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

Your Neighbourhood Food Store

DELI

Summer Sausage - 100 g...¢.89
Hunter Sausage - 100 g...¢.89

GARDEN SEEDS ARE IN!!!

Coke - 2 Litre ..... $1.68 + dep.
Royale Bath Tissue - 24's $7.99
Organic Oranges ..... $1.49 / lb.
Chinese Egg Plant ..... ¢.99 / lb.
Chicken Breasts -
Boneless/Skinless - Family Pack ..... $4.49 / lb.
Pork Back Ribs ..... $4.49 / lb.
Potstickers - Assorted Varieties - 50 pk $9.99

NEW PRODUCTS
Tofutti Imitation Cream Cheese -
Original, Herb & Cheese, Smoked Salmon
Tofutti Imitation Sour Cream

BAKERY

Tea Biscuits - 6 pack...$2.99

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DRIVER SALES REPRESENTATIVE
For Commercial and Farm Personal Contact where high level of customer service is Job One.

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Vanderhoof Head Office
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Fax 250-567-4490
Cell 250-565-8436

Robson Valley Home Hardware
Main St., McBride 569-2284

THINK BLUE

We have BLUE LIGHTS in stock

HUNTER COLLISION
569-2575
ICBC Work • Private Work

DUNSTER COMMUNITY ASSOCIATION
MID-WINTER BUY AND SELL
Saturday – February 25th 11 a.m. to 2 p.m.
(No Early Birds!)
DUNSTER COMMUNITY HALL
Lunch Available - Community White Elephant Table - Silent Auction
ALL WELCOME!!! (Both Buyers and Sellers)
Rent a table and bring your "Treasures, Trinkets and Trash"
Table Rental - $10.00 (Please Reserve Ahead)
For information or to reserve table call:
Pete Amyoony at 968-4334

Robson Valley Clean Sweep

House Keeping Services
Bonded & Insured
*weekly
*bi-weekly
*monthly
*special occasion

"We do your dirty work for you!"

GIFT CERTIFICATES AVAILABLE

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Fax: (250) 569-2787
E-mail: rodger@mcbriderealty.com
www.mcbriderealty.com

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FREE **The Little McBride Paper** FREE

Serving BC's Friendliest Town and Area!!

For the week of Wed., February 15th, 2006

MISSOULA THEATRE

An excellent Drama opportunity comes to McBride Centennial this month. During the week of February 20th - 25th, McBride Centennial will be hosting Missoula Children's Theatre (MTC). MTC is a touring children's theatre, which will arrive in our community for the above week, with all of the necessary lights, costumes, props and make-up needed to produce a play (except the cast).

PUBLIC PERFORMANCE - Besides providing some drama workshops, the Missoula team will hold an open audition and will cast approximately 50-60 students from our school to perform in the production. The show, Jungle Book, is rehearsed throughout the week and there will be two public performances - one on Friday, Feb. 24th and the other will be on Saturday, Feb. 25th (times TBA) at the Roundhouse Theatre. Tickets prices will be announced.

FAMILY FUN DAY!!!

McBride Big Country Snowmobile Association presents Family Fun Day!!!! Saturday, February 18th at Lucille Mountain 10a.m. - 4p.m. *Concession *Kids Games *Kids Races *Adult Races. For more information or to volunteer call Denise @ 569-2354.

BLUE HOCKEY DAY IN McBRIDE

CBS Television is hosting a cross Canada competition called "Hockeyville." Communities from across the country are trying to become that one particular place that exemplifies hockey spirit more than all others. McBride want's to become Hockeyville!!

Until we are crowned as the Hockeyville Champions we all feel a little blue. You can see it all over town. It's in our face, it's in our hair, it's in our businesses, at our schools, and at our arena... It's Blue Everywhere!!!

Let's be Blue together and show our blue spirit. Let's show Canada that McBride has the most community spirit and most dedicated hockey fans all across this great country. The winner of Hockeyville gets to host an NHL game, gets $25,000 in arena upgrades, $10,000 in hockey equipment, and wins the Kraft Hockeyville 2006 trophy. So Come on McBride... Let's get Blue!!!

Ever since we heard about the "Hockeyville" competition we've been feeling really, really BLUE! We'll stay BLUE until we are crowned as the Hockeyville Champions for 2006. Since we are all feeling BLUE, we thought we should all be BLUE together!!

The McBride Hockeyville Committee invites you to join us on Sunday, February 19, 2006 as we celebrate our great game and our community in one special afternoon!!

Join us at the Robson Valley Recreation Center at 1:00p.m. for a hockey game featuring: our minor hockey players, coaches, Veneer Kings, Old Timers, and Women's Team. Fans are invited to bring along a KRAFT item to donate to the local food bank. Free Hockey Hot Chocolate will be provided! DON'T FORGET TO WEAR BLUE AND JOIN US FOR OUR COMMUNITY PICTURE!!

There will be a Puck Toss and Prizes to be Won!! At 4:00p.m., there will be FREE FAMILY SKATING!! It promises to be an afternoon of Fun for the Whole Family!! Don't miss your chance to be a part of McBride History!!

Come show your pride for your community and for the game that we love. Help us show the country why McBride deserves the title of "Hockeyville"!!

How you can help?

*Wear blue clothes, blue shoe laces, blue hair, or anything else that shows your spirit and shows how blue you are.
*Hang blue lights at your home.
*Encourage your friends and family in McBride to get BLUE
*Attend BLUE HOCKEY DAY IN McBRIDE ON SUNDAY, FEBRUARY 19, 2006 (Don't forget to wear BLUE!)
*Sign up for the Blue McBride Street Hockey Game.

BIRTHDAY WISHES FEBRUARY 15-21

Alannah Rollinson, Jennifer Partington, Marnie Molendyk, Sylvia Arnold, Ashley Thiffault, David Kelly, Paul Hulka, Sheila Basran, Emilio Caputo, Nicole Gordon, Emery Will, Kayla Niemi, Mike Moseley, Kathy McLeod, Mitch Shawara, Christine Monroe, Rayann Flynn, Matt Elliott, Pat Cousineau, Rebecca Ellement, Mellisa Luff, Marilyn Carlaw, Kathy Peterson, Levon Johnson, Jessie Owen, Tony Vizza, Cindy Kelley, Sandi Carmichael, Alex Mercuri, Jim McClair, Tracey von der Gonna, Charles Chartier, Keith Berg, Janice Mercuri, Farron Lipke, Denis Duguay, and to anyone we missed Happy Birthday.

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'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	1-800-256-7857	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.C.s Friendliest Town!!

Angels Say
Where love is concerned an Angel will do whatever it takes to get the job done.

NAPA AUTOCARE Ande's Auto Parts
www.andesautoparts.com
289 Main Street, McBride BC V0J 2E0
Hours: Mon.-Sat. 8 to 6, Sun. 10 to 2
Del Fry / Lenny Stone
Tel: 250-569-2332
Fax: 250-569-2342
After hours 250-569-2332

HEARTLAND RESTAURANT 569-2285
WANTED
Part Time Cook & Full Time Cook
Contact Kelly

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

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

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

PHYSIOTHERAPY
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246 Main Street, McBride 569-0107

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Amy Vause
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Personal & Small Business
Complimentary E-File for quick refunds
Ask about Instant Refund!!!

Stylin' by Tina
cuts - colors - curls
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Love Your Heart
Stop by for
Beanery 2 Bistro
569-0133
HEART SMART SPECIALS
for the month of February
Hours: M-F 7-4:30 SAT. & SUN. - Closed

RELIEF FROM ACHES & PAINS
*BOWEN THERAPY**REFLEXOLOGY**MASSAGE*
CALL MARGRIT 968-4432

JOKE OF THE WEEK

A man spoke frantically into the phone, My wife is pregnant and her contractions are only two minutes apart!

Is this her first child? the doctor asked.

No, you idiot! the man shouted. This is her husband!

Robson Valley Home Hardware
Main St., McBride 569-2284

LAMINATE FLOORING
Blow Out Sale
Truclick Plus - 8 mil
$1.20 sq. ft.
(while quantities last)

TRAVELLERS' RESTAURANT
WANTED
PART TIME COOK - WILLING TO TRAIN
PART TIME PREP COOK
APPLY WITHIN - ASK FOR BEV

IN MEMORY OF TERRY ALLAN KOLIDA

March 8, 1953 - February 19, 2005

There will always be a heartache and often a silent tear. But always the precious memory of the days when you were here.
We hold you close within our hearts, and there you will remain, to walk with us throughout our lives until we meet again.
Remembering you is easy, we do it every day, but missing you is a heartache that will never go away.

-Susan & Family

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SOS AVALANCHE BEACONS, PROBES & SHOVELS

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15% off ALL Fly Tying materials
10-20% off selected Gadgets
There's still a few appointment books, planners and diaries left.
Get yours before they are all gone!

LIFESTYLE MAKEOVER EXPO WEEKEND

Phil Brewer and Cameron Johnston from Silver Hills Lifestyle Makeover Spa in Lumby, BC are presenting a weekend seminar on March 4 and 5 at the McBride Seventh-day Adventist Church. Highlights include the 8 Natural Doctors, 8 Ways to Cool Down the Stress Soup, and Personal Lifestyle Wellness Evaluations. Everyone is Welcome! For more information call 968-4493 or 569-3403. This seminar is presented as a community service of the McBride Seventh-day Adventist Church.

ANOTHER Ski Trip!!!
Hop on the Bus and
SKI JASPER!!
Friday, March 3rd, 2006 (Pro-D Day)
WELCOME
McBRIDE, DUNSTER, TETE JAUNE, VALEMOUNT and the ROBSON VALLEY RESIDENTS
• FAMILIES • SENIORS
• ELEMENTARY & HIGH SCHOOL STUDENTS
BEST SKI & BOARDING RATES YOU CAN GET!!
SAVE 55% OFF Lift Tickets
Bus Ride
& Park Pass - $26
Complete Ski Rental
& Lift Pass - $38 (youth)
SAVE 50% OFF Equipment Rentals
Last day to reserve space is Friday, February 24th.
Take advantage of our group rates!!
Get your information and registration package at the McBride High School
or call us at home to reserve your seat NOW!!
Space is limited so hurry!!
Seats are reserved on a 1st pay - 1st receive basis!!
Advance sales ONLY!!
Bus leaves Robson Center parking lot (McBride Post Office) @ 5:45am
Pick-ups and drop-offs along the highway for Dunster, Tete Jaune & Valemount
Bus returns to McBride @ 7:25pm
(25 minimum required • Full refund if cancelled)
McBride Bus Charters and Tours
by Darrell & Diane Roth
Box 964, McBride, BC V0J 2E0
Ph/Fax (250) 569-2377

McBRIDE CURLING CLUB

McBride Curling Club invites all Men to our Annual Men's Bonspiel March 3, 4, & 5th. Entry Fee is $140.00 per team. To Register or for more information please contact Bob Mitchell at 569-2734. Deadline to Register is March 1st.

LOGGERS' BONSPIEL

McBride and District Chamber of Commerce Loggers' Bonspiel will be March 31, April 1st and 2nd. Fees: $140. Contact Mary Hooker or Susan Kolida.

COMMUNITY ANNOUNGEMENTS

Thank you - We would like to express our sincere appreciation for the lovely baby shower. We were absolutely astounded at the number of ladies who attended and the many beautiful gifts we received. We feel so fortunate to live in McBride and blessed with the arrival of Erin. She is a much-loved little girl! Everyone, since day one at the hospital, has been so caring and considerate – thank you for being a part of our lives. -Chris, Kayla & Erin

Birth Announcement - The Vause family are proud to announce the birth of their new baby boy Kobe Michael, 7 lbs. 10 oz., born on February 7, baby brother to Dylan.

FOSTER HOPE, FOSTER LOVE, FOSTER A CHILD. To learn more about becoming a Foster Parent, register for the next local Pre-Service Orientation coming on Feb. 24-26. Call Ria at MCFD 569-3760 or Francine at 564-9064 ext. 24 to register.

WANTED: People with chronic diseases or conditions to be trained as leaders in Chronic Disease Self Management, March 2-5. Please phone Rea for more information at 569-2251 ext. 204 or 569-3148.

ARTHRITIS GROUP MEETING: Thursday, February 16th at 10:30 am in the Education room at the hospital.

WELL MENS CLINIC: Odd numbered Thursdays (Feb. 23rd) and one Saturday a month. Phone front office at 569-2251 ext. 200 for appointment.

ELKS/ROYAL PURPLE NEWS

Lottery Funding Applications - A Success. Great news! The Elks and Royal Purple have again been successful in their applications for Lottery Funding. We will now be able to help subsidize some of the projects, events or equipment for the following groups that applied this year: McBride Minor Hockey, Girls Guides of Canada (McBride), McBride Centennial, McBride Youth Soccer, McBride Old Age Pensioners, McBride Figure Skating, McBride Curling Club Robson Valley Youth Softball, McBride Secondary School and the Elks & Royal Purple Fund for Children. Between the McBide Elks and Royal Purple combined we have been able to help local clubs, organizations or groups with $50,000.00 over the past couple of years.

For information, the Royal Purple has been catering for many years and is still available for your special party or event. The cost is $15.00/plate. For more information about booking and menu's please call Dawna Hickerty at 569-3210.

Free Dance Lessons (hosted by Nadine Shovar) are still going every Thursday night 7:45 - 10:00 p.m. at the Elks hall. Bring your partner or just come by yourself if you like. Learn how to 2-step, jive etc. Ladies there has been an over abundance of boys and men who are looking for a dance partner. Bar is available for those over 19.

BUY, SELL, RENT & MISC.

For Sale-1999 Toyota Rav 4 SUV. 156,000 km, 4x4, 4 door, new battery, new windshield, new transmission, new rear shocks. Good tires, extra set of rims, pw, pl, tilt, air, cruise, CD player. Very good condition. $11,000 obo. Ph 968-4415.••**Basement Suite For Rent**-Ready for rent, March 1st - Ph:569-2657••**For Sale**-Husqvarna 272XP $200.00, Husqvarna 282XP $250.00. Phone 968-4328••**House For Rent**-4020 Mountainview Rd. 2 Bedrooms. Phone 569-2438••**For Rent**-2 Bedroom & a 3 Bedroom House. Both ready to rent. Phone Jerry Ph:569-2628.••**For Sale**-1998 Ford F150 4x4 Supercab, 111,000 km. $15,000. Phone 569-2471••**For Sale**-4 Goodyear Tracker Tires. P245/75R16 M+S. Used only 2 months last winter. $350.00. Phone 569-3110••**For Sale**-6.5 Acres, Commercial Property $120,000.00. 5.1 Acres, Zoned RR1, $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.**

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 569-3225•**Seventh-day Adventist Church**-Meet Saturdays at 9:30 & 11a.m. 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.

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.C.s Friendliest Town!!

OPEN 24 HOURS
JOTOGO COFFEE
any size @ .99¢
SOBE A-RUSH 250 ml
2 for $3.00 + dep. & tx.
AQUAFINA 1 litre
2 for $2.00 + dep.
Husky
569-2441

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

STOP SMOKING

Stop Smoking Program - Learn how to kill the urge, find help for stress management, meet supportive friends, and gain new confidence through the Breathe Free Plan to Stop Smoking. This scientifically based program has a 25 year success record and over 20 million graduates. This program will be held at 7 PM on Feb. 21, 23, 26, 27, 28, Mar. 1, 2, 7 and 14 at the McBride Secondary School. Phone 968-4493 or 569-3403 for more information. This program is presented as a community service of the McBride Seventh-day Adventist Church.

THE VILLAGE OF McBRIDE'S 75th ANNIVERSARY

will be in 2007.

The Village Council is looking for volunteers to work together on a committee, as we NEED YOUR HELP to organize and plan events. If interested please call Glenda at 569-2229 or Irene at 569-2692.

BIGWAY FOODS
PHONE # 569-2326
HOURS Monday - Saturday 9am to 7pm, Sunday 9am - 6pm
WE NOW MAKE
Sub & Regular Sandwiches
COMING SOON - Chicken Pieces & Mojos
STRIPLOIN STEAK - "AA" or Higher ----- $7.25 / lb.
HONEY HAM - 100 g ----- ¢.69
ROAST BEEF - 100 g ----- $1.39
CORN ON THE COB - 2 for----- $1.39
TASTY SELECTIONS PUDDING CAKE - Assorted Varieties - 500 g ----- $3.99
Home-Made
PORK & BEEF SAUSAGES
Now Available
Now Stocking MASTRO & SAN DANIELE Meats
LOOK FOR OUR EVERYDAY VALUES and our UNADVERTISED SPECIALS

EMPLOYERS!

Do you know about Targeted Wage Subsidies?

Targeted Wage Subsidies (TWS) is an Employment Benefit with the purpose of assisting targeted individuals to gain long-term employment through direct work experience.

The wage subsidy is paid directly to the employer.

For more information, call the Valemount Learning Centre 888 690 4422

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246 Main Street, McBride, B.C.
Ph: 569-2559 TOLL FREE 1-888-669-2559
Antiques *Gifts*
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Bulk Spices *Bulk Herbs*
THINK BLUE!!!
OPEN Daily till 5:30pm Friday till 6:00pm

Here's all you need to STOP SMOKING!

1. The desire to quit
2. Our phone number

Breathe Free **is waiting to show you an easier, less-expensive way to stop smoking. It's worked for 20 million people so far. Let it work for you.**

Our proven techniques give you:

- Insurance Against Failure
- Ten Weapons to Kill an Urge
- Help for Managing Stress
- Secrets to Weight Control Without Cigarettes

When & Where
7PM Feb 21, 23, 26, 27, 28, Mar 1, 2, 7, 14
McBride Secondary School, McBride, BC

Phone Number
Breathe Free 569-3403 or 968-4493

You've already got the desire to stop smoking. The next step is easy. Call **Breathe Free**, the Plan to Stop Smoking.

A Community Service of:
SDA
Church

Breathe Free
THE PLAN TO STOP SMOKING