

Publication	Market	Circ.	Recruit Day	Ad Approval Deadline (prior to Rec Day)
Abbotsford News	Abbotsford	45636	Sa	Wed @ Noon
Abbotsford News/MissionTimes	Abbotsford	44135	Fr	Wed @ 10am
Agassiz-Harrison Observer	Agassiz	4253	Th	Mon @ 4
Aldergrove Star	Aldergrove	10653	Th	Mon @ 4
Armstrong Advertiser	Armstrong	1555	We	Mon @ Noon
Arrow Lakes News	Nakusp	1110	We	Fri @ Noon
Ashcroft-Cache Creek Journal	Ashcroft	1179	Tu	Thurs @ Noon
The Boundary Creek Times Mountaineer	Greenwood	23180	We	Tues @ Noon
Boundary Weekender	Grand Forks	4050	Fr	Tues @ 4
Bowen Island Undercurrent	Vancouver	1400	Fr	Tues @ 4
Bridge River-Lillooet News	Lillooet	1581	We	Fri @ Noon
Burnaby Now	Burnaby	49078	We	Fri @ Noon
The Burnaby/New Westminster News Leader	Burnaby	61453	Sa	Wed @ 2
The Calendar	Winfield	2558	We	Fri @ Noon
Campbell River Courier-Islander	Campbell River	16028	We	Mon @ Noon
Campbell River Mirror	Campbell River	15811	Fr	Mon @ Noon
Campbell River/Comox Valley North Islander	Campbell River	40646	We	Mon @ Noon
Capital News	Kelowna	53099	We	Mon @ 4
Cariboo Connector	Williams Lake	12004	Fr	Fri @ 5
Cariboo Observer	Quesnel	4012	Su	Mon @ 5
Castlegar News	Castlegar	6600	We	Mon @ 11
Chetwynd Echo	Chetwynd	1200	Fr	Tues @ 5
Chilliwack Progress	Chilliwack	28752	Fr	Tues @ Noon
Chilliwack Times	Chilliwack	29025	Fr	Wed @ 10am
Coast Mountain News	Hagensborg	992	Th	Thurs @ 4
Coast Reporter	Sechelt	12931	Fr	Tues @ Noon
Colwood/Goldstream News Gazette	Victoria	16873	Fr	Mon @ 10
Community Digest	Vancouver	25000	Fr	Tues @ 4
Comox Valley Record Daily	Courtenay	22776	Th	Tues @ Noon
Comox Valley Record	Courtenay	22111	Fr	Tues @ Noon
Coquitlam Now	Coquitlam	54418	Fr	Tues @ 4
Cowichan News Leader	Duncan	20595	We	Mon @ Noon
Cowichan Pictorial	Duncan	23153	Su	Thurs @ Noon
Cowichan News Leader Daily	Duncan	25194	Th	Fri @ Noon
Creston Valley Advance	Creston	3700	Th	Mon @ Noon
Dawson Creek Mirror	Dawson Creek	8200	Fr	Fri @ Noon
Dawson Creek Peace River Block News	Dawson Creek	8716	Fr	Tues @ Noon
Delta Optimist	Delta	16876	Sa	Wed @ 4
Eagle Valley News	Sicamous	776	We	Fri @ 2
East Kootenay Friday Extra	Cranbrook	30150	Fr	Mon @ Noon
East Side Revue	Vancouver	3000	We	Tues @ Noon
L'Express du Pacifique	Vancouver	1148	Mo	Mon previous
The False Creek News	Vancouver	25000	Fr	Tues @ Noon
Fernie Free Press	Fernie	1934	We	Thurs @ 4
Fort Nelson News	Fort Nelson	2246	We	Fri @ Noon
Fort St. James Caledonia Courier	Vanderhoof	862	We	Fri @ Noon
The Gabriola Sounder	Gabriola	3669	Mo	Thurs @ Noon
The Gazette	Grand Forks	2729	We	Fri @ 5
Golden Star	Golden	2215	We	Fri @ Noon
Gulf Islands Driftwood	Salt Spring Island	4300	We	Fri @ Noon
Harbour City Star	Nanaimo	45473	Sa	Thurs @ Noon
Hope Standard	Hope	2085	Th	Fri @ 5
Houston Today	Houston	1053	We	Fri @ Noon
The Interior News	Smithers	3723	We	Fri @ Noon
Island Tides	Pender Island	17550	Th	Wed @ 5
Kamloops This Week	Kamloops	29527	Fr	Mon @ 4
Keremeos Review	Keremeos	1370	Th	Mon @ 5
The Kootenay News Advertiser	Cranbrook	28084	Fr	Tues @ 4
Kootenay Weekly Express	Nelson	11684	We	Thurs @ 4
Ladysmith-Chemainus Chronicle	Ladysmith	2644	Tu	Fri @ Noon
Lake Cowichan Gazette	Lake Cowichan	906	We	Fri @ Noon
Lakes District News	Burns Lake	1643	We	Fri @ 3
Lakeshore News	Salmon Arm	14430	Fr	Wed @ Noon
The Langley Advance News	Langley	40240	Fr	Wed @ 11am
Langley Times	Langley	38655	Su	Thurs @ Noon
Lookout CFB Esquimalt	Victoria	4087	Mo	Wed @ 2
Lumby Valley Times	Lumby	8800	We	Fri @ Noon
The Maple Ridge News	Maple Ridge	29156	Fr	Tues @ Noon
Maple Ridge-Pitt Meadows Times	Maple Ridge	28200	Fr	Wed @ 10am
Merritt Herald	Merritt	1405	We	Fri @ Noon
The Merritt Valley Express	Merritt	5066	Fr	Tues @ Noon
Mission City Record	Mission	10791	Th	Mon @ Noon
The Morning Star	Vernon	33833	Fr	Thur @ Noon
Nanaimo News Bulletin	Nanaimo	32144	Sa	Wed @ Noon
New Westminster Record/Burnaby Now	Burnaby	16400	Sa	Wed @ 2
The Parksville-Qualicum News	Parksville	2100	Fr	Wed @ 9
North Island Gazette	Port Hardy	2351	We	Thur @ Noon
North Island MidWeek	Campbell River	42690	Fr	Wed @ Noon
North Peace Express	Fort St. John	10271	Sa	Tues @ Noon
North Shore News	North Vancouver	64473	Fr	Tues @ 4
The North Shore Outlook	North Vancouver	55996	Th	Mon @ 4
North Thompson Star/Journal	Barriere	1380	Mo	Wed @ 5
North Thompson Times	Clearwater	1334	Mo	Wed @ 5
Northern Sentinel	Kitimat	1723	We	Fri @ Noon
Northern Sentinel's Weekend Advertiser	Kitimat	15200	Sa	Mon @ Noon
The Northerner	Fort St. John	7500	Fr	Fri @ Noon
Northwest Weekly	Prince Rupert	29600	We	Fri @ Noon
Nouvelles Communautaires	Vancouver	25000	Fr	Tues @ 4
Oak Bay News	Victoria	7200	Fr	Wed @ 5
Okanagan Falls Review	Keremeos	1343	Th	Mon @ 3
Oliver Chronicle	Oliver	2369	We	Mon @ Noon
Omineca Express	Vanderhoof	1475	We	Fri @ Noon
100 Mile House Free Press	100 Mile House	3542	We	Fri @ Noon
Osoyoos Times	Osoyoos	2483	We	Mon @ Noon
The Peace Arch News	White Rock	30617	Fr	Tues @ Noon
Peachland View	Peachland	3500	Th	Mon @ Noon
Peninsula News Review	Sidney	15549	We	Fri @ Noon
Penticton Western News	Penticton	20344	Fr	Wed @ Noon
Pique News Magazine	Whistler	15690	Th	Mon @ 5
Powell River Peak	Powell River	4146	We	Fri @ 5
Prince George Citizen	Prince George	15129	Sa	Thurs @ Noon
Prince George Citizen Review	Prince George	32600	Sa	Tues @ Noon
Prince George Free Press	Prince George	29832	Fr	Tues @ 4
Queen Charlotte Islands Observer	Queen Charlotte	1493	Th	Mon @ Noon
The Quesnel Cariboo Observer	Quesnel	7546	We	Fri @ Noon
The Record	Gold River	1200	We	Thurs @ 4
Revelstoke Times Review	Revelstoke	2055	We	Fri @ Noon
Richmond News	Richmond	46260	Fr	Tues @ 3
The Richmond Review	Richmond	46767	Sa	Wed @ Noon
Saanich News	Victoria	33457	We	Fri @ 4
Salmon Arm Observer	Salmon Arm	3335	We	Mon @ Noon
Salt Spring Island Mirror	Salt Spring Island	22450	Fr	Tues @ 4
Shuswap Market News	Salmon Arm	14795	Mo	Mon @ Noon
Similkameen News Leader	Princeton	1400	We	Fri @ Noon
Similkameen Spotlight	Princeton	1316	We	Fri @ Noon
Sooke News Mirror	Sooke	5319	We	Fri @ Noon
La/The Source	Vancouver	4000	Fr	Fri @ Noon
The South Delta Leader	Delta	15850	Fr	Mon @ Noon
Squamish Chief	Squamish	4054	Fr	Tues @ 4
The Summerland Bulletin	Summerland	3500	Th	Wed @ 4
Summerland Review	Summerland	2340	Th	Mon @ Noon
The Surrey/N. Delta Leader	Surrey	85700	Sa	Tues @ Noon
Surrey/North Delta Now	Surrey	113092	We	Fri @ Noon
Terrace Standard	Terrace	7866	We	Fri @ 1
The Times	Mackenzie	1000	Tu	Wed @ 3
The Tri-City News	Port Coquitlam	54526	Fr	Mon @ 4
The Tribune	Williams Lake	4010	Fr	Wed @ Noon
The Valley Echo	Invermere	2851	We	Fri @ Noon
The Valley Express	Merritt	4300	Fr	Tues @ Noon
The Valley Sentinel	Valemount	991	We	Fri @ 5
Vancouver Courier Downtown Edition	Vancouver	24575	Fr	Fri @ 4
Vancouver Courier East Side Edition	Vancouver	60095	Fr	Fri @ 4
Vancouver Courier West Side Edition	Vancouver	49028	Fr	Fri @ 4
Victoria News	Victoria	102461	Fr	Wed @ 5
The Weekender	Nelson	23697	Fr	Fri @ Noon
The Weekender	Williams Lake	10300	Fr	Wed @ Noon
West Side Review	Vancouver	3000	We	Fri @ Noon
The Westerly News	Ucluellet		Th	Fri @ Noon
Westside Weekly	Kelowna	14593		Wed @ Noon
The Whistler Question	Whistler	10000	Th	Mon @ 5