Employment Assistance Service Robson Valley Support Society

DRKER?

Contact Bob Thompson 569-2266

Funded by the Province of British Columbia

Robson Valley Dental

following extensive water damage. Unfortunately there have been numerous delays and the restoration process has taken for longer than planned. Now the good news! We will re-open for business as usual on Monday, April 26th. In the meantime, please feel free to leave a message at the office 250-569-3434 or call me at home 250-569-2335. Again my sincere apologies for any hardship this may have caused my patients. wed my patients.

Mike Moseley & Staff



ALL PROPERTY SERVICES YEAR ROUND SERVICES YOU CAN AFFORD

Your Neighbourhood Food Store Summer Sausage...\$1.39 / 100g
BBQ Chicken (cold)...\$6.99 each
Blue Ribbon Bologna...¢.99 / 100g

ella - 750g

BAKERY double roll 12's......\$4.98 each \$4.54g...\$2.29

006 Ford F250 XLT, 4x4, diese ox liner, hidden hitch, new tires.

2005 Chev Equinox, automatic, power mirrors, locks windows, a/c, cruise, AWD, 122000km, \$8995.00

2001 Ford F150 XLT, supercrew, automatic, 125000kr 57995.00

For more information contact Dave or Wade at 250-569-8830 or stop by the shop at 923 Airport R

Wednesday NITE SPECIALS Wings Garlic Buttered Prawns

.35¢ each

Friday NITE SPECIAL

Veal Parmesan

Building Contractor & Bobcat Services

View website or call for

250.569.2269H

250.569.7147C

Servicing the Robson Valley for 17 years **Gerald Moore**

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For the week of Wednesday, April 21st, 2010

IN MEMORIAM

GERALD YON 1927 - April 28, 2003

corner in our hearts, we keep it just for you As long as life and memories last.

We will think of you.

THANK YOU

Robson Valley Support Society would like to thank everyone who made the annual Women's Fair a success:

The Village of McBride, Regional District of Fraser Fort George. Northern Rockies Engineering, Carrier Lumber, L&M Engineering, the lunch ladies - Beth, Amy, Mel, and Elizabeth, the amazing faciliators, the Honourable Shirley Bond-MLA Prince George - Valemount, Carrie Krenzler, Blackwood Gardens, Canadian Digital Designz, Form For Life, FoxDen Vintage, House of Jasper, Jennifer Quam, Massage by Julie, The McBride Trading Co., Odds 'n Ends, Returning Flow Acupuncture, Robson Valley Home Hardware, Sirens Hair Salon, Spa Euphoria, Stedmans, The Farm Store, The Gigglin' Grizzly Pub, Touch Therapy International, and Whistle Stop Gallery. See you all next year!!!

We are a group of former Directors of the MCFC whose goal is to put the Community back into the McBride Forest Corporation. We invite everyone to our first public meeting, 7:30 p.m. Friday, April 23 at the Elks' Hall in McBride. We want to hear from you, the shareholders, on how our Community Forest should operate and how it should be structured to achieve the maximum benefit for the maximum number of people in the Robson Valley. We value everyone's input and ideas, including opinions - positive, negative, or undecided - on the MCFC's current practices. With your participation, we can create a Community Forest that we can all be proud of!

Yours very sincerely, Don Smith, Mike Monroe, Ray Thiessen, Al Birnie, Loranne Martin.

SCHOOL NEWS

Ready, Set, Learn, at McBride Centennial, will be cancelled Tuesday. April 27. It will resume May 4.

DRY GRAD 2010 FUNDRAISER - FAMILY DANCE!! Friday. April 30th, 8pm-12am, ELKS HALL, Admission by Donation. Refreshments Available. NO ALCOHOL!! Live Music Provided by: "The Bressette Family". Improv Comedy and local Guest Appearances. AGM

Annual General Meeting of the FHA will be Saturday April 24 at 10 am at the Dunster Hall. Bring your canoe as the short meeting will be followed by a paddle (weather permitting) from the Dunster Bridge to Brown Road (approx. two hours).

Robson Valley Cattlemen's Assoc. AGM: Monday April 26, 2010 at the McBride Sandman's Dining Room. Meeting starts 7:00p.m. - Dinner hour 6:00p.m. - 7:00p.m. (Buy your own).

YELLOWHEAD SKI CLUB ANNUAL GENERAL MEETING APRIL 27TH, 6:00 PM, 1025 - FIFTH AVE. (KJELL'S).

BIRTHDAY WISHES FOR APRIL 21 - 27

Shannon Teering, Stan Beer. Vicki Lipke. Dave Barnett. Esther Keim, Michael Yungen, Molly Mortensen. Joshua Turnquist. Rosemary Barton, Dylan Vizza, Eva Westlund. Jan Norton, Lochlan McClinton, Mike Mynio, Rosa Vizza, Tyrel Hickerty, Angela Littlechild, Madeleine Bachrach, Mitch Lamming Jr., Taylor Sansom, Jeremy Alan, Norine Alan, Steven Gross, Susanne Smith, Taylor Bratton, Curtis Vizza, Custin Ryan, Jarett Vizza, Juliana Vizza, Shelly Cousineau, and to anyone else we missed. Happy Birthday.

There is a Director's meeting on Wednesday, April 21, 2010 at the E-Free church with a new starting time of 6:00 PM. Please come out and hear how the McBride Adventure weekend and the campaign

HOW TO TELL TIME...

While proudly showing off his new apartment to friends, a college student led the way into the den.

"What is the big brass gong and hammer for?" one of his friends asked.

"That is the talking clock," the man replied.

"How's it work?"

"Watch," the man said and proceeded to give the gong an ear shattering pound with the hammer.

Suddenly, someone screamed from the other side of the wall,

"Knock it off, you idiot! It's two o'clock in the morning!"

Daily • Valemount, J Daily • Prince George The Farm Store 569-0425 mount, Jasper, Edmonton

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 trivia, commun.

il:sglines3@telus.net, P.u.

il:sglines3.at 455 King (

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- Avatar • The Young Victoria • Crazy Heart
• Peacock • A Dangerous Man • The Lovely Bones
• Dolan's Cadillac • The Drawn Together Movie
• Adam Resurrected • Defendor • Cheech & Chong
• Stoic • Crazy on the Outside • Free Willy 3
• Tales of the Riverbank
• • 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***



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309-2667

Vanderhoof Head Office Phone 250-564-3488

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569-3359 Digital Designz 803 3rd Ave. - side entrance

Should April showers come your way, 569-0133

at the Beanery 2

you can stay all day.

Bures

One Mon Fri for Service of the bures

One Mon Fri fo

Ravensnook Guesthouse & Vacation Rentals

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Complete automotive servicing parts sales and custom car/truck accessories sales and installation

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Appointment: 250-569-8830 MICAH YODER

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1992 Chev Passenger Van \$400.00 •2 155x13 Winter
Tires like new, on 4 stud wheels \$10 each •Car
Batteries wanted - \$1 each Call Del at 250-569-7070

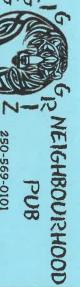
Glass Cutting, Picture Printing, REGISTERED ACUPUNCTURIST CALL 250-566-1782
FOR AN APPOINTMENT.

Matting and Framing call Bill Arnold 569-3381

Sirens Hair Cuts and Colors Located in the McBride Mountain Sports building, entrance facing 5th Avenue.

Phone: 250-569-0131

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7 Days a Week 250-569-0101 600 - 1st Ave

The GIGGLIN'GRIZZLY wants to be your everyday escape!

SPECIALS

Wednesday Lunch - Triple Play Cheosoburger

Wednesday Dinner - Grab & Shrimp Cakes with Sun-Dried Tomato Penne
Thursday Lunch - Chicken Parmesan Burger
Thursday Dinner - Asian Braised Boef Rib Short Ribs

Friday Lunch - Steak and Prawns

Saturday Lunch - Chicken Prawns

McBride Bottle Depot

552 Main Street Phone: 250 569 7760
Open Hours: Thursday, Friday, Saturday: 10 am - 5

SPRING CLEAN-UP

Do you need your grass cut?
Your yard cleaned up after winter?
How about aerating your lawn?
For all your Yard & Lawn Mainten this year please call - Boyd Anders 250-569-0236 (Home) 250-569-7333 (





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Rosemary L. Hruby, CAIB

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This Week
Arctic Char **9**AG

•Red Snapper •Cod
•Oyster Quarts

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BEST PRICES EXCAVATION

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Best Rates In Town

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30 YEARS OF EXPERIENCE

YARD SALES

MOVING SALE: Bowflex PowerPro with squat attachment \$500.00. Computer Desk with hutch - \$50.00. 2 Corner shelf units - \$25.00 each or \$40.00 for both. Entranceway free standing storage unit (pine)- \$150.00. Technics Stereo system (am/fm, cd and cassette decks) with speakers and cabinet - \$150.00. StarChoice HD DSR505 receiver - \$100.00. StarChoice DSR317 receivers (2) - \$25.00 each. Nexess Roof Cargo Carrier (used once) - \$200.00. Outdoor rink kit - \$50.00. Petmate Dog House - \$50.00. Michelin Ice X 225/60/R16 (set of 4) -\$350.00. Yokohama LT 235/8R/R16 studded (set of four) - \$350.00. If interested call 569-8898, we'll also be selling A LOT more at the Garage Sale on April 24th at the Elks Hall.

Garage Sale - April 24th - Elks Hall - If you are wanting to cleanout 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.

Yard Sale - Dunster's Annual Mother's Day Yard Sale, Sunday, May 9, 10:00am beside the Dunster Store. Sellers welcome free (bring your own table). Concession available. Phone Claude 968-4450

GOMMUNITY ANNOUNCEMENT

The Renshaw (McKale) snowmobile trail will be closed to truck traffic as of 7pm Wednesday, April 21st. The road will remain closed until the road firms up and all drainage systems of the road are functional. Phone 569-3787 for further information or concerns.

St. Patrick's Annual Family Fun Nite. Legion Hall, Friday, April 23, 7-9pm. Cake walk, Lucky Lollipops, door prizes, refreshments. Admission is free.

Village of McBride Annual Residential Clean-Up, Sunday, May 2nd, 1:00 p.m. Meet at the Village Park. Take Pride in your community. Come help us clean up! Free BBQ for participants.

BASEBALL Start Up Meeting on May 4th, 7:00pm at the Firehall fair in McBride.

Downtown Thrift Store on Dominion St. the Anglican United Church Hall. Come in and see our new Spring and Summer clothing. Lots of really nice things for everyone. Tuesdays 1-3, Fridays 1-3. And a big "Thank You" to all who helped take out the old and put in the new.

The Public Health Unit will be hosting a 3 yr. old Fair April 27, 2010 from 10:00 am to 3:00 pm. If you child is born between May 1, 2006 to April 31, 2007 please give us a call at 569-2251 ext. 226 and we will gladly book you an appointment. Our theme will be based on Health and Safety with the emphasis on the Provincial Vision Screening for this age group and much more. There will be prizes and refreshments along with lots of fun events.

GARAGE SALE - Anglican United Church Women will hold a Garage Sale April 30, 2010. Donations of good used items appreciated. Drop off at Molendyk's - 1125 McBride Cres. after April 15.

Thanks for all donations.

FORM FOR LIFE "BOOTCAMP" Come and do a one week work-out booster with me for only \$70 for 7 days! You can also do drop in for \$15. Starting May 3 - May 9/10, Mon.-Fri. 6pm-7pm and Sat. and Sun. 10am-11 am. It will be outside rain or shine at the Highschool top field. With summer around the corner this is a great way to get yourselves back into shape! All you need is proper work-out clothing, water bottle and lots of energy! Please call Jenny to sign up @ 569-8853 or 7053.

Robson Valley Recreation Centre Spring/Summer Hours - Monday to Friday 6am to 8pm, Closed on stat holidays.

BUY, SELL, RENT & MISG.

Sale-Hide-a-bed couch minus mattress, good condition, light blue. 2 small metal work benches. Phone 569-0448••For Sale-2 SHARP Cash Registers model ER-A440. Includes till paper. \$300 / pair. Phone 569-2284••For Rent in McBride-Furnished 3 bdrm Country House - 10 min. walk to town. Utilities - T.V. incl.. Short term O.K. N/S, N/P. \$700/month. 250-569-2561. Unfurnished negotiable.••For Sale - Free Spirit Treadmill, paid over \$1100, sell for \$450.00 obo. 569-0078••For Sale-rocking chair \$30.00 and Form for Life Aerobics punch card value \$20.00. Call Ria 569-0402••For Free-Milking goat, two perfect girl goats and house plants, also piano music: Call Regina Timmins 569-4007 or come to West Twin to pick up.••For Rent-2 Bedroom House East of McBride. Private, good water, good hydro. Phone 569-2628••For Sale-2008 XMOTOS 150 Dirt Bike, New, 50km. 4 stroke, Fun for Anyone to 5 foot 6. \$850 obo. 1965 Dodge Polara all original, running and registered, 313 Wedge Very Rare Motor. \$3200 obo. 569-0191••House for rent-Three bedrooms. Newly renovated. Call 569-7378••For sale-50+ lbs. square bales, \$5 per bale, no rain, in shed. Round bales, price varies. D. Trask 569-3201.••Wanted:Looking to buy sturdy bunk bed set, in g/c. call (250)261-0422••Bunnies-6 weeks old, ready to go to a good home. Please contact me for more info or leave a message and we will return your call. 569-809••For Rent-Two bedroom basement suite. Lots of light, clean. N/S. \$500 per/mo. Contact Ria at (250) 569-0402••For Rent:1 bedroom Apartment across from hospital. F/S \$500.00 Ph:569-0208••To place an ad call 569-3110, Fax 569-04020• 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...2:18pm
Discounts for booking 1 or 3 days in advance (not counting travel day) 1-888-842-7245

 Important
 Phone
 Numbers

 EMERGENCY
 9-1-1
 Forestry
 569

 R.C.M.P
 569-2255
 Village
 569

 Hospital
 569-2251
 Reg'l Dist'
 1-800-667

 Health Unit
 569-2251
 Home Support
 569

 K to 7 School
 569-2721
 Food Bank
 569

 High School
 569-2295
 Fire Hall
 569

 Dunster School
 968-4414
 The Little McBride Pa
 Forest Fires - 1-800-663-5555 569-3760 569-2229

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Norwex Enviro Products - Open House

nday, May 2nd 1:00 - 3:00 p.m.

Come out and see how you can cut your cleaning time by 75% or more. Save money by reducing the use of chemicals and cleaning supplies up to 90%. Improve yours and your families health by reducing allergies! Plus do your part to help preserve the environment. Excellent for home or business

Demonstrations on Home Essential, kitchen cleaning and Organic personal Care Products.

For more information call Kathy Molendyk @ 250-569-3239 or check out the Norwex website at http://janaflieger.norwexreps.com/home.

Barbecue Season Is Here!

Come to the Elks Hall on Saturday, April 24th
To Purchase: All Natural Grass Fed Beef Products

(Government Inspected)

• 10% Discount on all Extra Lean Ground Beef

• For Volume orders please call in advance
Phone 250-569-3103 or

cell 569-7404 Brendon, cell 569-7506 Margare

Joy-Way Farm - 5173 Mtn. View Rd

RESTAURA

Brings you a touch of Christmas with a full Turkey Dinner with

Home Made Stuffing and all the fixens For \$11.95 (children 5 and under \$4.95)

April 24 - 6p.m. to 9p.m.

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Sasha Lewis for Lilith Fair

Announcement....... I am competing for a spot on the 2010 "Lilith Fair" tour. I've been placed in the "lilith local talent search: Vancouver channel" If you would like to support me in this dream of mine please consider a bit of your time to vote for me. May 1'st voting begins and is open to the fans. This involves registering at www.ourstage.com/ and become a fan then you can vote. The song to look for is "Your Safe Hands" by Sasha Lewis on the "Lilith local talent search: Vancouver channel". If you like what you hear please spread the word. More announcements coming as it all unfolds, but until then get ready to vote!

More info on how the voting and selection for emerging artist is chosen: From Lilith Fair Press-

"Beginning May 1, voting will open to the "fans" to narrow down the large number of entries to the Top 20 in each city. There will be two rounds of voting that follow: Quarter Finals (Top 10) and Semi-finals (Top 3). At this point, the public voting closes and Lilith co-founder and main stage headliner Sarah McLachlan, along with co-founders Terry McBride, Marty Diamond and Dan Fraser, in partnership with Kristin Bredimus, music expert from OurStage.com, will determine who the final winner is for each city. The local winners will be added to the already impressive and eclectic list of artists confirmed, like Mary J. Blige, Loretta Lynn, Norah Jones, Heart, Metric, Jill Scott, Cat Power and many more."

> www.ourstage.com "Your Safe Hands."



prefer our birds BBQ'd

connoisseurs