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## GARDEN SEEDS NOW IN STOCK

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- Sundreid Tomato Turkey Breast - 100 g...\$2.39
  - Sundreid Tomato & Basil Turkey Breast - 100 g...\$2.39
  - Braeburn Apples.....\$1.29 / lb.
  - Grapefruit - 5 lb. bag.....\$5.19
  - Comp. Value Bathroom Tissue - 24's.....\$4.98
  - Kellogg's Raisin Bran Cereal - 775 g.....\$5.99
  - Island Farms Ice Cream - 4 L.....\$5.98
  - Assorted Flavours - 4 L.....\$5.98
  - Ultra Sunlight Dish Detergent - Mango Papaya - 625 ml.....\$3.09
  - Hunts Tomatoes - Stewed, Crushed or Chunky - 4 for.....\$5.00
  - Sun-Rype Pure Apple Juice - 1 L.....\$1.59
  - Pork Shoulder Butt Boneless Roast - Reg. or Stuffed.....\$1.99 / lb.
  - Pork Tenderloin.....\$4.49 / lb.
  - Chicken Legs Back Attached.....\$1.49 / lb.

## BAKERY

Assorted Crostadas - 450 g.....\$5.99 each  
Raspberry Cream Cheese Croissant - 2 pk...\$1.99



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

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## FREE The little FREE

# McBride

## Paper



Serving BC's Friendliest Town and Area!!

For the week of Wed., March 7th, 2007

McBRIDE FIGURE SKATING CLUB

McBride Figure Skating Club Spring Carnival 'Echoes of the Past' - Saturday, March 24th @ 7:00p.m. Tickets at the door or buy them in advance at Stedmans. \$5 for adults, \$3 for children (12 and under) and \$3 for seniors.

## COMMUNITY HALL

As the Community Hall/Recreation Centre is moving forward with a target date of August 1, 2007, the McBride Community Hall Society is kicking up the fund raising campaign for the hall flooring and kitchen equipment. While any amount is graciously accepted, you can also donation one of the following amounts and have your name displayed on a donation plaque inside the new hall/center: \$75.00 for a square foot / \$250.00 -bronze level / \$500.00 -silver level / \$750.00 -gold level / \$1,000.00 -platinum level / Corporate level \*Memorial donations are also accepted. Donations can be made to the following: Roger & Sherry Whitise - 569-2772 • Dawna Hickery - 569-3210 •Gail Shantz - 569-8830 •Len Downing - 569-2630 •Nadine Showar - 569-2503

## ANNUAL LOGGERS BONSPIEL

DATE CHANGE - March 23, 24 & 25  
Contact Lenny 569-2332 or Sue 569-2415 to register your team. Volunteers Needed Desperately for the Annual Loggers Bonspiel. Please contact Lenny Stone at 569-2332 or Sue Koilda at 569-2415 for more information.

## McBRIDE ROUNDHOUSE

We have just confirmed Johnny Reid for May 2 at 8PM. The tickets are on sale (there are still a few left) at Stedmans and Infinity (Valemount). All tickets are \$35. For further information www.mcbrideroundhouse.com

## DOWNTOWN THRIFT STORE

March Winter Sale •6th - 31st •Tuesday 1:00 - 3:00 & Saturday 10:00 - 12:00. \*Childrens Clothing 3 for \$1.00 / Ladies Blouse & Sweaters 3 for \$2.00 / Ladies Jeans & Slacks \$1.00 each or 3 for \$2.00 / Ladies Jackets \$1.00 - \$2.00 / Mens Suits, Dress Jackets \$5.00 / Mens Shirts & Light Jackets \$2.00 / Mens Jeans \$1.00 each - 3 for \$5.00 / Shoes all sizes Mens & Ladies \$2.00 each / Books 6 for \$1.00. \*\*Household items NOT included\*\*

## COMMUNITY ANNOUNCEMENTS

St. Patrick's Family Fun Night Friday March 16th, 7pm to 10pm at the Legion Hall. Cake walks, door prizes, snacks and loads of fun!!! Come and join us for a fun-filled evening. Everyone is welcome, young and old. Bring your friends!!!

The Robson Valley Junior Academy will NOT be doing their annual Mother's Day Plant Sale this year.

Drop In Volleyball - Wednesdays at 7:00p.m. at the McBride Secondary School. You don't have to have a team.

Community Badminton - Tuesdays 7 - 9p.m. Please bring Indoor Shoes & your own Racket.

## BIRTHDAY WISHES - MARCH 7 - 14

Rozlyn Jacques, Stephen Lewis, Chantelle Miskie, Michael Savarella, Rhianna LaRue, Betsy Baer, Melissa Wiltsie, Logan Jacques, Ann Schwartz, Sarah Simanton, Kevin Chuipka, Dana Boulet, Hazel Sprecker, Diana Marsh, Marca Young, Rusty Hough, Kelly Sluggert, Amy Hodgkin, Doren Watson, Mary Rollinson, Mikel Jackman, Allison Leask, Dan Balcaen, Erwin Bend, Erich Monroe, Melvin McCarty, Frances E Anderson, and to anyone we missed - Happy Birthday.

## McBRIDE DUCKS UNLIMITED

McBride Ducks Unlimited Annual Banquet and Auction - Elks Hall - 172 Holdway, Saturday, April 21, 2007. Cocktails at 6:00, Dinner at 7:30. Tickets- \$40.00 single, \$60.00 couple. Buy your tickets before March 21st and you will be entered in the Early Bird draw. Tickets can be purchased from committee members - Jim Bartlett, Mary Hooker, Tovi Theil, Ken Starchuck, Brad Kope, Allan Fredrick, Beth Fredrick. \*\*Ducks Unlimited Canada conserves, restores and manages wetlands and associated habitats for North America's waterfowl. These habitats also benefit other wildlife and people. www.ducks.ca

## 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	569-3186
High School	569-2295	Fire Hall	569-3117
Dunster School	968-4414	Greyhound	569-2441
School District 57		The Little McBride Paper	569-3110

Report Forest Fires - 1-800-663-5555

Inquiry B.C. 1-800-663-7887 - 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.C.'s Friendliest Town!!

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Hours:  
Mon - Friday  
8am to 6pm

Saturday  
8:30am to 5pm

Sunday On Call



Come In and Pick Up our NEW FLYER

"Get your Machines on our Equipment Database"

You can get parts for Cummins, Cat, Mack, and Agricultural Machines from McBride Auto Parts

Did you know?

McBride Auto Parts has Comparative Pricing to the Big Boys in the city ... And you don't have to drive 2 hours each way!!!

We are here for the community and strive to be there for you - EVERY DAY!

## THE HAIR SHOPPE

569-3359 803 3rd Ave. - side entrance

Robson Valley Pet Hostel  
Grooming & Banding



Ann Schwartz 569-3319 animal health technician

## PHYSIOTHERAPY

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246 Main Street, McBride 569-0107

~Sladders Welcome~

SCARE CROW FARM ☎ 569 0351

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15km West on Highway 16

THOUGHT OF THE WEEK...  
This Would Be Really Funny  
If It Weren't Happening To Me.

## SASQUATCH Beauty Barn

Fully Licensed Estheticians  
\*By Appointment Only\*  
If you can't get a hold of me try stape@telus.net my Cell Phone @ 569-7229

Family Sunday Meal  
Includes Dessert - Coffee  
Adults \$10 - Kids \$5 - Seniors \$5

Principles of Landscape and Garden Design  
A One-Day Workshop  
Saturday, March 31, 2007 From 10am to 3pm  
Dunster Community Hall - Cost: \$60.00  
Instructor: Barb Rayment - Birch Creek Nursery,  
Prince George. Will cover basics of design from blank  
slate to finished garden.

You must be registered and paid by March 23, 2007  
Call Pete Amyoony at 968-4334 or e mail peteam@telus.net

BCRPA Registered Personal Trainer, Karla Jarvis  
Will be at Robson Valley Recreation Center  
March 24th and 25th

Group workshop cost~ \$7.00 per person  
Minimum 5 registrants required  
Maximum 8 registrants

8:00am Core and Abdominals  
Learn how to properly engage the core, and how to effectively develop key abdominal muscles

9:00am Lower Body Strengthening  
Learn safe, effective techniques to develop strength and endurance in your lower body

10:00am Upper Body Strengthening  
Learn safe, effective techniques to develop strength and endurance in your upper body

11:00am Orientation to Cardiovascular Equipment  
Learn how to safely and effectively use a variety of equipment. Create a cardiovascular workout using principles such as heart rate monitoring, rating of perceived exertion, talk test, interval training, and positioning on equipment

Individual Program Design Sessions Available:  
A fitness program tailored to your unique goals and needs \$35.00 for a one-hour session.

Sign up at the Robson Valley Recreation Center before March 19th. May be cancelled or postponed if not enough participants.

Sponsored by the Active Communities Initiative being delivered by BCRPA with funding from ActNow BC and in partnership with 2010 Legacies Now.



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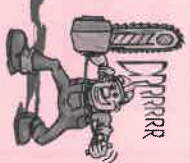
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DUNSTER COMMUNITY ASSOCIATION  
**MID-WINTER  
BUY AND SELL**

**Saturday - March 24th**  
11 a.m. to 2 p.m.  
(No Early Birds!)

**DUNSTER COMMUNITY HALL**

Lunch Available  
Community White Elephant Table

Silent Auction

Bake Table

**ALL WELCOME !!!**  
(Both Buyers and Sellers)  
Rent a table and bring your  
"Treasures, Trinkets and Trash"  
Table Rental - \$10.00  
(Please Reserve Ahead)

For information or to reserve table call:  
Pete Amyoony at 968-4334

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- Drafting & Design •

• Home Repairs • • Odd Jobs •  
• Free Estimates • • Call Art  
• Free Consultations • • At 569-2519

## McBride Roundhouse

Theatre Society

## Johnny Reid

Tickets \$35

Wednesday, May 2nd 8:00pm

Tickets Are Available at Stedmans and at the door.

**VALLEY MUSEUM & ARCHIVES SOCIETY**  
"New Work by Glen Frear" - Art show by local artist Glen Frear. Exhibit of Valley Museum & Archives Society @ the Museum/Library building, 241 Dominion Street, McBride. On exhibit until April 14th, 2007.

## ARTS FEST 2007

Calling all emerging visual artists in the central interior: Here is an art exhibition just for you, complete with a free artists' symposium about professional practice. Arts Fest 2007 April 20 - 27, Burns Lake. www.artca.ca or 250-562-0024, 250-692-3434 for application form/more info. **Entry Deadline: March 23rd.**

## MEALTIME UNIT

**Child First Aid & Safety Course:** Includes CPR "C" infant, child and adult, Basic First Aid Treatment to burns, injuries, sprains, seizures, choking, dehydration, poisoning, injury prevention & much more. Great Course for: \*Parents \*Babysitters \*Or anyone wanting the knowledge (certificate will be provided) **McBride Saturday, March 10 OR Sunday, March 11 8:30 a.m. to 4:30p.m.** To pre-register call the Health Unit @ 569-2251 ext. 226. Max of 8 participants for each day. Cost: \$20.00 (must be prepaid by March 5th). **Yalemont Saturday, March 17 OR Sunday, March 18 8:30a.m. to 4:30p.m.** To pre-register call the Health Unit @ 566-9138 ext. 228. Max of 8 participants for each day. Cost: \$20.00 (must be prepaid by March 13th). \*Subsidized by Northern Health Injury Prevention Community Grant.

## MOVING SALE

**Everything Must Go** - Hot Tub, China Cabinet, Computer Desks, TV, King Size Bed, Futon, TV Wall Unit, Single Door Fridge, Side by Side Fridge, Dryer, Love Seat and Couch, Oversized Love Seat Couch & Lounger, Organ, Small Freezer, Two 5x7 Arca Rugs, 5 piece Marble & Glass Table Set, 6 piece Patio Set, Ceramic Shop with over 6000 Moulds, Kiln, Paints and all the Supplies. Saturday, March 10, 10:00 am to 3:00 pm. 721 Dominion St.

## BUY, SELL, RENT & MISC.

**For Sale-China Cabinet** with Dining Room Table and 4 Chairs \$450.00. **Book Case** with 5 shelves and Oak finish \$100.00. **Swivel Chair** \$50.00. **Phone 569-2485**•**For Sale-KOZ1 Pellet Stove** Complete, ready to go c/w approximately half a ton of Fir Pellets. \$500. **Ph:569-2519**•**For Sale-78 Ford 1/2 Ton 2wd 300 6 Cyl. 4 Spd. NEW:** Clutch Assm., Brake Shoes, Shocks, Battery, Windshield & U-Joints. Plus Extra Parts \$750.00 **Ph:569-3480 Joe**•**For Sale-1988 F-250 Super Cab \$2,5000** o.b.o. / 1- Pellet Stove - \$850 o.b.o. / 1- Pellet Stove \$500 o.b.o. / 1- Kenmore Stack Laundry Center \$400 o.b.o. / 1- New Jenn-Air Range-Top c/w Fan \$300 o.b.o. **Ph:569-2350**•**For Sale-Computer Desk, good cond. \$45.00.** **Phone 569-2444**•**For Rent-2 Bedroom Mobile Trailer - Furnished - Out of Town Ph:569-2628**•**For Sale-Treadmill For Sale \$350.00** **Ph:569-2577 evenings**•**WANTED-Responsible Couple** require home to rent in McBride for April 1st. 569-0326, evenings. **References:**•**Wanted-Ewe, any age, any breed.** **Phone 250-565-8425**•**For Sale-Piano, Yamaha Clavinova CVP-202. \$2500.00.** **Phone 569-2337**•**For Sale-Full set of Leather Working Tools** worth over \$2500.00. Will sell for \$400.00. **Phone 569-0113**•**For Rent:2 Bedroom House.** **Reference Required Ph:1-250-569-0308**•**To place an ad here call 569-3110, Fax 569-0220 or drop info at 455 King Street.**

## MEALTIME NEWS

**Chair exercises** - You can get exercise sitting in a chair. Come and see Monday, Wednesday and Friday from 9 - 10 am at Beaverview Lodge. Exercises directed on video by Blanche Black RN, strength trainer and fitness instructor. "Appropriate for ages 1 to 101".

## THE POLYESTERS

**The Polyesters:** "... a unique sound, highly energetic, completely contagious, home grown style... for all ages" Live in Concert at Valemont Community Theatre (Valemont Secondary School) Sun. March 11/07 8:00pm. Tickets at Infinity Office and Health, Essentials, McBride Stedmans. Limited Seating... get your tickets early! Join the community with our first professional performers. "Fresh from conquering Britain"... "Harmonious Hilarity" "Definitely see them live"...

## 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. 9:00 to 11:30•**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 11:30 am. **Phone 569-3206** or 569-3386. **Hall Rental** contact Dorothy Simpson 569-3343•**Evangelical Free Church- Sunday School** at 9:45am, Sunday Worship Service at 11:00am. **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.

## McBride Husky 569-2441

**Greyhound Bus Schedule**  
Depart to East-12:15am Daily • Edmonton  
Depart to West-6:10am Daily & 7:30pm Fri. Sat. Sun. •Prince George  
Depart to South-Daily 12:15am or 10 am 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 Fiercest Town!!**

**Number Cruncher  
Accounting Services**

Amy Vause  
569-0171



**Income Tax Returns  
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Complimentary E-File for  
quick refunds**  
Ask about Instant Refund!!!

## SUN VALLEY RESTAURANT

**Monday - Friday @ Lunch**  
\*Soup and Sandwich \$6.50  
\*Donair Sandwich Combo with  
Greek or Caesar Salad and Fries \$8.95

**Nightly After 5p.m.**  
\*APPY COMBO BASKET  
Onion Rings, Mozza Sticks, Zucchini Sticks,  
Wings and Carrot Sticks \$6.95

**ALL DAY!**  
\*COFFEE OR TEA WITH A  
MUFFIN, CINNAMON BUN OR  
SLICE OF PIE \$4.00

**BUY 2 PIZZAS TO GO AND GET  
\$5.00 OFF!**  
\*PIZZA!

\*\*Free in Town Delivery Coming Soon!\*\*  
Phone 569-0007 Fax 569-0004

## THE LOGGER AND THE LADY

**CLEAR-OUT  
WINTER SALE**

**\*\*BIG KNOCK - DOWNS\*\***

Stop By and Check out the  
**GREAT SAVINGS!**

Open till 6:00pm. Starting on March 16th  
569-0077 AFTER HOURS CALL 569-2539

## OPEN 24 HOURS



**HUSKY**

Non Profit Groups  
Community Rebate Cards  
Earn 2% Rebate  
on all group purchases  
COCA COLA - 2 litre  
Buy 1 at Regular Price &  
get 2nd for .99¢  
CADBURY FAMILY BARS  
\$1.99 each

569-2441

**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

## The MAIN STREET GRILL

(Formerly known as Frankie's Restaurant)

## Wednesday is

## Wing Night

Assorted Flavors! .35¢ each



## Sunday Breakfast

Eggs Benedict  
with Mimosa

Special - \$8.95

OPEN AT 6 a.m.

569-0321



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Buy One KYB Shock or Strut  
and get one 50% OFF  
Buy three and get one FREE on select  
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Regular and Over Size Tires

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Canadian Cylinder & Gas Depot  
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**Robson Valley Auto  
Service**

1098 NE Frontage Rd  
McBride 569-2418



I thought about putting a  
caption with this picture, but  
thought I would let the readers  
make their own.  
(Where to start?)

**THE FEMALE LANGUAGE**

**Fine** - This is the word women use to end an argument when they feel they are right and you need to shut up. Never use "fine" to describe how a woman looks - this will cause you to have one of those arguments.

**Five Minutes** - This is half an hour. It is equivalent to the five minutes that your football game is going to last before you take out the trash, so it's an even trade.

**Nothing** - This means "something," and you should be on your toes. "Nothing" is usually used to describe the feeling a woman has of wanting to turn you inside out, upside down, and backwards. "Nothing" usually signifies an argument that will last "Five Minutes" and end with "Fine".

**Go Ahead** - (With Raised Eyebrows!) This is a dare. One that will result in a woman getting upset over "Nothing" and will end with the word "Fine".

**Go Ahead** - (Normal Eyebrows) This means "I give up" or "Do what you want because I don't care". You will get a "Raised Eyebrow Go Ahead" in just a few minutes, followed by "Nothing" and "Fine" and she will talk to you in about "Five Minutes" when she cools off.

**<Loud Sigh>** - This is not actually a word, but is a non-verbal statement often misunderstood by men. A "Loud Sigh" means she thinks you are an idiot at that moment, and wonders why she is wasting her time standing here and arguing with you over "Nothing".  
**<Soft Sigh>** - Again, not a word, but a non-verbal statement. "Soft Sighs" mean that she is content. Your best bet is to not move or breathe, and she will stay content.

**That's Okay** - This is one of the most dangerous statements that a woman can make to a man. "That's Okay" means that she wants to think long and hard before paying you back for whatever it is that you have done. "That's Okay" is often used with the word "Fine" and in conjunction with a "Raised Eyebrow".

**Please Do** - This is not a statement, it is an offer. A woman is giving you the chance to come up with whatever excuse or reason you have for doing whatever it is that you have done. You have a fair chance with the truth, so be careful and you shouldn't get a "That's Okay".

**Thanks** - A woman is thanking you. Do not faint. Just say "You're welcome".

**Thanks A Lot** - This is much different from "Thanks". A woman will say "Thanks A Lot" when she is really ticked off at you. It signifies that you have offended her in some callous way, and will be followed by the "Loud Sigh". Be careful not to ask what is wrong after the "Loud Sigh" as she will only tell you "Nothing".

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

SUN



VALLEY

**RESTAURANT**

\*JOIN US ST. PATRICK'S DAY\*  
Beverage Specials: Green Jello Jigglers \$2  
(after 5pm)  
Enter our

St. Patty's Puzzle Draw

Phone 569-0007

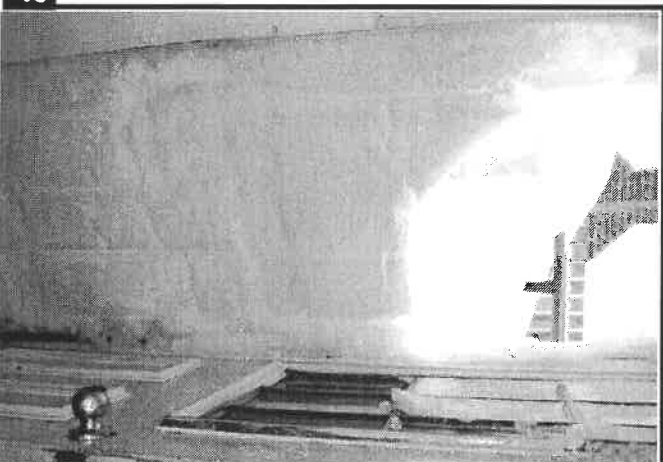
Fax 569-0004

**DAFFODILS**

**FOR CANCER**

Are Coming!

Watch for more details.



Dear, I  
think  
the  
snow  
fall  
report  
was a  
little  
shy  
last  
night!