Advantage Insurance Services Ltd.
Rosemary L. Hruby, CAIB
250-569-2264

HAVE A FUN & SAFE SPRING BREAK!!!

NEW
HOT BREAKFAST & HOT LUNCHES
•COME CHECK IT OUT•

Contact CRAZY HORSE at McBride Husky for
HYDRAULIC OIL
5 Gal. Pail ~ $47.00 each
3 or more ~ $45.00 each

Husky
569-2441

SPRING FLING CRAFT FAIR

Spring Fling Craft Fair - Welcome to all crafters across the Valley. If you are interested in selling your craft, wares and arts, now is the time. Break up the winter blahs and sell some stock. We have 15 rectangular tables available for your use. Ther is no cost for selling. A Bake Table will be available with coffee and tea. We encourage everyone from Across the Valley to participate in this event. If you are a person who does catalogue sales from your home, you are also encouraged to set up a table. Smaller round tables are available for persons who do not need as much space. Set up time for Crafters - doors are open at 9a.m. *To Book a table or for more information please contact Lorrie Bressette at 250-968-4491. APRIL 30, 2011 10a.m. - 3p.m. at the McBride Evangelical Free Church.

VALLEY PIECEMAKERS

"Black & White & Red All Over" - Valley Piecemakers Raffle Quilt. •Get your Ticket from a Quilt Member or at Odds n' Ends. Tickets $2.00 each or 3 for $5.00. ~Draw at Quilt Show May 14th - See The Quilt at the Bank.

Return-it
It PAYS to Recycle
Your Beverage & Milk Containers
McBride Bottle Depot, 552 Main – 569-7760
OPEN: Thursday, Friday, Saturday, 10 am - 5 pm

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

SNOW REMOVAL AND MORE...
299C CAT TRACK SKIDSTEER
85" HIGH FLOW SNOW BLOWER
(IDEAL FOR DRIFTED LANEWAYS)
101" SNOW BUCKET
•SENIOR DISCOUNT•
CALL DARVIN OR TOVI
AT 250-569-7758 OR 3404 OR 7050

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

FREE **The Little** FREE
McBride Paper
Serving BC's Friendliest Town and Area!!!
For the week of Wednesday, March 23rd, 2011

FRIENDS & NEIGHBOURS

Friends & Neighbours are invited to an Afternoon Tea In Honour of Meinsje Groeneveld's 90th Birthday on Saturday, April 2 at the Anglican United Church Hall. 1 - 4p.m. *No Gifts Please*

CHAMBER NEWS

The Loggers Bonspiel is only a week away and time is running out to register a team. Call Pat 250-569-0051 or Dannielle 250-569-2304. Dance tickets for the Bonspiel dance (hosted by the Roadside Splinter) will go on sale soon at Stedmans - earlybird price just 5$. **Last chance for** businesses to get your ad in the McBride and Area Guide - call 250-569-3366. Next chance is two years away!

WORLD DAY OF PRAYER

World Day of Prayer is a worldwide movement of Christians of many traditions who come together once a year to observe a common day of prayer. This year's World Day of Prayer will be hosted by the Anglican United Church on Wednesday, March 23rd at 2:30p.m. All are welcome to participate in this Ecumenical Service which has been prepared for us by the women of Chile. The theme of the service is taken from Mark 6:30-44: "How many loaves have you?"

FALL FAIR

The Robson Valley Fall Fair is Back! In Partnership with Robson Valley Arts and Culture Council the EVENT will be held SEPT. 24 (10a.m. - 3p.m.) with set-up. SEPT. 25 ALL AGES WELCOME! *Pet Parade, Bike decoration & riding course, Tug-O-War, Demonstrations, and MORE. You can help us make the day fun-filled with your ideas. Either, we will call you or you may call us or just talk to us: Muriel Menzies-0037, Karen Dube or Barbara Jackson-0344h or 2645w.

COMING EVENTS

Last few days to sign your 6-12 year old up to do "***Kidz Krafts***" at Odds 'n Ends Wednesdays in April & May. Only 8 slots left. "***Sewing Class***" full. ***Knit*** 2 ***Socks*** at one time Wed., March 23, 30 April 13, 20 27. ***Scrapbooking*** & ***Beading*** weekends in April. Call to enrol & get info 569-2645. ***Digital Photo/Computer*** Fridays 3:30-4:30. ***FREE CLASSES***.

Planning to Attend? V-DAY Valemount *"A Memory, A Monologue, A Rant and A Prayer"* When: Friday, April 8th, Pre-Event 7:00pm, Performance 8:00 pm, Valemount Secondary School. INTERESTED IN TRANSPORTATION? Call Penny at Robson Valley Support Society 569-2266 for more details.

A Diabetes Self Management Meeting will be held on March 31st from 1 - 3 pm in the education room of the hospital. It will be Rea's last meeting with you before retiring and would like to make it the best one ever. An illustrated brief overview of all aspects of diabetes management will be covered.

A Powerpoint Presentation on Blood Pressure Management will be presented by nurse and physician on March 31st from 3:30 to 4:30 in the Education room of the hospital for all people interested in learning more about managing blood pressure.

The McBride Medical Clinic will be starting a Physician supervised weight loss group beginning in April. If you have chronic medical conditions such as diabetes, high blood pressure, or high cholesterol or need to loose 30+ pounds, and are interested in working with our team in a group setting please contact Jenny or Val at 250-569-2251 ext. 245 or 220 for more information.

You and your family are invited to a series of Gospel Services every Friday until March 25 from 7:30-8:30pm at the Legion Hall. Monty Wood, Dwayne Powell.

MOVIE NITE!

On Friday, March 18th, we will be hosting movie nite in the McBride Secondary Auditorium starting out with THE CHRONICLES OF NARNIA AND THE VOYAGE OF THE DAWN TREADER at 4:30 and then at 7:00 we will be showing THE KING'S SPEECH. As usual, there will be a concession available and tickets can be purchased for $5 in advance at Stedman's, the McBride Trading Company, and at McBride Secondary or for $6 at the door. Proceeds will go toward the Bamfield Marine Research Station Field Trip.

Via-Rail Schedule **Phone 1-888-842-7245**
Going West - Sunday, Wednesday & Friday...2:40pm
Going East - Monday, Thursday, Saturday...1:48pm
Ride the Dome Car in Economy Class!

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	569-3186
High School	569-2295	Fire Hall	569-3117
School District 57		The Little McBride Paper	
1-800-256-7857		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.C.s Friendliest Town!!

McBRIDE & DISTRICT PUBLIC LIBRARY
241 Dominion Street McBride, BC V0J 2E0
Phone / Fax: 250-569-2411

WINTER HOURS:
Tuesday 10-5 & 7-9
Wednesday 10-2
Friday 2-9
Saturday 2-5

Website:http://mcbride.bclibrary.ca/
Email: library@mcbridebc.org

McBride AG Foods
569-0140
OPEN DAILY at 6:15am
FRESH FISH FRIDAY!!!
This Week
•Steelhead •Cod
Friday & Saturday
"Dutchman Special"
14oz. Striploin Steak
$5.99 each
ALWAYS CANADIAN
EARLY RISERS? We are OPEN at 6:15am Daily
OPEN Mon.-Thurs. 6:15-6, Fri. 6:15-7, Sat. 6:15-6, Sun. 6:15-5

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 a 1-hr. Information Session
at either of these locations
McBride SDA Church (downstairs)
Sunday, April 10 at 7:00 PM
McBride Secondary School
Tuesday, April 12 at 7:00 PM
Wednesday, April 13 at 7:00 PM
Thursday, April 14 at 7:00 PM
Actual Program is 16 sessions from April 18-May 16
An outstanding educational experience for those who have or wish to avoid: Heart Disease, High Blood Pressure, Adult Onset Diabetes, High Cholesterol, Obesity.
CHIP Coronary Health Improvement Project
250-968-4493
robsonvalleychip@live.com

McBride Trading Co. Ltd.
CAFE JUNCTION
250-569-2559
FRESH BAKING DAILY
~Daily Soup & Sandwich Specials~
OPEN 9am-5pm Monday to Saturday

MCBRIDE MOVIES & MORE
BUSINESS FOR SALE
250-569-0400

Serving The Robson Valley
Irene Berndsen Sales Representative
250-569-7397 McBride, BC
ROYAL LEPAGE Prince George
Toll Free: 1-888-563-7397
Email: ireneb@royallepage.ca
www.mountainviewrealty.ca

Simply Retreat
Remedial Massage
on Lamming Pit Road, McBride BC
Practitioner: Maivis Engelhardt
Registration with NHCP
Telephone: (250) 569-2341
Available Tues., Wed., Thurs. by appointment (Requested times considered if available)

Number Cruncher Accounting Services
Income Tax Returns
Personal & Small Business
Complimentary E-File for quick refunds
Ask about Instant Refund!!!
Amy Vause
569-0171

Come in to Odds 'n Ends and check out our
"WEEKLY WOW"
Buy One "Scrapbooking" item
choose any other one free! (equal value)
M-F 8-6P.M. Sat 10-noon Sun noon-2p.m. 250-569 2645

GIGGLIN' GRIZZLY NEIGHBOURHOOD PUB

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

The Gigglin' Grizzly wants to be your everyday escape!

SPECIALS

WED. - LUNCH - Bacon, Swiss, Mushroom Chicken Grill
DINNER-Margarita Chicken

THURSDAY - LUNCH - Pizza Burger
DINNER - Thai Pork Loin with Spicy Noodles

FRIDAY - LUNCH - Salmon Filet Sandwich
DINNER - Dry Garlic Pork Back Ribs with Roasted Potatoes

SATURDAY - LUNCH - Salsa Cheeseburger
DINNER - Roast Beef Dinner

SUNDAY - DINNER - Seafood Medley with Rice

MONDAY - LUNCH - Ribeye Steak Strip Sandwich
DINNER - Creamy Fettucine with Mushroom Sauce

TUESDAY - LUNCH - Black Bean Quesadilla
DINNER - Salmon with Cucumber Salsa

FANTASTIC NEW MENU!
Gift Certificates - what a Great Gift!
Join us for a GREAT TIME!

Gee, I wonder what country this is from?

Dunster Family Dance

The First Saturday of each month, from 7pm to 10pm
Instruction from 7-8pm and short sessions
throughout the evening.
Lots of variety dance
(waltz, fox-trot, polka, cha-cha, two-step, schottische, etc.)
Pot luck snacks at 9pm and then
more dancing until 10pm when
we clean up and head for home.
Admission $5 for anyone over 12,
maximum of $10 per family. All welcome!!

FOREVER PRINTING & SIGNS

15 years experience

•Signs •Magnetic •Banners
•Sandwich Boards •Vehicle Decals •Window Decals
•Binding •Posters •Business Cards •Address Labels
•Laser Printing •Colour Photo Copies •Invitations
•Brochures •Trophies •Engraving •T-shirts

for more information please contact scott or susan at 569-3110 or fax 569-0220

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

DELI

Naturally Roast Beef...$2.99 / 100g
Corned Beef (Traditional)...$1.89 / 100g
Naturally Black Forest Ham....$1.99 / 100g

Northridge Farms Canadian AAA
Chuck Blade Steak - bone-in ..... $2.99 / lb.
Boneless Pork Shoulder Blade Roast - plain or stuffed ..... $2.49 / lb.
Campfire Sliced Side Bacon - 500g ..... $2.99 each
Lay's Potato Chips 220g - Ruffles 255g or Kettle Cooked 180g - 2 for $5.00
McCain Hasbrowns - 1kg ..... $1.68 each
Royal Bathroom Tissue - 2 ply 24's, double roll 12's, or ultra 3 ply 9's .. $6.98 each
Mini Watermelon ..... $2.99 each

WAVE PETUNIAS in Friday, April 1st

BAKERY
Danish Twist - 4pk...$2.99
Danish Fruit Knot...$3.49

GRAFTS FOR WEE ONES -UPDATE

Please Note that March 24th Craft day will be switched to March 31st instead. For More Information please call McBride Health Unit at 250-569-2251 ext. 226

MINOR HOCKEY NEWS

McBride Minor Hockey Wind-up Party and AGM. All Players, Coaches, Managers, Executive, and Parents are invited Thursday, April 7 at 6pm in the Elks Hall to celebrate the 2010/2011 hockey season. The McBride Minor Hockey AGM is also this night and we encourage anyone interested in getting involved whether you have a child in hockey or not to attend. For more information please contact Jen Quam at 250-569-0150.

McBride Minor Hockey now has a website.
Check out: http://www.mcbrideminorhockey.info/index.html

SCHOOL NEWS

Kindergarten Registration: Do you have a child ready for Kindergarten? Do you know a family moving to McBride with children ready for school? McBride Centennial School will be offering full day Kindergarten classes for the first time in September 2011. Please drop by to find out more about our program and our school. All registered children will be invited to a "Welcome to Kindergarten" event in the spring. Families who participate in this event will receive a bag full of wonderful books, learning toys and ideas to take home. Please phone McBride Centennial School (250 569 2721) to find out more. We look forward to hearing from you.

COMMUNITY ANNOUNCEMENTS

AA - Faced with a Drinking Problem? Perhaps Alcohol Anonymous Can Help - Weekly Meetings open for the Public. Every Tuesday at 8:00p.m. at the Health Unit. Call 250-569-2586 for more information.

BIRTHDAY WISHES MARCH 23 - 29

Paul Seney, Raymond Thiffault, Carsten Hooker, Darius Lewis, Chantal Swets, Elizabeth Trask, Miranda Pepper, Roger Lirette, Cynthia Kelly, Dian Monroe, Jaimie Gainer, Lilly Hill, Alison Moore, Brenda Monroe, Amanda Anderson, and to anyone else we missed, Happy Birthday.

BUY, SELL, RENT & MISC.

Saturn sale! 1998 SL2 4 door sedan - 90,000 kms on engine (out of 2001), new clutch, air cond. - Asking $3300. 2000 SL1 4 door sedan, 45,000 kms on engine, new clutch CD player, Asking $3500. 2001 SC2 three door coupe - 85,000kms on engine, new clutch, full load - air, PW, PL, sun roof, remote start, two new tires, (two with 10,000 kms) Asking $3600. All will get approximately 40 mpg! Call 968-4331 for more information or to view.••**LOOKING FOR** A PEDICURE PERSON, THAT DOES FEET. Call evenings at 5692577••**Wanted:**Spinning Wheel and old Snow Shoes any condition Ph:250-569-0246••**FREE** Telus Air Card (USB) h/s internet if you take over 19 remaing months of contract (@ $30.00/month). No activation or transfer fees. Ph:250-569-0246••**For Sale-**1987 Chrysler Daytona, 2 Door White Hatchback, Runs good, $500 obo. Phone 569-0236 or 569-7565••**For Sale-**Cute, adorable bunnies. $5 each, multicolored; white with brown or black or multicoloring; brown with white strip or solid brown. You need to come see them to really appreciate. Call Sabrea 250-569-2320••**For Sale-**2 Walkers, like new, $100 each. 569-0232••**Wanted-**Single Bed for a 4 year old, and any clothing or toys. 569-0232••**For Rent-**5 Bedroom - close to town - Pasture available - References required - $750/month. Available April 1st. Ph:569-0426••**House For Rent-**Westlund Road. 4 bedroom, double garage. $750 per month. Separate negotiation for shop, barn and land. Phone 569-0334••**For Sale-**18" Fluorescent Drafting Lamp $40. 2 size M Snowmobile Suits $20 each. Mens Winter Jacket w/fur collar, size L $40. Phone 569-2234••**For Sale-**Husqvarna 394, good shape, comes with 28" bar and an extra new chain. $500. Phone 569-2618••**For Sale-**2008 5th Wheel 34.5 Citation Platinum, 3 large slides, totally loaded, has everything. Excellent condition $65,000.00 o.b.o. Ph:250-569-8825••**Rooms for Rent**: Dwntwn McBride $20/night/person. Includes use of kitchen, living room, internet. NS. 569-8807 Sun.-Wed. / 569-0005 Thurs.-Sat.••**For Sale-** 1 Norton 20 KWT Electric Furnace, New $875.00 Ph:569-2350••**For Rent-**Reno'd 2 Bedroom Apartment, across from the McBride Hospital, F/S, No Smoking $525.00 Ph:569-0208••**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 569-3186•**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)-**Sunday School & Adult Classes-10am, Services-11:10am. Ph:569-3350•**Anglican United Church-**Reverend Susan Hutchinson. 441 Dominion Street. Meet Sundays at 11:30 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.

Greyhound Bus Schedule — **The Farm Store 569-0425**
Depart to East-11:15pm 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!! 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 Glines - Oscar & Broom

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

ADAM ROTH STONEMASONRY 250-569-6809
is giving you even more to look forward to this Spring! Call me for all your outdoor stonework and landscaping - firepits, patios, paths, home facing, walls, etc, etc. Unlimited possibilities and styles, using beautiful local stone....I look forward to working with you!
"ROCKING THE ROBSON VALLEY"

THE HAIR SHOPPE
569-3359 803 3rd Ave. - side entrance
The Month of April we are having "Beading" and "Scrapbooking" WEEKENDS.
Call or drop in to Odds 'n Ends to sign up 250-569-2645.
(first 10 in each class receive a surprise free gift)

By Choice Carpet Care
Carpet & Upholstery Cleaning Service • Furnace Ducts
Emergency Clean Ups • Residential • Commercial • Vehicles
Blue River • Valemount • McBride **(250) 566-4578**

Alaina Chapman
Registered Massage Therapist
250 968 4300
in McBride

STR8 UP Renovations
NEW CONSTRUCTION, RENOS
CALL JEFF WAGNER •250-569-7906

Irish Up Your Coffee At the Beanery 2 Bistro
Gift Certificates Available
Beanery 2 Bistro
M-F:6-5p.m. Sat:9-5 Sun:Closed 569-0133

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

CO-OP® 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

WATKIN'S PRODUCTS AVALIABLE
CALL FOR A CATALOGUE:
KATHY @ 250-569-0448

Ravensnook Guesthouse & Vacation Rentals
Furnished Accomodations for Discerning Travelers
421 Main St. McBride 1·250·569·7133

SCARE CROW FARM B&B ☎ 569 0351
Snowmobilers welcome. Safe parking
Hot tub Drying room Heated shop
email: scarecrow@mcbridebc.com *15km West on Highway 16*

Robson Valley Pet Hostel
Grooming & Boarding
Serving locally for 26 years
Ann Schwartz 569-3319 animal health technician

Wade's Auto Repair
• Complete automotive service and mechanical repair
A division of DNG Developments
923 Airport Road
Appointment: 250-569-8830

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

Glass Cutting, Picture Printing, Matting and Framing
call Bill Arnold 569-3381

YOUR FM at 97.1 on FM dial
Christian Family Radio Network

FOR SALE

•2009 Ford Ranger extended cab, 4x4, 5 speed manual, air, cruise, satellite radio, 7000km, #0066 with the following extras; IPF driving lights, tonneau cover, new oversize winter tires, $14200.00 as it sits

•2006 Gooseneck trailer, 36 foot deck, triple axle, 20000lb GVW, $6900.00

For more information phone Dave or Wade at 250-569-8830 DL11107