



Vanderhoof & Districts
Co-operative
Association

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

**HAPPY NEW YEAR
and GOOD HEALTH from**

Margrit Iseli

Certified Practitioner of

BOWEN THERAPY

***REFLEXOLOGY** and*

RELAXATION MASSAGE

for appointments call 968-4432



the Farm store

Your local feed, tack, pet supply and western gift store



JANUARY SPECIALS

10% Off 2006 Calendars and Day Planners

Challenge Dog Food - 18 kg \$17.99

*Place your Mini-Bulk order now
for Mid-January shipment*

Store Hours
Weekdays 9:00am-5:30pm
Saturday 10:00am-4:00pm

Store Address
1032 - 2nd Avenue
(Country King Building)

Phone: 569-0425 Cell: 569-7203



**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: roderg@mcbriderealty.com
www.mcbriderealty.com



Rodger L. Peterson
Owner Broker



**Cabela's TROPHY
PROPERTIES**

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

DELI

Capicollo Sausage Hot - 100g...\$2.19
Turkey Breast Sundried - 100g...\$2.49

Maurens Cranberry Cake - 290 g \$4.99
Maurens Caribbean Rum Cake - 290 g \$4.99
ABC Detergent - 1.9 kg \$4.99
Coke Classic - 12 pack cans \$4.49 + dep.
Lakewood Organic Juice -
Blueberry or Cranberry - 946 ml \$3.98
Brussel Sprouts \$4.99 / lb.
Yams \$4.69 / lb.
Outside Round Roast \$2.98 / lb.
Pork Leg Boneless Roast \$1.99 / lb.
Chicken Breast - Backs Attached -
Family Pack \$2.29 / lb.

BAKERY

Turnovers - assorted - 4 for...\$2.99
Mini Strudels - assorted - 4 for...\$1.79

FREE The little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., January 4th, 2006

ALL CANDIDATES MEETING

All Candidates Meeting - FOR FEDERAL ELECTION - Tuesday, January 10, at the Roundhouse Auditorium in the McBride Highschool, 7p.m. to 9p.m. *Conservative *Green *Liberal *NDP. Please submit written questions to the information booth at the Train Station (end of Main Street, McBride) BEFORE January 10. Verbal questions will be taken from the floor. Sponsored by the McBride and District Chamber of Commerce.

BOTTLE DRIVE

The McBride Figure Skating Club will be having a Bottle Drive on Saturday, January 7th, starting at 10:00 a.m.

COMMUNITY ANNOUNCEMENTS

Dance Lessons are cancelled over the holidays and will resume on Thursday, January 12th at 7:45 p.m., Elks Hall.

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.

THOUGHT OF THE WEEK

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

AGMS

Library Board of Trustees AGM will be held on Monday, January 16 at 7:00 p.m. in the Beaneys² Bistro.
Whistle Stop Gallery Society AGM is on January 19, 2006, at 7:00 PM in the Beaneys² at the Train Station, 1000 Main St. McBride, BC.

MANAGEMENT & STAFF

A man in a hot air balloon realized he was lost. He reduced altitude and spotted a woman below. He descended a bit more and shouted, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am." The woman below replied, "You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude." "You must be in Information Technology," said the balloonist. "I am," replied the woman, "How did you know?" "Well," answered the balloonist, "everything you told me is technically correct, but I've no idea what to make of your information and the fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip." The woman below responded, "You must be in Management." "I am," replied the balloonist, "but how did you know?" "Well," said the woman, "you don't know where you are or where you're going. You have risen to where you are, due to a large quantity of hot air. You made a promise, which you've no idea how to keep, and you expect people beneath you to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my fault."

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 Foodbanks is 569-3225-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:968-4335-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	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	569-2121	Food Bank	569-3225
High School	569-2295	Fire Hall	569-3117
Dunster School	968-4414	Greyhound	569-2441
School District 57	57	The Little McBride Paper	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.G.'s Friendliest Town!!

Beaneys² Place Happy New Year

569-0133
Soup & Sandwich

\$6.00



Hours: M-F 7-4:30 SAT. & SUN. - Closed

PHYSIOTHERAPY

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

Wahoo Enterprises

820-1st Avenue Phone (250)569-0320

Website: <http://www.wahoenterprises.ca>

The Week After Boxing Week Sale!
All selected electronics & gadgets are 10-20% off!

All fly tying materials 15% off!

FREE Wahoo calendars are still available, while quantities last!

2006 appointment books & planners now in stock, while quantities last!

Congratulations to Ashley Beer, the winner of the Koss AM/FM Multi-jog clock radio!

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



Canoe Robson Valley Community Futures

You may qualify for the SEB Program if you are presently on E.I. or have been in the last 3 years or you have been on maternity leave in the last 5 years.

Would you like to explore the idea of starting your own business?

For more information on the Self Employment Benefit Program (SEB), please contact:

Ken Starchuck Phone: (250) 569-2229
SEB Co-ordinator Fax: (250) 569-3276

E-mail: futures3@telus.net

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SERVICING ALL OF ROBSON VALLEY'S

PROPANE NEEDS:

FURNACES - HEATERS - APPLIANCES

TANKS - INSTALLATION

MAINTENANCE - CLEANING

Adrenaline Services

ROD WELPTON 569-2330

CELL: 569-7236

Didn't get what you really wanted for Christmas?
We have beauty, fun and treasures for all.
Treat yourself to something wonderful at the

WHISTLE STOP GALLERY - OPEN DAILY AT THE TRAIN STATION

THE HAIR SHOPPE
803 3rd Ave. - side entrance

SASQUATCH Beauty Barn

Fully Licensed Estheticians
Call for appointments
If you can't get a hold of me try
1102 - 4th Ave. stape@telus.net my Cell Phone @ 569-7229
569-2294

Angels Say

Every visible thing in this world is put in the charge of an angel. -Saint Augustine

Ande's

AUTOCARE AUTO PARTS

www.andesautoparts.com

289 Main Street, McBride BC V0J 2E0
New Hours starting January 1,
Mon.-Sat. 8 to 6, Sun. 10 to 2
Del Fiy / Lenny Stone After hours 250-569-2332

HEARTLAND RESTAURANT

Have a **Happy New Year**

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

Ann Schwartz

Parts - Repair's

R n R

Snowmobile Rentals

569-2354 1-877-868-7288

WINTER STOCK

NOW IN

Goggles • Gloves • BalACLAVAS •
Avalanche ABS Air Bags • & More

Avalanche Gear available for Rent



Snowmobile
Safety Course now
available with
Certified Instructor

GIFT CERTIFICATES AVAILABLE

OPEN 7 Days a Week

THINK ABOUT IT...

Vote for the man who

promises least;

he'll be least disappointing



MCBRIDE MOVIES & MORE

569-0123



30 NEW RELEASES

Coming in January

We have 4 copies of Movies like
Wedding Crashers & Transporter 2

MCBRIDE MOVIE BUCKS
ARE STILL AVAILABLE

MONDAYS & TUESDAYS...

ALL TOP 100 AND FLOOR MOVIES

75¢ EACH

WEEKENDS - KIDS RENT FREE

Movie return time is now 5:00 p.m.

FORREVER PRINTING

PHOTO COPIES • TROPHIES • ENGRAVING •
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BANNERS • SIGN BOARDS • PLASTIC SIGNS •
Scott & Susan Glines Ph:569-3110
455 King Street Fax:569-0220

Advantage Insurance

Services Ltd.

Rosemary L. Hruby, CAIB

250-569-2264

OPEN

Monday to Friday

8:30am - 6:00pm

Saturday 10:00am - 3:00pm

HEALTH NEWS

Chronic Disease Management and Prevention activities for January 2006:

WELL MEN'S CLINIC on odd numbered Thursdays (5th and 19th) - appointments 7 - 9 pm and Saturday, the 28th from 8 - 11.
WELL WOMEN'S CLINIC - every second Wednesday afternoon. DROP IN FOR BOTH MEN AND WOMEN, odd numbered Thursdays from 6 - 7 pm and Saturday, the 28th from 11 - 12 am.
BLOOD PRESSURE CLINIC in post office, Friday the 13th from 9 - 11 am and on Friday, the 27th from 1 - 3 pm.
FOOT CARE CLINIC: Thursday, the 5th and the 26th from 8 - 12 am and Saturday, the 14th from 8 - 12 am.
CHRONIC DISEASE MANAGEMENT APPOINTMENTS: Fridays, the 6th and 20th from 8 am - 2 pm and Saturdays 14th and 28th from 1 - 3 pm. This would be for help in learning to manage a chronic condition like diabetes, heart disease, arthritis, etc.

BIRTHDAY WISHES JANUARY 4 - 10

Alan Quinn, Joe Lucius, Alex Rollinson, Hayley Taylor, Kody Pepper, Greg Clements, Jordan Spangler, Darren Fitzpatrick, Garrett Callaghan, Brad Callaghan, Paddy Andrews, Adaleena Mercuri, Chalayne Hunter, Steven Horinek, Ben Blixrud, Jayden Rhodes, Curtis Culp, Ashley Beer, Tracy MacMaster, Mick Callas, Dean Simpson, Michael Futner, Wayne Bissell, Lorraine McRae, Rachel Ondang, Brian Wiltsie, Chelsea Marian, and to anyone we missed Happy Birthday.

CURLING CLUB

The McBride Curling Club is looking for anyone with Old Curling Brooms which they could donate to the Junior Curling Program. Please call Pat at 569-3288.

BUY, SELL, RENT & MISC.

For Sale: 4x2 John Deere Gator Ph:569-0036****For Sale:**1994 Chev Silverado 1500 Z-71 4x4/canopy. Ext. cab, short box. 6.5 turbo diesel. No rust. Code scan done by Bannister GM, Edmonton Nov. 10/05. Fuel driver on Injector. Pump replaced. One owner. Clean and in good condition. Has been a pleasure vehicle only - never been logging. Well taken care of. Good tires. \$10,000 Ph:250-569-3210 - Al or Dawna / 1992 Toyota 4x4, Extra Cab, V6, auto trans, air cruise, running boards, c/w canopy. No rust. Well taken care of. Never been logging. Good Condition. Good Tires. \$10,000 Ph:250-569-3210 Al or Dawna****Wanted:**Rebounder in working condition. Phone Sharon Griffith 968-4433****For Sale:**1998 Ford F150 4x4 Supercab, 111,000 km. \$15,000. Phone 569-2471****For Sale:**4 Goodyear Tracker Tires. P245/R16 M+S. Used only 2 months last winter. \$350.00. Phone 569-3110****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 Rent:**Mobile Home, 3 bedroom, comes with appliances. \$500.00 per month. Phone 968-4383****For Sale:**6.5 Acres, Commercial Property \$120,000.00, 5.1 Acres. Zoned RRI1. \$75,000.00. Phone 569-8830****For Rent:**14 x 70 Mobile for Rent on Dore River Rd. Propane & Wood Heat, Furnished if required. Pets welcome. \$450/month Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471****To place an ad here call 569-3110 or drop info at 455 King Street.**

OVERDOSE VICTIMS

During the holiday season these graphic pictures below of overdose victims were taken, not for shock value, but rather in the hope that you will have a frank discussion with friends and family about respecting moderation, understanding limits, and knowing when to just walk away. Remember ... This did NOT have to happen.



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 Friendfest Town!!

MCBRIDE BIG COUNTRY

SNOWMOBILE ASSOCIATION

MEMBERSHIPS

NOW AVAILABLE

AT RIDE N HIDE

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



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

library@mcbridebc.org

241 Dominion St. (250)569-2411

Turn off the Tube and Read a Book



•HOURS: Monday - Saturday 9am to 7pm Sunday 9am - 6pm
•YAMS -86¢ / lb.
•BRUSSEL SPROUTS -\$1.49 / lb.
•CAULIFLOWER -\$3.29 each
•MANY SELECTED DAIRY ITEMS ON SPECIAL
•LOOK FOR OUR EVERYDAY VALUES and our UNADVERTISED SPECIALS

JOKE OF THE WEEK

TEACHER: If you had one dollar and you asked your father for another, how many dollars would you have?

VINCENT: One dollar.

TEACHER: (sadly) You don't know your arithmetic.

VINCENT: (sadly) You don't know my father.

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*

50% OFF
all Christmas Decorations

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



HUSKY

PEPSI 2 litre
& LAY'S XL 230-245 g
any 2 for **\$3.59** + dep. & tx.
AQUAFINA 591 ml
2 for **\$2.00** + dep.
OLD DUTCH LARGE
SINGLE SERVE 50-75 g
2 for **\$1.59** + tx.

569-2441
OPEN 24 HOURS

Employment Assistance Service
Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?

Contact Bob Thompson 569-2266

Canada

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