

at the 49th



100% Locally Owned & Operated
Cedar – Ladysmith – Chemainus - Duncan
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www.the49th.com



March 2010
Issue 3



~ Daylight Saving Time Begins, March 14th... ~

Welcome to our 3rd Customer Newsletter for 2010!

We are looking forward to keeping you informed as to what's happening.

Send info in drop box
or e-mail: info@the49th.com.

Watch for us Monthly.

Upcoming Events

Mar. 4: Customer Day at the 49th

Mar. 14: Daylight Savings Time Begins..

Mar. 8 - 14: Spring Break

Mar. 17: St. Patrick's Day



Mar. 20: First Day of Spring

April. 4: Easter Sunday

Unscramble the word

h m c r a _____

o n l i _____

n r e g e _____

m k c r a o h s _____

Answers to last months quiz:

Flowers, Hearts, Tiger, Year

**Watch for our next
Customer Appreciation Day;
Thursday, March 4, 2010
10% off your total grocery bill
- See store for details -**

SPECIAL HAPPY BIRTHDAY WISHES TO HARMINA RICHMOND

TURNING 70 ON Feb. 24, 2010!..



**Congratulations Harmina,
hope you had a wonderful day !**

Upcoming Events

Spring Break

March 8 – 14, 2010

March 5th – last day of school before spring vacation

March 15th – first day of school after spring break

Need to help get spring started early in your home or office? Stop in at Blooms & pick up a bunch of daffodils or tulips for someone special or just to brighten your day! ☺

St. Patrick's Day

March 17, 2010

St. Patrick's Day is celebrated by the Irish and the "Irish at heart" in big cities & small towns alike; with parades, wearing "of the green", music, songs, Irish food & drink and activities for kids such as crafts, coloring and games. It's a time for fun !

Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

Check out your local 49th and purchase your own shamrock for good luck!.. ☺

Q. What is out on the lawn all summer & is Irish?

A. "Paddy O' Furniture"

LION OR LAMB?

If March comes in like a lion, it will go out like a lamb. From fierce gales to gentle breezes, pelting rains to soft mist, March is the time of transition from winter to spring.

Did you know?

March Birthstone is the Aquamarine
March Birth Flower is the Daffodil/Narcissus

Care for your Irish Shamrock plant

Place your Irish shamrock houseplant in a sunny or partly sunny window. Irish shamrock plants must have sunlight to thrive. Keep the soil moist but never soggy.

In the winter, your plant will go dormant, when this happens, let it go without water for a couple of months and keep it in a dark, cool well insulated area like a garage or basement.

Sunrype

Check out the Sunrype displays at your local 49th store!... Sunrype is a Canadian juice and fruit snack company based in Kelowna, BC; in the heart of the Okanagan Valley.



Real Fruit Goodness

EMPLOYEE OF THE MONTH

James Halliday
LADYSMITH'S 49TH PARALLEL



James Halliday has been employed a relatively short time with us (his first day was June 3, 2009). However, during his short time James has managed to become an invaluable member of three separate departments (Bakery, Grocery & Cashier). If you are a regular reader of our employee of the month, you will have probably figured out that the 49th values this sort of flexibility. We believe the more variety our employees have in their work the more friendly and happier they will be. A happy, friendly employee is a productive employee. Our staff wins, we win and you, the customer, wins too. James is a fine example of our philosophy at its best. Thank you James for being the upbeat, outgoing and accommodating 49th team member that you are!

Big Thank You

Thanks to all of the Cedar Community and surrounding area for donations to the Cedar Zone Fun Fair. Great fun was had by all !

Dragon Fruit

Dragon fruit is a beautiful fruit grown in Southeast Asia, Mexico, Central & South America, and Israel. It is actually the fruit of a type of cactus, and the fruit comes in 3 colors: 2 have pink skin, but with different colored flesh (one white, the other red), while another type is yellow with white flesh. Dragon fruit is low in calories & offers numerous nutrients, including Vitamin C, phosphorus, calcium, plus fiber & antioxidants.



SPRING CREEK ~ PREMIUM BEEF ~

What makes our beef so good?

Spring Creek Ranch Premium Beef is **never treated with hormones or antibiotics**. A diet based on barley and forage; along with a compassionate, stress-free environment contribute to bringing the highest quality beef to your table.

Spring Creek is owned and operated by the Kotelko family in Alberta and we take great pride in our ranching heritage. We are pleased to offer a premium product that only four generations of experience can provide.

From our family to yours. Enjoy.

March Gardening Tips

Plant summer flowering bulbs (March or April).

Shop for flowering trees while they are in bloom.

Spring clean the garden.

Water and fertilize all plant material, including lawn & bulbs.

Weather permitting, plant hardy vegetables & bulbs.

Good time to do most planting of nursery stock.

Start uncovering tender perennials, roses and more delicate plant material.

Finish pruning roses and planting bare root roses.



New Items at the 49th

Bakery

The new goodie display case in Ladysmith looks great!.. Lots of new yummy treats!.. ☺
Paczki donuts (pronounced poonch-kee) (crème filled, fruit filled)
They look like bismarks or jelly donuts; they are made from especially rich dough, containing eggs, fats, sugar & sometimes milk. They feature a variety of fruit & crème fillings and can be glazed or covered with granulated or powdered sugar.

New Items at the 49th

Deli

The new sandwich table is an excellent new feature ~ Made-to-order sandwiches now available with an excellent selection of toppings.



Produce

Dragon fruit & star fruit are now available.

3lb. Galas are back
Veggie Patch Entrees
Garlic Portobello Patties
Broccoli Bites

Bulk

Sierra Sun Mix – fruit'n nut mix

Dairy

Silhouette Satisfaction Yogurts (6pk)
Activia Dessert Yogurts
Danino – Kids Drinkable yogurts (8pk)
Liberte Greek Plain Yogurt (500g)
I.F. Cappuccino Chocolate Milk (1lt)
"Go for Gold" ready to bake cookies
Pillsbury Easter Cookies

Frozen

Compliments Spinach
Delnor should be back in stock soon
Furlani – Parmesan garlic toast

Meat

Ocean Jewel breaded butterfly shrimp
Compliments Brand Bacon & Deli Meats
Spring Creek Premium Beef – no hormones or antibiotics
Highliner pan seared Frozen Fish (choose from Sole, Haddock or Wild Salmon)
Try our "in store-made" sausages (curry, beef, pork & Italian)
Did you know that 49th's ground beef is fresh ground in store?

Candy

Hershey Bars Family Size
Caramel Latte – spec. dark 60% cocoa & almond/coconut
New Ice Breaker Mints – sour lemon/raspberry/pomegranate

Grocery

Compliments Brand Pork & Beans (3 var.)
Triscuit: Balsamic Basil/Sweet Chili
Compliments canned Tomatoes (796ml)
Wow – Tastes like real peanut butter – soy butter (500g)
Cocoa Rice Krispies
Multigrain with Honey Rice Krispies
Happy Snaps – Ginger cookies
Weight Watchers canned soups
New Doritos "unidentified flavor" – Enter to name the flavor and win cash!