

MARKETPLACE 233 Main Street
McBride, B.C.
Your Neighbourhood Food Store 569-2712

DELI

Lyoner Sausage - 100g...\$1.29
Blue Ribbon Bologna - 100g...\$1.39

Fresh Canadian AAA Sirloin Tip Roast \$3.69/ lb.
US Pork Shoulder Blade Steaks -
family pack (min 2kg) \$2.69 / lb.
family pack (min 2kg) \$2.69 / lb.
Fresh US Pork Side Ribs \$2.69 / lb.
Christie Dad's Cookies - selected varieties - 600g \$4.78 each
Tide Laundry Detergent Powder - 52 loads \$9.98 each
Nabob Organic Coffee - 915g \$8.98 each
OR Tradition Coffee - 930g \$8.98 each
Sun-Kype 100% Juice - Apple or Wildberry \$4.98 + dep. & rec. fee
Nature Valley Crunch Granola Bars - variety 64's OR
Trail Mix OR Sweet & Salty Bars 32's \$10.98 each
Bonny Paper Towels -
48 sheets or select-a-size 6's \$6.98 each
Artichokes \$3.79 each
Fresh Express Salads - Assorted - 156g \$4.29 each

BAKERY

Almond Croissants - 4pk...\$3.59 each
Chocolate Filled Croissants - 2pk...\$1.79 each

SPIN DRIFT POWER SPORTS

Bring in your
Lawnmower, ATV, Bike, or anything with a SMALL ENGINE
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 Builders

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



Barry
(250) 569-7173

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!

Employment Assistance Service
Robson Valley Home Support Society

NEED A JOB?

NEED A WORKER?
Contact Bob Thompson 569-2266

Canada!

Funded by the Government of Canada

OPEN QUESTION TIME BOX

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

McBride Movies & More
will be CLOSED

April 12, 2009 - Easter Sunday

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 at 250 569 8830 days
OR 250 569 8846 evenings

FREE The little FREE

McBride

Paper

Serving BC's Friendliest Town and Area!!!
For the week of Wednesday, April 1st, 2009



Prossy are proud to announce that their son, Jordan is to be married to Prossy Twidhira in Uganada, July 11th, 2009. Prossy's parents, Sebudda, and Prosses bless them in their new life together serving in Kampala, Africa. There will be a pre-wedding celebration in Chilliwack April 15th. If you are in the area and can make it to this event please call 569-2561 and we can send more info.

IN LOVING MEMORY

Mrs. Eva Blangy passed away on March 25, 2009 at the McBride Hospital. She is survived by her sons Lloyd (Chris), Allan and Evert (Ruth), her grandkids Tyler, Calvin, Curtis, Kyle, Dawn and Ashley. The family would like to thank Dr. Cowburn and the Hospital staff for all the great care and kindness you showed our Mom.

THANK YOU

The families of Shane Scheideman, Kory Wagner and Jeff Wagner of Keep Hills, Alberta would like to offer their thanks to the community of McBride for their support after the avalanche on the Renshaw. A special thanks to the North Country Lodge for going above expectations of everything they did for us. Also to the Sun Valley Restaurant, the Giggly Grizzly, and Marketplace IGA for the food and Rod Whelpton and his crew for the snowmobile recovery. We would also like to deeply thank the McBride RCMP, Robson Valley Search and Rescue, Jennifer Quam with Victim Services, and local coroner Monica Zieper. Your kindness and support has made our grief easier to deal with.

SNOWMOBILE CLUB NEWS

Last Meeting of the Year - Wednesday, April 8th @ 7:00 p.m. at Sandman Meeting Room. Everyone Welcome!
FAMILY FUN DAY AT LUCILLE MOUNTAIN Sponsored by the McBride Snowmobile Club. Saturday, April 11th, 11:00am to 3:00pm at the Lucille Cabin. Activities include Sledding, Tobogganning, Beacon Hide & Seek. There will be Hot Dogs, Burgers, Hot Chocolate and Pop. Kids Eat Free - Adults by Donation (Dependent upon Trail and Weather conditions) Call Barry at 569-0226 with any questions.

SCHOOL NEWS

Ready, Set, Learn, a pre-literacy programme for 3, 4, and 5 year olds, will again be offered at McBride Centennial Elementary. The spring programme will run for 8 weeks on Tuesdays from April 21 to June 9 in the art room from 10 am - 11 am. Please phone the school if you have any questions and to register 569-2721. Ready, Set, Learn will be hosted by McBride Centennial Elementary, Dunster Fine Arts School, and the McBride and District Library.

COMING EVENTS

You are warmly invited to meet author Larry Loyie with co-presenter Constance Brissenden, of the book Goodbye Buffalo Bay - A heartwarming true story featuring McBride, BC and it's people in the late 1940s. Wednesday, April 22, 2009 at the Beaneary 2 Bistro in McBride from 11am to 3pm. Reading at 2pm. *Excerpt:* "I love McBride," Lawrence said to Elizabeth. "I could stay here forever." "That's the cafe where I'll be working." She pointed inside the station. The Beaneary Cafe had a big window that looked out onto the platform. Elizabeth was pleased. "I'll be first to see who gets off the train. Who knows? Maybe some famous movie star will get off one day."

WORKSHOP

FREE - Workshop Level 1 Facilitator Training 'Parents Reading Children Succeeding' Dates: Saturday April 18th and Sunday April 19th Where: Valenmount Children's Activity Centre Time: 9:00a.m. to 4:30p.m. *Lunch Provided *Manual Cost: \$30.00 *Register Limited Seating *Contact Janey Weeks 250-566-9107 Email: jweeks@cbal.org •Need a Ride from McBride? Contact Janey at 250-566-9107.

4-H PROGRAMS

Anyone interested in 4-H Programs in the Robson Valley is invited to attend an information meeting at The Dunster Hall on April 4, 2009 from 1-3p.m. Projects include Small and Large Animals, Crafts, Outdoor Living, Photography, Small Engines, and Assorted Other Projects. Potential Members and Leaders Welcome. Start a Club in Your Area. For Further Information Contact Pat Cousineau 250-968-4479 pcous@valenmount.com

Greyhound Bus Schedule The Farm Store 569-0425
Depart to East-12:15am Daily •Valenmount, Jasper, Edmonton
Depart to East-10:05am Fri. Sat. Sun. •Valenmount, 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@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 Gilnes - Oscar & Broome

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

McBride Mountain Sports Ltd.

ALL SEASON EQUIPMENT REPAIRS

RECREATION & CONSTRUCTION

LAWN & GARDEN • RETAIL

Spring Stock Corring In!!!

GoFishing, Jackets, T-Shirts & Hoodies

*Helmets on Sale - \$10.00 Off

*We do all small engine repair

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

SLID RENTALS

Lawn & Garden Equipment

Rental Equipment

•Hard Tools •Lifts •Ladders •Sewer Snake
•Soil Mixing •Cement Mixer •etc.

521 Main Street
McBride, BC V0J 2E0
1-877-968-7288



Vanderhoof & Districts
Co-operative
Association

DRIVER 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
Prince George, B.C. Phone 250-564-3488
Toll Free 1-866-309-2667 Fax 250-567-4490
Home 250-963-9011 Cell 250-565-8436

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

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

R.B. HAYWARD 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 15m West on Highway 16

Easter is Coming
Hippy Top to Bearsey 2
the Coffee Shop (Come Check Out Mabel's New Outfit)
569-0133

Ravensnook Guesthouse & Vacation Rentals
Furnished Accommodations for Discerning Travelers
421 Main St. McBride, BC
1-250-569-7133

Rabson Valley Pet Parcel
Grooming & Banding
Serving locally for 24 years
Ann Schwartz 569-3319 animal health technician

THE HAIR SHOPPE

803 3rd Ave. - side entrance

569-3359 Seasoned 2-4 years
Fire Wood for Sale - Fir, Spruce & Pine

Phone: 569-3457 or 569-0133

McBride Mountain Sports Ltd.
ALL SEASON EQUIPMENT REPAIRS
RECREATION & CONSTRUCTION
LAWN & GARDEN • RETAIL

McBride Mountain Sports Ltd.

is now an Authorized

STEEL DEALERSHIP

•Hi VTS / Safety Gear

•Power Saws • Weed eaters • Repairs • Warranty Work

AQUAFINA
591 ml - 2 for \$2.00

POWERADE
710 ml - 2 for \$3.00

HERSHEY & MARS
King Size - 2 for \$3.00

SUN VALLEY RESTAURANT

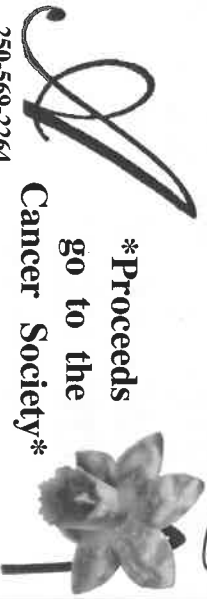
Saturday and Sunday Mornings!!!
Breakfast Buffet
(6:00 - 11:00 am)
Adult - \$11.95 Senior - \$8.95
12 + under - \$6.95 5 + under - FREE!!
(includes coffee or tea)

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
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
accepted to April 20 for the April 30 filing deadline.
Linda Fry, P. Mgr., C.I.M.
532 Main Street, McBride BC
569-0138

Daffodils here Friday!!!
• Goodies also
for Sale



*Proceeds
go to the
Cancer Society*

250-569-0101
1st Ave.
250-569-0101
11am-11pm
7 Days a Week
GIGGLIN' GRIZZLY NEIGHBOURHOOD PUB
Delicious Daily Food & Drink Specials

WEDNESDAY ~ Pastal Pastal
THURSDAY ~ Pan Seared Chicken Breast Seafood
-topped with shrimp, lobster & crab, & a white wine sauce
FRIDAY ~ Steak & Seafood
Like A BIGGER STEAK - Just ask - we cut our own!
SATURDAY ~ 10% OFF Appetizers
SUNDAY ~ 10% OFF Pizzas

OPEN 7 DAYS A WEEK
Private Banquet Facility
the perfect venue for group functions

Serving The Robson Valley

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



Sales Representative
McBride, BC



LORDY, LORDY
Look who's
turning
40
Love from your family

CHAMBER NEWS

Stay tuned for an up coming seminar. Learn about the fundamentals of selling goods and services to the Government. Monday April 20, 6:30-8:00pm. Sponsored by McBride & District Chamber.

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
- Lifeline monitoring

BUY, SEEL, RENT & MISC.

Free Indoor kittens to good homes: 6 weeks old, 3 males and 1 female. 250 569 2446••For Sale-24" 5th Wheel Trailer, Rustler by Travelaire, light weight, excellent shape, no smoking, must see. \$6000. Small Glass Front Woodstove \$200 Ph:250-968-4461••For Sale-Ice Fishing Equipment: Motorized Auger, Norseman Ice Fishing Tent, Ice Fishing Tackle, used very little \$250. 4 - 14" Rims for Toyota Car \$20. 5th Wheel Hitch - fits toyota extra cab 4x4 box, very good condition. \$50. Metal Vented Taigate for 94 or 95 Chev 4x4 ext. cab. \$50. Ph:AI 250-569-3210••For Sale-Metal Bunk Bed Frame, double bottom, single top. Comes with a single mattress, in good shape \$75 o.b.o. A set of 4 all season tires on metal rims P195/75/R14. Rims have a 5 bolt hole pattern -2 1/4 in. hub size. Fits a Plymouth Voyager. Tires still have decent tread. \$100 for set. Ph:250-968-4322••For Sale-SUV Mitsubishi Endeavor 2004, liquid silver colour, Well Maintained, 6 cd changer, Winter tires, Sportronic shifting, lots of extras, 5 Seater, Must Sell, family has grown. \$13,500 PH:(250)569-0277••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. \$1000.00. 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 Spirit Folding Treadmill was \$1200.00, asking \$850.00 / Futon, thick mattress - black metal frame \$300.00 Ph:569-0303••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(veys)-To place an ad call 569-3110, Fax 569-0220 or drop info at 455 King St.

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	
	1-800-256-7857	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 Friendliest Town!!!

The McBride Trading Co.
Antiques, Bulk Foods,
Gifts & Health Products

We are giving our customers a complimentary **EASTER GIFT** with the purchase of \$20.00 or more in the store

GOURMET EASTER CHOCOLATES
made by Sharon Walker
Free Easter Basket with your purchase of chocolates
while quantities last.

DESSERTS
made by Karen Dube
All natural and high quality ingredients.

**All of our SOUPS
SANDWICHES
and BAKING are home-made**

SOME CLEARANCE ITEMS MARKED AT 40% OFF

SPRING HAS ARRIVED

.....New Giftware
.....New Store Hours
starting Monday, April 6th - OPEN @ 10:00am

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

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!

CATERER WANTED

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

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All Construction, Interior/Exterior Finishing & Renovations
Solid Wood Interior & Exterior Doors
Kitchen Cabinets, Bathroom Vanities & Furniture
Bobcat with Backhoe Attachment & Pallet Forks
Call for a free quote

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E-mail: gamoore@telus.net Web site: www.mooreventures.ca

THE MAIN STREET GRILL

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

Wednesday NITE SPECIALS

Garlic Buttered Wings Appy Salad
Prawns .35¢ each \$2.95 each
.25¢ each

OPEN 7am - 9pm 569-0321
7 Days a Week For Takeout

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.

FREE WORKSHOP LEVEL 1 FACILITATOR TRAINING
 PARENTS READING CHILDREN SUCCEEDING
 SATURDAY, APRIL 18TH AND SUNDAY, APRIL 19TH
 VALEMOUNT CENTRE
 ACTIVITY CENTRE
 9:00AM TO 4:30PM
 MANUAL COST: \$30.00
LUNCH PROVIDED

REGISTER LIMITED SEATING CONTACT JANEY WEEKS
 250-566-9107
NEED A RIDE FROM MCBRIDE CONTACT JANEY WEEKS
 250-566-9107
 EMAIL: JWEKES@CBAL.ORG
 250-566-9107
 United Way
 ACCESS BY



McBride Community Forest Corporation

Director-at-large position - Nomination packages available
 The Council of the Village of McBride is inviting applications from interested persons who would like to sit as Director-at-large on the Board of the McBride Community Forest Corporation. There is one position to fill on a Board of seven. Directors-at-large are appointed for a 3 year term. These are **not** paid positions.

Starting this year Directors-at-large are to be elected by people living within the McBride Community Forest footprint area but not within the Village of McBride boundaries. Anyone living within the former Robson Valley Forest District is eligible to run but must be nominated by 2 eligible voters who reside within the footprint area. Nomination packages are available for pick up at the Village of McBride Office, 100 Robson Centre. Nominations will be received from 9:00a.m. April 13, 2009 until 3:00p.m., April 24, 2009.

For information regarding the nomination and election process, or, the duties and responsibilities of the position, please contact:
 Marc von der Gonna, General Manager or Allan Frederick, Chair, Board of Directors at the Village of McBride Office during regular working hours, Mon. to Fri. (250)569-2229

BIRTHDAY WISHES APRIL 1 - 7

Kyle Bekus, Walter Martens, Becca Thompson, Rick Engerdahl, Dale Stephens, Ian Monroe, Brogen Taphorn, Dale Mason, Ralph Sather, Sage Pavlovich, Bety Bartlet, Shirley Lirette, Stephanie Stapley, Carrie Krenzler, Ned Wilsbie, 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.

COMMUNITY ANNOUNCEMENTS

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!!

McBride Elks & Royal Purple News

FREE Dance Lessons by Nadine Showar, 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.

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 Lammung 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 & 11a.m. and Wednesdays at 7p.m. Phone: Ph:569-3370 •Mennonite Church-0445-Mountain Chapel (PAOC)-Sunday School & Adult Classes-10am, Services-11:10am. Ph:569-350 •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 Molenlyk-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.

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

April 2009

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Palm Sunday							
6	6 Chair Excercises@BV @9am Movie/Games 6:30BV	7 Chair Excercises@BV @9am Jackie Edwards-RN DNR orders/options	8 Chair Excercises@BV @9am LUNCH @ Main St	9 Chair Excercises@BV @9am LUNCH @ Beanery	10 Chair Excercises@BV @9am Bingo @6:30/BV	11 Chair Excercises@BV @9am Bingo @6:30/BV	12 Chair Excercises@BV @9am Bingo @6:30/BV
12 Easter Sunday							
13	13 Chair Excercises@BV @9am Movie Night 6:30@BV	14 Bowling 10am@RECC	15 Chair Excercises@BV @9am Birthday Ted@2:00 BV	16 Chair Excercises@BV @9am LUNCH @ Beanery	17 Chair Excercises@BV @9am Bingo @6:30/BV	18 Chair Excercises@BV @9am Bingo @6:30/BV	19 Chair Excercises@BV @9am Bingo @6:30/BV
19	20 Chair Excercises@BV @9am Movie/games 6:30BV	21 Bowling 10am@RECC	22 Chair Excercises@BV @9am LUNCH @ Beanery	23 Chair Excercises@BV @9am LUNCH @ Beanery	24 Chair Excercises@BV @9am Bingo @6:30/BV	25 Chair Excercises@BV @9am Bingo @6:30/BV	26 Chair Excercises@BV @9am Bingo @6:30/BV
26	27 Chair Excercises@BV @9am Movie Night 6:30@BV	28 Bowling 10am@RECC	29 Chair Excercises@BV @9am OAPO Lunch/Meeting	30 Chair Excercises@BV @9am LUNCH @ Beanery			


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



Community Health Improvement Project



KATHARINA FRANKE
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Attention:
 Just six weeks now until Sarah and Dorothy will be holding their on Mother's Day weekend plant sale! Lots of lovely plants and baskets! If you have special plant requests, please contact Sarah immediately!
 See you at the sale! 569-7096.