



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



Rodger L. Peterson
Owner Broker

Rodger L. Peterson
Affiliated Broker for
Cabela's Trophy Properties LLC
Province of British Columbia, Canada



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 - 100 g...\$1.99
Rosemary Roasted Ham - 100 g...\$1.99

Strawberry Papaya \$2.99 / lb.
Hot House Tomatoes \$2.69 / lb.
Australian Strip Loim Steak - Family Pack \$5.99 / lb.
Pork Back Ribs \$3.99 / lb.
Chicken Breasts - Buns/Skls - Family Pack \$4.49 / lb.
Whole Chicken - Three Per Bag \$1.69 / lb.
Chicken Legs Backs Attached - 5 kg box \$12.99
Hallmark Breaded Chicken Strips - 2 kg box \$19.99
Hot Kid Rice Crackers - Assorted - 100 g \$1.69
Molinaro's Fine Italian Foods \$3.99
Multigrain Pizza Starter Kit - 420 g \$3.99
Kraft Macaroni & Cheese Dinner - 12 x 255 g \$11.49
Pepsi - 12 pack cans \$4.49 + dep.

BAKERY

Mini Strudel - Assorted - 4 for...\$1.99
Raisin Bread - 454 g...\$1.99



Vanderhoof & Districts
Co-operative
Association

DRIVER SALES REPRESENTATIVE

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 Vanderhoof Head Office
Prince George, B.C. Phone 250-567-4488
Toll Free 1-866-309-2667 Fax 250-567-4490
Home 250-963-9011 Cell 250-565-8436

OFFICE SPACE FOR RENT

Main Street & 3rd Avenue - 2nd Floor

14' x 14' office

with closet & phone jacks

Phone 569-2284

WANTED

Someone,

preferably with a truck,

to do odd jobs for me occasionally.

Phone 569-2577

THOUGHT OF THE WEEK

Why is it that whenever you attempt to
catch something that's falling off the
table you always manage to knock
something else over?



House Keeping Services

*weekly

*bi-weekly

*monthly

*special occasion

"We do your dirty work for you!"

Amanda & Sherre Watson (250) 569-7155

FREE The Little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed.. February 1st, 2006

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.

Programs for February at McBride Hospital

WELL MEN'S CLINIC: odd numbered Thursdays drop in from
6-7. Appointments 7-9 pm. And Saturday, February 25th: appointments
8-11:00 am drop in 11-12.

ARTHRITIS GROUP: Thursday, February 16 at 10:30 am.

DIABETIC GROUP: Wednesday, February 8th at 1:00 pm.

FOOT CARE CLINIC: For people with diabetes or problems with
circulation in feet. Every second Thursday afternoon and some
Saturdays or evenings. Please make appointment.

NOTE: Regular WELL WOMEN'S will continue to be held on
every second Wednesday afternoon. Please make appointment.

For more information call hospital reception 569-2251 ext. 200. For
nurse at 569-2251 Ext. 204. Leave name and phone # if not in.

MCBRIDE MEALYTA UNIT

Fun With Family & Friends, Parents, Newborns & Toddlers:

Come meet other parents & children while participating in crafts,
story time & sharing. McBride Health Unit - 2nd & 4th Thursdays
11:00 a.m. to 12:00 p.m. Snacks & Refreshments. *January 26 -
Snow Frolics *February 9 - Valentines *February 23 - Caring &
Sharing *March 9 - St. Patrick's *March 23 - A Windy Day. *Child
Care Resource & Referral Consultant will attend on the 4th Thursdays
with Stories & Crafts. •Other Guests: on 2nd Thursdays -Beth
Fredrick - Stepping Stones Daycare. / Mary Stewart - Infant
Development Program. **Cary Savarella - Public Health Nurse -
will be in attendance to answer questions or call 569-2251 ext. 226.

COMMUNITY ANNOUNCEMENTS

Marriage Course - Video Series by Gary Smalley. Starting February
6th at 7:00pm in the E-Free Church. This will run for 6 or 7
Mondays.

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 WISHERS FEBRUARY 1 - 7

Morgan Littlechild, Ule Kormacher, Jesse Spangler, Linden Ladouceur,
Emilie Kate Rhodes, Darrell Scates Jr., Hilda Murn, Darrell Doerksen,
Clint Moore, Tedd Warner, Gerry Smith, Debby Ladouceur, Rosy
Esser, Connor Quam, Dylan Walchuk, Shelley Hatchard, Colin
Carmichael Paolino Jr., Sandy Fischer, Deb Jones, Margaret Yon,
Paula Taphorn, Jaedyn Rich, Rodell Thompson, Chelan Gordon,
Roger Wiltzie, Josee Monroe, Edna Monroe, Karen Craigue, Bryna
Aubrey, and to anyone we missed Happy Birthday.

READY, SET, LEARN

A Family Early Literacy Program. Start Date is Friday, February
3. Ready, Set, Learn is a 10-week program for children ages 3-5
years, and their families. The program runs at McBride Centennial
Elementary School every Friday from 10:00 a.m. to 11:00 beginning
February 3. Ready, Set, Learn provides pre-school children and a
mom, dad, grandparent, or other caregiver with useful activities and
ideas to use at home to help promote skills that help with early
school success. Please phone McBride Centennial Elementary School
at 569-2721 to register.

MCBRIDE CURLING CLUB

The McBride Curling Club invites all ladies to our Annual Ladies
Curling Bonspiel. February 10, 11, & 12. The theme this year is
"Hawaiian". For more information or to register a team contact Bob
Mitchell @ 569-2734.

Via-Rail Schedule

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	569-2721	Food Bank	569-3225
High School	569-2295	Fire Hall	569-3117
Dunster School	968-4414	Greyhound	569-2441
School District 57	569-3110	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!!



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

LAMINATE FLOORING

Blow Out Sale

Trucklick Plus - 8 mil
\$1.20 sq. ft.
(while quantities last)

ANAGRAM

A DECIMAL POINT
When you rearrange the letters:
IM A DOT IN PLACE

THE HAIR SHOPPE

803 3rd Ave. - side entrance

569-3359 We Carry JOICO Supplies

SASQUATCH Beauty Barn

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

Angels Say

When we are filled with amazement,
we worship like angels.



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 Fry / Lenny Stone After hours 250-569-2352

Tel: 250-569-2352
Fax: 250-569-2342

569-2285

HEARTLAND RESTAURANT

VALENTINE'S DAY - Tuesday, February 14th

Roast Beef Dinner

w/ Yorkshire Pudding, Dessert, Soup or Salad to start
\$12.95

Robson Valley Pet Hostel

Grooming & Boarding

Serving locally for 21 years
569-3319 animal health technician



As one of our
employees is dealing
with the loss of a
family member

We will not be OPEN until Wed, Feb. 8

Sorry for any inconvenience.

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

PHYSIOTHERAPY

E. Kim Hammerstedt BPT

246 Main Street, McBride 569-0107

Medics/First aiders wanted

for oil patch winter work.
Good pay, seasonal work.

Start immediately.

Also to register for fire season.

Certification and Medic experience
required, extra training given.

Call for full details 250 569 7777

or e-mail wildeservices@telus.net

RELIEF FROM ACHES & PAINS

*BOWEN THERAPY**REFLEXOLOGY**MASSAGE*

CALL MARGRIT 968-4432

Stylin' by Tina
cuts - colors - curls



(c) 569-7279 (m) 569-0411

Auto Services

569-2666

Stihl MS170 Chain Saw

ONLY 279.95

including Wood-Pro Kit

Stihl Saw Sales

Automotive Repair / Exhaust Work

Pipe Bending / Tune Ups

Welding

SUPERIOR BALE FEEDERS



MCBRIDE HOTEL
569-2277

COMING EVENTS...
*** Superbowl Party & Pool Tournament**
with Cash and Prizes

*** Live Music with Bobby Lee**
on Fri., Feb. 10 & Sat., Feb. 11
Come and Join us.

Wahoo Enterprises

820-1st Ave., McBride Phone: 569-0320
Website: <http://www.wahoounterprises.ca>

**10% Off All Planners,
Appointment Books & Diaries!**
15% Off All Fly Tying Materials!
Tons of gadgets & gizmos on sale!

Advantage Insurance
Services Ltd.

Rosemary L. Hruby, CAIB
250-569-2264

REMEMBER

We're OPEN

Saturdays 10:00am to 3:00pm

WHISTLE STOP GALLERY

Indulge your senses,
from rich fabrics to the sweet smell
of bees wax and the silky feel of
finely finished wood work.
Treat yourself and visit the Gallery.

OPEN DAILY AT THE TRAIN STATION

FORBAY'S PRINTING & SIGNS

TROPHIES • ENGRAVING • COLOR SCANNING • T-SHIRTS • PHOTO COPIES • CONFIDENTIAL CARDS • OCCASIONAL CARDS • INVITATIONS • BUSINESS CARDS • LAMINATING • BINDING

BANNERS • SIGN BOARDS • VEHICLE SIGNS • MAGNETIC SIGNS • PLASTIC SIGNS



• AND MUCH MORE •
• CHECK US OUT FOR ALL YOUR TROPHY NEEDS •

Forge of The Little McBride Paper
Scott & Susan Glines
455 King Street
Ph: 569-3110
Fax: 569-0220

STEDMANS

Main St. McBride

569-2415

Check out our
“New Arrivals”
for Valentine's Day

We are still “Reducing Stock”. Great deals on
selected merchandise throughout the store.

McBride Community Calendars - \$8.00 each



OK dear,
once again,
This is your
left hand and
this is your
right hand.

McBride Health Unit Presents:

Toddler Dental Care: “Sip Cup” - Friend or Foe?
These days, families with young children are “On The Go”. With this comes the challenge of keeping children healthy and happy. One of the more common “conveniences” we see for young children between the ages of 1-3 years of age is the “Sip Cup”. Sip Cups have been around for several years. With a spouted lid, they are often preferred by parents as a drink container for several reasons. Parents can choose what beverage they put in the Sip Cups. Sip Cups are spill resistant, break resistant and reusable.

But... Did you know, Sip Cups could be putting your child more at risk for tooth decay...depending on how they are used?
As soon as your child has teeth, they are at risk for Tooth Decay. To avoid the risk of Tooth Decay have your child drink water for thirst. Other beverages contain sugars which coat the teeth over and over again, every time your child takes a sip. Even fruit juice contains natural sugars. Water is the best drink to have between meals. The Canadian Paediatric Society recommends introducing your child to a cup around the age 1. Remember to wash cups in hot soapy water between uses.

To help protect your child's teeth from tooth decay, use a “pea sized amount or less” of Children's Fluoride Toothpaste, morning and night. Help your child brush until at least 8 years old. Avoid soft sticky foods such as dried fruit, raisins, candy that will stick on your child's teeth for long periods of time. Choose fresh fruit instead of juice or dried fruit. Drink water for thirst. Visit your Dental Team regularly - The Canadian Dental Association encourages the assessment of infants, by a dentist, within 6 months of the eruption of the first tooth or by one year of age. If you have questions or concerns regarding your child's teeth, please contact your Dental Office or the Northern Interior Dental Health Program @ 565-7445. *Written by: Brenda Matzen RDH, Manager Northern Interior Dental Health Programs.

MONEY IS MONEY

Fred and his wife Edna went to the state fair every year. Every year Fred would say, “Edna, I'd like to ride in that there airplane.” And every year Edna would say, “I know Fred, but that airplane ride costs ten dollars, and ten dollars is ten dollars.” One year Fred and Edna went to the fair and Fred said, “Edna, I'm 71 years old. If I don't ride that airplane this year I may never get another chance.” Edna replied, “Fred that there airplane ride costs ten dollars, and ten dollars is ten dollars.” The pilot overheard them and said, “Folks, I'll make you a deal. I'll take you both up for a ride. If you can stay quiet for the entire ride and not say one word, I won't charge you, but if you say one word it's ten dollars.” Fred and Edna agreed and up they go. The pilot does all kinds of twists and turns, rolls and dives, but not a word is heard. He does all his tricks over again, but still not a word. They land and the pilot turns to Fred, “By golly, I did everything I could think of to get you to yell out, but you didn't.” Fred replied, “Well, I was gonna say something when Edna fell out, but ten dollars is ten dollars.”

THINK ABOUT IT...

The junk mail that Americans receive in one day could produce enough energy to heat 250,000 homes.

The Earth moves in its 585-million-mile orbit around the Sun approximately eight times faster than a bullet travels.

BUY, SELL, RENT & MISC.

For Sale: Husqvarna 272XP \$200.00, Husqvarna 282XP \$250.00. Phone 968-4328. **For Sale:** 12'x60' Alco Construction Trailer on Skids. Propane furnace and large access door at rear. \$2500.00 obo. Phone 569-8833. **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. **For Sale:** 2471. **For Sale:** 4 Goodyear Tracker Tires. P245/75R16 M+S. Used only 2 months last winter. \$350.00. Phone 569-31110. **For Sale:** 6.5 Acres, Commercial Property \$120,000.00. 5.1 Acres, Zoned RRI, \$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 and 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 Cardew. **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.G.'s Finest! Best Town!!

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

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*

Stop by and check out the
OLDTIMERS QUILT

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

OPEN 24 HOURS
JOTOGO COFFEE

any size @ .99¢



SOBE A-RUSH 250 ml
2 for \$3.00 + dep. & tx.

HUSKY

AQUAFINA 1 litre

2 for \$2.00 + dep.

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



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

JOKE OF THE WEEK

A fourth-grade teacher was giving her pupils

a lesson in logic.

"Here is the situation," she said. "A man is standing up in a boat in the middle of a river, fishing. He loses his balance, falls in, and begins splashing and yelling for help. His wife hears the commotion, knows he can't swim, and runs down to the bank. Why do you think she ran to the bank?"

A girl raised her hand and asked,

"To draw out all his savings?"



PHONE #
569-2326

HOURS Monday - Saturday 9am to 7pm Sunday 9am - 6pm

IN-STORE FRESH SAUSAGE Now Available

PEPSI - -----12 pack cans - 2 for----- \$7.00 + dep.

PORK LOIN HALVES -
Boneless ----- \$4.39 / kg. (while quantities last)

CHICKEN THIGHS - Family Pack ----- \$2.29 / lb.

RED POTATOES - 15 lb. bag----- \$5.99

MINUTE MAID FRUIT JUICE - 1.89 L ----- \$3.77 + dep.

CASE LOT PRICES

Still In Effect

(while quantities last)
(Sale ends Sat., Feb. 4)

LOOK FOR OUR ENERGY VALUES and our UNADVERTISED SPECIALS

McBride & District February 2006 Community Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Making Sense of Adolescents: Gordon Neufeld Parenting Course @ Dunster Community Hall, 6 Tuesday mornings starting Jan 31. contact <i>Jane Houlder</i> 968-4463</p> <p>Communicate with Confidence for Women @ R/HSS McBride Office. 6 Monday evenings starting Jan 30. contact <i>Ashley Desormeau</i> 569-8861</p> <p>February is Heart & Stroke Month: pins on sale @ Scotiabank</p>						
<p>CHURCHES 5</p> <p>McBride Atoms Home Tournament</p> <p>7 - 9 pm VFD mtng @ Fire Hall 7:30pm Hospital Auxiliary mtng @ MDH</p>	<p>6</p> <p>9:30-11am WEE Teach @ R/HSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing Guides (ages 9 - 12) 2:30-4:30pm Guides (ages 9 - 12) 6:30 pm TOPS @ HiltUnit 7:30 pm Elks - Royal Purple</p>	<p>1</p> <p>5 - 6 pm Sparks (ages 4 - 6) 6:30 pm Bingo @ Legion Hall 7 - 9 pm Valley Pleasurers @ HS</p>	<p>2</p> <p>2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome CK Reading Room 4-5:30pm Brownsies (ages 7 - 8) 6 - 9 pm Srs Bingo @ BVLodge Well Men's Clinic @ Hosp</p>	<p>3</p> <p>7:00 pm League Curling: Lounge open to public</p>	<p>4</p> <p>9am - 4pm Tykes Tournament McBride Atoms Home Tournament 10am - noon AUCW Thrift Shop 7 - 9 pm Circle Dance @ Dunster Hall</p>	
<p>CHURCHES 12</p> <p>Oldtimers Hockey Home Tournament Ladies Bonspiel</p> <p>7 - 9 pm VFD mtng @ Fire Hall 7:30 pm RV/Fall Fair Committee</p>	<p>13</p> <p>9:30-11am WEE Teach @ R/HSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing Guides (ages 9 - 12) 2:30-4:30pm Guides (ages 9 - 12) 6:30 pm TOPS @ HiltUnit 7 - 9 pm Search & Rescue mtng @ 444 Main 7:30 pm McBride Village Council Meeting</p>	<p>15</p> <p>2:00 pm Seniors Birthday Tea @ BVLodge 5 - 6 pm Sparks (ages 4 - 6) 6:30 pm Bingo @ Legion Hall 7:00 pm Chamber of Commerce @ Council Chambers 7 - 9 pm Valley Pleasurers @ HS</p>	<p>16</p> <p>10:30 am Arthritis Group 2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome CK Reading Room 4-5:30pm Brownsies (ages 7 - 8) 5:00 pm WS Gallery Society 6:30 pm Srs Bingo @ BVLodge 6 - 9 pm Well Men's Clinic @ MDH</p>	<p>17</p> <p>7:00 pm League Curling: Lounge open to public</p>	<p>18</p> <p>SDA CHURCH 10am - noon AUCW Thrift Shop 7 - 9 pm Circle Dance @ Dunster Hall</p>	
<p>CHURCHES 19</p> <p>20</p> <p>5 - 7 pm Library Trustees mtng @ B2 7 - 9 pm VFD mtng @ Fire Hall</p>	<p>21</p> <p>9:30-11am WEE Teach @ R/HSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing Guides (ages 9 - 12) 2:30-4:30pm Guides (ages 9 - 12) 6:30 pm TOPS @ HiltUnit 7:30 pm Elks - Royal Purple</p>	<p>22</p> <p>noon Seniors Luncheon @ BVLodge afternoon Well Women's Clinic @ MDH by appt 5 - 6 pm Sparks (ages 4 - 6) 7 - 9 pm Mental Health Support Group @ HU</p>	<p>23</p> <p>11am-noon Parents n Tots @ HU afternoon Foot Care Clinic @ Hosp by appt 2 - 4 pm OAPO Stitch & Knit 3:30-5:30pm Dome CK Reading Room 4-5:30pm Brownsies (ages 7 - 8) 6:30 pm Srs Bingo @ BVLodge</p>	<p>24</p> <p>7:00 pm League Curling: Lounge open to public</p>	<p>25</p> <p>SDA CHURCH 8am - noon Well Men's Clinic @ MDH 10am - noon AUCW Thrift Shop</p>	
<p>CHURCHES 26</p> <p>27</p> <p>8:30-10:30am Pancakes for Parents @ R/HSS</p>	<p>28</p> <p>9:30-11am WEE Teach @ R/HSS 1 - 3 pm AUCW Thrift Shop 1 - 3 pm DORCAS Used Clothing Guides (ages 9 - 12) 2:30-4:30pm Guides (ages 9 - 12) 6:30 pm TOPS @ HiltUnit 7:30 pm McBride Village Council Meeting</p>	<p>COMMUNITY SPORTS @ HS GYM Basketball: Mon & Thu 7 - 9 pm Volleyball: Wed 7 - 9 pm Badminton: Tue 7 - 9 pm SRS CARPET BOWLING @ Rec Ctr Tue & Fri, 10:00 - 11:30 am FIT PIT open 6am - 10pm 7 days/week</p>	<p>MUSEUM: Open during LIBRARY hours: 10am - 5pm & 7 - 9 pm Tue; 10am - 2pm Wed; 2 - 9pm Fri; 2 - 5pm Sat. FREE Dance Lessons with Nadine: Thursdays, from 7:45 pm @ Elks Hall SENIORS' PROGRAMS: anyone age 55+ is welcome. SDA Food Bank: phone 569-3225 New to the Valley? Call 569-3366 to arrange a Chamber of Commerce Welcome Visit</p>			

On-line Calendar: mcbride.ca Phone Sue Demaine at Info Centre, 569-3366, or email details to: come2mcbride@telus.net March Calendar deadline: Feb 25.