LOSE WEIGHT - FEEL GREAT

you lose we

Og Sugar & Og Calories - Boost for bod free Body Analysis Free Consultal 100% Herbal - No Side Effects A Scientific way to lose
**Drop Pounds and so
for more information co for body & mine



"March Dollar Days Sale" Thursday, March

Watch for flyers in the mail or pick them up at the store. (Sorry, no Advance Buys.)



lay Houses lanters - Ornamental

Bridge Road, McBride

Advantage Insurance

Rosemary L. Hruby, CAIB Services Ltd. 250-569-2264

Your Local Advantage Insurance Needs. For ALL Your

LOGGER AND THE LADY

SUPER SALE WINTER STOCK

ITTY BITTY PRODUCTS NOW AVAILABLE

OPEN MON TO THURS. 10:30 - 6:00 FRIDAY 10:30-5:00 569-0077 AFTER HOURS CALL 569-2539

WHISTLE STOP GALLERY

(winner ... Free co... tv the Bes t prize.)



7



• AND MUCH MORE

Home of The Little McBride Paper CHECK US OUT FOR

Scott & Susan Glines 455 King Street Ph:569-3110 Fax:569-0220

Team Leader - McBride Hockeyville Committe HOSPITAL AUXILIARY NEWS

The Auxiliary met at the Hospital Education Room. We welcome one new member from Valemount. *The Family Care Room is now under construction and renovations. *The luncheon served at Beaverview Lodge to O.A.P.O. was greatly appreciated by all.

April 13, the Auxiliary will hold an Easter Bake Sale and Gift basket raffle in front of the Scotiabank from 10:00 a.m. - 2:00p.m., draw for the Raffle at 4:00p.m.

May 10 is BC "Auxiliary Day". We will host a "Strawberry Shortcake Tea" at the Beaverview Lodge. 11:00 - 2:00. Also deliveries to schools and business places on request starting at 11:00a.m. Sponsored by the Hospital Auxiliary. Contact Eileen at 569-2582 or Pat 569-3288 for your order.

MGBRIDE HEALTH UNIT

We will be holding Kindergarten Screening in the Spring. If you are new to the area and you have a child born in 2001 Please contact the Health Unit at 569-2251 Ext. 226 to ensure your child does not miss out on this program.

**Program Includes: Immunizations, Dental Screening, Hearing Screening, Possible Vision Screening, ICBC - Booster Seat Use & Installation. Your child is welcome to come for any part of/or all of

McBride Husky 569-2441

Please contact **The Little McBride Paper** with all coming events news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220 \<u>0</u>

Take a Break in McBride...B.G.s Friendliest Town!!

FREE The Little FREE McBride & District Loggers' Bonspie McBride Curling Club March 31, April 1st and 2nd, 2006. Each team must have at least one woman. Fees: \$140 per team Dinner and Dance on Saturday night included Please contact Susan Kolida at 569-2415 or Mary Hooker at 50





Dinner and Dance on Saturday night included.

Please contact Susan Kolida at 569-2415 or Mary Hooker at 569-2639

with team name before Tuesday, March 28, 2006.

Dance to music of Iravis and Martina Wall at the McBride Elks Hall on Saturday, April 1, 2006 from 9:00 pm to 1:00 am.

Extra dinner tickets \$12.00/person and extra dance tickets \$7.00

For the week of Wed., March 15th, 2006

dear editor:

people of McBride and the Kobson Valley for our recent Hockeyville activities. Several weeks ago, a group of community citizens formed the McBride Hockeyville Committee. We discussed whether or not we would be able to create enough interest in the competition and alshow a reasonable amount of community sprint. We arranged a few events to see if this support existed. The amazing show of support that we've received for these community events has been overwhelming. On February 19th, approximately 550 people jammed into the Robson Valley Recreation Center to celebrate our BLUE Hockey Day in McBride. This attendance represented 80% of the community's population! As a result of this spectacular show of support as well as the hard work of the Hockeyville Committee. CBC took notice. On February 27th, CBC Television in Toronto contacted our committee and requested a series of events to be had on March 4th and 5th. They wanted to come to town and film our community spirit. I assured the producer at CBC that our community represented all that is good about Canadian Hockey and confirmed that we will support any initiative that brings the community together.

As expected, McBride and others throughout the Valley demonstrated this commitment on March 4th and 5th. Anyone that attended any of the events held on Saturday and Sinday evening at the Robson Valley Recreation Center. They also witnessed a fine performance by valley Recreation Center. They also witnessed a fine performance by or local Oldfitmer's Hockey Team. That is something that few of us will ever be able to forget.

On Sunday, approximately 250 people attended our Bluebeury Pan Cake Breakfast. Another couple of hundred people watched as our Pee-Wee Hockey Team earned their first home win of the season. In addition, our spirit hockey players also participated in our morning event. In the afternoon, over 500 people watched as our pee-Wee Hockey Team earned their first home win of the season. In addition, our spirit hockey players and voltage at the people watched

DAIRYLAND SOUR CREAM -

750 ml---- \$2.99

1 --- \$2.49

FOODS

FRENCHES PREPARED MUSTARD JAR - 500 ml----- \$4.99

500 ml--

- \$2.99

¢.69

DAIRYLAND CREAMO -

UNCLE BEN'S FANCY RICE
165 g - select varieties - 2 for----- \$3.00

LOOK FOR OUR EVERYDAY VALUES and our UNADVERTISED SPECIALS

\$3.00

\$4.99

SMUCKERS JAM - assorted varieties

HAVARTI WITH DILL CHEESE

SMOKED TURKEY BREAST -

100 g---

- \$1.89

\$2.49

the greatest thing since?

THINK ABOUT IT...

What was sliced bread

EMPLOYERS!

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
Vitamins & Minerals
Bulk Spices *Bulk Herbs*

New GIFTWARE has arrived!!!



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

AQUAFINA &
FLAVOUR SPLASH
591 ml - 3 for \$2.00 + dep.

PEPSI PRODUCTS
1 L- 2 for \$3.00 + dep. & tx.

*SLEDDERS

569-2441 Grade Fuel is Ethanol-Freel OPEN 24 HOURS
Employment Assistance Service Robson Valley Home Support Society

Contact Bob Thompson 569-2266

Canada

CATERER NEEDED for the McBride Ducks Unlimited Dinner and Auction.

Our annual banquet is to be held Saturday, April 8, 2006. No Host cocktails and served derves from 6pm to 7pm, with dinner and dessert

Please forward menu and prices to the McBride Ducks Unlimited Committee, c/o Box 282, McBride, B.C. V0J 2E0 or phone Tovi at 569-3404. Deadline for submissions is March 31, 2006.



McBRIDE REALTY
CENTER LTD.



For all your lowbedding needs in (250) 569 - 7260the Robson Valley and Beyond. Kit's Heavy Hauling (250) 569-0116



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

Your Neighbourhood Food Store



Oven Roasted Classic Ham - 100 g...\$1.29 Montreal Smoked Beef Brisket - 100 g...\$1.59

Renee's Gourmet Dip Apple Cinnamon or Cucumber Drill..\$2.99
Boneless Skinless Chicken Breast -ASSORTED SPRING CLAY POT PLANTERS

Inside Round Roast\$2,99
Kelloggs Raisin Bran - Jumbo 1.45 kg...
Kelloggs Rice Krispies - 700 g....... \$3.99 / lb.



Dinner Rolls - White - 12 pk...\$1,99
Raspberry Cream Cheese Croissants - 2 pk

CO-operative
Association



Vanderhoof Head Office Phone 250-567-4488 Fax 250-567-4490 Cell 250-565-8436

Greg Belshaw 990 Railway Road

Accounting Services Number Cruncher



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



http://www.mcbridebc.org/library Tuesday - 10 to 5 & 7 to
Monday & Thursday Closed

1-2 Fri. - 2 to 9 Sat. \$1.00 per half hour

LOGO GONTEST

The Robson Valley Music Festival is having a Logo Contest. 1st Place will win 4 - 3 Day Passes to the Music Festival plus your design will be printed on 2 T-shirts. 2nd Place prize will be 2 - 3 day passes to the Festival. Deadline for submissions is April 30th. The Robson Valley Music Festival will be on August 25 to 27. Send submissions to the Robson Valley Music Society, General Delivery, Dunster, BC, VOJ 1JO. For more information contact Shara

Elks/Royal Parple News

As usual the members have been really busy getting ready to cater a couple of luncheons and getting prepared to do some spring

At our last meeting the Lodges agreed to make a donation of \$500.00 towards the Palliative Care Room at the hospital and a donation of free rent of the kitchen for the Hockeyville pancake

The last dance lessons were March 9th and free pizza dinner (hosted by the Elks/Royal Purple) was enjoyed by members and community members who came out and learned some new moves on the dance floor.

Members are already preparing for the return of Pioneer Days June 16, 17, and 18th. We are already challenging the community to start building the beds for the bed race. If any individuals, clubs or groups that have any ideas or would like to help out with Pioneer Days please contact Mike Jackson at 569-0344.

If you would like to be a member of the Elks and Royal Purple and help us help the community call Mike Jackson to get more

GOMMUNITY ANNOUNCEMENTS

Congratulations to Warren Patterson, the Grade 12 Gas Raffle Winner. Thank you very much to the community for their support towards Grad 2006.

On Wednesday, March 8th we wrapped up another great year of Community Volleyball with Bread and Butter taking first place and Six Pack and Some taking second. I would like to thank all the players for making this year a great success and we'll see you all next fall.

-Margaret Franke

BIRTHDAY WISHES MARGH 15 - 21

Clare Vogel, Shiloh Lindsey, Charlie Simpson, Kim McNaughton, Albert Lorenz, Lori Kimpton, Rea Chartier, Nicolas Quam, Luella Long, Payton Dowing, Sonia Cowburn, Annette Stapley, Connie Marszalski, Mellany Scales, Jamie Street, Jordan Miskie, Ray Johnson, Dawn Phillips, Rex Hatchard, Olive MacInnis, Dalas deVries, Mable Cote, Ryan Vizza, Roland Matwick, Darren Smith, Nathan Savarella, Sherry Kelly, Jack Walker, LeeAnna Taphorn, Linda Hodgin, Paislee Hickerty, and to anyone we missed Happy Birthday.

BUX, SIEJDL, RIENT & MISC.

For Sale-3 Mahogany Coffee Tables, like new, \$80 each. New Deep Freeze 10 cu/ft \$200. 5' & 6' Stainless Steel Commercial Work Table, \$300 each. Phone 569-6801•Bachelor Suite For Rent-No smoking or drugs. References required. Phone 569-2778•For Rent-2 Bedroom House. 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 RR1, \$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 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab. 111,000 km \$15,000 Ph:569-2471 / 98 Ford F150 4x4 Supercab.

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 Ipm-3pm. Phone 569-3186•Contact number for the Foodbank is 569-3186•Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11a.m. 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:569-330•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 Sr. Olive.

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

library@mcbridebc.org
Dominion St. (250)569-2411
off the Tube and Read a Book Take a Break in McBride...B.G.s Friendliest Town rt Forest Fires - 1-800-663-5555 -7867 - For Toll Free Calling to Prov

(c) 569-7279 by Sina

SANDMAN INN

Housekeepers Needed Part Time

can lead to full time. Contact Val

569-2666 Duto Services

Still Saw Sales Work Ing Stihl SPECIALS Automotive Repair Tune Ups

HORSE BOARDING

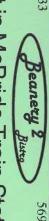
& RIDING INSTRUCTIONS
FOR BEGINNERS, NOVICES - ENGLISH OR WESTERN
PHONE 569-6801

Ann Schwartz Robson Valley Pet Hostel Gnooming & Boarding Serving locally for 21 years nn Schwartz 569-3319 animal he

Personal, Senior & Self-employed Returns INCOME TAX

Linda Fry, P. Mgr., C.I.M. 532 Main Street, McBride BC 569-0138

Prompt, confidential, year-round service



Lost in McBride Train Station



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.

Friday, March 17th, come in for a Healthy Daily prize given to first person finding the

Corned Beef Luncheon - \$6.50 includes dessert & coffee

Angels Say

WHEN WE ARE IN TOUCH with the walk to a heavenly rhythm that guide Ande's



AUTOCARE AUTO PORTS

www.andesautoparts.com
289 Main Street, McBride BC VOJ 2E0
289 Main Street, McBride BC VOJ 2E0

Mon.-Sat. 8 to 6, Sun. 10 to 2 Fax: 250-569-2332
Del Fry / Lenny Stone After hours 250-569-2332

THE HAIR SHOPPE

569-3359 803 3rd Ave. - side entrance 859 We Carry JOICO Supplies

SASQUATCH Beauty Barn

PHYSIOTHERAPY
E. Kim Hammerstedt BPT

246 Main Street, McBride 569-0107 Who says you need a truck to haul firewood!

