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4% of sale price for full time sales person
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Celestial Bengal Spice or Sleepytyme Tea 2 for - \$6.00
Kraft Quick Cream of Wheat 800g - 2 for \$6.00
WF Instant Oatmeal Maple Brown Sugar 480g - \$1.99
WF Instant Oatmeal (variety pack) 406g - \$1.99
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OPEN Mon.-Thurs. 7-6, Fri. 7-7, Sat. 7-6, Sun. 8-5

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569-2441

FREE The little FREE McBride Paper

Serving BC's Friendliest Town and Area!!!

For the week of Wednesday, January 6th, 2010

TYKES TOURNAMENT

McBride Grizzly Tykes Jamoree Saturday, January 9 from 9am to 4pm. Come cheer on 25 local and visiting 3-7 year old up coming hockey stars! Raffle table, 50/50 draws, and other fun activities.

GLININGS FOR HINI AND SEASONAL FBV

Clinic Dates and Times for the Month of January 2010.

Regular Adult Clinics will be held throughout January. Please call Health Unit at 569-2251 ext. 226 to clarify dates and times.

New Recommendations for children.

•All Children 6 months to < 3 yrs. of age, and children with Chronic medical conditions aged 3 - 9 yrs. should receive two half-doses of vaccine, 21 days apart.

• It is now recommended that healthy children aged 3-9 yrs. only receive 1 half-dose of the vaccine, and currently do not need to return for a second dosage.

Check back in 3-4 weeks for updated dosing recommendations.

If you have flu like symptoms, you are likely contagious for 24 hours before and 7 days after symptoms start. Stay home until you are completely symptom free (e.g.: no cough) or one week has past, whichever comes first. For further information about H1N1 please view our website at www.northernhealth.ca. If you have questions or concerns, please don't hesitate to contact our office at (250)569-2251 ext. 226.

LEGION NEWS

Join the Legacy. Are you a veteran of the Second World War? Contact us to share your story! 1-866-701-1867 or memory@historica-dominion.ca www.thememoryproject.

Operation Remembrance. If you know of any Canadian vets who have unmarked graves contact Branch 75 McBride, home 569-2692 Dennis Rejman.

QUILTING OPPORTUNITY

QUILTING BEE TO MAKE QUILTS FOR AFRICA. JANUARY 9, 2010 @ McBride E-Free Church from 9 am to 5 pmish. Please bring a potluck item for lunch along with your sewing machines, mat boards, and any material you can use. Please no denim or fleece. Backing and basting are not required for this project. If you do not know how to quilt, there is cutting and piecing to do. Please donate material and thread if you can. Thank you. For more information, please contact Irene Froese 569-2561 or Lorrie Bressette 968-4491.

COMMUNITY ANNOUNCEMENT

McBride Big Country Snowmobile Association Meeting Wednesday, January 13, 2010 at 7:00 pm in the Sandman Meeting Room. Memberships Available - Everyone Welcome.

Found - Older female Golden Retriever, hanging around Dore River Area. For more information or to claim phone Ann at 250-569-3319. **Need a babysitter?** Rory and Shea Krenzler both have their baby-sitting certificate. Can be dropped off and picked up. Phone 250-569-2709.

The Dunster Winter Market Saturdays from 11:00a.m-1:00p.m. For more information contact Karen Shaw at 968-4331.

Aerobic Classes Mon. 6-7 & Wed. 7-8 is now located to the elementary school. Please bring a mat & a set of weights. Any questions call Jenny 569-8853.

Robson Valley Recreation Centre, open 7 days a week. (closed for statutory holidays - fitness centres are open during winter hours 6a.m. to 9p.m.

SCHOOL NEWS

The Dry Grad Trip 2010 is looking for Odd Jobs to do towards their fundraising for their trip next year. Please contact Dawn Hickerty at 569-3410.

Home School Learning Camp

Heritage Christian On-line School along with funding partner, ArtStarts in Schools is sponsoring a learning camp by local artist Sharon Sterns entitled, "If I could change the world..." This learning camp will include drama and music along with creative writing.

When: January 6 - Feb. 28 (1-2 sessions/week) (First meeting Jan. 6, 1:30-3:30) Where: Evangelical Free Church (McBride) Who: Grades 4 and up. Cost: Registration fee \$45/student, \$35/HCOS student. For more info contact Wendy Lowe @ 569-7810 or wlowe@onlineschool.ca

Important Phone Numbers

Via-Rail Schedule

Going West - Sunday, Wednesday & Friday...2:40pm
Going East - Monday, Thursday, Saturday...2:18pm
Discounts for booking 1 or 3 days in advance (not counting travel day)

EMERGENCY9-1-1
R.C.M.P. 569-2255
Hospital 569-2251
Health Unit 569-2251
K to 7 School 569-2721
High School 569-2295
Dunster School 968-4414
School District 57 569-3110

Foresty 569-3760
Village 569-2229
Reg'l Dist' 1-800-667-1959
Home Support 569-2266
Food Bank 569-3225
Fire Hall 569-3117

Report Forest Fires - 1-800-663-5555
1-800-256-7857

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 departments

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Celebrate 2010 at the GIGLIN' GRIZZLY PUB

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*****New Appetizers! Tai Chicken Bites.**

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~Free Birthday and Anniversary Cake ~Meal Discounts
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NEW WINTER HOURS
Mon., Tues., Thurs., Fri., Sat. 9-5
Closed Wednesday until Easter

WINTER EQUIPMENT SWAP

*skis
*snow board
*snow shoes
*winter clothing

****SALE On Sat., Jan. 23rd 9:00a.m. Sharp****

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Please Drive Safely and watch out for animals on the highways

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(250)569-2645

Closed for the Holiday Season.

****Reopen January 8th** (regular hours)**

Have A Happy, Healthy New Year!!!

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Call 250-569-8830 for appointment.

Heartland Restaurant

0755974 BC Ltd., Heartland Restaurant, McBride is now hiring mature Full and Part time restaurant staff for serving and kitchen positions. Average wage \$9.50/hr.

Please drop resume at restaurant or
Box 465, McBride, BC V0J 2E0

DEFINITION OF THE WEEK

Family planning: The art of spacing your children the proper distance apart to keep you on the edge of financial disaster.

MARKETPLACE

233 Main Street
McBride, B.C.

Your Neighbourhood Food Store 569-2712

DELI
Bavarian Meat Loaf - 100g...\$1.49
Tuscan Roasted Ham - 100g...\$1.29

Heart to Heart Campaign

Purchase a 6 Pack of Heart Shaped donuts & \$1.00 from each purchase will be donated to Variety the Children Charity

Help us, help kids until February 14, 2010

Canadian Top Sirloin Steak - family pack, \$3.99 / lb.
Pork or Dinner Sausage \$2.99 / lb.
Olympic Sausage Sticks - 500g \$2.49 each
Chicken Thighs - family pack \$2.69 / lb.
Classico Pasta Sauce - 218ml-650ml - 2 for \$7.00
Primo Tomatoes - 796ml \$1.48 each
Canola Harvest Canola Oil - 946ml \$2.99 each
Lays Potato Chips - 235g - 2 for \$5.00
Coca-Cola or Sprite Products -

12x355ml \$4.99 each + deposit & keys, for
Purex Bathroom Tissue -

30 rolls or double roll 15's \$6.98 each
Pot O'Daffodils or Hyacinths \$1.99 each

BAKERY
2 Bite Pecan Tarts - 348g...\$3.99
Home Style Cranberry Pecan Tarts - 510g...\$4.49

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

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V0J 1J0
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Res. 250-968-4448
Fax. 250-968-4448

YELLOWHEAD SKI CLUB NEWS

Happy New Year! The 1.2km and 5km loops and trail to Pine Lake Cabin are in excellent shape. Packing and track setting through Moose Meadows is on the agenda for this week. A big thank you to our grooming crew - Terri, Jessie, Brian and Kjell - for setting us up for a fantastic season of Nordic skiing and for their continued dedication. Please send in your membership forms if you haven't already done so - forms are available at McBride Trading Company. You can also join or renew your Yellowhead Ski club membership at the winter gear/clothing swap and sale at McBride Trading Company on Saturday, January 22. If you would like to book the Pine Lake Cabin for a night or weekend, please call Kjell at 250-569-3146. See you on the trails!

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.

BIRTHDAY WISHES - JANUARY 6 - 12

Steven Horinek, Ashley Beer, Carissa Schwartz, Curtis Culp, Jayden Rhodes, Terry Starlund, Al Birnie, Joe Alspaugh, Mick Callas, Tracy MacMaster, Lorraine McRae, Robert Leavie, Jonathan Redman, Roy Howard, and to anyone else we missed, Happy Birthday.

BUY, SELL, RENT & MISC.

FREE-3 kittens need homes now. Please call 569-0441.
1979 GMC 1 ton 4x4 Heavy Duty - Old School Hubs, Body & Paint just done, sprayed box liner, air bags, 10,000 lb. winch - Engine has all "Edelbrock" accessories, \$4500.00 Pn: 569-7473 after 6pm.
FREE-Full-Sized, Heavy Duty, White Whirlpool Washer & Dryer Set. Dryer in good working order; washer needs minor repair. Pn:250-569-8807 asap please.
For Sale-27" Sanyo TV \$75. 20" TV \$50. XBOX 360 \$75. Phone 250-569-0105.
For Sale-Winchester Cooney .22 cal single shot rifle, excellent condition \$120.00 or trade for a similar .22 with a shorter stock suitable for a smaller person.
1983 GMC Suburban 2WD, 235K, 350, auto runs good, very good winter tires, \$1250 or trade for similar 1980's 4x4. Wanted: Men's x-country skis and boots size 9 1/2. Aluminum style snowshoes. Kids x-country skis, for ages 2, 3 and 5. Phone 569-7794.
For Sale-Vinyl love seat \$50. Metal roll-away-bed (sleeps two) \$20 with mattress. Adjustable Bi-Level heavy duty office table \$75 - all in Good Condition Pn: 250-968-4322.
For Sale-Rifle Winchester "Ankered Game" Model 94-30-30 - Never fired still in original box. Pn:Al 250-569-3210.
For Sale-Pure bred Jack Russell Puppies, 1 male, 1 female, 10 weeks old, very quiet disposition, \$500 each or trade for same value. Call Deb 250-968-4335.
For Sale-Black Sonar Drumset - Excellent condition. Originally \$900 asking \$550. Pn: 569-2672.
For Sale:1978 Travelaire 17.5' dual axle travel trailer in good condition. The interior has been repainted. Dual propane tanks. This unit has a bathroom, dinette, couch and bunk. Includes propane range, oven, and furnace. Fridge is 120V. \$4200 o.b.o. Call 569-0130.
For Rent:2 bedroom Apartment across from hospital. \$525.00 Pn:569-0208.
Wanted:Stand-up or Floor Air Compressor. Running condition Pn:250-569-0448 / Wanted 10 foot Alum. Boat in fair shape. Pn:250-569-0448.
For Sale-Gently Used Skis - VOLKL 5 Star Super Sport 175 cms includes Ski Bag \$350, great Ski for Marmot - Pn: Robert at 250-569-0303.
For Sale-2 brand new Garage Doors 7' wide x 8' high. R10 insulation value. To be sold at cost. Phone 569-2284.
For Rent-2 bdrm newly reno'd house on 3rd Ave. Looking for reliable, long-term tenants, avail. immed. \$595/month. Pn: 604-848-8460.
For Rent:2 Bedroom Newly Renovated Double Wide Home on 6 1/2 acres with Shop & Barn. Located on Sansom Rd. Close to town. Pn:569-0455 or 569-7567 \$650 a month.
For Rent-60-70 ft. Mobile Homes in quiet family park. Choice of attractive 2 br. unit on larger lot, modern appliances, propane heat, or large unit with additions, private driveway, 3 br. SUPPLEMENTARY ONLY WOOD HEAT, propane furnace, outbuildings, garden area. Each unit \$500/mo. View by appointment 250-569-3343.
For sale-Single axle galvanized utility trailer. 5x10' box - extends to 11'6". Brand new, used once - paid 1500+taxes. Selling for \$1200 o.b.o. Derrick 968-4331.
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. Clothes and Household Goods. Open: Tues. 1:00 to 3:00 & Fri. 1:00 to 3:00.
Dorcas Lamming Pit Rd. (used clothing and household goods) Tuesdays 1:00-3:00 and 7:00-8:00.
Contact number for the Foodbank is 569-3225.
Seventh-day Adventist Church-Meet Saturdays at 9:30 & 11am, and Wednesdays at 7pm. Phone: Pn:569-3370.
Mennonite Church-Meet Sundays 11am and 7:30pm & Wednesdays at 7:45pm Pn:569-0445.
Mountain Chapel (PAOC)-Sunday School & Adult Classes-10am, Services-11:10am. Pn:569-3350.
Anglican United Church-Reverend Dee McEachern, 441 Dominion Street. Meet Sundays at 9:00 a.m. Phone 569-3206 or 569-3386. Hall Rental Phone Theina Molendyk-250-569-0082.
Evangelical Free Church-Sunday School at 9:45am, Worship Service at 11:00am. Pn: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. Pn:569-2606.

Greyhound Bus Schedule
The Farm Store 569-0425
Depart to East-12:15am Daily • Valemount, Jasper, Edmonton
Depart to West-6:10am Daily • Prince George

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! Pn: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 Glines - Oscar & Broom

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MCBRIDE MOVIES & MORE

569-0123 New Release Movies

• Julia • Shuttle • Falling Up
• Final Destination 4 • Goose
• World's Greatest Dad • Yonkers Joe

• Cloudy with a chance of Meatballs
We now have a small selection of video games
Mon. & Tues.: 1-7p.m. / Wed.: CLOSED / Thur. 1-7p.m.
Fri. & Sat. 1-8p.m. / Sun.: 8-7p.m.

Glass Cutting, Picture Printing,

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korriwallmt@hotmail.com

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by Alicia Kelley

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www.canadiandigitaldesignz.ca

Wishing a Happy & Prosperous Year to all our customers!!!

We will be CLOSED on Thursday, January 7th

Open Mon-Fri. 9am-5pm • Sat. 9am-5pm • Sun. CLOSED

Ravensnook Guesthouse & Vacation Rentals

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CALL 250-566-1782

FOR AN APPOINTMENT.

Robson Valley Pharmacy is giving away free seasonal flu shots. Do yourself and your family a favor and get one, you won't regret it.

Call 250-569-2282 or 1-888-420-4442.

Happy New Year from
Helen Falkenberg and Bob Craigie.

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\$300.00 a day!!
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•Tracker Beacons \$310.00

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Home Hardware**

**..40-50% OFF All In Stock
Christmas Decorations..**
**..10% OFF All In Stock
Wood & Pellet Stoves..**

THE MAIN STREET GRILL

Wednesday NITE SPECIALS

Wings Garlic Buttered Prawns
.35¢ each .25¢ each

****PIZZAS 2 - 2 toppings \$24.95****
****Take Out Wings - 1 dozen \$6.95****

Soup & Salad Bar \$6.95 11:00-1:30 Mon.-Fri.

Friday NITE SMORG

**Incl. Roast Beef, Curry Chicken, Schnitzel, Perogies,
Cabbage Rolls, Sweet & Sour Pork, Chow Mein,
Seafood Fettuccini & Salad Bar**

OPEN 7am - 8pm Mon. - Sat. Takeout 569-0321



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AFTER CHRISTMAS WOES

**Think nobody knows you're alive?
Try missing a payment.**

Elks/Royal Purple News

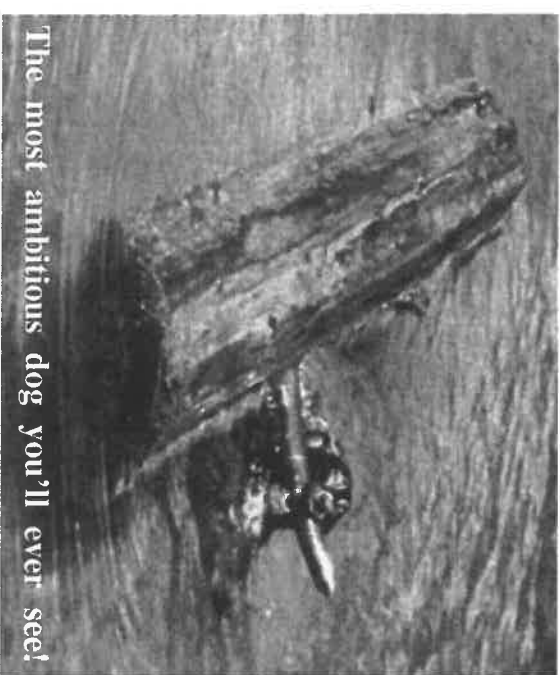
Dance Classes are done for the Holidays and will start again Wednesdays starting Jan. 13th. Hope everyone has a Safe and Happy Holiday!!

VALLEY MUSEUM & ARCHIVES SOCIETY

"Door Stories" Series 2008-09 art exhibition - An art exhibition by Pamela Cinnamon. On exhibit until January 15, 2010 at the Museum/Library Building at 241 Dominion Street, McBride.

MCBRIDE HOTEL

The McBride Hotel sponsored another very successful Grey Cup Party and Pool Tournament on Sunday, November 29, 2009. 28 pool enthusiasts participated (including 10 ladies) in this 7 hour special tourney which has become another very popular yearly event at the Hotel. It was great fun and very exciting to watch all the skilled players. 1st Place was won by Stacey Schock, a popular favorite and the first tournament win ever for Stacey. We were all so very happy for him. 2nd Place was won by Simon DeFrias, 3rd Place by Randy Harstad, and 4th Place by our very own stats guy, Howard Logan. Ben Carter was 1st Knockout and Debbie Kelly was the highest scoring lady. Cash and prizes were awarded to the winners - road safety kits, grinch beer kits and hats. The ladies each received a gift for their avid participation. Home-made Chili, buns & desserts were served free to everyone all day - a tournament tradition. Thank you to those who participated and to everyone who attended. A good time was had by all. The next Pool Tournament to be sponsored by the McBride Hotel will be held on Superbowl Sunday, February 7, 2010. Bye for now and see you then. -S.C.



The most ambitious dog you'll ever see!

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



Scotiabank

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

**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
EN

WHISTLE STOP GALLERY

NOTICE OF ANNUAL GENERAL MEETING

Whistle Stop Gallery Society - January 21st, 2010 at 7:00PM
At the Legion Hall - 4th Avenue, McBride, BC, V0J 2E0
Refreshments Provided



OPEN DAILY AT THE TRAIN STATION