

For Sale

2005 Ford F350 XLT, Xcab, 4x4, longbox, auto, air, cruise, remote start, keyless entry, 70000km, #0000, \$18995.00 DL 11107

2005 Ford F350 Lariat, crewcab, 4x4, shortbox, auto, air, cruise, 104000km, #7974, \$17995.00 DL11107

Phone Waded or Dave 569-8830

MARKETPLACE

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

DELI

Summer Salami - 100g...\$2.29
Black Forest Chicken - 100g...\$1.19

Grade A Frying Chickens - Buy one & Get One FREE
3 per bag.....
Chicken Wing Drumettes - previously frozen - family pack (min 2kg).... Buy one & get one FREE
Bonless Center Cut
Pork Loin Roast..... Buy One & Get One FREE
Imperial Soft Margarine or Squares - 1.36kg..... \$3.98 each
Breyers Double Churn Ice Cream or Blends - 1.66-1.89 litres..... \$5.99 each
Ocean Spray - 100% Juice Blend Cranberry - 3.78 litres..... \$7.59 + dep. & rec. fee
Ocean Spray Cranberry or Grapefruit Cocktail
3.78 litres..... \$6.99 + dep. & rec. fee
Cascades Enviro 100% Recycled Bathroom Tissue - double roll 12's..... \$6.98 each
Lotus Root..... \$3.49 / lb.
IN STORE SPECIAL
Fresh Express Colelaw - 454g..... \$1.69 each

BAKERY

Panini Rolls - 8pk...\$2.29 each
Portuguese Rolls - 6pk...\$1.59 each

SPIN DRIFT POWER SPORTS

Large selection of WINTER GEAR still in stock.
SPRING IS COMING

Our mechanic has 20 years experience with Sleds, ATVs, Motorcycles, Small Engines and Outboards.

Come on in and get ready for spring

OPEN 7am-6pm 7 Days a Week
REMEMBER BIG OR SMALL WE REPAIR THEM ALL!!
940-2nd Ave. (250)569-0070

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Bobcat Services & Landscaping **General Construction & Concrete Finishing**



Barry
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Vicor
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'NATIONAL HOME WARRANTY' Available

Antiques, Bulk Foods, Gifts & Health Products



GIVE US YOUR SUGGESTIONS!

We are attending C.H.F.A. Expo (Canadian Health Food Association) in Vancouver April 1st-5th

We appreciate your suggestions and will try to find them at the EXPO and bring them in the store.

D. DUTCHMAN MILK & CREAM arrives this week, Thursday, March 19th

250-569-2559 246 Main Street McBride, B.C.

THOUGH OF THE WEEK

The problem with an investment bank balance sheet is that on the left side nothing's right and on the right side nothing's left.

"After the Leprechan Leaves" Sale... everything green in the "main room"
50% off, March 18-22 only.

OPEN M-F 8-6pm. Sat 10-6 Sun 1:30-3pm.

Massage by Julie

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250-569-7695 (lv. MSG.) AVAILABLE AT
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Scott & Susan Glines
455 King Street Ph:569-3110
Fax:569-0220

FREE The little FREE

McBride

Paper



Serving BC's Friendliest Town and Area!!!
For the week of Wednesday, March 18th, 2009

THANK YOU

Rebecca Ellement, Lelani Artis, and Darrell Ellement would like to express our profound gratitude to the many, many people of the Robson Valley and especially Dunster who have helped us in so many ways these past weeks. Very special thanks to all who responded to the fire, risking their own lives in the process, and those who took care of us while it was happening. Monica Zieper, Dave Hruby, and Kent Kryzanowski for their compassion, availability, and commitment to finding answers. The entire Culp/Finlay family, Kim McNaughton, and Clint and Sally Wall for too many things to list here. Sierra Jancke and Max Barton for being great companions for Rebecca, and the staff of the Dunster School for their understanding and special care of her. Ann Schwartz for taking care of Rob's dogs. The Regional District, arena staff, and all who helped to make the memorial skate a success. Everyone who cooked, cleaned, secured things, addressed our health needs, hugged and prayed for us, and so much else. Your love, support, prayers (and of course food) have made the unthinkable endurable and we truly thank you for that.

MCBRIDE MINOR HOCKEY NEWS

Free Power Skating Clinic March 27, 28, 29. Open to all players and coaches six years of age and older currently registered and insured with McBride Minor Hockey. Please contact your team manager or President Jen Quam 250-569-0150 for further details.
MCBRIDE WELLS WOMEN'S GAINING
McBride Well Women's Clinic (Jackie Edwards) is restarting April 1, 2009. Please call the McBride Hospital Rec., Front Office to book for your appointment. 250-569-2251 ext. 200.

QUARTERLY HYMN SING

Announcing Quarterly Hymn Sing, Sunday Evening, March 22nd, 7:30pm. at the McBride Mennonite Church. Everyone Welcome!!!
MEASURING UP THE NORTH

Successful Northern Initiative Attracts Delegates to Universal Design Conference Prince George, BC - Measuring Up The North (MUTN), a project that facilitates the development of livable, disability-friendly, age-friendly, universally designed, inclusive communities for all residents and visitors in Northern British Columbia, will host a conference "Creating Universally Designed Healthy Sustainable Communities" to be held at the Civic Centre in Prince George from April 6-8, 2009. For a copy of the News Release please stop by the McBride Village Office or visit our website at www.mcbride.ca.

A CHANGE OF HEART

A Change of Heart / Healthy by Choice Not by Chance: In Just 30 Days! •Eat More & Lose Weight •Disarm Diabetes •Decrease Heart Attack Risk •Lower Cholesterol 15-20% •Lower Blood Pressure •Reduce Cancer Risk: Dr. Hans Diehl (via DVD) Actual Program Five Consecutive Weeks (16 sessions) April 6- May 7 Week 1: Monday-Thursday 6:30 to 8:45pm / Week 2-5: Monday, Tuesday, Thursday 6:30 to 8:45pm. • Choose FREE 1-hr. Information Session at either of these locations McBride SDA Church (downstairs) Sunday, March 29 at 2:00pm. / Sunday, March 29 at 6:30pm. •McBride Secondary School - (Room 137 art room) Tuesday, March 31 at 6:30pm. / Wednesday, April 1 at 6:30pm. / Thursday, April 2 at 6:30pm. *250-968-4493 robsonvalleychp@hvc.com - Coronary Health Improvement Project.

SNOWSHOE AT DOME GREEK

Snowshoe The Ancient Forest at Dome Creek: Join the Caledonia Ramblers (of Prince George) for a snowshoe hike through the Ancient Forest on Sunday, March 22. It's easy to moderate difficulty; about 4km for the full circuit, or half that for a partial loop. They will be arriving there at 9:30a.m., so we should be leaving Dunster at 8:00 a.m. and McBride at 8:15. Bring the kids; and a lunch! We will organize carpools; contact Al Birmie 569-4101 for McBride, and Roy Howard 968-4410 for Dunster.

COMMUNITY ANNOUNCEMENTS

Valley Museum and Archives Society Annual General Meeting, Thursday, March 26th, 2009 at 4:30p.m. in the Museum/Library building, 241 Dominion Street, McBride.
Diabetic Group Meeting will be held April 2nd from 1 - 3 pm in the education room for the hospital.
Downtown Thrift Store is having a 2 week, all you can put in a white plastic grocery bag for \$1.00. - Saturday, March 21 10am-2pm. Come and enjoy shopping for clothing.
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 Birmie at 250-569-4101 for more information.
Community Badminton at 7pm in the McBride Secondary School gymnasium. Hope to see you there!!!

Greyhound Bus Schedule **The Farm Store 569-0425**
Depart to East-12:15am Daily •Valemount, Jasper, Edmonton
Depart to East-10:05am Fri. Sat. Sun. •Valemount, Jasper, Edmonton
Depart to West-6:10am Daily & 7:20pm Fri. Sat. Sun. •Prince George

Please contact **The Little McBride Paper** with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, email:s.glines3@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 & Bronn

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

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Drying Room. Safe Parking.

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Seasoned 2-4 years Phone: 569-3457 or 569-0133

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COKE 591ml - 2 for \$2.22
COKE 2 L buy one Reg. price - get 2nd for .99¢

SUN VALLEY RESTAURANT

Saturday and Sunday

Mornings!!!
Breakfast Buffet

Adult - \$11.95 Senior - \$8.95
12 + under - \$8.95 5 + under - FREE!!
(Includes coffee or tea)

Thursday Nights
(5:00 - 8:30 pm)
All you can eat Spaghetti & Meatsauce
with garlic toast - \$9.95

Friday Nights (5:00 - 11:00 pm)
Prime Rib Dinner - \$20.95
BBQ Baby Back Ribs
with Spaghetti - \$22.95

PHONE 250-569-0007 FAX 250-569-0004

INCOME TAX

Personal, Senior & Self-employed Returns

569-0138

Linda Fry, P. Mgr., C.I.M.

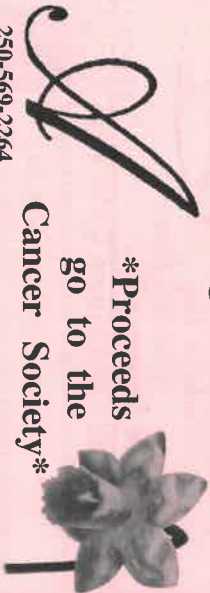
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Daffodils & Cookies

Friday April 3, 2009
at Advantage Insurance

*Proceeds
go to the
Cancer Society*



Employment Assistance Service
Robson Valley Home Support Society

NEED A JOB?

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Contact Bob Thompson 569-2266

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MCBRIDE MOVIE NIGHT

Friday, March 27th, McBride Secondary will be hosting another movie night in the Roundhouse Theatre.

The 4:30 movie will be the delightfully funny Walt Disney Movie, BOLT. Bolt, an American White Shepherd, has lived his whole life on the set of his action TV show, where he believes he has superpowers. When separated from the studio by accident, he meets a female alley cat named Mittens and a hamster named Rhino. Along the way, he learns that he doesn't have superpowers and that the show is not real.

The 7:00 movie is SEVEN POUNDS, starring Will Smith, Rosario Dawson, and Woody Harrelson. Ben (Will Smith) is an IRS agent who is depressed and guilt-ridden about mistakes from his past. He sets out to make amends by helping seven strangers. When he meets Emily (Rosario Dawson), a beautiful woman with a heart condition, he falls in love with her, thereby complicating his plans. Woody Harrelson also appears as a blind pianist who befriends Ben. Tickets for each of these movies will be \$5 in advance or \$6 at the door. Tickets can be purchased at Stedmans, McBride Trading Post, Dunster Fine Arts School and McBride Secondary School.

McBride Elks & Royal Purple News

Large Indoor Sale - Saturday, March 28th, Elks Hall, 10:00a.m.-4:00p.m. \$10./table. If you would like to book a table(s) please call Barb Jackson at 569-0344 or 569-2645. This is a chance to do your yard sale indoors and not have to worry about getting rained on. **FREE Dance Lessons** by Nadine Shovar, every Thurs., 7:00 p.m. -9:00 p.m. at the Elks Hall. Everyone over 12 is welcome to attend. **Weekly Card/Games Night** every Friday night. Come out and play some cards, shuffleboard or pool at the hall beginning at 7:00 p.m. Games are FREE. Ages 14 and older are welcome to attend.

BUY, SELL, RENT & MISC.

For Sale-Winter front cover for Newer GMC pickup. \$100.00. Ph:250-569-8830•Free 5 year old female spayed border collie cross needing a good home. Very sweet, lovable dog. Needs a job, space to run or fenced yard. She is trainable. My son would like visiting rights. We are moving and cannot take her with us. Please contact Lynn at 250-569-0244. •For Sale-2008 Polaris 600 R/MK 151"X2.5" Track, c/w Aluminum Ramp, Helmet, Klim Size 10 Boots. \$7800. Ph:250-569-0303•Wanted-pet carrier for large dog, prefer folding metal type but will also consider the plastic portable style. 250-569-0078•For Sale-(New) Free Spirit Folding Treadmill was \$1200.00, asking \$850.00 / Fulton, thick mattress - black metal frame \$300.00 Ph:569-0303•For Sale-Purebred Rottweiler puppies, \$500 each. 5 still available, ready to go beginning of April, for more info. call Deb Reimer in Dunster @250-968-4335. •For Rent-1 Bedroom Apartment across from Hospital. \$475.00 Ph:569-0208•For Sale-One Fireplace Insert \$150 (no Saturday Calls) Ph:569-0266•For Sale-Horse Hay, stored inside, never rained on \$5.50/bale. Bowflex Type exercise machine \$200.00. 250-569-0105(eyes)•66 point Royal Bull Elk Mount - scoring 347 - Call Shayne @ (250) 569-7348•Wanted to Buy-Roll Top Desk, Child's Toy Box (large), Wooden Skis & Poles. Call Barbara 569-0344 or 569-2645•For Sale-Kemmore portable dishwasher. Excellent condition in and out. Black front, butcher block style top. \$200.00. Call 250-569-0281•For Sale-Fire Wood. \$120.00 a Cord. Ph:569-0124•For Sale-F150 truck, '95, 4x4, 5 speed, short box, tow pkg., runs well \$3800 o.b.o. Ph:250-569-3319•For Sale-1994 Ford F250 4WD with canopy, gas, automatic, long box, extended cab, A/C, new leaf springs, new front shocks, new tires, 2 new batteries and new steering column. \$2,500.00. / Older camper trailer, sleeps 6, with stove, fridge, furnace and new tires. \$500.00 Ph: 569-3231 or 306-867-2165 for details•For Sale: 2007 Dodge Caravan 30,000km Blue, air tilt Cruise etc.. Excellent condition Ph:250-569-2350•To place an ad 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. - Mens, ladies and children's clothing -Open: Tues: 1:00 to 3:00 - Sat: 10:00 to 12:00-Dorcas Lanning Pit Rd. (used clothing and household goods), 1:00-4:00 and 7:00-8:00 Tuesdays: Phone 569-2596-Contact number for the Foodbank is 569-3225-Seven-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-11:10am. Ph:569-3350•Anglican United Church-Reverend Dee McEachern. 441 Dominion Street. Meet Sundays at 11:30 a.m. Phone 569-3206 or 569-3386. Hall Rental - Phone TheLma Molendyk-250-569-0082•Evangelical Free Church-Sunday school at 9:45am, 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.

Via-Rail Schedule	Phone 1-888-842-7245
Going West - Sunday, Wednesday & Friday..2:40pm	
Going East - Monday, Thursday, Saturday...3:00pm	
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'l 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	The Little McBride Paper	
School District 57	569-3110		
1-800-256-7857			
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.
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"Handcrafted" Solid Wood Interior & Exterior Doors and Kitchen Cabinets
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Any 2 Two Topping Pizzas - \$19.95
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Garlic Buttered Wings \$2.95 each
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OPEN 7am - 9pm
7 Days a Week For Takeout
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Only accepting returns until the end of March
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Complimentary E-File for quick refunds

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 \$2.50 per lb.
10 lb. pkgs \$10.00 per lb.
Tenderloin, Vac-pac \$7.50 per lb.
Striploin, Vac-Pac \$6.50 per lb.
T-Bone Steaks \$4.50 per lb.
Roasts (Variety of 3 to 5 lb. sizes) \$5.50 per lb.
Sirloin Steaks \$8.00 per lb.
Prime Rib Steaks and Roasts \$6.50 per lb.
Smokies (All beef, Vac Pac) \$5.50 per lb.
Bratwurst Sausages (All Beef) \$4.50 per lb.
Breakfast Sausages (With pork, 8 per pkg) ... \$5.00 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.
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MICAH YODER
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FOR AN APPOINTMENT.

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!
Daily Daily Daily Daily Daily Daily
**** LOGGERS BONSPIEL ****
March 27, 28, 29
Dinner, Dance with the Roadside Splinter
Come curl with us and get
rocking around the clock!
**** Last chance to register****
Call 250-569-3366 by March 23

McBRIDE CURLING CLUB
PRESENTS
DROP-IN CURLING
This Friday, March 20, 2009
NO CHARGE
Come practice (and socialize) for the up coming
LOGGERS BONSPIEL
Everyone is Welcome - 7:00pm to ????



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

theFarmStore



Store Hours
Weekdays - 10am-5:30pm
Saturday - 10am-4pm
Store Address
1032 2nd Avenue
McBride
250-569-0425

CHAMBER NEWS

McBride and Area Guide Advertising Opportunity. There are a limited number of advertising and business directory spots available in our 2009/2010 McBride and Area guide. Please call the McBride Visitor Centre for more information. 250-569-3366. All spots sold on a first come first serve basis.

MCBRIDE CURLING CLUB

Curling in the Loggers Bonspiel and haven't curled in awhile, or ever? Looking for something to do this Friday? Interested in throwing some curling rocks? Come on down Friday, March 20th starting at 7pm for some casual practice and socializing. Please bring clean shoes. Brooms are available to borrow for the evening. Bar will be open.

INTERNET NEWS

You should be alert during the next few days. DO NOT OPEN any message with an attachment entitled 'POSTCARD FROM HALLMARK', regardless of who sent it to you. It is a virus which opens A POSTCARD IMAGE, which 'burns' the whole hard disc C of your computer. This virus will be received from someone who has your e-mail address in his/her contact list. If you receive an email called 'POSTCARD', even though sent to you by a friend, do not open it! Shut down your computer immediately. This is the worst virus announced by CNN. It has been classified by Microsoft as the most destructive virus ever. This virus simply destroys the Zero Sector of the Hard Disc, where the vital information is kept.

BIRTHDAY WISHES MARCH 18 - 24

Emilia Roh, Daniel Thirfaunt, Dawn Phillips, Jamie Street, Jordan Forman, Lena Richter, Mellany Ford, Patience Rhodes, Rex Harchard, Dalas deVries, Olive Maclinnis, Roland Matwick, Ryan Vizza, Ashley Ramsay, Jack Walker, LeeAnna Taphorn, Linda Hodgkin, Nathan Savarella, Sherry Kelly, Aaron Seymour, Bill Miles, Christina Lewis, Justine Thiel, Rachel Kent, Teresa Caputo, Dave Bressette, Hans Remmelg, Raymond Thirfaunt, Kaycee McLennan, and to anyone else we missed, Happy Birthday.

THINK ABOUT IT

The roundest knight at King Arthur's round table was Sir Cumberfence.
He acquired his size from too much pi.
I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

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

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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
robsonvalleychip@live.com

Coronary Health Improvement Project

The McBride Trading Co.

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Handmade EASTER CHOCOLATES
by Sharon Walker

Pre-order your customized
EASTER BASKET by Sat., April 4th

Other HOMEMADE BAKING available...
Drop by the store to see our selection.

250-569-2559 246 Main Street McBride, B.C.



Tree houses
are out,
Root Houses
are now the
fad!



McBride Roundhouse Theatre Society

Gold Rush Music Hall Revue
From Barkerville
Wed. April 2, 2008

Tickets Are Available at the
McBride Visitor Centre 569-3366
In the old CN Station

Adults \$15.00 Students and Seniors \$10.00



I've heard of
lazy, but this is
ridiculous Jake.