760       |
| 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                   | 569-3110 | The Little McBride Paper |                |
| 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!!



**McBRIDE HOTEL**  
569-2277

Come on down and join us for our annual

## SUPERBOWL PARTY

Sunday, February 6th

\* Pool Tournament with Cash & Prizes \*  
\* Drink Specials \*

Celebrate Valentine's Day Romantically

Candlelit Dinner, Hot Tub, Bed & Breakfast

## Scare Crow Farm B & B

New Number! 569-7224 Telephone for Details.

15km West on Highway 16

## PHYSIOTHERAPY

E. Kim Hammerstedt BPT

246 Main Street, McBride 569-0107

## INCOME TAX PREPARATION

PERSONAL, SENIOR, & SELF EMPLOYED RETURNS

### LINDA FRY

Fast, confidential, reliable, year round service.

532 Main Street, McBride, BC V0J 2E0

569-0138

### THE HAIR SHOPPE

803 3rd Ave. - side entrance

569-3359 We Carry JOICO Supplies

## McBRIDE CAFE

Part Time Cook Wanted

## PAMPERED CHEF

Annette Stapley is now the PAMPERED CHEF consultant. To book a party phone 569-2294 or Cell# 569-7229

### WHISTLE STOP GALLERY

Shop early for your Special Valentine

Home-made Candy & Unique Handmade Gifts  
OPEN DAILY at the end of Main Street

### FOR RENT

3 Bedroom partially furnished Mobile.  
Phone 569-0231



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 Vanderhoof Head Office

Prince George, B.C. Phone 250-567-4488

Toll Free 1-866-309-2667 Fax 250-567-4490

Home 250-963-9011 Cell 250-565-8436

## 5TH AVENUE HAIR

CALL VICKI

### FOR APPOINTMENTS

569-0067 946 - 5TH AVENUE

### Angels Say

Sometimes the truth that we are not alone is a rope that keeps us from slipping, much as the rope a climber clings to on the side of a mountain.



## HEARTLAND RESTAURANT

569-2285

### Hockey Special Saturday

Cheeseburger, Fries & a Pop \$8.25

OPEN Sun. to Thurs. 8am - 8pm Fri. & Sat. 8am - 9pm

### SASQUATCH Beauty Barn

Fully Licensed Esthetics  
Days, Evenings & Weekends by appointment only.  
1102 - 4th Ave. If you can't get a hold of me try  
569-2294 [stape@telus.net](mailto:stape@telus.net) my Cell Phone @ 569-7229



# COWGIRL CANDIES

for Valentine's Day!  
*Looking for the 'perfect' gift?*  
*Everybody loves chocolate.*

Beautiful chocolate roses & assorted chocolates.

Cakes, cakes, cakes - Valentine's cakes, chocolate ganache cakes, cheesecakes and other special occasion cakes.

We also offer a large assortment of cookies & delicious biscotti.

Every order is custom-made to suit you.

**Sharon Walker**  
 Cell - 569-7064  
 Home - 569-4413

## Advantage Insurance Services Ltd.

Rosemary L. Hruby, CAIB  
 250-569-2264

**OPEN**

**Monday to Friday**  
**8:30am - 6:00pm**  
**Saturday 10:00am - 3:00pm**

## Beaney 2 Skate

569-0133

Every Saturday of February we will have a Guest Chef preparing ethnic food

(plus we will have activities for the kids)

11:30am - 1:30pm

We will be closed on Wed., Feb. 2 at 11:00am & on Fri., February 4th

## THE LOGGER AND THE LADY

**POLLEN WOOL SWEATERS**  
**GREAT FOR CURLING**  
 .....

**CURLING SHOES**

**SIZES 5, 6, 6 1/2, 7, 8, 9 1/2**

**ONLY \$40.00 (REG. \$83.99)**  
 .....

**ICE WALKERS (GOLF SHOES)**

**SIZES 6, 7 1/2, 8 1/2, 9 1/2**

**ONLY \$25.00 (REG. \$109.00)**  
 .....

**HOCKEY PANTS & LARGE SHOULDER PADS**  
 .....

**JR. LARGE 28 TO 30 WAIST HOCKEY PANTS**  
**SMALL CHILD'S HOCKEY PANTS**  
 .....

**ALL HOCKEY ITEMS & ACCESSORIES 60% OFF**

**MON-THURS 10:30AM - 6:00PM FRI 10:30AM - 3:30PM**  
**569-0077 AFTER HOURS CALL 569-2539**

### WORDS TO LIVE BY

Accept that some days you're the pigeon, and some days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

Drive carefully. It's not only cars that can be recalled by their maker.

If you can't be kind, at least have the decency to be vague. If you lend someone \$20, and never see that person again, it was probably worth it.

Never buy a car you can't push.

Never put both feet in your mouth at the same time, because then you don't have a leg to stand on.

Nobody cares if you can't dance well. Just get up and dance.

The early worm gets eaten by the bird, so sleep late. Birthdays are good for you; the more you have, the longer you live.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.

A truly happy person is one who can enjoy the scenery on a detour.

Happiness comes through doors you didn't even know you left open.

## MIDGET TOURNAMENT SCHEDULE

McBride Minor Hockey Midget Tournament Schedule:  
**Saturday, February 5th, 2005**

- 1) 6:00 a.m. - 8:30 a.m. Valenmount & Williams Lake
  - 2) 8:30 a.m. - 11:00 a.m. **McBride** & Josephburg
  - \*\*PUCK TOSS\*\*
  - 3) 11:15 a.m. - 1:45 p.m. Valenmount & Prince George
  - \*\*\*SKILLS COMPETITION\*\*
  - 4) 3:00 p.m. - 5:30 p.m. Terrace & Josephburg
  - 5) 5:30p.m. - 8:00 p.m. Prince George & Williams Lake
  - 6) 8:00 p.m. - 10:30 p.m. **McBride** & Terrace
- Sunday, February 6th, 2005**
- 7) 7:00 a.m. - 9:30 a.m. 3rd "A" side & 3rd "B" side
  - 8) 9:30 a.m. - 12:00 a.m. 2nd "A" side & 2nd "B" side
  - 9) 12:00 a.m. - 2:30 p.m. 1st "A" side & 1st "B" side

## COMING EVENTS

**McBride & District Public Library AGM** - part 2: Tue., Feb. 15, 7:00pm, at the Library. A brief meeting to approve the Financial Report for the year 2004.

**McBride Big Country Snowmobile Association** - Meeting on Monday, February 7th, 7pm at Ride N Hide.

**McBride Big Country Snowmobile Association** - Monday, February 7th, 7pm at Ride N Hide. Snowmobile and Volunteer meeting for the Family Fun Day (which will be on Saturday, February 19th)

**McBride Big Country Snowmobile Association** - Family Fun Day, Lucille Mountain, includes concession. 11am to whenever.

## BIRTHDAY WISHES FEB. 2 - 8

Darrell Scates Jr., Hilda Murrin, Darrell Doerksen, Clint Moore, Tedd Warner, Gerry Smith, Debby Ladouceur, Rosy Esser, Connor Quam, Dylan Walchuk, Shelley Hatchard, Colin Carmichael Paolino Jr., Sandy Fischer, Deb Jones, Margaret Yon, Paula Taphorn, Jacydn Rich, Rodell Thompson, Chelan Gordon, Roger Wiltsie, Josee Monroe, Edna Monroe, Karen Cratigue, Bryna Aubrey, and to anyone we missed Happy Birthday.

## Put the Glass Down

A lecturer was giving a lecture to his student on stress management. He raised a glass of water and asked the audience, "How heavy do you think this glass of water is?" The students' answers ranged from 20g to 500gm. "It does not matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute, it is OK. If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, you will have to call an ambulance. It is the exact same weight, but the longer I hold it, the heavier it becomes." "If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier." "What you have to do is to put the glass down, rest for a while before holding it up again." We have to put down the burden periodically, so that we can be refreshed and are able to carry on. So before you return home from work tonight, put the burden of work down. Don't carry it back home. You can pick it up tomorrow. Whatever burdens you are having now on your shoulders, let it down for a moment if you can. Pick it up again later when you have rested... Rest and relax. Life is short, enjoy it!!

## POLICE REPORT

On **January 24th** McBride RCMP responded to an abandoned 9-1-1 call. Police attended the residence and searched the area. There was no one at the residence and the complaint was concluded with no problems.

On **January 24th** McBride RCMP received a complaint of a possible break and enter of a farm west of town on Hwy. 16. Culpits apparently gained access to the farm by taking the gate apart at the hinges, and tire tracks were noted into the property. The matter is still under investigation and anyone with any information is asked to contact the McBride Detachment at (250)569-2255.

On **January 25th** McBride RCMP responded to a complaint of mischief to a vacant residence in Lanning Mills. Four windows and a satellite dish were broken.

On **January 28th** a McBride RCMP member was patrolling the Highway just east of Dunster, the member pulled over a vehicle heading eastbound for a traffic infraction. As the officer was dealing with the driver the officer noted a strong odor of fresh marijuana coming from inside the vehicle. The driver was arrested for Possession of a Controlled Substance. A subsequent search of the vehicle yielded approximately 1.7 Kilograms of Marijuana. The driver was later released on a Promise to Appear. A Report to Crown Counsel will be prepared requesting a charge of Possession of a Controlled Substance for the Purpose of Trafficking under Control Drug and Substances Act.

The remainder of the calls were of general nature and routine nature.

## BUY, SELL, RENT & MISC.

**For Sale-Burnham Propane Boiler.** 147,600 BTU. Call 250-569-0288\*\***For Rent-2** bedroom house. Wood and/or electric heat. Available February 1st. Located at 4020 Mountainview Road. Call Judy at 569-2438\*\***For Sale-1995** Pontiac Grand Am. V6, auto, 4dr., air, cruise, p/w, p/l, CD, remote start. 168,000kms. Runs Good. \$4950.00 obo. Can be seen at JNR Auto, Ph:(250)569-2269\*\***For Sale-2** Bedroom Trailer with large addition. c/w f&s, w&d. New panelling in living room. \$9,000 obo. Phone 569-0186\*\***For Sale-3** Bedroom House. Call (250) 563-5326\*\***To place an ad here call 569-3110 or drop info + \$'s at 455 King Street (\$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 455 King St. If we don't know about it, we can't write about it!!

Scott & Susan Gilnes - Oscar & Broom

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

## OPEN 24 HOURS

Check out our In Store Specials

- Self Serve Gas & Diesel
- ATM Machine
- Lottery Terminal
- Greyhound Depot
- Video & DVD Rentals



569-2441

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

## NEED A JOB?

## NEED A WORKER?

Contact Bob Thompson 569-2266

Financed by the Government of Canada  
 Canada

## RN Ride N Hide Recreation

Parts - Repairs

**ATV & Sled Rentals**

569-2354

1-877-868-7288

Certified ATV & Snowmobile Safety Course now available with Certified Instructor

~New Location - 940 2nd Avenue~



433 Main

569-3190

Check The

**BARGAIN BASKET**

**\*Leather Belts - \$10.00\***



McBride & District Public Library

Tuesday - 9 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

library@mcbridebc.org

241 Dominion St. (250)569-2411

Turn off the Tube and Read a Book

## Health Heart & Home

Health Products, Gifts & Antiques

246 Main Street, McBride, B.C.

Ph: 569-2559 TOLL FREE 1-888-669-2559

\*Antiques\* \*Gifts\*

\*Vitamins & Minerals\*

\*Bulk Spices\* \*Bulk Herbs\*

Last Week For  
**NATURAL FACTORS Sale**

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

## NORTH COUNTRY LODGE

HELP

WANTED

Housekeeping

Apply In Person

JNR

**Auto Services**

569-2666

## SPRING SAW SALE

NEW STIHL SAWS IN STOCK

MS 290.....399.99

MS 460 - Arctic Saw.....1095.00