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14' x 14' office
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ANAGRAMS

SNOOZE ALARMS
 When you rearrange the letters:
ALAS! NO MORE Z'S



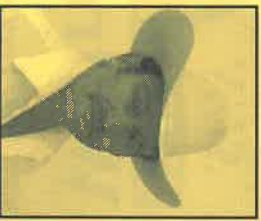
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 Chinese Combination Dinners - 450g...\$5.29
 Smoked Salmon Quiche - each piece...\$3.49
Last Week For
CASE LOT SALE
 Halmark Frozen Chicken Breasts -
 2 kg box \$15.99
 Free Trade Kicking Horse Coffee -
 Assorted Flavors - 454 g \$15.45
 Oranges - Cara Cara \$1.19 / lb.
 Choice Red Peppers \$1.89 / lb.
 Enoki Mushrooms - 100g \$2.99
VALENTINE'S CHOCOLATES Are In

BAKERY
 Assorted Scones - 6 for...\$2.99
 Pumpernickle Bread - 454 g...\$1.59



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McBride Paper



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For the week of Wed.. January 18th, 2006

COMMUNITY BENEFIT SUPPER

To help raise money for Tina & Dave Hagen and Girls. *Menu: Spaghetti with meat or vegetarian sauce with all the fixings. Thursday, January 26, 2006 at the Legion. Times are 4:00 - 5:00 - 6:00 - 7:00 PM. *Please reserve your meal sitting ticket by Monday, January 23 at -Fort Electric 4:00 sitting / Stedman's 5:00 sitting / Health Heart & Home 6:00 sitting / Jenny's 7:00 sitting. We will have a Silent auction going throughout the evening. Anyone wanting to donate items or help out, may call Lynn Shock 569-3184 / Hazel Balcaen 569-3124 or Janice Lipke 569-2446. Drop in space may be limited.

McBRIDE ROUNDDHOUSE

In Concert at the McBride Roundhouse! **AARON PRITCHETT**
 Since the release of Aaron Pritchett's "Something Goin on Here" (Oct. of 2003), Aaron has garnered much attention and acclaim from fans, critics, radio and television all across Canada making him one of Canada's top Country performers. You won't want to miss this one! Wednesday, January 18th 8:00p.m. All seats are \$20.00. Tickets are available at Stedmans.

QUARTERLY HYMN SING

Everyone is Welcome to attend Quarterly Hymn Sing at the McBride Mennonite Church. Sunday, January 22nd at 7:30p.m.

FALL FAIR NEWS

The Robson Valley Fall Fair Committee held its first meeting of the 2006 season on Thursday, January 12 and they were not so much as up and running as off and flying. The group of eight was full of energy and good ideas for the up-coming summer. Some of the ideas peaking at the Fair meeting, along with the ever-popular Fashion Show, Pet Show, Small Animal Show and Class entries, were: Parrelli horse games; pedal tractor races for kids; lawn tractor races for older people (particularly males); baled hay competition; a play area for kids; a coffee/hat area inside the arena for visitors and one outside at the Show and Shine for car enthusiasts; a maze for remote controlled cars.

This year's theme is "Tractors". The Committee would like to have old working or collectible tractors on display, quilting with tractor themes and collections of little model tractors. A model train club from Prince George has asked for permission to set up their extensive operation for the weekend.

The keys to a successful Fall Fair are those volunteers who, although they don't care to sit through meetings during the year, are willing to organize an event in the weeks before or come out on Fair weekend to run one event. Anyone who is interested in organizing one of these events, or running one on the day of the Fair, or anyone with other ideas that could be carried through to fruition call Fall Fair secretary Dorothy Simpson at 569-3343, Fall Fair president Marion Cousineau at 968-4479 or any Fall Fair committee member.
MISSING
 The Robson Valley Home Support Society is missing the DVD "Making Sense of Adolescence" by Gordon Neufeld. If you have borrowed this parenting program please return it to the RYHSS office so we can continue to offer the program in the community. No fines...no questions asked...just a big sigh of relief to have this valuable resource returned. Thank you.

AGMS

Whistle Stop Gallery Society AGM is on Thursday, January 19, 2006, at 7:00 PM in the Beaneery2 at the Train Station, 1000 Main St. McBride, BC.

McBRIDE CURLING CLUB

McBride Curling Club invites you to our: Mixed Curling Cash Spiel, January 20, 21, 22 - \$140.00 entry fee. At least 1 female per team, female must play 3rd or skip. Based on 12 teams: 1A \$750.00, 2A \$450.00, 1B \$300.00 1C \$200.00. Deadline to enter is January 18th. Please contact Bob Mitchell @ 569-2734 to enter.

The McBride Curling Club is looking for anyone who would like to help out with Jr. Curling on Wednesday Nights at 7:00pm. Please contact Jennifer Quan @ 569-0150.

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
 Forestry 569-3760
 Village 569-2229
 Reg 1 Dist 1-800-667-1959
 Home Support 569-2266
 Food Bank 569-3225
 Fire Hall 569-3117
 Greylhound 569-2441
 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.

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 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
 Fax: (250) 569-3276
SEB Co-ordinator E-mail: futures3@telus.net

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FULL TIME WAITRESS @ TRAVELLERS' INN
DROP OFF RESUME AT RESTAURANT - ATTN. BEV MCLEMMAN
2 FOR 1 PASTA NIGHT ON SAT., JAN 21

ANAGRAMS

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 When you rearrange the letters:
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 Dave Marchant Calendars
 50% Off at the

WHISTLE STOP GALLERY - OPEN DAILY

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803 3rd Ave. - side entrance
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 Call for appointments
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 569-2294 stape@telus.net my Cell Phone @ 569-7229

Angels Say

IT'S NOT YOUR IMAGINATION.
 Sometimes a "coincidence" comes with a lot of angelic effort.

Ande's Auto Care Auto Parts
 www.andedautoparts.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
 Tel: 250-569-2332
 Fax: 250-569-2342

HEARTLAND RESTAURANT 569-2285

Cut out this COUPON to receive
 2 Cheeseburgers with Fries for 10.99
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 Grooming & Banding
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 569-3319

We will be

CLOSED 569-0133
 Beaneery 2 Pizzeria

from Sat., Jan. 14th to Sun., Jan. 22

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 Good pay, seasonal work.

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Certification and Medic experience
 required, extra training given.

Call for full details 250 569 7777
 or e-mail wildservices@telus.net

STEDMAN'S

Main St. McBride

569-2415

"Winter Clearance Sale"

Monday, January 16 - Saturday, January 28

50% OFF Selected Candles and Giftware, Christmas Stock

40% OFF Adult Winter Clothing

30% OFF Childrens Winter Clothing, all Winter Boots, Toques, Gloves and Mitts, Sleepwear

25% OFF Christmas Chocolates and Candy

We have a selection of "Reduced to Clear" items,

This Sale does not apply to already marked down merchandise.

"All Sales Are Final!"



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http://www.mcbridebc.org/library

library@mcbridebc.org

241 Dominion St. (250)569-2411

Turn off the Tube and Read a Book

KIDS NEED BREATHING SPACE

*Kids Need Breathing Space: 43% of northern BC residents live in a household where at least one person smokes cigarettes, cigars or pipes. 25% of northern interior children inhale second-hand smoke every day in their home.

*Unfortunately, many people think that second-hand smoke is just a nuisance to be tolerated. In reality, second-hand smoke is a known carcinogen; non-smokers exposed to second-hand smoke can increase their risk of getting lung cancer, heart disease or respiratory illnesses. *Statistics Canada recently reported that 1 in 5 children under 12 are exposed to cigarette smoke in cars and 1 in 4 are exposed in homes. Second-hand smoke is more harmful to children because their lungs are still developing and are more easily damaged. Infants breath faster and inhale more of the smoke than adults.

*Making your home & car smoke-free will reduce your child's health risk for lung and ear infections, chronic coughs, colds, asthma & allergies. Having a smoke free home will help improve the odds that your child will not smoke and can make it easier for you to stop smoking.

*A few simple steps can protect your child from the serious health effects caused by second-hand smoke:

- make the commitment to having a smoke-free home & car
 - avoid establishments that allow smoking
 - ask friends & family members not to smoke around your child
 - ensure the daycare your child attends is smoke-free
- January 15 - 21 is National Non-Smoking Week and is a great time to establish your home & car as 100% Smoke-free. Decals for your home & car windows will be available at the McBride Health Unit. If you would like more information, please contact Laura Johnston, Tobacco Reduction Coordinator at 649-7179.

**Written by Laura Johnston, Regional Tobacco Reduction Coordinator, Center for Healthy Living **

DANCE LESSONS

Free Dance Lessons - Lessons by Nadine Shovar - Every Thursday Night. *7:45 p.m. - Doors Open *8:00 - 9:00 p.m. Lessons *9:00 - 9:30p.m. Dancing at The Elks Hall - Donation at door - Hosted by the Elks/Royal Purple. ***Must be 12 and Up***

BIRTHDAY WISHES JANUARY 18 - 25

Desiree Andrews, Tina Pepper, Jason Hunter, Sandra Davis, Gunnar Goodkey, Barry Shawara, Pam Medina, Clint Collins, Cheri Lewis, Byron Murin, Lars Kommacher, Carly Skidmore, Ida Vecchio, Kelly Douglas LaRochele, Tim Dunn, Theo Teering, Sharon Doerksen, Frank Puta, David Loyer, Fitzgerald Plamondon, Franco Caputo, Kimi Yungen, Cathy MacMaster, and to anyone we missed Happy Birthday.

THE INHERITANCE

When he found out he was going to inherit a fortune when his sickly father died, Charles decided he needed a woman to enjoy it with. So one evening he went to a singles bar where he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away. "I may look like just an ordinary man," he said as he walked up to her "but in just a week or two, my father will die, and I'll inherit 20 million dollars." The woman went home with Charles that evening, and three days later, she became his stepmother.

Women are so much smarter. When will men ever learn?

BUY, SELL, RENT & MISC.

House For Rent-4020 Mountainview Rd. 2 Bedrooms. Phone 569-2438****For Sale-2 Computer Viewsonic E70fb 16" Color Monitors.** \$50,00 each; 2 years old. Call Line at 569-0288.****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 Trucks.** 3210****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.**

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 & 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 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 St. 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:sjghnes3@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 Feedalifest-TOWA!!

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