

THE MAIN STREET GRILL

Wednesdays WING NIGHT
 .35¢ each - All Flavours

Valentines Day at the Grill

- with rich creamy Tomato Sauce
 - Baked Seafood/Fettuccine - \$13.95**
 (crab, scallops & prawns)
 topped with lots of Mozza & Garlic Bread
 - 8 oz. New York Strip Loin - \$13.95**
 with fresh Caesar Salad & Garlic Toast
 - Mahi Mahi Fish - \$15.95**
 crusted in Macadamia Crumbs with
 Pineapple & Mango Drizzle & Wild Rice
 - Seafood Stuffed Filet of Sole - \$16.95**
 with creamy Dill Sauce & Wild Rice
 - King Crab or 4 Jumbo Prawns - \$18.95**
 with Rice & fresh Garden Vegetables
- all meals come with Soup or Salad to start
 For Dessert try one of our French Cream Pastries
- GREAT FOOD AT REASONABLE PRICES!!!**

Sunday BRUNCH

All You Can Eat 10AM until 2PM

OPEN 6am - 9pm Daily

**569-0321
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569-2415

"Inventory Clearance Sale"

fill February 16

25% OFF Everything in the Store
 (Includes Valentines, Easter and New Arrivals)
20% OFF Already Reduced or Sale Items
 Cash, Interac or Credit Card Only.
 All Sales are Final!!!

Please use all Gift Certificates by Feb. 29/2008.

DUNSTER COMMUNITY ASSOCIATION

MID-WINTER BUY AND SELL

Saturday, March 1st 11 a.m. to 2 p.m. (No Early Birds)
 DUNSTER COMMUNITY HALL

Lunch Available

Community White Elephant 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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Monday to Friday

8:30am - 6:00pm

Saturday 10:00am - 3:00pm

FREE The little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!!

For the week of Wed., February 13th, 2008

HAPPY VALENTINE'S DAY!!!

Ir Lovingg Memory

Alan Howe 1917-2008. Longtime Resident of Dome Creek. On January 24th, Dad left to ponder larger questions. Predeceased by his wife Rusy. Survived by his children Tracy, Dale, David and Kay, 9 grandchildren, 3 great grandchildren and countless friends. A Celebration of his life will be held in early summer. Forever in Our Hearts.

HOSPITAL AUXILIARY NEWS

Thanks for the donations the Auxiliary received since the breakfast at "the Grill". The total amount \$1575.31. December Extravaganza \$432.76 - Total \$5808.07 - Cost of I.V. Pump \$5015.13 on order. This could not be achieved without the help of our community. Quilt and Shams are on order for redecorating the maternity room. The B.C. Conference will be in Peniticon April 28 - 30/08. If you are able to attend please contact Pat before March 27th. Please note Next Meeting Monday, March 3rd @ 7:30 - you will not be contacted unless date and place is changed - Eileen 569-2582.

COMMUNITY ANNOUNCEMENTS

St. Patrick's Valentine's Tea and Bake Sale - Thursday, February 14th from 11:30am-2:00pm at 197 Dominion Street - Catholic Church Rectory (beside the church) Everyone is Welcome!!!!
McBride Big Country Snowmobile Association is having a Family Ride and Toboggan Day Sunday, February 17th at Lucille Cabin. Hot Dog & Pop \$1.00 EVERYONE WELCOME. For Info, call Barry at 569-0226.

Food Bank February - Donate non-perishable foods in lieu of overdue library fines! During the month of February you can donate to the McBride SDA Food Bank and have your overdue fines forgiven for the books that you return in February. Bring your non-perishables and long overdue books into the Library during Library hours and negotiate with the Library staff. Everyone is welcome to participate in the Food Bank drive. Good Deals Available!

Do you want to volunteer for the Vancouver 2010 Olympics? Application forms and information available at the Public Library. **VALLEY MUSEUM & ARCHIVES SOCIETY** "Communications A Day or Two Ago" This exhibit consists of methods of communicating since the early 1900's. Exhibit of Valley Museum & Archives Society @ the Museum/Library building, 241 Dominion Street, McBride. On exhibit until March 31st, 2008

Diabetes Group meeting Tues., Feb. 19th from 1 - 3 pm. It will be held in the Public Health waiting room (building next to the hospital) this time. All people with diabetes and support people welcome.

COMMUNITY MOVIE NIGHTS - "Mr. Bean's Holiday" February 15th at the Roundhouse Theatre. Doors open at 6:00p.m. Movie starts 6:30p.m. \$2.00 / person. Concession sponsored by Student Council. Movie sponsored by McBride Elementary School PAC and McBride Secondary. **"Amelie"** (14A) 2001 Academy Award Winner / French with English Subtitles, February 22nd. Movie starts at 6:30p.m. Doors open at 6:00p.m. \$2.00 / person. Concession sponsored by student council. Movie sponsored by McBride Elementary School PAC and McBride Secondary.

At Dunster Fine Arts School - Djembe Drumming Workshops - Thursday, Feb. 28 and Friday, Feb. 29 from 7:00 - 9:00 ish p.m. with Granville Johnson (Sign up for one or both) - \$10 for adults and \$5 for youth and seniors per evening. Drums provided for workshops. Call the school at 968-4414 if you have any questions or to register.

Volunteers - Anglican United Church is looking for people interested in working on a Community Easter Egg Hunt. For more info on how you can get involved please call Barb at 569-0344. **Birthday Potluck** on Sunday, February 17 at 12:30pm in the E-Free Church. Come and celebrate Sylvia Arnold's 80th Birthday. **Retired Senior** new to McBride and Mountain Sledding would like to meet and ride with like-minded sledders in Mountains or Trails Any time. Call Robert @ 569-0303.

INFANT MASSAGE, parent-led class every Thursday, 10:00 - 11:00am @ the Robson Valley Home Support office. Registration \$10. Please bring a towel and change pad. For info call 569-2266 **FREE DROP-IN EXERCISE CLASSES** Monday, Wednesday & Thursday at the Elks Hall: 3:00 - 4:00 p.m. Aerobics, 4:00 - 5:00 p.m. Stretching, 5:00 - 6:00 p.m. Variety of Exercises. Come out and have some fun!

BIRTHDAY WISHES FEB. 13 - 19

Jamie Quam, Avery Bressette, Bob Craigue, Brooklyn Basran, Norm Lorenz, Alannah Rollinson, Jennifer Partington, Marne Molecky, Sylvia Arnold, Ashley Thiffault, David Kelly, Emilio Caputo, Sheila Basran, Tara Amerl, Emery Will, Nicole Gordon, Christine Monroe, Joanna Franke, Matt Elliott, Mike Moseley, Mitch Shawara, Pat Cousineau, Rayann Flynn, Rebecca Ellement, Cindy Kelley, Jessie Owen, Leyvon Johnson, Sandi Garnitchael, Tony Vizza, and to anyone else we missed. Happy Birthdays.

Greyhound Bus Schedule McBride Husky 569-2441

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 Friendliest Town!!!

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 cell ~ 250-569-7222
 valleyfxh@telus.net



AGM

February 18, 2008 - 7:00pm
 At the Library

<http://www.mcbridebc.org/library>

library@mcbridebc.org

241 Dominion St. (250)569-2411

Turn off the Tube and Read a Book



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

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9:00a.m. - 5:30p.m.

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569-2441

Employment Assistance Service
 Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?

Contact Bob Thompson 569-2266

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 Canada



Oh my god looks who's 30!
 Happy Birthday She-be
 Love from your family.

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CHECK OUT OUR GREAT SPECIALS, TAKE TWO PIZZAS ANY SIZE TO GO AND GET \$5 OFF

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Toll Free 1-877-569-2735
Fax: (250) 569-2787
E-mail: rodger@mcbrider Realty.com
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233 Main Street
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DELI
Black Forest Chicken - 100 g...**¢.99**
Turkey Beer Sausage - 100 g...**¢.99**
Inside Round Roast - Canadian AAA Beef...**\$2.69 / lb.**
Fresh Boneless Skinless Chicken Breasts - **\$4.99 / lb.**
Family Pack **\$4.99 / lb.**
Pork Side Ribs - Family Pack **\$1.99 / lb.**
Striploin Steaks - Canadian AAA Beef - **\$5.99 / lb.**
Family Pack **\$5.99 / lb.**
Rogers All Purpose Flour - **\$8.99**
Select Varieties - 10 kg **\$4.99**
Compliments Macaroni & Cheese Dinner - 12 Pk **\$5.98**
White Swan Jumbo Paper Towels - 6's **\$5.99** each
Purex Bathroom Tissue - **\$6.99** each
2 ply 24's Double Roll or Ultra 12's..... **\$6.99** each
Compliments Cup Noodles - **\$4.98**
Select Varieties - 12x65 g **\$4.98**
Compliments Rice Side Dish - **\$9.98**
Select Varieties - 12x132 g **\$4.48** each
Compliments Value Canola Oil - 3 L..... **\$3.29 / lb.**
Red Grapes **\$1.89 / lb.**
Green Peppers **\$1.89 / lb.**

BAKERY

Danish Lattice Apple - 4 Pk...**\$2.49**
Two-Bite Cupcakes - Chocolate or Vanilla...**\$3.99** each



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Co-operative
Association

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THANK YOU!

Once again, we would like to thank the community of McBride, for your outstanding and community support of the McBride SDA Food Bank and Community Services. Because of your support in 2007 we were able to help 106 people, giving out a total of 117 food hampers. This is substantial considering the size of our community. Donations made in December were continue to be a blessing to many. Besides \$1148.50 cash, we received items such as: food, 1/2 a butifraio (butchered and wrapped), teddy bears, books, baking, \$400.00 IGA gift cards and 702 Turkey Bucks. And because of your support of the Food for Food Banks program at IGA they were able to give us an in-store credit of \$961.84 to be used in 2008. Too many individuals gave this year to mention them by name, but we would like to thank all of you and take this opportunity to acknowledge the businesses which have supported us with donations and fund raisers: BKB Cedar Products, Quilting Guild, Liquor Store, Forever Printing & Signs, McBride and District Public Library, McBride Elementary, McBride Hotel, Old Timers Hokey, Scare Crow Inn, Bigway Foods, Market Place IGA, Canada Bread and R&B Trees. Hopefully we haven't missed anyone. We would also like to acknowledge our major sponsors and point out that when you make a donation to one of them your are helping your own community: ADRA Canada, Mazon Canada, McBride Seventh Day Adventist Church and IGA Food for Food Banks Program. Thank you for always thinking of others. With your continual support we look forward to serving the community in 2008. P.S. Take advantage of the Fund Raiser going on at the McBride and District Library during the month of February!

BUY, SELL, RENT & MISC.

For Sale-2 Sheltie Puppies. Phone 569-2462. • **WANTED-Used** Hockey Equipment for an 8 year old boy. Please call Raymond at 569-8820. • **For Sale-6** spd Graco Infant Swing with music, mobile and tray with toys. Paid \$120, asking \$60. Phone Mellany Ford 569-2359. • **For Sale-New** 16 foot car hauler trailer. 7000 lb. GVW \$2750.00. Ph:569-8830. • **For Sale-Wood-splitter** on wheels powered by 8 h.p. Briggs & Stratton gas engine \$1250.00 / Silver faced tarpaulin 25 ft. by 48ft. \$125.00 / Pine armoire clothes closet, 2 ft. deep, 6 ft. tall, 3 ft. wide, 2 doors, 2 drawers, mirror in one door. \$125.00 Ph:569-2638. • **For Sale-tundra** ski doo needs tune up \$500, brand new radial arm saw \$500 call 968-4335. • **For Sale-Pigs** for Sale (Live) \$1.10 / lb. 230-260 lb. Ph:Rosalyn 569-0426. • **For Sale-97** Dodge Ram 1500 4x4 well maintained / mech. sound \$5000 o.b.o. 569-7111. • **For Rent-2** Bedroom Cabin Private-River Front-Close to Town-Off Grid \$600/ month References Required Ph:569-7111. • **For Sale-1987** F250 Ford Pickup Truck - Excellent Shape. 351-gasoline Engine - Comes with canopy. \$4000.0. b.o Ph:569-0211. • **For Rent:** Attractive 2br mobile home in managed park. To approved tenants. Positively no dogs. 569-3343. • **For Sale-2005** Chevy Uplander, 6 Passenger, 4 Door/ White, 4 Studded Winter Tires, 2 Summer Tires, 60,000km, GRANDMA DRIVEN, \$17,500 obo Ph:569-2524. • **For Sale-12x68** trailer with addition and fenced yard in local park, fridge stove included. \$6000.00 call 569-0327. • **For Sale-2004** Ford Explorer Eddie Bauer. Phone 968-4404. • **For Rent:** Roomy 1 bedroom house on McBride Crescent. Laundry & large yard. Call 569-0171. • **For Rent:** Comfortable 2 bedroom rural place for low rent. Phone 569-2462. • **Wanted-** Used windows, any size. Phone 569-7241. • **For Sale-Reconditioned** Washing Machine. Works well. \$150.00. Phone 569-0351. • **For Sale:** laminate Flooring .99¢ per square foot / 5.4 Ltr 25,000km engines - \$2000.00 each Ph:569-8830. • **Room For Rent-Night,** week or Monthly. Furnished but shared kitchen Ph:1-250-569-2657. • **For Sale-1966** Western Flyer Couch-diesel pusher, 8V71 DD, 5 speed manual. All electric except for stove and furnace, 2 TV's, 2 dr. freezer/fridge, shower, ceramic toilet, rear bedroom, sleeps 5/6, 7.5 Kw diesel generator, elec. baseboard heaters, 50 Amp. service. A real classic. \$35,000 OBO Ph:(250) 569-2638. • **To place an ad here call 569-3110**, Fax 569-0220 or drop info at 455 King St.

CHURCH NEWS N' THINGS

Anglican United Church - Downtown Thrift Store on Dominion Street. - Meas. ladies and children's clothing -Open: Tues. 1:00 to 3:00 - Sat. 10:00 to 12:00. • Dorcas is Open Tues. 1-3. Phone 569-3186. • Contact number for the Foodbank is 569-3186. • **Seventh-day Adventist Church-Meet** Saturdays at 9:30 & 11am. and Wednesdays at 7pm. Phone: Ph:569-3370. • **Memorial Church-Meet** Sundays 11am and 7:30pm & Wednesdays at 7:45pm Ph:569-0445. • **Mountain Chapel (PAOC)-Sunday** School & Adult Classes-10am. Services-11:10am. Ph:569-3350. • **Anglican United Church-441** Dominion Street. Meet Sundays at 9:00 a.m. Phone 569-3206 or 569-3386. • **Evangelical Free Church-** Sunday school at 9:45am. 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:968-4355. St. Patrick's Catholic Church-Meets Sundays at 11:00am Ph:569-2606. "Catholic Faith for Adults" inquiry class. Contact Sr. Olive.

Important Phone Numbers

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.

| | | | |
|--------------------------|----------------|--------------------------------|----------------|
| EMERGENCY | 9-1-1 | Forestry | 569-3760 |
| R.C.M.P. | 569-2255 | Village | 569-2229 |
| Hospital | 569-2251 | Reg'l 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.-1-800-663-7867 - 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 Frieddifest Town!!

McBRIDE MOVIES & MORE

569-0123
TUESDAY, February 19
NEW RELEASES
-American Gangster (Denzel Washington)
-In the Valley of Elah (Tommy Lee Jones)
-Michael Clayton (George Clooney)
-Rendition
-The American Gangster (Documentary)
-The Last Hit Man (Joe Mantegna)
-Wal-Town (Documentary)

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• Free Consultations • • At 569-2519

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Casting all your care upon him;
for he careth for you.
1 Peter 5:7
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569-7333 (cell)



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SCARE CROW FARM ☎ 569 0351
B&B, Camping & RVs, and Horse Hotel.
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15m West on Highway 16

ANTLER GARVINGS FOR SALE CALL AL # 569-2602

Top of the Fraser Cooperative Annual

General Meeting
Sandman Inn Dining Room
6pm no host dinner, meeting at 7 pm

HEARTLAND RESTAURANT

Valentine's Day

Special Guest Appearance By

McBride's Own

Canadian Idol Hopefull
(Singing Songs of Love)

ELLISE BRESSETTE

7:30p.m. to 9:00p.m.

Specials

all Specials include Soup or Salad to start
Choice of: Baked Potato, Mashed or Rice,
Hot Seasonal Vegetables & Dessert

14 oz. T-Bone Steak \$22.95

Stuffed Pork Loin
(with feta cheese & Spinach) \$15.95
Santors \$11.95

Chicken or Prawn Stir Fry
(served on a bed of Rice) \$12.95

*** RESERVATIONS RECOMMENDED 569-0032 ***

Canoe Robson Valley Community Futures

Would you like to explore the idea of starting
your own business?

You may qualify for the SEB Program if you are pres-
ently on E.I. or have been in the last 3 years or you
have been on maternity leave in the last 5 years.

For more information on the Self Employment Benefit
Program (SEB), please contact:

Allan Frederick Phone: (250) 569-2229

SEB Co-ordinator Fax: (250) 569-3276

E-mail: futures3@telus.net

The Government of Canada has
contributed funding to this initiative.



THINK ABOUT IT...

Generally speaking, you aren't learning
much when your mouth is moving.

Elks/Royal Purple News

Remember to get out your dancing shoes and come out and enjoy the "Sweetheart Family Dance" on Friday, February 15th beginning at 9:00 p.m and ending at midnight after the "Midnight Lunch". Music will be provided by Nadine Showar. We are only asking for a donation to help cover costs. Designated drivers will be provided. **Reminder to drop off your soup labels and can tabs at Fort Electric** and also if are not collecting the IGA Promotional stickers (e.g. pots/pans) please drop them off as well.

February is Heart Month.... How 'bout a K.I.S.S.?

Heart health messages can be confusing and overwhelming. This month let's "Keep It Simple, Simon!" Heart disease is the top killer of Canadian men and women. But 90 per cent of heart disease is considered preventable through lifestyle factors. When I first started working as a Northern Health Public health nurse with the Healthy Hearts program, I knew I was going to have to start "walking the talk". At first I was overwhelmed. But now, after nearly a year and a half, I can honestly say living a heart healthy life-style is simple...not easy, but simple. After losing 32 pounds through healthy eating and activity, I have reached a healthy target weight. I now enjoy seven servings of veggies and fruits every day. I cook with whole grains (instead of whites), lean meats and lower fat dairy products. With an activity target of "thirty minutes of moderate activity most days of the week", I am about three quarters of the way there, and getting better. My cholesterol levels, blood sugar and blood pressure levels are the best they've been. Many people I meet through health fairs, workshops, and community gatherings haven't grown up with healthy habits. You may relate to this, as I do. Living a healthy lifestyle is a daily uphill climb which goes against societal norms. But from my experience and from the experience of many I have met, it's well worth it. Today, I feel more energetic, agile, confident, relaxed, and positive than I did as a teenager. Even faced with a family history of heart disease, I know that I am doing the best I can to control my risk. My message to you today is this: "If you want to make a change, you can." Pick one of these "top three" heart health factors and stick to it: Your heart will thank you for it! **1. Nutrition:** Boost your veggie and fruit intake to seven servings a day. Consider them your "hucky seven"! Try replacing some of your not-so-healthy food choices for healthy ones, like salad instead of fries. **2. Activity:** Take one more half hour walk each week this month. If you normally take one walk, do two. Activity is a great stress reliever, and improves cholesterol, blood sugar, and blood pressure levels. **3. Smoking:** Take your next step to becoming smoke free. Quitting smoking and eliminating exposure to second-hand smoke improves cholesterol and blood pressure levels, and your capacity for activity. Making lifestyle changes are never easy. Keep it simple and you'll be more likely to stick with it! Remember...one step at a time. One day at a time. If you need help, talk to your local health care providers, recreation centre, or someone else you trust and respect. **Written by Maurcen Morgan, Healthy Hearts Coordinator, Northern Health. **

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

Number Cruncher Accounting Services

Amy Vause
569-0171



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

Ask about Instant Refund!!!

Grab your brooms and prepare to sweep winter
away during the biggest party of the year!
The McBride and District Chamber of Commerce
is holding the annual

Loggers Bonspiel

on March 28, 29 and 30th.

Put your curling shoes on and join us for a
fun filled weekend of dining, dancing
and rocking your socks off!

To enter a team call 569-3366



**Men's open
Bonspiel**

Feb. 29, Mar. 1 & 2

Celebrating 50 years, Bring your '58

Costumes. Only \$160 per team.

Dinner, Prizes, Door Prizes

Call Bob 569-2734 or Ria 569-0402

NORTH COUNTRY LODGE

569-0001

Wanted

Security Guard

APPLY WITHIN TO SHERRY