

THE RED LION

Restaurant & Inn

Daily Dinner Specials

Check out our **MENU**

on our website at redlionrestaurant.ca

Tuesday - Friday 11:00 am to 2:00 pm Lunch
Monday - Saturday 5:00 pm to 10:00 pm Dinner
Closed on Sundays & Stat Holidays

250-788-2755

Residential & Commercial
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Choice Water

250-788-7886



CHICKEN CORDON BLEU MELT



SUBWAY

Think fresh. Eat fresh.

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CASCADIA REALTY

**Alma
Walter**

250-788-5168



**Julia
Nelson**

250-788-6707



**Norma
Tower**

250-788-5388



Encourage Your Kids to Get Moving



(NC)

Article inside paper

Get Your Notice of Assessment Online

(NC) You've filed your taxes and now you're waiting for your notice of assessment. When it comes in the mail, you'll review it and then file it away with your notices from previous years—if you can find them. But if you're tired of waiting for mail and having papers pile up, there's an easier way. As of February 9, you can sign up for online mail, and receive your notice of assessment online from the Canada Revenue Agency.

Continued inside paper

Meet the delicious duo. Two Papa Burgers are teaming up to wrestle your meaty cravings into submission. So head to your nearest A&W to get the taste you love and the double patty action you need for just \$7.



**PAPA
BURGER**



2 for \$7
Price plus tax.



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Family & Cosmetic Dentistry

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5032 49th Avenue - Chetwynd, BC

250-788-1997

www.chetwynddental@gmail.com

NorthLink Safety Training & Services

Your link to a safe future

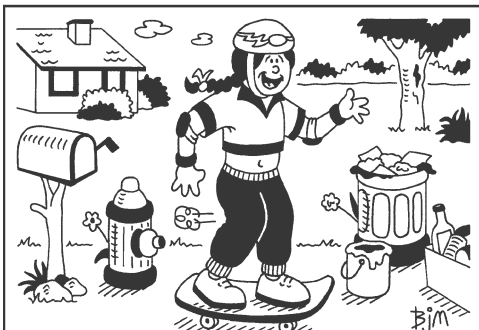
EMERGENCY CHILD CARE FIRST AID & CPR
Saturday, March 14th
Dawson Creek

Mention this ad and
save \$10 on your first class!

For a complete class schedule or to
register call 1-250-219-3479

FRONT
5 minutes from Chetwynd
Furnished
1 BEDROOM SUITES
Laundry & Utilities included
No Smoking, No Pets
250-401-8841

ComParrot by Bonnie J. Malcolm
Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com

© 2015 Bonnie J. Malcolm



Solution: 1. Tie in girl's hair is missing. 2. Leaf behind hydrant is missing. 3. Item in trash can is colored in. 4. Label on helmet is colored in. 5. Label on bottle is colored in. 6. Top of hydrant is colored in. 7. Branch on mailbox post has moved. 8. Flag on mailbox has moved. 9. Window is wider. 10. Chimney is taller. 11. Drop on paint can is lower. 12. Paper in trash can is longer.

Free Classifieds

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To submit your personal classified ad email: classifieds@coffeetalkexpress.com

VEHICLES/PARTS/FARM EQUIP./HEAVY EQUIP.

1996 Crown Victoria Ford, good tires, runs well, \$600. Call 250-874-0170

Rebuilt 1999 Doecker Super B; completely rebuilt 1996 Arctic Tridem pull trailer, sandblasted & painted. Call 250-788-5720

1998 Dodge Dakota 4x4 pickup, V6 magnum engine, auto trans, summer & winter tires with rims, 222,000km, \$4500 or will trade for camper van. Email peacecountry@person.ca

2002 Volkswagon Passat, lady driven, new winter tires & battery, fwd, leather interior, good winter vehicle, approx 146,000km, \$4800. Call (landline, do not text) 250-785-3986

2011 Toyota Tacoma 4x4 with canopy, 4 door, complete set of summer & winter tires, 65,000km, \$29,000. Call 250-788-7828

Set of 4 never used rims, Firestone Transforce AT 285/60/R20 truck tires, \$365 each or \$1100 for all 4. Call 250-401-7513 or email gadh@live.ca

2004 Chrysler Sebring, new tires, some new body parts & front end work, does not run, needs head gasket, taking offers. Call 250-788-6420

2006 F-150 Ford supercab, white, 229,310 km, \$10,000. Call Fred 250-261-3133

4 Goodyear ultra grip P185/75 R14 tires, \$150 OBO; 4 Cooper weather master winter tires, P205/75 R14, \$200 OBO; 4 Arctic Claw P185/75 R15 tires, \$150 OBO; 2 Nordic winter trac tires, P215/70 R14, \$100 OBO. Call 250-788-6474

2001 Ford Escape 3L V6, no rust, intact windshield, needs 2 new tires, 145,000 km, \$5000. Call or text 250-401-6409

Lifted 1977 Chevy crew cab 4x4, 1 ton running gear, 500+ HP big block, turbo 400 tranny, 205 transfer case, 39" tires, \$7300 OBO; 2006 Dodge Grand Caravan, stow & go seats, low kms, new front window, new summer & winter tires (both on rims), \$6400 OBO. Call 250-401-1878

1998 4x4 Dodge Dakota, V6 engine, auto trans, 222,000 km, 2 sets tires and wheels, \$4500 or trade for older 16 foot + travel trailer. Call 250-788-6845

2004 VW Jetta TDI (GLS Sedan), fully loaded, power trunk/locks/steering/windows/sunroof, heated seats, \$7800 OBO. Call or text 250-401-7800

2004 Chevy Impala in good shape, remote start, custom stereo, 194,000 km, \$3200. Call Dale at 250-719-4079

2011 Dodge Ram Laramie 1500, gas & propane, fully loaded, leather, 185,000 km, \$21,000. Call 250-467-2182

2008 white Dodge Ram 3500, 6 speed standard, short box, cloth interior, 176,000km, \$20,000 firm. Call 250-304-8335

2005 Dodge Caravan, stow-n-go seats, rear heat, 2 complete sets of summer & winter tires on rims, 160,000 km, runs good, \$5900 OBO. Call 250-788-9421

2002 Volkswagon Passat, lady driven, new winter tires & battery, fwd, leather interior, 146,000 km, \$4800. Call only to 250-785-3986

1996 Ford F-250/F-350 C-6 trans, perfect cond, 130,000 original kms, \$300; 1995 Ford F-150 4x4 parts truck, good body, 225,000 kms on running engine, truck near complete by needs trans, \$300. Call 250-788-9969

New Dodge truck front floor mats for mud & water, never used, \$100 firm. Call 250-788-6962

FOR RENT

Avail March 1, 2 bdrm duplex down town, adult oriented, washer/dryer, no pets. Call 250-788-3936 or 250-401-8560

Large furnished room in private home with computer desk & sitting room, shared common areas, internet, TV & wifi. No smokers, must be working. Call 250-788-9828

Available immediately, large & clean mobile home, no smoking, no pets, \$1200/mo. Call 250-788-8130

Fully furnished 1 bdrm apartment, non-smoking, laundry facilities included. Call 250-788-2286

1 bdrm near Rec Centre with shared suite, furnishings, wifi, washer and dryer for clean and responsible short term shift worker. \$700/mo. Call or text 250-549-0267

Beautiful 3 bdrm 2 bath updated home in Tumbler Ridge with hot tub, fenced yard backing onto green space, large shed, water softener & gas fire place. No smoking, pets negotiable, \$1400/mo, includes utilities. Call 250-242-8552

2 furnished rooms in large home 20 mins east of Chetwynd with washer, dryer, dishwasher & satellite TV. \$650/mo. Call or text 250-788-5871

Available May 1, newer executive duplex, 2400 sq ft, 4 bdrms, great location across from park, close to schools & Rec Centre, no smoking, no pets, most appliances included. Call Sheri 250-788-3258 evenings or text 250-556-9839 for call back

3 bdrm house with unfinished basement, large yard, \$1200/mo + damage deposit. Email dashriprock_star@yahoo.ca

**APARTMENTS
FOR RENT**
Adult Oriented
No Pets
Includes Cable TV

**FURNISHED &
UNFURNISHED SUITES**
Bachelor - 1 & 2 Bedroom Suites
No leases - Call now!
North-Trac Property Management
250-401-3410

WANTED
StrongStart Early Learning Centre is looking for Toddler to Preschool aged slides, teeter totters, climbers and ride-on cars and tricycles. Anyone wishing to sell or donate please contact Luisa at 250-788-9110.

Free Classifieds

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MISCELLANEOUS

Fresh garlic, several varieties still avail: New oak dining table with 4 baked on chairs & 2 stools, like new, \$500. Call 780-864-9621
Chesnok Red, Persian Star, Ukrainian, German Red, \$15/lb. Call 250-788-5147 or 250-788-2970

Large pails of organic honey, \$3.50/lb; top quality well-cured birch & tamarack furniture lumber. Call 250-719-6142

Delta 1 Horse tablesaw, runs great, \$200 OBO; Delta 10" planer, \$200 OBO. Call 250-788-6962

1899 Bell pump organ, excellent cond inside & out, \$1200 OBO. Call 250-788-2944

Fresh farm eggs, \$3.00/doz. Call 250-788-5316

Washer and dryer in working order, \$200 for both, OBO. Call Leonard at 250-788-5134

Nikon L330 camera, 24 mega pixels, case incl, \$200. Call 250-788-9818

Ernie's Sport Store gift card, \$100 value; Best Buy gift card, \$25 value. Call 250-788-3826

Electronic TS-1 motorized golf caddy, only slightly used, worth \$1200 new but will trade or sell for \$200. Call 250-788-6845 or email peacecountry@persona.ca

Princess style gown in red, great for grad, can be strapless or strapped, very sparkly, needs steaming but in good cond, \$350. Call 250-401-8807

Shaw Motorola DSR PVR 630's & 600's, never used; Shaw satellite with new LNB, \$70. Call 250-719-4869

Seasoned firewood. Call 250-788-5409

12'x14' wall tent, \$400; like new treadmill, incline, speed with heart rate monitor, folds up for storage, \$250. Call 250-788-2482

Samsung Galaxy SIII, \$150. Call Dean at 250-788-5812

Shale floor tile, 70 sq ft, make an offer. Call 250-788-5697

Firewood, \$180 split, \$160 not split per cord. Free delivery within 50km. Call 250-788-2514

2 large beautiful 7' dining room tables, 2 1/2" top, heavy timber framed legs, 1 is 40" wide, 1 is 36" wide, made of pine & birch; 1 coffee table. Call 250-788-3371

Very comfortable pillow top Trump Home Pergola mattress & box spring with nice dark wood frame, used 6 months, \$1000 OBO. Call or text 250-401-6409

Maytag portable dishwasher with wood counter top, like new, \$300 OBO or trade. Call 250-788-2835

Top load washer & dryer in good working order, not matching. Make me an offer. Call 250-556-4188

Tattoo equipment, sterilizer, machines, inks, reference books, etc. Will trade for project car or truck. Call 250-242-4819

Ps2 with accessories: 2 Guitar Hero guitars, 3 memory cards, controllers, multi tap switch new in box, 21 PS2 games, 9 PS1 games, \$200. Call 250-788-9969



\$2 Classifieds

NOT FOR COMMERCIAL USE
FOR PERSONAL USE ONLY

250-788-3422

PROPERTY

A MUST SEE!! House for sale by owner. Beautiful 2 level, 4 bedroom, 2 bath house. Many upgrades. New hardwood flooring throughout. 1/2 acre fenced yard, large deck and shed. Rodeo Sub near Little Prairie School. \$259,000. To view call 250-788-3133.

SPRING IS ON ITS WAY! AND WITH THAT COMES DAFFODILS!

Fresh cut Daffodils from Vancouver Island will be arriving in Chetwynd March 19, 2015. Pre-order forms will be faxed out to local businesses soon, so be watching for them. Be sure to get your order in as the Daffodils are limited and we don't want you to miss out. Each year our colourful "Daffodil Boots" sell out very quickly.

Do you have a couple of hours to spare? Are you new in town and want to meet new friends or have a friend that you would like to spend a couple of hours with? Well this is a great opportunity for just that and we would be happy to have you. New faces and new energy are most welcome.

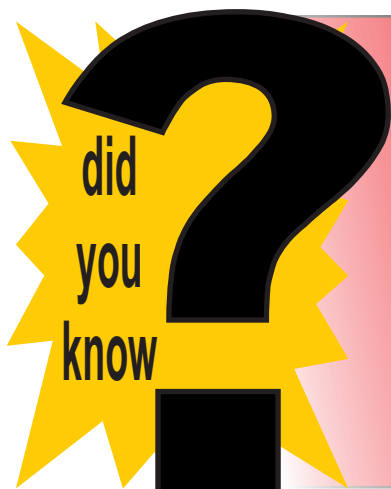
We are looking for volunteers for March 19-March 25, 2015. Please consider coming out and joining our enthusiastic group of volunteers.

Tables will be set up for sales of Daffodil bunches and beautiful arrangements either in vases or our "unique" rubber boots at Chetwynd IGA and Super Valu. If you are interested please contact Loni at 250-788-2842 (nights) or 250-788-5320 (days).

April 1 is the start of our annual Daffodil Pin Campaign. Pins will be available in various locations in our community. Be sure to pick up a pin and wear for the month of April to show your support for people who have been affected by cancer and to remember those we have lost. Together we can make a difference. Contact Loni for more info at 250-788-5320.

Take Charge and Read The Little Black Book of Scams

(NC) Don't get taken by con artist – now is the time to get informed. March is the designated Fraud Prevention Month, so be sure to download a copy of *The Little Black Book of Scams* from www.competitionbureau.gc.ca/fraud. It's filled with clean little secrets for protecting yourself, your family, your identity, and your hard-earned cash – and most of all it helps all of us to stamp out the scammers.



WE CARRY NEW WILTON BAKE/DECORATING PRODUCTS

- * Ceramic Baking Cups
- * Comfort Grip Cookie Cutters
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- * Gel Food Colors & Icing Color Paste
- * Sprinkles
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Store**
With **More**

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PROPERTY

4 bdrm house 2 minutes from town on 5 acres, \$253,000. Call 250-788-1001 or 250-788-6117

5 bdrm fully renovated home on 2.1 acres 10 mins west of town, priced to sell at \$229,000, \$36,000 below appraised value, move in ready. Call or msg Trevor at 250-788-5336

Home for sale with all furniture by owner. Only \$198,000 in Tumbler Ridge BC, 2 bathroom, 4 bedroom, 2 living room, shed, completely fenced for pets. Call 250-257-0737

Newer home with 2 bdrms and 2.5 baths on 10 acres 15 minutes from town. 14x24 shed, lots of recent updates, \$289,000. Call 250-788-5697

3 bdrm house on double lot with double heated garage, sun patio, office, new flooring & roof, trees, garden, \$285,000. Quick possession date if possible. Call 250-850-4995

PETS/LIVESTOCK

4 month old male German Shepherd Akita cross puppy, very smart & loving, \$100 but will need shots, need gone ASAP. Call or text 250-401-6409

Six 8 week old miniature teacup/potbelly cross piglets, for house pets, \$300 each. Call 250-784-8969

7 month old female Kangal shepherd dog, good with kids, well socialized, needs lots of room to run around, \$200. Call 250-788-5567

1 year old B&W cat looking for a loving home, fixed, litter trained, very cuddly, gets along with little dogs, free to loving person. Call Rhonda at 250-788-9598

Weiner pigs and feeders. Call 250-788-8855 between 8 am and 9 am

LOST & FOUND

Lost: Black Samsung cell phone. If found please call Kathy at 250-788-5112 or 250-788-2126

Lost: Post office key. If found please drop off at Coffee Talk.

Lost: Black leather jacket with zipper inside for hoodie & mens wallet with ID sometime in the middle of Feb, possible in industrial grounds. If found please drop off at Coffee Talk or RCMP.

Lost: Set of bright blue headphones in small black case Fri Feb 21. If found call 250-788-5612

REC VEHICLES

1999 Slumber Queen 9' truck camper, 1 bath, 3 burner stove/oven, fridge, queen bed, drop down bed, double sinks, solar panel & 800 watt inverter, dual propane tanks, RV battery, hydraulic jacks, tie-downs, aluminum scissors stairs, \$5500. Call 780-835-6030

2003 Summit 800 sled, \$2400. To inquire call 250-826-9461

28 ft 1987 Suncrest motorhome in great shape, new fridge, hot water heater, 460 motor in great cond, new tires. Call 250-782-4013

1996 Ski-Doo Polaris Ultra 680, runs good, \$1600. Call 250-788-5875

2004 Arctic Cat 400 quad, under 2000km, \$1700. Call 250-788-3332

Ski-Doo Summit 800 XRS in good cond, 151" track, all stock except for MBRP can & slip intake, 1500km, \$4500 OBO. Call 250-788-6899

2007 Weekend Warrior toy hauler, 28" pull trailer, sleeps 6-7, fully self contained including built-in generator & pull up fuel station, excellent shape, \$25,000 OBO. Call 250-401-1878

2007 Ski-Doo Summit 800 XRS in good cond, 151" track, all stock except MBRP can & SLP intake, 1500 km, \$4200 OBO. Call 250-788-6899

1999 Corsair 8'10" camper, new roof & fridge, excellent condition, \$7500 OBO. Call 250-788-1105

2012 Bearcat 570XL sled, excellent cond, \$8000 OBO. Call 250-788-1105

Limited edition RZR 900 XP4, Walker Evans shocks, hard top roof, stereo system, winch, 1/2 windshield, tow hitch, high clearance radius arms, rhino axles, new motor with less than 25 hours on it, excellent cond, \$18,000. Call 788-8818 or 250-788-6825

2004 Honda Foreman with snow blade, \$4200 OBO; 2006 Arctic Cat Crossfire 700, \$3700 OBO. Call 250-788-5545

1985 Safari 377 Ski-Doo, excellent cond, new windshield, seat cover, fuel pump, needs voltage regulator, \$700; 1998 Polaris Indy 500 twin snowmobile, excellent cond, very good shape, reverse, spare belt, \$1200. Call 250-788-9969

2009 camouflage Honda ATV 4x4 Rancher, 420cc engine, only 1,450km, \$5800 OBO. Call Jeré at 250-788-2944

2012 Ski-Doo Summit 800 XP, 154 track, \$8500 firm. Call 250-788-6962

WANTED

Wanted: .308 or 6.62x51 commercial or mil, will buy or trade. Call 250-719-7497

Wanted: Louis L'Armour western movies, must be VHS. Call 250-719-6142

Wanted: 3-4 bdrm house to rent for family of 6 with small dog, needed by the end of February. Call 250-788-9552

Wanted: Massey Ferguson 165 parts tractor. Call 250-788-3480

Wanted: Guitar lessons for 8 year old beginner. Call 250-788-1837

Wanted: The individual who wanted an accordion a few months ago. Call 250-788-8853

Wanted: Furniture, kitchenware, bdrm furniture and clothing for 2 yr old boy for cheap or free. Able to pick up. Call 250-788-2903

Wanted: A dehumidifier for a decent price. Call 250-788-6416

Wanted: Arctic sleeping bag. Leave msg with phone number for Christine at 250-401-7421

Wanted: Work as a house sitter or live in caregiver for children or elderly female. Offered by middle aged, non-smoking, non-drinking Christian in exchange for free R&B. Call 250-401-7421 or email j.c331@yahoo.ca

Wanted: Apt for Mar 1 - June 29 for single male teacher working at CSS on 4 month contract. Clean & friendly, need place within walking distance. Send photos to harmang@gmail.com or leave msg at 604-961-5742

Wanted: Twin box spring in good shape. Call 250-788-2944

Wanted: 18" rims for 2007 Ford F-150 pick-up. Call 250-788-9188

Wanted: To rent 1 bdrm apartment or basement suite starting March 1, must be pet friendly. Call 250-793-3860

Wanted: Reading tutor for 8 yr old. Call 250-788-1837

Wanted: 4 tires, 245/75 R-16. Call 250-261-3133

Consumer Information

Get Your Notice of Assessment Online - Instead of in Your Mailbox

Continued from front page

Subscribing to this new online mail service means you won't be getting a paper copy and you'll have your notice of assessment at your fingertips within one week of when your return is assessed—no more waiting. You can view and print it whenever you need to.

Sign up for this secure service in one of two ways:

- Include your email address on your 2014 income tax and benefit return, whether it's through your tax preparation software, your tax preparer, or on your paper return. By including your email address, you'll automatically be signed up for online mail. You will need to register for the CRA's My Account service, if you are not already registered, to view your notice of assessment online.

Or:

- Register with My Account (or log in if you are already registered) and select the Manage online mail option.

When your notice of assessment is ready to be viewed, the CRA will notify you through email.

Additional taxpayer correspondence will also be available online in the near future – and more information is available at www.cra.gc.ca/myaccount.

LOOKING FOR SOMETHING TO DO?

Come join Cadets!

We are looking for officers to help deliver an amazing program. Come check out what we do in our community. Every Monday night from 6pm - 9pm at the Legion. Contact Captain Wanner for more info @ **250-467-9876**.

WEEKLY HOROSCOPE

ARIES (Mar. 21-April 20) Bring work home if it will help you get caught up. You have a lot to offer. If you're uncertain of your feelings, keep your opinions to yourself. You must refrain from overspending on entertainment. Your lucky day this week will be Tuesday.

TAURUS (Apr. 21-May 21) Your outgoing, aggressive nature will attract someone you've been eager to meet. You will have some problems with children, but if you are patient you will win their favor. Take care of the needs of elders in your family. Someone may try to damage your reputation. Your lucky day this week will be Wednesday.

GEMINI (May 22-June 21) Consider the source before you believe what you hear. Don't spend too much in order to impress others. Hold on; your time will come. You might be overly emotional concerning situations at work. Your lucky day this week will be Saturday.

CANCER (June 22-July 22) Your tendency to vacillate will drive everyone crazy. This is a great day to mingle with people you would like to impress. Someone you live with will be quite unreasonable this week. Your lucky day this week will be Tuesday.

LEO (July 23-Aug 22) You will be popular and will easily attract members of the opposite sex. You are best not to confront situations that deal with in-laws or relatives. Your passionate nature may make you jealous if your mate has been too busy to take care of your needs. Your lucky day this week will be Thursday.

VIRGO (Aug. 23-Sept. 23) Travel will promote romantic connections. You will be able to make favorable changes in your living quarters. Opportunities to get involved in self improvement projects will be rewarding. You can receive recognition for the work you've done. Your lucky day this week will be Tuesday.

LIBRA (Sept. 24-Oct. 23) You can make changes to your home that will be pleasing to all concerned. Your added discipline will enable you to complete some of those unfinished projects. Real estate investments will be profitable. Your lucky day this week will be Friday.

SCORPIO (Oct. 24 - Nov. 22) Arguments with children or friends may leave you steaming. Romantic opportunities will flourish through travel or communication. Don't spend too much on products that promise amazing cosmetic results. Your lucky day this week will be Friday.

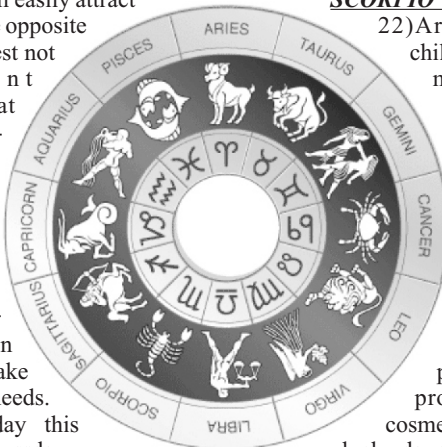
Friday.

SAGITTARIUS (Nov. 23 -Dec. 21) Situations in your personal life are moving a little fast lately. Changes could be overwhelming. Take the time to do your job correctly or you may find yourself looking for a new one. Don't be alarmed. Your lucky day this week will be Tuesday.

CAPRICORN (Dec 22.- Jan. 20) You should make special plans for you and your lover. Romance will develop through work related activities. Try to think things through. You can help them more than they can help you. Your lucky day this week will be Sunday.

AQUARIUS (Jan. 21 -Feb. 19) Passion is about the best way for you to relieve tension. Refrain from overspending on entertainment or luxury items. A romantic infatuation from your past may surface if you frequent places that you both used to go. Your lucky day this week will be Tuesday.

PISCES (Feb. 20-Mar. 20) You really can't do anything to change matters this week. Don't push your mate if you want to keep this union going. Include the whole family or those you love. If you haven't planned a vacation, then at least try to get away for the weekend. Your lucky day this week will be Saturday.



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Construction/Forestry Mobile Technician -
NOW AVAILABLE 24/7

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Mobile Welding, and Line Boring Services

• Parker Hydraulic Hoses made to order -
No Assembly Charge

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moving!

Parts Department Hours of Operation:
Monday to Friday open 7am to 5pm
CLOSED SATURDAY & SUNDAY
After hours on-call parts available 24hrs
per day can be reached at 250-788-7920

4513 45th Avenue, Chetwynd, BC . Located in the Industrial Park

250-788-7920

Scuba

at the Chetwynd & District Rec Centre over spring break!

Supplied Air Scuba

7 to 11 year olds – \$55.00 + GST

Explore the surface of the water using supplied air wearing a floatation jacket.

2 sessions to choose from:
Mon, Mar 23 – 8:45am – 10:00am
Tues, Mar 24 – 8:45am – 10:00am

Discover Scuba

12yrs to Adult – \$65.00 + GST

A great introduction to scuba – feel the exhilarating feeling of being weightless while breathing underwater.

4 sessions to choose from:
Mon, Mar 23 – 10:30am – 12:30pm or 7:00pm – 9:00pm
Tues, Mar 24 – 10:30am – 12:30pm or 7:00pm – 9:00pm

SPACE IS LIMITED

For more information or to register over the phone by credit card call 250-788-2214

HELP WANTED



HOUSE KEEPER

Apply in person to
Stagecoach Inn
5413 South Access Road

B.A.C.K. Ventures Ltd. IS HIRING

LOGGING TRUCK DRIVER
WITH CLASS 1 LICENSE
Free Accommodations
& Benefits Provided

Phone: 250-788-2846
Fax: 250-788-2848
Email: youngs@pris.ca

Brent Clayson HEARING SERVICES

coming to Chetwynd
EVERY OTHER TUESDAY
(Next date: March 10th)
To make an appointment call
1-844-688-4327



FOOD AND NUTRITION

Encourage Your Kids to Get Moving

(NC) Studies have proven that there is a link between childhood obesity and a lack of physical exercise. Canadian children spend an average of 8 hours per day in front of a screen, and few meet their daily fitness guidelines. According to the Canadian Society for Exercise Physiology, kids ages 5-17 require one hour of moderate to vigorous physical activity per day. Meeting these guidelines can help improve kids' health, academics, body strength and self-esteem.

Many parents feel at a loss when dealing with their child's health and potential weight issues. To raise awareness for Nutrition Month, T-fal's Nutritious and Delicious brand is launching its award winning *Healthy Cooking for Healthy Kids Program*. This year, the annual program includes the monitoring of physical activity to better help families strive towards a healthier lifestyle. The program offers free printable materials including kid friendly recipes, proportion control placemats, grocery lists, healthy eating and exercise charts. The program also offers a live chat with a leading nutritionist.

Want to help your kids get active this Nutrition Month? Limit screen time to 1-2

hours per day and encourage your kids to spend their spare time being active instead of on the couch. The recommended 60 minutes of moderate daily physical activity can be broken up into 10 minute increments throughout the day. Being active does not require expensive exercise equipment or a gym membership. Make easy swaps to help kids stay active and burn calories throughout the day:

- Get off the couch and play a sport like basketball (burns approximately 280 calories per half an hour) instead of playing a video game that only burns 53 calories.
- Instead of playing a board game, do a jump rope contest to see who can skip the longest to burn approximately 100-150 calories in only 10 minutes.
- Did you know it would take you an hour and 40 minutes of exercise to burn off the calories consumed from a large serving of fries at a fast food chain?

For more information on the *Healthy Cooking for Healthy Kids Program*, to download the free printable materials, and to access the live chat with a nutritionist visit t-fal.ca/nutritionmonth.

FOR RENT

- 3 bedroom home in
Crown Sub, avail. March 1st.
- 6 bedroom executive
home in Rodeo Sub.

to view call

250-788-5198

Residential & Commercial Construction

MONTY LOBERG CONTRACTING

Box 1302, Chetwynd, BC V0C 1J0

Phone: 250-788-3223

Cell: 250-401-8397

Red Seal
Certified & Insured



PINE VALLEY SENIORS

HALL RENTAL

For more info & hall rental call Bernice

250-788-2307

PEACE FM
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Use This Handy Spring Cleaning Checklist

(NC) After the long Canadian winter, there's something about this time of year that inspires us to throw open our windows and let the fresh breeze in. Spring is an ideal time to de-clutter and infuse renewed energy into our living space.

A complete spring clean overhaul can take days of course, so plan accordingly and set a realistic schedule. The following tips will soon have your home dust-free:

- Before you begin cleaning, categorize the list of jobs required (e.g. cleaning baseboards, organizing cupboards, washing curtains). Although it seems easier to tackle all the vacuuming at once, completing one room at a time will give you the satisfaction to continue.
- Begin with dusting and vacuuming surfaces—from ceiling to baseboards—as well as chandeliers, light bulbs and light fixtures. Spring cleaning does require a little old fashioned elbow grease. Scrub floors with a scrubbing brush and cleaning solution, clean the grout on tiled floors. If you don't already own one, rent a steam cleaner for carpets.
- Take down window treatments and wash or dry clean. Wipe wooden blinds with a gentle wood cleaner, wash aluminum blinds outdoors where they can dry. Clean the inside of windows.
- As a rule, work from the top down, so areas don't get dirty again. However, when it comes to washing walls, it is easier to start from the bottom using a sponge mop. This way, you can more easily clean up any drips.
- In the kitchen, thoroughly clean the tops of cabinets, fridges and stove vent. Be ruthless with the contents of your fridge and throw out anything old, or furry. Defrost your freezer, empty the contents and wipe the inside with a mix of a litre of hot water with 2 tablespoons of baking soda.
- In the bedroom, flip your mattress and edit your wardrobe. Store away winter garments until the next season and get rid of clothes you haven't worn for more than a year; don't save them for "someday".
- Organize bookshelves and storage cabinets. Spring cleaning is a good time to donate unused or unwanted items. One place you can donate is to a ReStore of homebuilding organization, Habitat for Humanity. It accepts everything from furniture, household products, to even the kitchen sink. And ReStores provide a tax receipt for the value of your donation. You can find one in your community at www.habitat.ca/restore.
- Spring cleaning is also an ideal time to safely dispose of expired medications and replace batteries in your smoke detector.

Once the work is done, open the windows wide and let that fresh spring air in.

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Dawson Creek Aboriginal Family Resources Society CURRENTLY HIRING Full-Time Aboriginal Child and Youth Mental Health Support Worker

Start Date: March 30, 2015 | Closing Date: March 20, 2015

Wages: As per collective agreement

Work Location: Chetwynd

Drivers License: Valid BC | Class: 5

Qualifications:

Minimum educational qualification of a relevant community social service certificate or diploma. Or an equivalent combination of education, training and experience. Knowledge of Aboriginal Community and ability to speak a First Nation Language an asset. Access to a safe reliable vehicle. Subject to Criminal Records Review. Able to work flexible hours.

Duties:

To support and promote cultural enhancement, affect emotional and behavioral change and positive growth in children experiencing, or at risk of experiencing and mental health problem that may be creating significant distress and/or impairment of development and functioning in their home, school or community.

To apply for this position

Email: j.mercereau@aboriginalfs.net Fax: 250-782-2644

Mail: Dawson Creek Aboriginal Family Resources Society

#14 1405-102nd Ave, Dawson Creek BC V1G 2E1

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District of Chetwynd Takes Over Visitor Centre

The District of Chetwynd is pleased to announce that effective April 1, 2015 it will be delivering Visitor Centre Services directly for Chetwynd. While the District has had a long and productive relationship with the Chamber of Commerce in conjunction with the District's Visitor Centre operations, because of escalating costs of providing this service the District will be taking over the service and modifying operating hours to reflect slower winter and brisker summer hours. While there will be a reduction in winter hours, the same level of service will be provided during summers as in past years.

The Visitor Centre will soon be moving to a newly renovated location at the former site of the Municipal Hall at 5400 North Access Road. The Northern Development Initiative Trust awarded the District a grant in the amount of \$250,000 in 2014 for renovations to the site of the new Visitor Centre. Until the newly renovated facility is available in the fall of 2015, the Visitor Centre will temporarily be located at an alternate location. All services including visitor information services, sales of local goods and crafts, and retail tourism services will be offered through the redefined Visitor Centre. The District's goal is to enhance local services and events, with more focus on summer operations and activities at the Centre, and to work with the Chamber of Commerce to strengthen its services to the business community and residents of Chetwynd.

"We are tremendously excited about the opportunity to provide this service directly for visitors, residents and businesses of our community," stated Mayor Nichols; "We look forward to a continued very positive working relationship with the Chamber, which will now be able to focus even more on its own local events and programs, like the new "Small Town Love" program. This project, sponsored by Northern Development Initiative Trust, is directly oriented toward supporting local businesses. Council has offered the Chamber of Commerce a grant in aid in the amount of \$25,000.00 to assist with expenses involved with this program and as transition funding."

The District will work with the Chamber of Commerce to improve its own services and events, and together will strengthen commercial and cultural opportunities in Chetwynd.

Mayor Nichols summarized, "By working together we can achieve great things for our community, and we look forward to this new opportunity."

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AFR special guest *Keanna Arneson*

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Chetwynd Curling Rink
Doors Open 9pm

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