

Hop on the Bus and SKI JASPER!!

Friday, March 2nd, 2007 (Pro-D Day)

WELCOME

McBRIDE, DUNSTER, TETTE JAUNE, VALEMOUNT
and the ROBSON VALLEY RESIDENTS
& FAMILIES • SENIORS
• ELEMENTARY & HIGH SCHOOL STUDENTS)

BEST SKI & BOARDING RATES YOU CAN GET!!

Bus Ride
& Park Pass - \$27
Complete Ski Rental
& Lift Pass - \$40 (Youth)

SAVE 55%
OFF lift tickets

SAVE 50%
ON Rentals

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 @ 5:35am
Pick-ups and drop-offs along the highway for
Dunster, Tette Jaune & Valemount
Bus returns to McBride @ 7:25pm
(25 minimum required • Full refund if cancelled)

McBride Bus Charters and Tours
by Darrall & Diane Roth
Box 964, McBride, BC V0J 2E0
Ph: Fax (250) 569-2377

NORTH COUNTRY LODGE

HELP WANTED

Housekeepers

Full time / Part time
Apply Within to Sherry

BUBBA & ROLEY VENTURES LTD.

"SNOWPLOWING"

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drainage systems
OVER 30 OTHER ATTACHMENTS
FREE QUOTES
Email: bubba11@elus.net

Please excuse our mess while we are under construction.

Advantage
Insurance & Sears
OPEN
Regular Hours.

WHISTLE STOP GALLERY

A warm bath is just the thing to chase those winter blues away -
add some lthy Bitly for a warm relaxing treat and pick up a book -

New Books at the Gallery,
Lloyd Jack - In the Shadow of the Peaks
and the latest from Jack Boudreau.



OPEN DAILY AT THE TRAIN STATION



Tuesday - 10am to 5pm & 7pm to 9pm
Wed. - 10am to 2pm Fri. - 2pm to 9pm
Sat. - 2pm to 5pm
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

FREE The little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., February 14th, 2007

HAPPY VALENTINE'S DAY!!!

St. Patrick's Parish is having it's annual Valentine's Day biscuit, tea and bake sale. Come and join us on Wednesday, February 14 from 11am till 2pm at the parish gathering room on Dominion St., next to the church. Everyone is welcome!!

HEALTH NEWS

Chair exercises - You can get exercise sitting in a chair. Come and see. Monday, Wednesday and Friday from 9 - 10 am at Beaverview Lodge. Exercises directed on video by Blanche Black RN, strength trainer and fitness instructor. *Appropriate for ages 1 to 101*.
Diabetes Group Meeting - Thursday, February 22nd from 1 - 3 pm in the education room at the hospital.

LIBRARY NEWS

Library Lovers Month February at your Library. A celebration of McBride's Public Library. All new members that sign up in the month of February receive beautiful handmade bookmarks. Do you have any overdue books - Hiding behind a dresser? Sleeping under a bed? Or ones you were afraid to bring back? Remember, this month is also Fine Free February! You can return those overdue books without paying a cent!!

FUNDRAISER

The Robson Valley Music Society is having a Tribute to the Late, Great CASH. The Lionel Des' Garlais Band - Saturday, February 17th Dunster Hall 8:00pm. Tickets *\$15 Adults *\$10 Students *13 under FREE. Advanced tickets @ Dunster Store, Health Heart & Home, Infinity Office & Health. Bar will be available for those with valid ID. Snack Bar on site too! **Dress in Black if you wanna...**

STOP SMOKING

*Breathe Free: The Plan to Stop Smoking will be held at 7 PM on Feb. 20, 22, 25, 26, 27, 28, Mar. 1, 6, 13 at the McBride Secondary School. This Program has helped over 20 million people stop smoking. The first two nights are introductory meetings. Come and learn proven techniques to help you become smoke free! Fee: \$20 per person & \$30 per couple to help cover cost of materials. Contact Phyllis at 968-4493 for more information.

READY SET LEARN

For 3 & 4 year olds will be held in the Dunster Fine Arts School from February 7th to April 5th from 10am to 12pm. For more information contact Shannon Teeving at the school 968-4414.

CURLING CLUB

Men's Bonuspiel theme this year is "Hollywood North" and curlers are invited to dress as their favourite movie star and "Walk the Red Carpet"! Entry fees are \$160.00. Please register at 250-569-2736; 250-569-0150; or 250-569-2639.

BIRTHDAY WISHES Feb. 14 - 20

Marilyn Lewis, Norm Lorenz, Brooklyn Bastan, Bob Craigie, Alannah Rollinson, Jennifer Partington, Marnie Molendyk, Sylvia Arnold, Ashley Thirlfaul, David Kelly, Tara Lanning, Sheila Bastan, Emilio Caputo, Nicole Gordon, Emery Will, Joanna Franke-Kuhn, Mike Moseley, Kathy Melcod, Mitch Shawara, Christine Monroe, Rayann Flynn, Matt Elliott, Pat Cousineau, Rebecca Ellement, Nashou Karas, Kathy Peterson, Levon Johnson, Jessie Owen, Tony Vizza, Cindy Kelley, Sandi Carmichael, Alex Mercuri, Jim McClair, Tracey von der Gonna, Charles Charter, and to anyone we missed - Happy Birthday.

COMMUNITY ANNOUNCEMENTS

McBride Roundhouse Presents The Euphorics, February 23, 8PM. \$8/student \$15 adult. Tickets at Stedmans and at the door. With a special appearance by upcoming star Elisse Bressette.

To Knit or Knot? Fun Knitting Classes for beginners (Kids to Grammas) Wednesdays @ 2:30pm. @ the Library annex. \$5.00 per class. Classes starting on Wednesday, 28 February, 2007. Learn all the basics needed to create wonderful knitted items. (You will be required to provide your own supplies for the various projects). Please phone Margaret Griffiths @ 569-2656 to register
75th ANNIVERSARY COIN - is still available around town. Get yours today at the Info Center, Stedmans, Wahoo, Sandman, and Home Hardware. They make a great souvenir for anyone!! Cost is \$2.95 each.
Drop In Volleyball - Wednesdays at 7:00pm. at the McBride Secondary School. You don't have to have a team.
Community Badminton - Tuesdays 7 - 9pm. Please bring Indoor Shoes & your own Racket.

Greyhound Bus Schedule

McBride Husky 569-2441
Depart to East-12:15am Daily • Edmonton
Depart to West-6:10am Daily & 7:30pm Fri. Sat. Sun. Prince George
Depart to South-Daily 12:15am or 10 am 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 Friendliest Town!!

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

The MAIN STREET GRILL

(Formerly known as Frankie's Restaurant)

Check out our VALENTINE'S DAY SPECIALS with the Love of your Life!!!

Chicken Oscar served with Wild Rice - \$17.95
Filet Mignon - 8 oz.

with Sautéed Mushrooms & Baby Potatoes \$19.95

Prime Rib Roast with Red Wine Gravy, Yorkshires, Baby Potatoes Reg. Cut - \$14.95 Large Cut - \$18.95

Filet of Salmon sautéed in White Wine, served with Dill Sauce & Wild Rice - \$14.95

APPLY SPECIALS

Wings - .35¢ Prawn Cocktail - \$4.95

OPEN AT 6 a.m. 569-0321

Number Cruncher Accounting Services

Amy Vause
569-0171

Income Tax Returns
Personal & Small Business
Complimentary E-File for quick refunds
Ask about Instant Refund!!!

McBride Roundhouse Theatre Society

The Euphorics

with special appearance by Elisse Bressette

Student - \$8 Adult - \$15
Friday, February 23rd 8:00pm

Tickets Are Available at Stedmans and at the door.

FOR RENT

Retail/Office Space available.
550 sq. ft., bathroom

Large furnished 2+ bedroom apartment.
5 appliances, heat and electricity included.
Phone 250-569-2244/3121

CARD NIGHT - ELKS / ROYAL PURPLE

Every Friday - Elks Hall
7:00pm.
(Must be 19 years & older)

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*

ALL GIFTWARE

25% OFF

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

OPEN 24 HOURS

Non Profit Groups
Community Rebate Cards
Earn 2% Rebate
on all group purchases

NEW Jazz Black Cherry
French Vanilla Drink
591 ml - 2 for \$2.00

Husky
Get a 2 L Coke, 280 g Doritos
& a King Size Bar for \$5.99
569-2441

STEDMANS

Main St. McBride

569-2415

We are accepting Resumes for a mature individual to work on a regular basis during the week and on alternate weekends.

Our "Inventory Clearance" continues on selected items throughout the Store.

Watch for "New Arrivals" for Valentine's Day and Spring and Summer.



Vanderhoof & Districts
Co-operative
Association

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where high level of customer service is Job One.
Delivering Fuel East to McBride

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

Trip over blue sidewalks
Bump into trees,
Oh man! Got wobbly knees!
I'm really messed up,
From my head to my shoes,
And it's all 'cause of you,
My Susie-Q
Happy V-Day
XOXOXO Jnr-D...

MCBRIDE REALTY
CENTER LTD.



277 Main Street
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email: amnooreventures@telus.net



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

Your Neighbourhood Food Store
Check out the Mega Valentine's Flowers
One Dozen Roses \$19.99

DELI

Blue Ribbon Bologna - 100 g...\$1.19
Mediterranean Harvest Chicken - 100 g...\$2.29
NuWorld Long Grain White Rice - 8 kg...\$8.98
Purex Liquid Detergent -\$7.99
Assorted Scents - 3,7 L\$3.00
SunKype 100% Apple Juice - 1 L - 2 for\$4.78 + dep.
Coca Cola Classic - 12 pack cans\$1.69 / lb.
Cheemo Perogies - Assorted Flavors - 1 kg\$1.98
Beans - Bosc - Large\$1.29 each
Bean Sprouts\$6.99 / lb.
Alfalfa Sprouts\$6.99 / lb.
Boneless Ribeye Steak\$6.99 / lb.
Come in and Order your

SEASONED RIBS, CHICKEN OR STEAKS
Honey Garlic, Maui, Smokey Mesquite, (3 Pepper for
Hot Wings), Texan BBQ. Phone in your order in the
morning and it will be ready in the afternoon.

BAKERY
Mini Danish - 9 pk...\$99
Almond Filled Bear Claws...\$99

THANK YOU

Thank You for being such a loving community! Donations given to the food bank during the month of December was a miracle and a blessing to many. With the recent lay offs in November, December would be a tough month for many. But we saw Gods Spirit begin to work. Once again the community rose to the challenge of helping others and those who were able to, began to give. Without any solicitation, a total of \$1495.53 came in from fundraisers and personal donations! Last year we gave out a total of 17 Christmas hampers. This year we were able to give to every one of the 38 names on our list, helping 117 adults and children. The total cost of the Christmas hampers? \$1485.13 - a difference of only \$10.00!! (Total hampers given during 2006 were 128.) Too many individuals gave to mention them by names, but we thank all of you! We would like to take this opportunity to thank the businesses in town for their constant support and mention their recent donations. The Old-Timers Hockey had a food drive and benefit game which brought in \$150.00 and 408 food items. The Benary had yet another benefit dinner which gave us \$200.00. R&B Trees sold Christmas trees which totalled \$150.00. Bigway Foods and Canada Bread, for their constant supply of bread all year. The Old Age Pensioners Association for a fundraiser which brought in \$175.00. And IGA for gift cards totalling \$901.16, (which came to us through your support of the new Food 4 Food Banks program). This donation was not included in the above amount and will help us in 2007. Thank you for always thinking of others! We know our community may have many challenges this year, but with your help and the Lords blessing we can meet each one. We would also like to acknowledge our major sponsors and to point out that when you make donations to them you are helping your own community. The Adventist Development and Relief Agency, Mazon Canada (a Jewish response to hunger) and the McBride Seventh Day Adventist Church.

OPEN HOUSE

Julie Holland - McBride SDA Food Bank Director
Learn to do by Doing 4H OPEN HOUSE at the Dunster Hall Saturday, February 17 1-2 p.m. Soap & bunwiches (\$5.00) available 11-1. Find out what 4H is about. Sign up for 2007. *Cloverhuds ages 6-8 / Junior 9-12 / Senior 13-19. For more information you can contact Pat 1-250-968-4479. bc4h.bc.ca

BUY, SELL, RENT & MISC.

For Sale-Piano, Yamaha Clavinova CVP-202. \$2500.00. Phone 569-22337.
For Sale-Full set of Leather Working Tools worth over \$2500.00. Will sell for \$400.00. Phone 569-0113.
For Sale-4 Bridgestone Turanza tires. 215/65R16. Excellent tread, only used 3 months. Asking \$60.00 each. Freesprint Compact home gym. 3 stage cable system, small and lightweight. Over 40 exercises included. Used for 3 months. Asking \$150.00. Call Lorie at 250-569-7385.
For Rent-2 Bedroom Suite, partially furnished. No Smoking or Pets. Very Clean - available Jan. 1, 07. Ph:569-0402.
For Sale-1998 Chev 1/2 ton Cheyenne, ext. cab, 6 cyl., 6 spd manual, c/w canopy @ 100,000 kms. Asking \$9,000. 1985 GMC Vandura 3500 Motorhome, 22 ft., good shape. Asking \$7,000. Phone 569-8866.
For Sale-Danby Fridge \$125.00, Hot Point Dryer \$200.00 Ph:569-2778.
For Rent:Basement Bachelor Suite. No Smoking, No Drngs. References required Ph:569-2778.
For Sale-Computer Monitor-excellent condition \$25. Large capacity washer & dryer \$450 (washer has new transmission. Old style phone (new) \$35. Chester Fried Chicken Deep Fryer w/built in exhaust (on casters) \$1000.00. 4 ft Glass Heated Display Case w/ trays and racks \$500.00. 12' Aluminum Deep Hull Boat w/motor \$750.00. 1979 Yamaha GS850 Shaft Driven Streetbike (90% restored) \$1000.00. Eves. 569-0105.
For Rent:2 Bedroom House. Reference Required Ph:1-250-569-0308.
For Sale-1994 F250 Powerstroke turbo with F350 drivetrain. New clutch and flywheel. \$6500. 8 Person Hot Tub with cedar skirting, new pumps and heater element. \$2000. Phone 1-250-553-2300.
For Sale-1995 Ford F150XL 167000 km, One Owner \$5000. o.b.o. / Horse Trailer - 2 Horse \$600. o.b.o. Ph: 569-0174.
To place an ad here call 569-3110, Fax 569-0220 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. 9:00 to 11:30-Dorcas is OPEN Tuesdays 1pm-3pm. Phone 569-3186-Contact number for the Foodbank is 569-3186-
Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am. and Wednesdays at 7pm. 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 11:30 a.m. Phone 569-3206 or 569-3386. Hall Rental contact Dorothy Simpson 569-3343-
Evangelical Free Church- Sunday School at 9:45a.m., Sunday Worship Service at 11:00a.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
R.C.M.P. 569-2255
Hospital 569-2251
Health Unit 569-2251
K to 7 School 569-2721
High School 569-2295
Dunster School 968-4414
School District 57
School District 57
1-800-256-7857
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. Fryer's Best Town!!

Phone 569-0007

Fax 569-0004

SUN

VALLEY



Buy 2 Pizzas and get
\$5.00 OFF your 2nd Pizza

Seniors receive 15% OFF till the end of February

COMING SOON - Free in town delivery

Family Sunday Meal *Beanery 2 Pizzas*

Includes Dessert - Coffee
M-F 6-5 - S&S 9-5
Adults \$6 ~ Kidz \$3 ~ Seniors \$5
569-0133

THOUGH OF THE WEEK

Make it idiot proof and
someone will make a
better idiot.



Hours:
Mon - Friday
9am to 6pm
Saturday
8:30am to 5pm
Sunday On Call

Chain Oil -- 4 L -- \$5.99

30/30 Brake Pads -- \$49.99

Shell 32 Hydraulic Oil -- 20 L -- \$34.99

Antifreeze -- 4 L -- \$10.99

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the Big Boys in the city ... And you don't have
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I Love
You my
Special
Valentine's

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569-3359 803 3rd Ave. - side entrance

Rabson Valley Pet Hostel

Grooming & Boarding



Serving locally for 22 years

Ann Schwartz 569-3319 animal health technician

PHYSIOTHERAPY

E. Kim Hammerstedt BPT

246 Main Street, McBride 569-0107

~Sledgers Welcome~

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569-2294 stape@telus.net my Cell Phone @ 569-7229

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Firearm Acquisition Certification?

4 day Course

March 1, 2 (evenings) March 3, 4 (days)

\$185 / person

Minimum 10 spaces, so call now!
Bob @ RVHSS 569-2266.