

Croydon Small Engine Repair

Justin Martin

Check out our display at Robson Valley Farm Supply

2460 Eddy Road

Call Justin for all your chainsaw, lawnmower, trimmer, rototiller, snowblower, and all other small engine repair.

Now stock Harvester & Chainsaw Bars & Chains



7109 Barnett Road
P.O. Box 33, Dunster, BC
V0J 1J0

Bus: 250-569-4041
Res: 250-968-4448
Fax: 250-968-4448



Scotiabank requires written quotes for removal and trimming of trees

on the property.

To review please contact

Anita Jones

at 250-569-2241.

Quotes will be accepted till Jan. 15/10



Now that's a snowfall!

THINK ABOUT IT...

A closed mouth
gathers no foot.

NEW YEAR'S DANCE

New Year's Dance - Thursday, December 31, 2009 - Sponsored by the Elks & Royal Purple - Music by Roadside Spinter. Cost: \$20.00 /person **Place:** Elks Hall **Time:** 9:00p.m. - 2:00a.m. - Doors open at 8:30p.m. *Tickets on sale at Stedmans MUST BE 19 & OLDER - Designated Drivers Available *Midnight Lunch.

INTERESTING FACTS

A 2009 Mayo Clinic study found that of 1,300 people ages 70 to 89, those that had regularly engaged in mentally challenging activities, such as reading, playing games, and doing crafts, in their 50s and early 60s were 40 percent less likely to develop memory loss than those who hadn't. Follow these simple steps to stay sharp as you age.

Hone your manual skills: Learn a new instrument, start quilting, build a model airplane, or get going on those carpentry projects you've been putting off. Such activities not only help promote hand and finger dexterity, they also foster the development of new neural connections.

Learn one new word every day: This engages the brain's language centers, frontal lobe, and memory circuits. "It's like aerobics for your brain," says George Washington University Neurology Professor Richard Restak, MD.

Challenge your short-term memory: Although iPhones and BlackBerry's may be convenient, they have one downside: They've robbed us of the need to commit things to memory. Do it anyway. Memorize your grocery list, your friends' phone numbers, the US presidents in order, every state's capital city. As the saying goes, if you don't use it, you lose it.

Mix it up: Try a wide variety of mental games, from crossword puzzles to computer games. Experts say seniors tend to do what they're good at—over and over again. While that may improve proficiency, it doesn't form new neuronal connections or boost neurotransmitter production in the brain like new and diverse experiences do.

Be friendly: Engage in social activities as much as possible. Multiple studies have shown that living a solo life can vastly increase your risk of dementia. One recent Swedish study of 2,000 men and women found that people living alone at age 50 had twice the risk of developing dementia 21 years later than those who were living with a partner in middle age.

Shut the TV off: Research shows that those who watch minimal TV are as much as 50 percent less likely to develop Alzheimer's disease.

Keep working: Resist the temptation to retire early. A recent British study of 382 men found a significant association between later retirement and later onset of Alzheimer's disease.

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

WORKSHOP

Winter Food Preservation Workshop Series

Location: McBride Evangelical Free Church, 135 Lonsdale, McBride.

Date: Saturday, January 16th.

Time: 1-3pm.

Presentation: Irene Froese will present a hands-on workshop on how to can Salmon.

Free child minding will be provided on site.

RSVP To confirm your attendance:

Russ Purvis 250-553-6882 or email: info@kakwacovillage.com by 5pm Thursday, January 14th.

Admission is FREE.



VILLAGE OF MCBRIDE

Request for Quotation

The Village of McBride is interested in acquiring quotations for the following:

1. Two (2) Wooden Octagon Picnic Tables
2. Eight (8) Wooden Traditional Picnic Tables

Interested parties can obtain a copy of the information packages from the McBride Village Office at 100 Robson Centre-855 SW Frontage Road, McBride, BC during regular office hours. Packages will be available for distribution on December 21, 2009.

Sealed proposals will be received by the Village of McBride at 100 Robson Centre-855 SW Frontage Road, McBride B.C. up to 3:00 pm, Friday, January 15, 2010.

The lowest or any bid may not necessarily be accepted. The Village of McBride reserves the right to accept or reject any or all bids.

For further information please contact:

Margaret Graine - Economic Development Officer
Village of McBride
100 Robson Centre-855 SW Frontage Road, McBride, BC
Cell Phone: (250)569-7556 / Fax: (250)569-3276



VILLAGE OF MCBRIDE

Christmas Holidays Hours

- December 24th 8:30a.m. - 2:00p.m.
- December 25th & 28th - CLOSED
- December 31st - 8:30a.m. - 2:00p.m.
- January 1st - CLOSED

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

Wahoo Enterprises

820-1st Ave., McBride Phone: 569-0320

Website: <http://www.wahoenterprises.ca>

• Lots of camo clothing, hats & gloves still in stock! •

• 2010 Planners & Diaries now in stock! •

• 40% off all yellow dot items! •

We will be open until 4:30 p.m. on the 24th.

Closed Dec. 25, 26, 27 & Jan. 1

Open 1:00 p.m. - 5:00 p.m. Dec. 28, 29 & 30

Merry Christmas & Happy New Year Everyone!

FOR SALE

2006 Ford F250 XLT, Xcab, 4x4, 5.4 litre, new shocks, brakes, tires, 160000km, Lot #5367

Selling "As Is" for \$8500.00 plus applicable taxes. DL11107

1998 Skidoo MachZ 800 Triple, with 144 inch, 2 inch track, 800km on new motor and clutch.

Asking \$3000.00 DL11107

For more information contact Dave or Wade at 250-569-8830 days or 250-569-8846 evenings. DNG Developments, 923 Airport Road, McBride BC

the Farm store

1032 - 2nd Ave McBride, BC Phone: 250-569-9425



Open: 24th - 9-2

25th, 26th, 28th - Closed

29th - 9-5 30th - 9-5 31st - 9-3

1st Closed

~Watch for in store specials changing DAILY!!~



I think
you
spelled
that
wrong!

VILLAGE OF MCBRIDE

Request for Proposals and Quotations

The Village of McBride is interested in acquiring proposals for the following:

1. Six (6) Split-Log Type Park Benches; and
2. Three (3) Covered Wooden Sign Kiosks

Interested parties can obtain a copy of the information packages from the McBride Village Office at 100 Robson Centre-855 SW Frontage Road, McBride, BC during regular office hours. Packages will be available for distribution on December 23, 2009.

Sealed proposals will be received by the Village of McBride at 100 Robson Centre-855 SW Frontage Road, McBride B.C. up to 3:00 pm, Friday, January 15, 2010.

The lowest or any bid may not necessarily be accepted. The Village of McBride reserves the right to accept or reject any or all bids.

For further information please contact:

Margaret Graine - Economic Development Officer
Village of McBride
100 Robson Centre-855 SW Frontage Road, McBride, BC
Cell Phone: (250)569-7556 / Fax: (250)569-3276



VILLAGE OF MCBRIDE

Request for Proposal

The Village of McBride Torch Relay Committee requires a bid proposal to cater the McBride Community Celebrations of the 2010 Olympic Torch Relay January 29, 2010 (9:00pm - 11:00pm):

The proposal needs to include the following for approximately 500 participants:

- Coffee, Tea, Hot Chocolate and Juice;
- Appetizers (hot and Cold), Goodies, Vegetables, Fruit
- Set up and Clean up

Sealed proposals will be received by the Village of McBride at 100 Robson Centre-855 SW Frontage Road, McBride, B.C. up to 4:30 pm, Friday, January 8, 2010.

The lowest or any bid may not necessarily be accepted. The Village of McBride reserves the right to accept or reject any or all bids.

For further information please contact:

Village of McBride
100 Robson Centre-855 SW Frontage Road, McBride, BC
Phone: (250)569-2229 / Fax: (250)569-3276

HEALTH CARE

ASSISTANT PROGRAM

CNC is offering this 35-week program in Valemount on a one-time basis starting in February, 2010. The program provides students with the knowledge, skills, attitudes, and values needed to provide assistance to individuals and families in home support and long-term care settings.



For more information, call **250-566-4601**.

College of New Caledonia



VILLAGE OF MCBRIDE

RESIDENTIAL GARBAGE PICK-UP

CHRISTMAS HOLIDAYS

The will be NO GARBAGE PICK-UP on December 25th and December 28th, 2009.

The garbage pick-up has been re-scheduled to:

Thursday, December 24th, 2009 - McBride Residential & Commercial Bins.

Tuesday, December 29th, 2009 - McBride Commercial Bins

Thursday, December 31st, 2009 - McBride Residential & Commercial Bins.

Please be patient as there could be some delays.

Be considerate to your neighbours, use proper garbage receptacles with lids. This will help facilitate garbage pick-up, and on windy days your garbage will not end up on the neighbour's yard.

Thank You for your consideration.