

## Serving The Robson Valley



Irene Berndsen  
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McBride, BC



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Prince George



**AMP ENERGY DRINK**  
473 ml - 2 for \$4.00

**POWERADE**  
710 ml - 2 for \$3.00

**HUSKY**

**DORITOS**

250 g & 265 g - 2 for \$6.00

**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 & Meat sauce  
with garlic toast - \$9.95

**Friday Nights (5:00 - 11:00 pm)**  
Prime Rib Dinner - \$20.95

**Saturday Nights (5:00 - 11:00 pm)**  
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.  
532 Main Street, McBride BC

Fast & Efficient E-Filing  
SAME GREAT LOCATION  
SAME GREAT SERVICE

**Daffodils & Cookies**

Friday April 3, 2009  
at Advantage Insurance



\*Proceeds  
go to the  
Cancer Society\*



250-569-2264

250-569-0101  
600 - 1st. Ave.



11am-11pm  
2 Days a Week!

**GIGLIN' GRIZZLY PUB**  
**NEIGHBOURHOOD PUB**  
Enjoy GREAT SPECIALS at the Grizzly!

FRIDAY NIGHT...

~STEAK & PRAWNS

~STEAK NEPTUNE -10 oz. Ribeye topped with Lobster  
Sensation, Asparagus Spears & Hollandaise Sauce

~CHICKEN NEPTUNE - 6 oz. Chicken Breast topped with  
Lobster Sensation, Asparagus Spears & Hollandaise Sauce

SATURDAY...The wait is over!

~LASAGNA LASAGNA LASAGNA!

SUNDAY...

~GRIZZLY WRAP! It's Big!

LOGGERS BONSPIEL SPECIAL

Bring in your team & receive  
10% OFF of your meal

**FREE The little FREE**

**McBride**



**Paper**



Serving BC's Friendliest Town and Area!!!

For the week of Wednesday, March 25th, 2009

**THANK YOU**

I would like to say a huge thank you to Carrie Savarella, Rodger Peterson, Richard Nash, Dr. Jackson, and all the nurses and staff at McBride Hospital for getting me through my recent heart attack. Also, a huge thank you to all my family, friends, and neighbours for all your thoughts and prayers, the many gifts of flowers, food, fruit and cards. Special thank you to Mike and Astrid for looking after Muneikin (among many things) and also to my dear friend Marj Sansom for all her help, TLC and encouragement. It is ALL so very much appreciated.  
- Edna Partridge

**BABY SHOWER**

for Jess Eyben and Baby Jordy. Thursday, March 26 6:45pm at 839 Bridge Road (Vause house). Call Amy at 569-0171 for details.

**GARAGE SALE**

**Indoor Garage Sale Saturday, March 28th, 10:00 am - 4:00 p.m.** at the Elks Hall. Come out and take a look at all of the items for sale, fishing supplies, fabric, dishes, tools, bake table and more... a little something for everyone! Enjoy a bowl of soup and a sandwich for \$5.00. For more info and to book a table (\$10.00 each) call Barb at 569-2645 or 569-0344.

**LOGO CONTEST**

For Robson Valley Support Society - Robson Valley Home Support Society has changed its name and would like your help. Facts About the Agency:

- Robson Valley Home Support Society became a registered non-profit society in 1980
- The agency provided home support services from 1980 to 2003
- In 2005, RVHSS became a registered charity
- RVHSS has office locations in both Valemount and McBride
- The majority of services provided by RVHSS are free
- Services are provided to valley residents from Albretha to Dome Creek

Agency programs include:  
•Programs for children - Infant Development, Supported Child Development

•Violence prevention programs - Stopping the Violence Counselling and Outreach, Safe Shelter, Children Who Witness Abuse Counselling, Police-based Victim Services

•Daycare services in McBride - Stepping Stones Children's Centre  
•Programs for families - Family Supports, Child and Youth Mental Health Counselling

•Employment Assistance Services and Adult Literacy in McBride  
•Handyman services  
•Lifetime monitoring

We have become Robson Valley Support Society and need a new logo. We are running a contest to find the best design, and yours could be the winner. Submit your original design by April 30th-no photocopies or faxes please-and you could win a \$100 gift certificate to a restaurant in your community. Designs can be dropped off at either office - 942-3rd Avenue, McBride or 99 Gorse Street, Valemount - or be mailed to Box 430, McBride, BC, V0J 2E0. Please indicate "Logo Contest" on the envelope. The winning design will be presented to the public at the end of May. Good luck!

**COMMUNITY ANNOUNCEMENTS**

**McBride Regional Recycling Depot and Transfer Station SUMMER HOURS:** April 1 to October 31: Monday, Tuesday, Thursday, Friday 9:00am - 5:00pm •Saturday & Sunday 9:00am - 4:00pm. CLOSED WEDNESDAY.

Please come join us for Infant Massage Series at the Home Support (upstairs) starting on March 26th from 11am-12pm. Free of charge. **Valley Museum and Archives Society Annual General Meeting,** Thursday, March 26th, 2009 at 4:30pm. 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.

**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.

**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...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  
School District 57 The Little McBride Paper  
1-800-256-7857 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 Friendliest Town!!

**THE MAIN STREET GRILL**

Monday to Saturday SPECIAL  
Any 2 Topping Pizzas - \$19.95

Wednesday NITE SPECIALS

Garlic Buttered Wings Apply Salad  
Prawns \$2.95 each

.25¢ each .35¢ each \$2.95 each  
OPEN 7am - 9pm 569-0321  
7 Days a Week For Takeout

**Number Cruncher Accounting Services**

Amy Vause  
569-0171



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

Ask about Instant Refund!!!  
**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  
**NICKLES TO DOLLARS**

**RECYCLING DEPOT**

552 MAIN ST., MCBRIDE B.C.

PH: 250-569-0280

**MICAH YODER REGISTERED ACUPUNCTURIST**  
CALL 250-968-4358  
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

**CATERER WANTED**

The McBride Ducks Unlanted Committee is holding their 22<sup>nd</sup> Annual Dinner and Auction on Saturday, April 18, 2009 at the Elks Hall. No host cocktails and h'orderves at 6:00 p.m., dinner at 7:30 p.m., following with the auction. We invite interested parties to supply us with a menu and prices no later than 5:00 p.m., Wednesday, April 8<sup>th</sup>, 2009. Inquiries call 250-569-3404.

**Employment Assistance Service**  
**Robson Valley Home Support Society**

**NEED A JOB?**

**NEED A WORKER?**

Contact Bob Thompson 569-2266

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Canada



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Cell: 250.569.7147



**MARKETPLACE** 233 Main Street  
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569-2712

**DELI**

Turkey Meatloaf - 100g...\$1.29  
Turkey Beer Sausage - 100g...\$1.29  
Pepper Turkey Breast - 100g...\$2.49

Beef Ribs - previously frozen .....\$1.99 / lb.  
Canadian Veal Leg Cutlet - Outside .....\$7.49 / lb.  
Pork Loin Pack - 1 Tenderloin End Chop.  
2 Rib & 6 Center Cut Loin Chops .....\$2.89 / lb.  
Pork Back Rib Tails - previously frozen .....\$1.99 / lb.  
Tide Laundry Detergent Powder -  
original - 52 loads.....\$9.98 each  
Breyers Rich & Creamy Classic Frozen Dessert -  
1.66-1.89 litres .....\$5.79 each  
Dasani Remineralized Water -  
12x355ml .....\$4.99 + dep. & rec. fe  
Bounty Paper Towels -  
52 sheets or select-a-size 6's.....\$6.98 each  
Mangoes .....\$1.69 each  
Organic Peas .....\$1.99 each

**BAKERY**

Eccles Cakes - 2pk...\$2.29 each  
Fruit Sticks - Blueberry - 4pk...\$2.49 each

**SPIN DRIFT  
POWER SPORTS**

Bring in your  
**SMALL ENGINE**  
Lawnmower, ATV, Bike, or anything with a  
for a Spring Tune Up.

A Large Selection of New Clothing has arrived!

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

**Capital V Builders**

Bobcat Services & Landscaping  
General Construction & Concrete Finishing



Barry  
(250) 569-7273



Victor  
(250) 569-7262

Box 934 McBride, BC V0J 2E0  
"NATIONAL HOME WARRANTY" Available

**Spring Special**

Put your equipment & other investments under roof!  
**40' x 60' pole building with 16' walls**  
\$34,500.00 (plus tax) - valid until April 30, 2009

Includes:

- wooden poles (all wood below ground level is treated)
- manufactured trusses
- coloured metal on roof & walls (color of your choice)
- labor for installation

For other sizes & prices call Victor @ 250-569-7262

We support local business & buy most supplies locally!

**The McBride Trading Co.**

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.

Come and see our selection of  
OSO NEGRO Coffee Beans

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

**ATTN: OPPOSITE THE BOX**

When it comes to your Easter basket!  
Odds 'n Ends has a wonderful selection of  
affordable baskets, buckets, flower pots etc.  
AND fill them with our Fresh/Flower selection of  
Spring/Easter "goodies" for that "special someone".  
All items you'll use and enjoy far beyond the holiday!  
Affordable value.

**WORKING GLASS HUMOR**

The butcher backed into the meat grinder  
and got a little behind in his work.

**For Sale**

2005 Chev Cobalt, 2 door, black, 5 speed, air, cruise,  
power locks and windows, 70400km.  
#9498, \$6995.00, DL11107

2006 Chev Cobalt Supercharged, 2 door, black,  
5 speed, loaded, 4500km.  
#7732, \$12000.00, DL11107

2007 Chev Cobalt, 2 door, blue, 5 speed, air,  
satellite radio, 30000km  
#7876, \$7995.00, DL11107

Phone Wade or Dave 569-8830

**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 POUND, 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 Stehmanns, McBride Trading  
Post, Dunster Fine Arts School and McBride Secondary School.

**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.

**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.

**THINK ABOUT IT...**

She was only a whiskey maker, but he loved her still.  
**BUY, SELL, RENT & MISC.**

For Sale-Bathub Chair \$65.00, Raised Toilet Seat \$20.00, 4 Wheel  
Scooter \$1800.00, Phone 250-569-2474\*\*For Sale-1 1/2 Year Old  
French Bulldog / Pug, Lot's of Brindle Colour. Nice personality,  
good with kids. \$600.00 Ph:(250)569-8804\*\*For Sale-Winter front  
cover for Newer GMC pickup, \$100.00, Ph:250-569-8830\*\*For  
Sale-2008 Polaris 600 RMK 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 Spirt Folding Treadmill was \$1200.00, asking \$850.00 / Futon,  
thick mattress - black metal frame \$300.00 Ph:569-0303\*\*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(evens)\*\*6 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-Fire Wood, \$120.00 a Cord Ph:569-0124\*\*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\*\*Seventh-  
day Adventist Church-Meet Saturdays at 9:30 & 11am, and  
Wednesdays at 7pm. 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 am. Phone 569-3206 or 569-3386. Hill 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 Cartlaw-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.

**Greyhound Bus Schedule The Farm Store 569-0425**

Depart to East-12:15am Daily • Valemont, Jasper, Edmonton  
Depart to East-10:05am Fri. Sat. Sun. • Valemont, 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:sglines3@elus.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 Finestest Town!!

**McBride Mountain Sports Ltd.**

RECREATION & CONSTRUCTION  
LAWN & GARDEN • RETAIL

Spring Stork Gonzing Hill!!!  
Golfing, Jackets, T-Shirts & Hoodies

\*We do all small engine repair

\*Book Now for your ATV, Lawn Mower,  
Motorcycles, Outboard & Seadoo's, etc.

**SLID RENTALS**

\*Come see our Fine of

**Rental Equipment**

- Hand Tools • Lifts • Ladders
- Sewer Snake • Scaffolding
- Cement Mixer • etc.

250-569-2354  
1-877-868-7288

521 Main Street  
McBride, BC V0J 2E0



Vanderhoof & Districts  
Co-operative  
Association

DRIVERS SALES REPRESENTATIVE

For Commercial and Farm Personal Contact

where high level of customer service is Job One.

**Delivering Fuel East to McBride**

Greg Belshaw

990 Railway Road Vanderhoof Head Office  
Phone 250-564-3488  
Prince George, B.C. Fax 250-567-4490  
Toll Free 1-866-309-2667 Cell 250-565-8436  
Home 250-963-9011

Glass Cutting, Picture Printing,  
Matting and Framing  
call Bill Arnold 569-3381

**ANTLER CARVINGS  
FOR SALE  
CALL AL #569-2602**

•Sirens• Hair Cuts and Colors  
OPEN Tuesday to Saturday  
Phone: 250-569-0131 1011 South Frontage Rd. McBride

**Digital Designz**

Phone: 250-569-0118 1139 McBride Crescent  
www.canadiandigitaldesignz.ca

**R. B. HATCHARD CONT.**

**SNOW PLOWING &  
SNOW REMOVAL  
569-2493**

SCARE CROW FARM B&B ☎ 569 0351  
Sledders Welcome! Hot Tub.

Drying Room. Safe Parking.  
email: scarecrow@mcbridebc.com 15km West on Highway 16

SPRING 2009  
Come to where the  
Coffee's Fine



See you at Beanery 2 569-0133

RAVENSNOOK Guesthouse & Vacation Rentals  
Furnished Accommodations for Discerning Travelers

421 Main St. McBride, BC  
1-250-569-7133

Robson Valley Pet Hostel  
Grooming & Boarding  
Serving locally for 24 years

Ann Schwartz 569-3319 animal health technician

**THE HAIR SHOPPE**

569-3359 803 3rd Ave. - side entrance

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

**McBride Mountain Sports Ltd.**

RECREATION & CONSTRUCTION  
LAWN & GARDEN • RETAIL

McBride Mountain Sports Ltd.  
is now an Authorized

**STIHL DEALERSHIP**

•Hi Vis / Safety Gear  
•Products•Repairs•Warranty Work•



**Old Fashioned Toys**  
and  
**Helium Balloons**  
to make your celebration fun & affordable.  
Bring this ad in to Odds 'n Ends  
for a free balloon for the kids.

**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 E-mail: [futures3@telus.net](mailto:futures3@telus.net)  
Fax: (250) 569-3276

The Government of Canada has contributed funding to this initiative. **Canada**

**Wahoo Enterprises**

820-1<sup>st</sup> Ave., McBride Phone: 569-0320  
Website: <http://www.wahoenterprises.ca>

**NOW IN STOCK!**

QuickTax Basic & QuickTax Standard 2008. Get them while they last! Limited quantities!

Clearance Sale! All yellow stickered items 25% off! Many good deals to be had.

**MORE TO TRINK ON...**

No matter how much you push the envelope, it'll still be stationery.

A dog gave birth to puppies near the road and was cited for littering.

**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.

**BIRTHDAY WISHES MARCH 25 - 31**

Carsten Hooker, Katie Wood, Amanda Mercer, Elizabeth Trask, Elysha Aspslet, Miranda Pepper, Roger Lirecte, Sheri Pepper, Charlene Jones, Cynthia Kelly, Dian Monroe, Jaimie Gartner, Lilly Hill, Natalie Marsh, Xakelia Lee Byron-Stanley, Alison Moore, Brenda Monroe, Penny Shawara, Amanda Anderson, Edra Carmichael, Joseph Rich, Jael Reimer, Norman Scales, Tanya Gainer, and to anyone else we missed, Happy Birthday.

**SPRING CLEANING!!!**

If your in the middle of Spring Cleaning and want to get rid of those empty bottles - Grade 4 Swim Program is still looking for donations at the bottle dept. Just drop off the empties and say they can go towards the grade 4 swim class. Thank you in advance.

**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 WELL WOMEN'S CLINIC**

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.



OK, so I like taking baths with my rubber ducky. You got a problem with that?

Take a Break in McBride...B.G.s Friendfest Towne!!

**MCBRIDE CHAMBER OF COMMERCE**

**ANNUAL LOGGERS BONSPIEL**

**MARCH 27 28 & 29, 2009**

**Come out and cheer for your favorite team**

**in the McBride Curling Lounge**



**"The Road Side Splinter Band"**



**Saturday, MARCH 28TH @ 9PM AT THE ELKS HALL**

**!!!!!!EVERY ONE WELCOME!!!!!!**

*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**  
[robsonvalleychip@live.com](mailto:robsonvalleychip@live.com)

**The McBride Trading Co.**

*Sauvignons, Bulk Foods,  
Gifts & Health Products*

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.



How low

can you go?

Get your tickets early!  
\$10 in advance, \$15 at the door  
Tickets available in the Train Station or Stedmans