

"March Madness" hits McBride's Odds 'N Ends...
all cut fabric 70% off - (March 30-31 Only)
~Bring this coupon in for an Extra Surprise~

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 presently 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.

Canada

Daily Daily Daily Daily Daily Daily Daily
If you gave-up getting a "daily" newspaper, take heart!!!
"P.G. Citizen" is now in the blue newspaper box!



What I want to know is how do you get this rig out of the ice?

MCBRIDE HEALTH UNIT

On March 31, 2008, the provincial government implemented the Tobacco Control Act (TCA). The TCA protects the rights of all British Columbians to breathe smoke-free air, and will help reduce the risk of diseases related to smoking and exposure to second-hand smoke. Important changes include:

- Smoking is not allowed with three (3) metres of most public and workplace doorways, open windows and air intakes;
 - Designated smoking rooms are no longer permitted in bars, restaurants, casinos and bingo halls;
 - All indoor work places and public places must be smoke-free. Northern Health supports the goal of reducing rates of tobacco use in Northern B.C. You can too, by respecting the three (3) metre zone around doors, windows and air intakes for most public places and workplaces.
- Northern Health's Tobacco Enforcement Officers (TEO'S) are responsible for the day-to-day enforcement of the Tobacco Control Act. To make a complaint about violations of any of the Tobacco Control Act rules please call 1-877-617-6777 or e-mail tobacco.control@northernhealth.ca
- Here are the facts on second-hand smoke:
- The B.C. Ministry of Health estimates that second hand smoke is linked to the deaths of more than 140 non-smoking British Columbians each year;
 - Second-hand smoke releases thousands of toxic chemicals into the air, and over 50 are known to cause cancer;
 - Even after the cigarette is out, second-hand smoke remains in the air and clings to carpets, furniture, clothes and hair;
 - Second-hand smoke is more harmful to children than adults because their lungs are still developing. Infants inhale more of the smoke than adults because they breathe faster;
 - Spending one (1) hour in a smokers car is like smoking 4 cigarettes.

Written by Laura Johnston, Tobacco Reduction Coordinator, Northern Health.

"SOCK IT AWAY"

OK: You're Ready To Sock It Away: The members of the Hospital Auxiliary are handing out socks, just little ones, and we are asking you to take one; or two and set it on your dresser and instead of throwing pocket change onto the dresser, we are asking you to put it in the sock, folding money works to... hand it in to the Auxiliary member you got it from, and we'll see how much we can raise before April 19th. Socks available at the Odd's and Ends if you can't locate a member with a sock on her. We thank you in advance for your support of our fund-raising efforts.

-Eleanor Johnson - for the Hospital Auxiliary

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

Healthy by Choice Not by Chance

In Just 30 Days!

- Eat More & Lose Weight
- Decrease Heart Attack Risk
- Lower Blood Pressure
- Disarm Diabetes
- Lower Cholesterol 15-20%
- Reduce Cancer Risk

Choose **FREE** 1-hr.

Information Session

at either of these locations

McBride SDA Church (downstairs)

Sunday, March 29 at 2:00 PM

Sunday, March 29 at 6:30 PM

McBride Secondary School

Tuesday, March 31 at 6:30 PM

Wednesday, April 1 at 6:30 PM

Thursday, April 2 at 6:30 PM

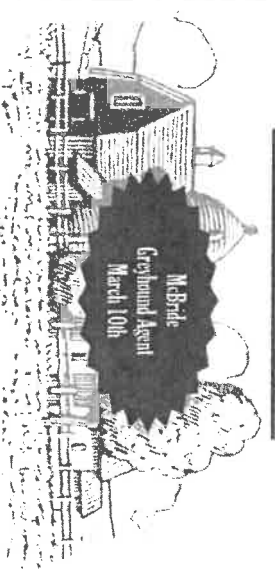
Actual Program 5 consecutive weeks starting April 6



250-968-4493
robsonvalley/chip@live.com

Coronary Health Improvement Project

theFarm Store



Store Hours

Weekdays - 10am-5:30pm

Saturday - 10am-4pm

Store Address

1032 2nd Avenue
McBride

250-569-0425