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Don't let weight gain sneak up on you. We can help you lose weight and get healthy at the same time.
Weight Management

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A Scientific way to lose weight with Shqpe works
**Drop Pounds and save money on meals **
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- SIGN BOARDS •
- BANNERS •
- VEHICLE SIGNS •
- MAGNETIC SIGNS •
- PLASTIC SIGNS •



• CHECK US OUT FOR ALL YOUR TROPHY NEEDS •

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



FREE The Little FREE McBride Paper

Serving BC's Friendliest Town and Area!
For the week of Wed., February 22nd, 2006

THANK YOU

The McBride Oldtimers would like to thank the following for their help with this year's Oldtimer Annual Tournament: Travellers' Restaurant, Travellers' Hotel, Advantage Insurance Services, Eleanor Johnson, Mary Betkus, Robson Valley Recreation Staff, Home Hardware, Health Heart and Home, MarketPlace IGA, Bigway Foods, Napa - McBride, Wahoo Enterprises, McBride Hotel, Chevron, Robson Valley Auto Service, Husky, North Country Lodge, Sasquatch Beauty Barn, Jim Pinch, Napa - Prince George, Joette Starchuck, Heather Callaghan, Cedar Three Products, Pepsi Distributor, Bev McLennan, The Elks Club.

MISSOUBA 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 at 6:00pm and the other will be on Saturday, Feb. 25th at 1:00pm in the Roundhouse Theatre. Tickets prices are \$5.00 per person.

MGBRIDE

WOW - Who was not at the arena on Sunday for Hockeyville - I'm so amazed how well we all pulled together and joined as one huge community. It was a great experience to see everyone commit all week to such a huge event. A huge thank you to all of the members who worked so hard to putting this on. We did checked out the web site www.mcbridehockeyville.com and it is so full of community spirit. It was so great seeing all ages come together to make this hockeyville work. I can say I'M proud to live in McBride. -Broom

LIFESTYLE MAKEOVER

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 4th and 5th 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.

PROGRAMS FOR FEBRUARY

AT MGBRIDE 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.

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 appointments call hospital reception 569-2251 ext. 200. For more information call Primary Care/Chronic disease management nurse at 569-2251 Ext. 204. Leave name and phone # if not in.

MGBRIDE HEALTH 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. *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 Frederick - 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.

EKKS/ROYAL PURPLE NEWS

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.

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 Friendliest Towna!!

Employment Assistance Service
Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?

Contact Bob Thompson 569-2266

Frunded by the Government of Canada
Canada

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. There is always something new at the Gallery.



OPEN DAILY AT THE TRAIN STATION

THE VILLAGE OF MGBRIDE'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.



PHONE #
569-2326

HOLDS Monday - Saturday 9am to 7pm, Sunday 9am - 6pm

COUNTRY MORNING GOLD SAUSAGE STICKS - 1 kg ----- \$9.99 each

OLYMPIC SLICED SIDE BACON - 500 g ----- \$4.99 each

FAST FRY SANDWICH STEAK - ----- \$5.29 /lb.

COUNTRY MORNING GOLD - Veal Cordon Swiss & Veal Parmigiana ----- \$6.99 ea.

FRESH SOLE FILLETS - ----- \$6.89 /lb.

McINTOSH APPLES - ----- \$1.99 /lb.

DAIRYLAND WHIPPING CREAM - 500 ml----- \$1.99 each

QUAKER MUFFIN MIXES - 900 gr----- \$3.69 each

JELLO CHEESE CAKE DESSERT MIX ----- \$3.49 each

LOOK FOR OUR EVERYDAY VALUES and our UNADVERTISED SPECIALS

Need a job?

WE CAN HELP!

Have you ever wanted to get into work that you have never done?

Targeted Wage Subsidies may help you get a job. This program encourages employers to train you on-the-job.

For more information, call the
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Ph: 569-9559 TOLL FREE 1-888-669-9559
Antiques *Gifts*
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THINK
BLUE!!!

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

DASANI - 591 ml

2 for \$1.79 + dep.

EFFEM

King Size Chocolate Bars

3 for \$3.33 + tx.

MINUTE MAID & FIVE ALIVE

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Cell 250-565-8436

**Number Cruncher
Accounting Services**

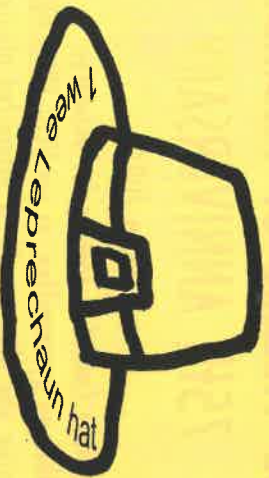
Amy Vause
569-0171



**Income Tax Returns
Personal & Small Business
Complimentary E-File for
quick refunds**

Ask about **Instant Refund!!!**

Lost in McBride Train Station



REWARD

***Come have fun (March 1 - 17)!**
**Daily prize given to first person
finding the Leprechaun's missing hat
(hidden SOMEWHERE "in sight" in
the train station). Call Sue, Danielle
or Barb for more details.**
**Or just come in 7am - 4:30pm M-F
11am-4pm Sat. & Sun.**



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233 Main Street
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569-2712

Your Neighbourhood Food Store

DELI

Blue Ribbon Bologna - 100 g...\$4.99
Louisiana Blackened Beef - 100 g...\$1.69
McIntosh Apples - 12 lb. box.....\$6.99 each
Inside Round Roast.....\$2.99 / lb.
BC Turkey Drum Sticks.....\$4.99 / lb.
BC Turkey Wings.....\$4.99 / lb.
Hallmark Breaded
Chicken Strips - 2 kg.....\$19.99 each
Maurens Assorted
Rum Cakes - 290 g.....\$4.59
Kozy Kitty Clumping Cat Litter - 5 kg. \$3.99
Froot Loops - 275 g.....\$3.84
Frosted Flakes - 300 g.....\$3.44
Mango Fruit Juice - 1 L.....\$1.99

BAKERY

Danish Butterhorn - each...\$59
Cinnamon Sticks - each...\$79

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. 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.

MGBRIDE 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 Koldia.

COMMUNITY ANNOUNCEMENTS

DUNSTER COMMUNITY ASSOCIATION MID-WINTER BUY AND SELL Saturday - February 25th 11 am. 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 "Treats, Trinkets and Trash" Table Rental - \$10.00 (Please Reserve Ahead). For information or to reserve table call: Pete Amyony at 968-4334. **VOLUNTEER LEADERS NEEDED**...The Chronic Disease Self-Management Program is recruiting volunteers to lead courses for people with chronic health conditions. The **FREE** Leader Training Workshop will be held at the **McBride Hospital (Ed Rm), Mar 2-5 /06 from 10 am to 4 pm each day**. This program is implemented by the University of Victoria. Centre on Aging To register, contact Terry Cayer Coordinator, on the toll-free line: **1-866-902-3767** or email tcayer@dcnet.com.

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 MCFPD 569-3760 or Francine at 564-9064 ext. 24 to register.

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**-Husvarna 272XP \$200.00, Husvarna 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 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 569-3186. **Seventh-day Adventist Church**-Meet Saturdays at 9:30 & 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 am. 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.

ANACRAM

ANIMOSITY

**When you rearrange the letters:
IS NO AMITY**

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.....569-3117
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.G.'s Friedliest TOWN!!!

HEARTLAND RESTAURANT

Cut out this COUPON for a
BREAKFAST SPECIAL
only \$3.99
Good from Feb. 22 - Mar. 1

Robson Valley Pet Hostel

Grooming & Banding



Ann Schwartz
Serving locally for 21 years
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803 3rd Ave. - side entrance
We Carry JOICO Supplies

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Main Street & 3rd Avenue - 2nd Floor
14' x 14' office
with closet & phone jacks
Phone 569-2284

BIRTHDAY WISHS FEB. 22-28

Debbie Kohn, Emma Lee Chiupka, Chantell Hough, Deyrn Kelly, Cathy Greenhough, Brenda Bodnarчук, Bette Bowron, Carol Barnett, Shane Bressette, Donna Garneau, Ken Redman, Amy Hammerstedt, Melissa Lester, Lyle Elliott, Kelly Eychen, Eric Johnson, Annie Nash, Linda Niblett, Daylene Lirette, Amanda Lipke, Chad Bedard, Michael Finnerty, Norma Wheeler, Darcy Pinch, Christopher Pinch, Elissa Rothenberger, Rob Bustin, Linda Clark, Janny Shawara, Pat Andrews, Lexie Elliott, Tea Parlette, Kayla Jeck, Susan Christison, Mitch Lamming Sr., Bryan Beer, Joann Barnes, and to anyone we missed Happy Birthday.



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

LAMINATE FLOORING

Blow Out Sale
Truclick Plus - 8 mill
\$1.20 sq. ft.
(while quantities last)

TRAVELLERS' RESTAURANT

WANTED

PART TIME COOK - WILLING TO TRAIN

PART TIME PREP COOK

APPLY WITHIN - ASK FOR BEN



Angels Say
WE ARE MOST LIKE ANGELS
when we stand ready to serve
the good inside us.

Ande's Autocare Auto Parts

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289 Main Street, McBride BC V0J 2E0
Tel: 250-569-2332
Mon-Sat. 8 to 6, Sun. 10 to 2
Fax: 250-569-2342
Del Fry / Lenny Stone After hours 250-569-2332