

**RESTAURANT**

Saturday, February 14th  
**VALENTINE'S PRIME RIB & CRAB LEGS & GRAB LEGS DINNER BUFFET!!!**  
 Flowers provided for the ladies!  
 \*\*Live Dinner Music provided by: Ellise Bressette & Family\*\*  
 Please make reservations for:  
 6:00pm (or) 8:00pm Call (250)569-0007

**Now**  
**Saturday and Sunday Mornings!!!**  
**Breakfast Buffet**  
 (includes coffee or tea)  
 Adult - \$11.95 Senior - \$6.95  
 12+ under - \$8.95 5+ under - FREE!!!

**Come on down and check out our daily lunch specials!**

**NORTH COUNTRY LODGE**

Position open at  
 North Country Lodge for  
 Housekeeper / Front Desk Personnel.  
 Please fax resume to  
 250-569-0050 attention Mr Sandu.

Thank you for applying.  
 Advantage Insurance Services Ltd.  
 Rosemary L. Hruby, CAIB  
 250-569-2264

**OPEN**  
**Monday to Friday**  
**8:30am - 6:00pm**  
**Saturday 10:00am - 3:00pm**

250-569-0101  
 600 - 1st Ave.  
  
**GIGGLIN' GRIZZLY NEIGHBOURHOOD PUB**  
*Simply Delicious!*

Join us this Saturday, February 14th  
 for a celebration of love and a Fabulous Dining Experience.  
 2 can dine for \$49.95 (4 course meal)  
**FRIDAY NIGHT STEAK SPECIAL!** Many more Exciting Specials



starts at The McBride Trading Co. McBride Trading Co.

**Serving The Robson Valley**

Irene Berndsen  
 250-569-7397  
 Toll Free: 1-888-563-7397  
 Email: ireneb@royalpage.ca  
 www.mountainviewreality.ca



Sales Representative  
 McBride, BC

  
**Husky**  
 569-2441

OLD DUTCH POTATO CHIPS	235g - 2 for \$6.00
MARS CHOCOLATE BARS	.99¢
COCA COLA	591ml - 2 for \$2.22

**FREE The Little FREE**

**McBride**



Serving BC's Friendliest Town and Area!!!  
 For the week of Wednesday, February 11th, 2009

**TEA & BAKE SALE**

St. Patrick's Valentines Tea and Bake Sale, Saturday, February 14th, 11am-1pm. To be held at the church rectory, 197 Dominion St. Everyone is welcome...

**COMING EVENTS**

**SNOWMOBILE CLUB MEETING** - Wednesday, February 11, 7:00p.m. at Sandman Meeting Room. Everyone Welcome!!!  
**The Annual General Meeting** of the Top of the Fraser Cooperative Breeders and Feeders Association will be Friday, February 20 in the Sandman Inn Dining Room. No host dinner from menu at 6 pm, meeting at 7pm. All Agricultural Producers welcome. For information D. Simpson 250-569-3343.  
**COMMUNITY SNOWSHOE** - Meet at the West Twin Old Growth Trail parking lot at 10:00a.m. Saturday, February 14 for a community snowshoe along an easy 1.2 km route, with members of the Fraser Headwaters Alliance. Bring the kids! Contact Al Birnie, 569-4101.  
**McBride Figure Skating Club** presents - To McBride, with love. Saturday, March 7th. Adults \$5.00, Seniors & 12 and under are \$3. Doors open @ 6:30pm show starts at 7:00pm. Advanced tickets are sold at Stedmans and Advantage Insurance (the Rose Garden), or you can get them at the door. There will be a raffle table and the concession will be open as well. Hope to see you there!

**McBride Roundhouse**

February 14, 2009 - Al Simmons: He has been called the undisputed master of unrestrained zaniness, and the Las Angeles Times called his show "a Masterpiece." Al Simmons. Only one man, but in concert, a one-man cast of thousands. He is a whiz at one-liners, blink-of-an-eye costume changes and fantastical theatrical props. Add to the mix his rather odd musical instruments and assorted gadgetry and you've got yourself a modern day comic charameleon with the soul of a genuine vaudevillian performer. A show for kids from 5 to 105. Tickets \$12.00, \$15.00 at the door.

**SCHOOL NEWS**

McBride Grade 4 swim program still have frozen cookie dough for sale. If you want some please contact the McBride Centennial School or Dawna at 569-8850.

**PLAN TO ATTEND:** Friday, February 27, 10:00AM-11:30AM at McBride Secondary School a college & university information session. POST SECONDARY ADVISORS confirmed from the following schools: Red Deer College, Lakeland College, King's University College, Olds College, University of Alberta, Grant MacEwan College, Mt. Royal College, SAIT Polytechnic, NAIT, Grand Prairie Regional College, Kelowna University/College. Other schools may be added. Grade 11 & 12 students will be attending. All parents, previous grads, & community members are welcome! Mark your calendars and get ready for a night of legendary Music! McBride Secondary is presenting world famous Leon Bibb on March 13th live in the Round House Theatre. Tickets will be on sale soon. Since early 1990's Mr. Bibb has travelled to communities sharing his "Step Ahead" program with students where he discusses issues of racism, bullying and violence. McBride Secondary drama students will be directly involved in the student session with a performance on March 13 during the day prior to the evening performance. McBride Secondary would like to thank Crescent Spur Heli-Skiing for their major support of this event.

**COMMUNITY ANNOUNCEMENTS**

**Drop-In Community Volleyball** Wednesday's - 7:00 - 9:00 p.m. McBride Secondary School. Everyone over 13 welcome to attend.  
**Knitting Group** - meets every Monday Night from 7:00 - 9:00p.m. Contact Sandy Birnie at 250-569-4101 for more information.  
**Gospel Meetings:** You and Your Family are invited to a series of Gospel Meetings, being held at the McBride Secondary School Roundhouse Theatre. Each Wednesday from 7:30p.m. - 8:30p.m. until February 22nd.  
**Community Badminton** at 7pm in the McBride Secondary School gymnasium. Hope to see you there!!

**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	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		
School District 57	1-800-256-7857	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.G.'s Friendliest Town!!**


**JOY-WAY FARM, McBRIDE, B.C.**

Is offering for sale  
 Natural (government inspected) grass-fed beef  
 Priced as follows:

Ground beef, frozen	1lb. pkgs	\$2.75 per lb.
	2 lb. pkgs	\$2.75 per lb.
	10 lb. pkgs	\$2.50 per lb.
Tenderloin, Vac-pac	.....	\$10.00 per lb.
Striploin, Vac-Pac	.....	\$7.50 per lb.
T-Bone Steaks	.....	\$6.00 per lb.
Roasts (Variety of 3 to 5 lb. sizes)	.....	\$4.50 per lb.
Sirloin Steaks	.....	\$5.50 per lb.
Prime Rib Steaks and Roasts	.....	\$8.00 per lb.
Smokies (All beef, Vac Pac)	.....	\$6.50 per lb.
Bratwurst Sausages (All Beef)	.....	\$5.50 lb.
Breakfast Sausages (With pork, 8 per pkg)	.....	\$4.50 per lb.
Salami	.....	\$5.00 per lb.
Pepperoni Sticks - Vac Pak - lunch size	.....	\$5.00 each

Ask about discounts for bulk orders  
 For any questions you may have, or for placing orders, please contact:  
 Ed and Margaret Zimmerman Phone: 250-569-3103  
 Fax: 250-569-3103  
 Margaret Cell: 250-569-7506

We will be making free deliveries in Prince George periodically.  
 NO SUNDAY CALLS, PLEASE  
 THANK - YOU

*Teat minute Valentine gifts from the organizers to the affordable. Baby, children, teen to adults: gifts to please everyone!*  
 Enter a draw for a box of chocolates worth \$38.00.  
 \*Everything is coming up roses.\*  


**SNOWPLOWING & SNOW REMOVAL**

Call Gerald 250-569-2269 or 7147  
 Fire Wood for Sale - Fir, Spruce & Pine  
 Seasoned 2-4 years  
 Phone: 569-3457 or 569-0133

**GOSPEL MEETING**

TODAY!!!  
 WEDNESDAY, FEBRUARY 11TH  
 7:30P.M. AT THE McBRIDE SECONDARY SCHOOL - ROUNDHOUSE THEATRE  
 1 HOUR SERVICE - EVERYONE WELCOME!!!  
 FOR MORE INFO CALL 250-569-2350

**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**

**VALENTINE'S SPECIALS**  
 (Saturday, February 14)  
 12oz. RIBEYE & MUSHROOMS - \$19.95  
 w/country style baked potato

ROAST CHICKEN DINNER FOR TWO - \$22.95  
 Stuffed Wild Rice & Mushrooms  
 w/country style baked potato & asparagus

LADIES SURF & TURF - \$24.95  
 Bacon Wrap Tenderloin w/your choice of  
 2 - Jumbo Prawns or 1 - 3oz. Lobster Tail  
 w/country style baked potato & asparagus

DELUXE SEAFOOD FETTUCCHINE FOR TWO - \$29.95  
 with Prawns, Scallops, Crab, Lobster, Clams  
 & Mushrooms

SEAFOOD PLATTER FOR TWO - \$39.95  
 Lobster (2), Jumbo Prawns (2), Scallops (6),  
 Clams (1 lb.), and Breaded Shrimp  
 w/wild rice, mushrooms & asparagus  
 ALL MEALS INCLUDE OUR FABULOUS SALAD BAR

**Monday to Saturday SPECIAL**  
 Any 2 Two Topping Pizzas - \$19.95  
**Wednesday NITE SPECIALS**  
 Prawns Wings Appy Salad  
 .25¢ each .35¢ each \$2.95 each  
 OPEN 7am - 9pm 569-0321  
 7 Days a Week For Takeout



**Don't Miss these  
Spirit of BC week Active events  
Sunday, February 15th at 1 pm**



**Exercise video tapes and DVD's for use at home can be borrowed from the public library or phone 569-7658**

**Pond Hockey**

Adult: Sundays 6:15—7:45 pm  
16 and under: Tuesdays 3:00—4:30pm  
Thursdays 3:30—4:45 pm



Puck Off (Bring your stick to practice passing and shooting. Helmets and gloves required):  
Mondays and Wednesdays noon to 1:30 pm



Public Skating  
Thursdays 2:15 to 3:30  
Fridays 6:30 to 8:00 pm  
Family Skate  
Sundays 4—5:45 pm  
Parent and Tot  
Mondays, Wednesdays, Fridays  
10—12 pm  
Adult Noon Skate  
Tuesdays and Fridays  
noon to 1:30 pm  
Can Skate/Figure Skating Lessons  
For age 4 and up  
Mon, Wed and Fri. afternoon  
Contact: Elizabeth Hanby 569-8831  
or Sherri Qnam

**Organized Team Sports**

Hockey -Old Timers (age 35 +)  
Thursdays 8:30pm  
Sunday 8pm at the Arena  
Hockey — Men's  
Fridays at 9 pm at the arena  
Hockey- Women's (13 and over)  
Tuesdays 8:30 — 10 pm at the arena  
Minor Hockey (Ages 4 and up)  
Various times depending on age  
Arena  
Curling  
contact: Jennifer 569-0150



**Cross Country Skiing and Snowshoeing**

Check out <http://mcbri.de.ca/winterrec.html> for information about cross country skiing trails, snowshoeing and other outdoor recreation.



**Exercise video tapes and DVD's for use at home can be borrowed from the public library or phone 569-7658**

**Drop In Sports and Activities**

Free Dance lessons by Nadine Showar

Every Thursday from 7—9 pm  
Elk's hall (everyone over 12 welcome)



**Chair Exercise group**

Monday, Wednesday and Friday 9—10 am  
at Beaverview Lodge.

**Community Volleyball**

Wednesday 7 — 9 pm  
High School Gym



**Drop in Carpet Bowling (age 55+)**

Tuesdays and Fridays 10 am —12 pm  
Convexcourt at RV Recreation Center

**Drop in Basketball**

Mon & Thursday 7 —9 pm  
High School Gym



**Community Badminton**

Tuesday 7 —9 pm  
High School Gym



Bring inside shoes  
some rackets available.

**The FIT PIT**

Located at the Robson Valley Recreation Centre 461 Columbia, McBride offers equipment such as steppers and treadmills, recumbent bikes, 8 Paramount toning machines and a full line of free weights. The converta-court allows users to play squash, racquetball, wallyball and basketball

**Skating Opportunities at arena**

(small drop in fee or yearly passes available at arena located at the Robson Valley Recreation Centre 461 Columbia)

**Don't Miss these**

**Spirit of BC week Active events  
Sunday, February 15th at 1 pm**



**Exercise video tapes and DVD's for use at home can be borrowed from the public library or phone 569-7658**

**Snow shoeing Demo - Dominion Creek trail**

**Snow Shoe Races for all ages**



**Groups—Bill Clark Memorial Park**

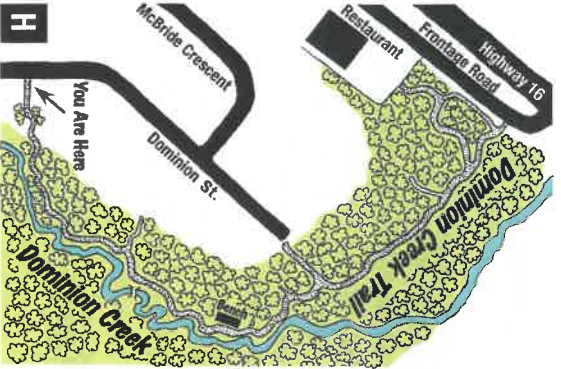


**Main Street Hockey - main Street**



Nordic Walking - Christina Maxeiner has taught several classes in Nordic walking over the past several years. If you or a group would like to learn this technique for walking you can contact her at 968-4462  
She is not home all year round so you may have to try more than once.

Dru Yoga—Sister Olive McInnis is interested in teaching this gentle yoga class. If you would like to participate please contact her at 569-2606



**Map of Dominion Creek Trail**  
Drawn by Dave Marchant.  
The trail was improved last year by donations from a number of businesses and people.



This is what the trail looked like with cedar chips donated by TRC and a bench bought with funds from BCRPA Active Communities Grant until the beaver moved in and flooded it. Hopefully we can reclaim it again this spring.



Margaret Graine has been successful in obtaining an Active Communities Grant to develop a walking trail within the Village!



Walking is currently the most popular physical activity for adults in Canada.

The Dominion Creek trail is approximately 1 km or 1250—1375 steps.



Would you like to lead or join a walking group? We have leaders guide books and can try to match you up with a group.

**A tribute**



Eileen Lawrence (pictured on far right with Active Communities Group members on Dominion Creek trail spring 2008) was an active participant until she became too sick last year. She was a trooper till the end and we miss her.

**The McBride Active Communities Group is a small group of community members who with the support of the Village Council are striving to increase the activity level of people in McBride and area 20% by 2010**

If you would like to be involved in this endeavor please talk to Rea 569- 7658 or Val 569—8837  
Dorothy 569-2436

**Share Your Successes and Win!!!**

Is there an activity or exercise that we have missed?  
Please keep us

Have you increased your activity level in the last few years? If you have please write us a note and tell us how you did it and what helped.  
You will be entered in a draw for \$100. Deadline for entries: May 10, 2009 Move for Health Day in BC.  
Mail to Active Communities, c/O Box 776, McBride, BC V0J 2E0

Mail to Active Communities, c/O Box 776, McBride, BC V0J 2E0



everyone. active. every day.™



**Ideas for Exercise 2009**



**"If exercise could be packed into a pill, it would be the single, most widely prescribed and beneficial medicine in the nation."**

Dr. Robert N. Butler  
(Source: Longevity report)  
(see inside for details)

## Benefits of Exercise

- **Better Health**
  - **Improved fitness**
  - **Assists with weight control**
  - **Feeling more energetic!**
  - **Better self esteem**
  - **Relaxation and reduced stress**
  - **Improves blood glucose levels**
  - **Continued independent living in later life**
  - **Helps prevent type II diabetes**
  - **Reduces risks of colon cancer**
  - **Reduces risks of high blood pressure**
  - **Reduces risk of depression**
  - **Reduces risk of heart disease**
  - **Reduces risk of stroke**
- Health Benefits of Physical Activity: The Evidence  
Daren E. Warburton; Crystal Whitney Nicol and Shannon SD Bredin  
CMAJ, March 14, 2006

## How much is enough?

Even a small amount of regular activity can improve your health. If you are already physically active, you can still benefit by adding activity. *Generally, the more active you are, the more benefits you will get.*

Scientist say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. Just add it up in periods of at least 10 minutes each throughout the day. Time needed depends on effort—as you progress to moderate activities, you can cut down to 30 minutes, 4 days a week.

### How to tell what your effort is

- **Very light**—normal breathing, examples are dusting, strolling
- **Light**—starting to feel warm, and slight increase in breathing rate. Examples are light walking, volleyball, easy gardening, stretching.
- **Moderate**—warmer, greater increase in breather rate. Examples are brisk walking, biking, raking leaves
- **Vigorous**—quite warm, more out of breath. Examples are: aerobics, jogging, hockey, basketball, fast dancing.
- **Maximum**—very hot/perspiring heavily, completely out of breath. Examples are sprinting, racing.

From Canada's Physical Activity Guide

## Tips (from Carolyn King, Health Director)

- **Choose activities that you find enjoyable.**  
This is important if you want to succeed.
- **Avoid any exercise that causes pain.**
- **Start slowly**  
Success comes with starting slowly. If you haven't been active in awhile, start out with short periods of about 5—10 minutes twice a week. Slowly increase amount, adding a few minutes each week until you are exercising at least 15—30 minutes, 3—4 times a week.
- **Choose activities that are convenient and fit your lifestyle.**  
Walking is an excellent form of exercise and can be enjoyed by all ages.
- **Pay attention to what your body tells you.**  
If you feel a lot of discomfort, you're doing too much. Be alert to unusual symptoms, such as: chest pain, dizziness, breathlessness, joint discomfort, or muscle cramps. Call your doctor if any of these occur..
- **Be careful to avoid heat exhaustion or heat stroke on hot days.**  
Preferable, exercise during cooler times of the day or exercise indoors. Remember to always drink plenty of water when exercising.
- **Look for opportunities that provide social interaction and support.**  
Good examples include: walking with a friend or walking club, group sports with friends and family, or joining an aerobics class.

## Three Types of Exercise

### 1. Endurance Activities

Aim for 4—7 times a week.



Help your heart lung and circulatory system stay healthy and give you more energy.

Examples: walking, golfing (without a ride on cart)  
Yard and garden work, propelling a wheel chair, cycling, skating, tennis and dancing.



### 2. Flexibility Activities

Help you to move easily, keeping your muscles relaxed and your joints mobile. Regular flexibility activities can help you to live better, longer, so that your quality of life and independence are maintained as you get older.

Examples: mopping the floor, gardening, yard work, vacuuming, stretching exercises, Tai Chi, golf bowling, yoga, curling, dance,



### 3. Strength Activities

Help your muscles and bones stay strong, improve your posture and help to prevent diseases like osteoporosis. Strength activities are those that make you work your muscles against some kind of resistance. Strive for a good balance of upper body, right and left sides, and opposing muscle groups.

Examples: heavy yard work, raking and carrying leaves, lifting and carrying groceries, infants and toddlers, climbing stairs, exercises like abdominal curls and push ups, weight and strength training routines.

- **Look for opportunities to “sneak in” exercise.**

Good examples may be: taking the stairs, instead of the elevator; walking to a co-worker's office instead of dialing an extension; parking your car in the far end of the parking lot; moving your grass with a push mower.

- **Keep in mind that exercising doesn't have to mean spending a lot of money.**

A comfortable pair of shoes with good support and a safe place to walk is a great way to get in shape with little or no money involved.



**The GOAL is to walk 10,000 steps each day!**

If you walk 10,000 steps 5 days a week, you will reduce your chance of getting a chronic disease and if you have a chronic disease your outcomes will greatly improve.

- **Less than 5,000 steps a day indicates a sedentary lifestyle and you will likely get a chronic disease at some point.\***
- **5,000—7,499 steps a day is considered to be low active.**
- **7,500—9,999 steps indicates that you are probably doing some voluntary work or extra exercise.**
- **More than 10,000 steps a day is considered to be active**
- **More than 12,500 steps a day indicate a highly active lifestyle necessary for weight loss.**
- \* **If you are inactive, try an increase of 250 steps per day**

## Using a Pedometer

A Pedometer is a useful tool that counts steps, helping monitor your daily activity level. Keeping track of your steps while wearing it can inspire you to move more on days when you are less active.

### Where can I buy a pedometer?

Canadian Tire, Walmart, London Drugs, sports stores. Expect to pay about \$20 for a pedometer that works well.

### How to wear a pedometer

- Fasten the pedometer to your belt directly over the front top point of your hip bone. A pedometer does not work well if attached to loose garments like blouses or dresses or deep in a high waist.
- Always use the safety strap so you won't lose it.
- Remember that No pedometer is perfect and the pedometer may not count steps that are shuffled. Only some pedometers work correctly on exercise equipment.
- Test the pedometer by pressing the reset button while the unit is attached to your waist. Walk 20 steps, keeping track of the number and compare. Remember your pedometer will not work while open, and it counts both feet.

### How do I convert steps to kilometers?

1 kilometer = 1250—1375 steps  
1 mile = 2000 to 2200 steps  
20 steps digests 1 calorie

Or

Take your daily, weekly, monthly steps; divide by 10,000; multiply by 8. This will convert your steps to kilometers.