

# Number Cruncher Accounting Services

Amy Vause  
569-0171

**Income Tax Returns**  
Personal & Small Business  
Complimentary E-File for quick refunds  
Ask about Instant Refund!!!

**MARKETPLACE** 233 Main Street  
McBride, B.C.

Your Neighbourhood Food Store 569-2712

## DELI

•Louisiana Beef...\$1.49 / 100g	•Ground Pork..... <b>¢.99</b> / lb.
•Honey Maple Ham...\$1.29/ 100g	•Chicken Wing Drummettes.....\$3.29 / lb.
•Blue Ribbon Bologna...¢.99 / 100g	•Roasting Chicken.....\$2.49 / lb.
	•Pork Back Rib Tails.....\$1.99 / lb.
	•SunRype 100% Pure Apple Juice -
1 Litre - 3 for .....	\$4.98 + dep. & recyc. fee
Dempster's Whole Grains Bread - 680g.....	\$2.98 each
Clover Leaf Skipjack Tuna -	
flaked or chunk light in water 170g.....	¢.99 each
Clover Leaf Wild Pacific Pink Salmon-213g..	¢.99 each
Dr. Oetker Casa Di Mama or Ristorante Pizza	
325g-410g - 2 for .....	\$9.98
Liberte Mediterranean Yogurt - 500g.....	\$3.59 each
Purex Bathroom Tissue -	
2 ply 30's or double roll 15's.....	\$8.98 each
Scotties Facial Tissues -	
2 ply 136's or supreme 3 ply 94's.....	¢.98 each
Strawberries - 1 lb. clamshell - 2 for .....	\$5.00
B.C. Potatoes - 10 lb. bag.....	\$3.99 each

## BAKERY

•Brownies In a Bag - 300g...\$3.49  
•Homestyle Two-Bite Pecan Tarts - 348g...\$3.99

# FOR SALE

**2005 Ford F350**, diesel, larial, crewcab, shortbox, 4x4, with 55000km, #7775, \$21000.00  
**2006 Chev Cobalt SS**, 2 door, 5 speed, leather interior, air, cruise, power locks and windows, 10000km, #7732, \$7500.00  
**2006 Ford F250**, excab, 4x4, diesel, XLT, shortbox, hidden hitch, new tires, wooden box liner, 140000km, #6255, \$16995.00  
**1998 Skidoo MachZ800** triple, with 2 inch 144 inch track, 800km on new motor and clutch, \$2000.00  
For more information contact Dave or Wade at 250-569-8830 or stop by the shop at 923 Airport Road DL11107.

# Heartland Restaurant

All NEW FRIDAYS

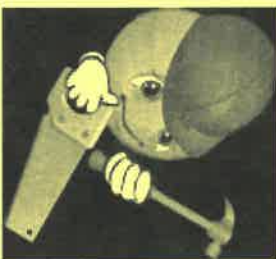
Halibut Fish & Chips  
battered right here with  
real home-made fries served with  
coleslaw, tartar sauce & lemon wedge  
*Soup of the day*

Rich & Creamy Seafood Chowder  
*We Can't Wait To Serve You!*

HOURS  
•Mon.-Wed. 6am-8pm •Thurs. 6am-9pm  
•Fri. & Sat. 6am-10pm •Sunday 6am-9pm

## Building Contractor & Bobcat Services

View website or call for more details  
www.mooreventures.ca



Servicing the Robson Valley  
for 17 years  
**Gerald Moore**  
250.569.2269H  
250.569.7147C

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

# NEED A JOB? NEED A WORKER?

Contact Bob Thompson 569-2266

Funded by the  
Province of British Columbia

**Odors 'n Ends** 569-2645  
M-F 8-6Sat. 10-noonSun. noon-2

"After the Leptechmann Leaves"  
Sale March 18 - 23 Only  
Come in to find out how low our prices are for lasting quality!

**Robson Health Association**  
**ANNUAL GENERAL MEETING**

in the  
**DUNSTER COMMUNITY HALL**  
**MONDAY MARCH 15th**  
**Pottluck 6:00 pm Meeting 7:00 pm**  
Everyone is welcome

# FREE The little FREE



# McBride

# Paper



*Serving BC's Friendliest Town and Area!!!*  
*For the week of Wednesday, March 10th, 2010*

## TODAY!!! - McBride Dance Classes

McBride Dance Classes at the Elks Hall will be CANCELLED this Wednesday, but will resume every Wednesday for the month of March. Sorry for any inconvenience - D&D Roth

## McBride Library News

YOU CAN'T TAKE IT WITH YOU... BUT YOU CAN DECIDE WHERE IT GOES... Tuesday, March 16 - 7:00p.m. at the Library - A free opportunity to get information on: Wills / Estates / Power of Attorney / Health Care Directives. For more information call Linda 569-0138 or Margaret 569-2411.

## SCHOOL NEWS

McBride Centennial Elementary School is looking for hockey sticks for outdoor shinny! As minor hockey winds down we are hoping folks can take a look for used sticks that would be the right size for elementary school kids. Please feel free to drop them off at the school office. They'll get tons of use. Thanks from the kids.  
**VABBEY MUSEUM & ARCHIVES SOCIETY**  
"1st of the Pioneering Family Series" - "Everett Monroe" The Legend and the Life: An exhibition of Sheilaigh Foster's paintings & an archival & artifact display courtesy of the Monroe and Foster families at the Museum/Library Building until April 6, 2010.

## ELKS/ROYAL PURPLE NEWS

**Garage Sale - April 24th** - Elks Hall - If you are wanting to clean-out that shed or basement make sure you book a table through Odds & Ends (250-569-2645). Tables are \$10.00 each. Soup and Sandwiches will be available while people are shopping.

**FREE Dance Lessons**, Practice & Social for the whole Family by novice instructors Darrell & Diane Roth and hosted by the Elks & Royal Purple are every **WEDNESDAY** at the Elks Hall from 7:00 - 9:00p.m. Learn enough basic steps to really enjoy any Wedding or Country Dance. 2-Step, Polka, Box Waltz, Old Time Waltz, Fox Trot, Butterfly, Jive, Heel-toe, etc. You are also welcome to share new steps with the rest of us. Casual & fun!! Everyone Welcome!! Children under 12 must be accompanied by parents. Phone 250-569-2377 for more information.

**Reminder** that we are still collecting can tabs and soup labels to raise funds for the "Fund for Children". Both can be dropped off at Odds & Ends.

Meetings are still the 1st and 3rd Tuesday of each month at 7:30 p.m. You are most welcome to attend. If you would like more information about joining contact Barb Jackson @ 250-569-0344, Gene Runtz @ 250-569-2635 or Flo Mynio @ 250-569-3254.

## BIRTHDAY WISHES FOR MARCH 10 - 16

Amy Hodgkin, Diana Hoffman, Hazel Sprecher, Marea Young, Taren Seydell, Therese Gasser, Alleson Leask, Erich Monroe, Ervin Bend, Frances E Anderson, Hazel Balcaen, Lucas Wall, Bryan Monroe, Vickie Pepper, Walter Sansom, Charlie Simpson, Clare Vogel, Kim McNaughton, Albert Lorenz, Lori Kimpton, Nicolas Quam, Quinn Barnes, Rea Charter, and to anyone else we missed, Happy Birthday.

## CHAMBER NEWS

We are holding a General Meeting of the McBride & District Chamber of Commerce on Wednesday, March 17, 2010 at 7:00 PM at the E Free Church. Please come out for the Neighbourhood Watch presentation by our local RCMP, to vote on by-law changes and to hear what your Chamber is doing for you! It is an exciting year! It is also time to sign up your team for the Annual Logger's Bonspiel on March 26, 27, & 28th. Call Danielle at 250-569-3366.

## THEATRE

**VACS PRESENTS** - An evening with AUGUST...wit, wisdom and song! Valmont Community Theatre on Saturday, March 20 at 7:30pm. Adults \$25, Students/Seniors \$15. Tickets available at Infinity (cash or cheque only please), Silent Auction - Lobby 5pm-8:30pm.

## THINK ABOUT IT...

During a terrible storm, all the highway signs were covered with snow. The following spring, the province decided to raise all the signs twelve inches at a cost of six million dollars. "That's an outrageous price!" said a local farmer, "but I guess we're lucky the province handled it instead of the federal government." "Why's that?" "Because knowing the federal government, they'd decided to lower the highways.

A woman was in a gambling casino for the first time. At the roulette table she says, "I have no idea what number to play." A young, good-looking man nearby suggests she play her age. Smiling at the man, she puts her money on number 25. The wheel is spun, and 30 comes up. The smile drifted from the woman's face and she fainted.

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

Please contact The Little McBride Paper with all coming events, news, trivia, comments, anything!! Ph:569-3110, Fax:569-0220, email:sglines@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

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

# MCBRIDE MOVIES & MORE

569-0123 *New Release Movies*

- Planet 51 • Old Dogs • Up In The Air
- The Private Lives of Pippa Lee
- Capitalizm A Love Story • Jakes Corner
- The Pit & The Pendulum • Precious
- Boondock Saints 2 • Hannah Montana • Hachi
- Bobby & the Mermaids Tale • Curious George 2
- • • OPEN 7 DAY A WEEK!!! • • •
- • Monday will be a 2 day Rental

• Thursday will be Rent 2 new Releases or 2 top 100 & get a children's Movie Rental FREE or a Gallery Movie Rental for \$1.00

• • • We now have a small selection of video games • • •



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

## THE HAIR SHOPPE

569-3359 803 3rd Ave. - side entrance

## Digital Designz

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

Irish Up Your Coffee 569-0133

at the **Beaneys 2** 569-0133  
Open Mon.-Fri. 6am-5pm • Sat. 9am-5pm • Sun. & Holidays CLOSED

Ravensnook Guesthouse & Vacation Rentals

Furnished Accomodations for Discerning Travelers  
421 Main St. McBride 1-250-569-7133

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

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

**Robson Valley Pet Hostel**

Grooming & Boarding

Serving locally for 24 years  
569-3319 animal health technician

# R. B. HATCHARD CONT.

# SNOW PLOWING & SNOW REMOVAL

569-2493

MICAH YODER

REGISTERED ACUPUNCTURIST  
CALL 250-566-1782  
FOR AN APPOINTMENT.

## FOR SALE

•1988 Ranger \$450  
Call Del at 250-569-7070

Glass Cutting, Picture Printing,

Mating and Framing

call Bill Arnold 569-3381

# McBride Mountain Sports Ltd.

ALL SEASON RECREATION EQUIPMENT

RECREATION & CONSTRUCTION

LAWN & GARDEN • RETAIL

250-569-2354

**STIHL**  
•ALL Sled Rentals \$300.00 a day!!  
•Avalanche Gear for Rent

**Authorized KLIM Dealer**

**SPRING SALE NOW ON!!!**

**BCA Air Bags Now In!**

**•Tracker Beacons \$310.00**

**\*Snowboards\*\***  
**\*Helmets Cams\***

**Columbia** THE NORTH FACE

OPEN Sat.-Thurs. 8am-6pm Fri. 8am-9pm - After Hours: 569-7473

**•Sirens•** Hair Cuts and Colors

located in the McBride Mountain Sports building,  
entrance facing 5th Avenue. OPEN Tues. to Sat.

**Korrin Wall, R.M.T.**

Registered Massage Therapist

Call or Email for Appointments 1-250-612-1418

korriwallrm@hotmail.com

**Spa Euphoria**

Manicures, Pedicures, waxing, etc.

by Alicia Kelley

Call by appointment only 569-7160 • Gift Certificates Available!



# Advantage Insurance Services Ltd.

Rosemary L. Hruby, CIB  
250-569-2264

*The Daffodils are Coming!!!*

## McBride AG Foods

FRESH FISH FRIDAY!!!  
**This Week**  
Cod, Snapper,  
Pickerd  
& Oysters

569-0140  
OPEN Mon.-Thurs. 7-6, Fri. 7-7, Sat. 7-6, Sun. 7-5

## SPIN DRIFT POWER SPORTS

**Sled Rental**  
**T-Shirts / Hoodies**  
• Adrenaline Junkies  
• WOT • KILM • Snow & Mud  
Hey everyone we need SNOW - so get out those 'Snow dancing boots' and do a jig.

**Authorized Klim Dealer**

Open 7 Days a Week  
Located Beside the Police Station  
**ROBSON VALLEY CONSTRUCTION**  
**REDI-MIX CONCRETE**

PO BOX 474  
Phone (250)569-2593  
Fax (250) 569-0178

**BEST PRICES**



### CONCRETE

- Concrete Stamps
- Driveways
- Finish Concrete
- Delivery Concrete
- Delivery Gravel, Sand & Dirt

### EXCAVATION

- Excavating Road
- Excavation
- Dozer Work
- Ponds, Lagoons & Trenches
- Haul Equipment

### HEAVY HAULING

-Tridem Tilt Deck -Tridem Drop Deck  
Best Rates In Town



### CONSTRUCTION

- General Construction
- New Construction
- Remodeling
- Drywall
- Residential
- Commercial
- Install Septic Systems
- Repair & Removal



30 YEARS OF EXPERIENCE

## Serving The Robson Valley

Irene Bernsden  
250-569-7397

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



Sales Representative  
McBride BC



## AVALANCHE PACKS

For Rent

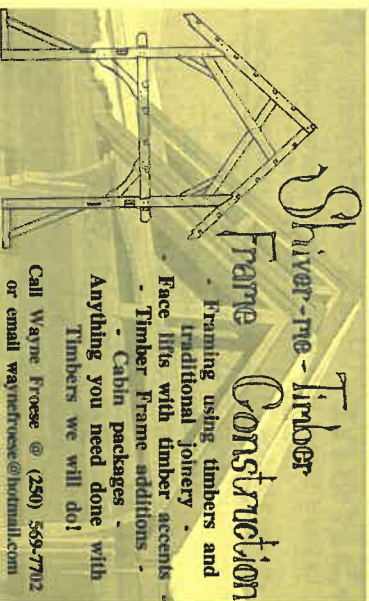
COCA COLA  
2 L ~ 2 for ~ \$4.00



CADBURY  
SINGLE BARS

569-2441

44-60 g ~ 2 for ~ \$2.22



Shiver-Tite Timber Frame Construction  
• Framing using timbers and traditional joinery  
• Cabin packages  
• Timber Frame additions  
• Anything you need done with Timbers we will do!  
Call Wayne Froese @ (250) 569-7702  
or email waynefroese@hotmail.com

## COMMUNITY ANNOUNCEMENT

Come see the Kids and Animals at Summer Waters Farm on Saturday, March 13th. Cookies and lunch. Bring your camera. Balloons and directional signs will be posted on Mountainview Road (34km).

McBride Figure Skating Club is holding their AGM Sat., March 27th at 10 am in the Sandman Dining room. We have many positions opening up and if we want this club to run we need these positions filled. All parents that have existing skaters in our club and anyone interested in joining the new season please come to this meeting. Any info needed please call Jodi Littlechild 250-569-0079.

**Baby-sitting Course** - Spring Break March 11 & 12th - Please Call Beth at 569-2266 to register.

Robson Valley Support Society will be hosting a SELF-DEFENCE WORKSHOP FOR WOMEN Saturday, March 20th, 2010, 9:30am-1:30pm at the E-Free Church in McBride. This fun workshop will teach participants the basic techniques of self-defence as well as how to minimize the risks of becoming a victim. RCMP officer James Bos instructs. The cost is \$10.00. Please call Elizabeth de Vries to register 250-569-2266.

**Prenatal Classes:** Are you expecting? Are you interested in classes? When: March 8. Where: Public Health Unit Time: 6:30p.m. to 8:30 - For more information please call (250)569-2251 ext. 226.

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

**Aerobic Classes** - Mon. & Wed. 6:00p.m. Located at 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.

## BUY, SELL, RENT & MISC.

For Sale:1995 Ford Windstar LX , 7 passenger mini van. Remote start, power windows, power seats, power locks, power mirrors, cruise, air, winter tires. \$1870.00 obo Call 250.569.2269\*\*For Sale-Olson 94,000 BTU Oil Furnace with chimney, blower & plenum. \$200.00. Phone 569-2284\*\*For Sale-Green love seat \$100.00, Battery powered Baby swing \$25.00, Baby bathtub & tub Hammock \$8.00 CALL 250-569-0072\*\*For Sale-Grey Carpet, good condition 15x13 \$100.00 Ph:569-0165\*\*For Sale-2001 Pontiac Aztek. C/W winter tires. \$4500.00. Phone Kevin 569-7434\*\*For Sale-13.5" Achilles Inflatable Boat with 25 HP Jet Motor. \$3800.00 obo. Phone 569-7098 (no Saturday calls please.)\*\*For Sale-Entertainment Stand 48.5"xw x 72.7"h x 15"d. \$50.00. Phone 569-3111\*\*For Rent:Attractive 14ft. wide mobile in quiet family park; Large lot, 2 bedrooms, modern appliances, propane heat, nicely renovated. \$500 per month. For appointment to view 250-569-3343\*\*For Sale-Avalanche Beams \$100 each or discount for multi-purchases Ph:250-553-2300 (Mark)\*\*For Sale-Inglis Super Capacity Plus Heavy Duty Dryer. Less than 2 yr. old, excellent working condition. \$450 new, asking \$225. Call 569-0130.\*\*For Sale-National Pool Table \$500.00 Ph:569-7994\*\*Wanted: Magnetic exercise bike, in good condition & reasonably priced. Phone Wanda at (250) 569-0320.\*\*FREE-RCA 20" TV in great shape. Has worked faithfully since new (1990). Phone 569-8807\*\*For Rent-Two bedroom basement suite. Lots of light, clean. N/S. \$500 per/mo. Contact Ria at (250) 569-0402\*\*For Sale-27" Sanyo TV \$75, 20" TV \$50, XBOX 360 \$75. Phone 250-569-0105\*\*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:1 bedroom Apartment across from hospital. F/S \$500.00 Ph:569-0208\*\*For Rent-2 bdrm newly reno'd house on 3rd Ave. Looking for reliable, long-term tenants, avail. immed. \$95/month. ph: 604-848-8460\*\*For Rent:2 Bedroom Newly Renovated Double Wide Home on 61/2 acres with Shop & Barn. Located on Sansom Rd. Close to town. Ph:569-0455 or 569-7567 \$650 a month\*\*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 Lammings 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 & 11a.m. 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)-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 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. Call to Confirm.

Via-Rail Schedule Phone 1-888-842-7245  
Gdng 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)

## Important Phone Numbers

EMERGENCY ..... 9-1-1  
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  
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.  
Take a Break in McBride...B.G.s Friendliest Town!!



## VILLAGE OF MCBRIDE

### Request for Proposals

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

1. Interpretive Gazebo

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 March 4, 2010.

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, March 26, 2010.

The lowest or any proposalbid may not necessarily be accepted.

The Village of McBride reserves the right to accept or reject any or all proposals/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

## The McBride Trading Co.

*Antiques, Bulk Foods,  
Gifts & Health Products*



### We will be CLOSED

Spring Break  
Sat. March 5 - Sun., March 14

MARCH into Wellness...watch for details  
about Wellness Week

### MARCH into SAVINGS

10% OFF all Supplements  
15% OFF all Cleanses  
20% OFF all Bulk

1 coupon per customer  
offer expires March 31, 2010

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

**Wade's Auto Repair**  
complete automotive servicing,  
parts sales and custom car/truck  
accessories sales and installation.

923 Airport Road

Appointment: 250-569-8830

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:

- Presently on E.I.
- Have been on E.I. in the last 3 years
- 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 Fax: (250) 569-3276  
E-mail: futures3@telus.net  
Canada



250-569-0101  
600 - 1st Ave.  
11am-11pm  
7 Days a Week

GIGGLIN' GRIZZLY  
NEIGHBOURHOOD PUB  
FANTASTIC NEW APPETIZERS AND ENTREES

Join our VIP Program:  
-FREE Birthday and Anniversary Cake  
-Meal Discounts  
-Enter our Monthly Draws for a \$50 GIFT CARD

Congratulations to Dan & Marilyn Carlaw  
for winning the \$50 Gift Card for  
the month of February.

We are now accepting applications for  
servers and kitchen staff.

Mature Assistant for Seniors and Busy Folk  
house cleaning • laundry • linens • meal prep • errands/shopping  
pet care • downsizing • moving • light farm work - \$15-20/hr neg.  
Serving McBride and Area - Leigh: 250-569-8807



# WELLNESS WEEK at The McBride Trading Co.

*Antiques, Bulk Foods,  
Gifts & Health Products*



**March 15th - 20th**

**OPEN HOUSE** with complimentary tea,  
coffee & health snacks.

**Come meet Health Practitioners,  
Entrepreneurs, and R.V.S.S. Representatives**

**DAILY In-store Demonstrations**

**DAILY In-store Workshops**

**DAILY In-store Specials**

**DAILY DOOR PRIZES**

**If you are interested in featuring your  
Professional Health Service please contact  
The McBride Trading Co.  
to reserve space & time 250-569-2559**

**The McBride Trading Co. March 15 - 20**



Monday - 15th	Tuesday - 16th	Wednesday - 17th	Thursday - 18th	Friday - 19th	Saturday - 20th
9am - 1pm Liz de Vries & Jennifer Quam promoting R.V.S.S.	10am - 12pm Micah Yoder Acupuncture Acupressure	CLOSED	10am - 12pm Beth Frederick Burnout, Compassion & Fatigue ~~~~~ 10am - 12pm Barbara Faust Ion Cleanses <i>A gentle effective way to detox the body (space is limited)</i>		
	12pm - 1pm Deb Cochrane "How to make green smoothies"		12pm - 1pm Deb Cochrane More smoothies	1pm - 2pm Bridgit Uhl Humor	
12pm - 4:30pm Penny Rivard Brain Injury Awareness & Prevention	1pm - 4pm Sue Gehring Hot Stone Crystal Massage Earth Energy		12:30pm - 4pm Liz de Vries Promoting Awareness		
		5pm - 8pm "Capacity Building for Women" more... In-Store demos & discussions. Nancy Taylor & Community Members		*See in store for other workshops and demonstrations to be added.	

**If you are interested in featuring your Professional Health Service please contact  
The McBride Trading Co. to reserve space & time 250-569-2559**



McBride Curling Club  
Loggers  
Curling Bonspiel  
March 26, 27, 28

HOSTED BY THE  
MCBRIDE 8 DISTRICT  
CHAMBER OF COMMERCE

\*\*\*To Enter Your Team call Danielle at  
250-569-3366 or 250-569-2304\*\*\*



241 Dominion Street McBride, BC V0J 2E0  
Phone/Fax: 250-569-2411

Library Hours:  
Tuesday 10-5 & 7-9 Wednesday 10-2  
Friday 2-9 Saturday 2-5

library@mcbridebc.org www.mcbridebc.org/library  
CAP Public Internet Access  
Internet = \$1.00 / Half Hour



Not only are they our best  
friends, they are starting to  
act like us too!

## McBride Visitor Centre

Looking for a career in Canada's fastest growing industry?

Do you love talking to people?

Do you love the Robson Valley?

Summer Career Placements -

Offering better than minimum wage.

McBride Visitor Information Centre

Must be a student returning to school in the fall.

Visitor Information Counsellor training provided.

Please submit resume to McBride Info Centre at the  
railway station,

phone 250-569-3366, or email come2mcbride@telus.net.

**Application Deadline: Friday, March 26**

McBride Visitor Centre is committed to achieving a  
competent, representative workforce that reflects the diversity  
of the Canadian population. We encourage members of the  
following employment equity groups to apply and to self-  
identify: members of a visible minority group, Aboriginal  
peoples and persons with a disability.

*Positions contingent on funding.*

## Whistle Stop Gallery

Looking for a career in Arts and Culture?

Do you love talking to people? Working with artists?

Do you like work on community projects and having fun?

Summer Career Placements -

Offering better than minimum wage.

Whistle Stop Gallery

Must be a student returning to school in the fall.

All training provided.

Please submit resume to Whistle Stop Gallery at the  
railway station,

phone 250-569-8891, or email whistlestopgallery@telus.net.

**Application Deadline: Friday, March 26**

The Whistle Stop Gallery is committed to achieving a  
competent, representative workforce that reflects the diversity  
of the Canadian population. We encourage members of the  
following employment equity groups to apply and to self-  
identify: members of a visible minority group, Aboriginal  
peoples and persons with a disability.

*Positions contingent on funding.*

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

Sunday, MARCH 21  
from 11a.m.-2p.m.  
"POTLUCK LUNCH" at the Elks Hall



BABY  
SHOWER

For  
Lina, Emilia & Adam Roth  
EVERYONE WELCOME  
(that means MEN too!)

Any Questions, call Mabel at  
250-569-2474



Who says making muffins is difficult?  
It's all in how you mix the batter.

**THINK ABOUT IT...**

Why can't a bicycle stand up?

Because it's two tired!

**JOKE OF THE WEEK**

Who spends the most time in the bathroom?  
A Plumber.