

# Coffee Talk Express



Tuesday July 2, 2019

**The Lion Inn**  
250-788-9990 & Suites  
Weekly & monthly rates available  
thelionsuite.com 5132 46th Ave



Dawson Creek Realty  
Chetwynd Branch  
250 788 9909

ALMA WALTER

DAN GRODZUIK

JODIE ETHIER

MYRA GRODZUIK



250 788 5168

250 788 6435

250 788 5043

250 788 6365

## MAKE YOUR OUTDOOR SPACE AS "SMART" AS THE REST OF YOUR HOME

Smart-home technology doesn't need to be contained by the four walls of your home. There are many ways to bring the conveniences you love indoors outside with just the touch of a button.

Gardening expert Frankie Flowers and the Electrical Safety Authority share three tips to incorporate home automation beyond the front door to make your outdoor space smart and safe.



Elevate your gardening experience. You can set your automated lighting with timers to call attention to your hydrangeas, and keep your garden green with automated sprinkler systems. When upgrading your yard, it's important to make sure any cables or wires used are rated for outdoor use and are sunlight resistant and marked "SR" to avoid sun damage.

Keep your outdoor space safe and secure. You can add an extra level of security to your home by incorporating lighting and outdoor security cameras. It not only helps keep your home safe, but can also add value to your property. For power cord connected devices, a ground fault circuit interrupter (GFCI) outlet must be used to avoid shock. A cover plate marked "Extra Duty" will protect outlets exposed to weather, keeping water and debris out and prevent electrical shocks.

Power the outdoor trends. The latest trend for landscapes is to incorporate natural elements like fire. You can heat up the outdoors with a fireplace, but note that there may be electrical considerations if you choose an electric or gas one.

A licensed electrical contractor will help you achieve the automated outdoor space you have been waiting for. Remember to ask for a certificate of inspection when any electrical work is complete for insurance and resale purposes, not to mention peace of mind.

Find more tips at [poweryourlife.ca](http://poweryourlife.ca).

**RE/MAX** A Realtor You Can Trust!  
**MYRA GRODZUIK**  
**250 788 6365**  
**RE/MAX**  
Dawson Creek Realty Chetwynd Branch  
Each Office is Independently Owned and Operated

**WE NOW CARRY WORK BOOTS TOO!**  
**SAFETY WEAR**  
**ACTIVE WORKWEAR**  
the **PENCIL BOX**  
4753 51st Chetwynd BC

**ROYAL LEPAGE**  
**CASCADE REALTY**  
**Let us help you find your perfect HOME**  
Call Our Office Today!  
250-788-9225

ANTHONY BOOS 250-719-5454  
KAREN BOOS 250-788-6598  
JULIA NELSON 250-788-6707

**Chetwynd Dental Clinic**  
**FREE WHITENING**  
VALUED AT \$440  
with a complete exam and cleaning  
5032 49th Avenue - Chetwynd BC  
250-788-1997  
[chetwynddental@gmail.com](mailto:chetwynddental@gmail.com)

advertising@coffeetalkexpress.com paper@coffeetalkexpress.com classifieds@coffeetalkexpress.com **PH: 250.788.3422**  
SERVING CHETWYND AND AREA- CHECK OUT OUR WEBSITE [COFFEETALKEXPRESS.COM](http://COFFEETALKEXPRESS.COM) **FAX: 250.788.3405**

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SERVICING CHETWYND • TUMBLER RIDGE • DAWSON CREEK



**Licensed and Insured**  
**OAKENPRIDE VENTURES LTD**  
**250-788-5351**

## HELP WANTED

**YOUNG'S MILLS**  
**(1980) LTD**



**•Office Assistant**  
 Part Time/Student Position

Fax: 250-788-2848  
 Email: [admin@youngsmills.com](mailto:admin@youngsmills.com)

**KPA Oilfield Services Ltd**

4325 HWY 29 North Chetwynd, BC

**Serving the Peace Country Region**

**Services including but not limited to**

- Potable Water Services
- Gravel Trucks
- Gravel Sales
- Vac and Tank Truck Services

**For Pricing & Scheduling Call**  
**250-788-6933**

Box 1295, Chetwynd BC V0C 1J0

Please email resumes to  
[hr@kpaoilfieldservices.ca](mailto:hr@kpaoilfieldservices.ca)



PINE VALLEY SENIORS

**HALL RENTAL**

For more info & hall rental call Bernice

**250-788-2307**

**Beelyne Executive Services Ltd.**

**SUMMER HOURS**

Starting JULY 2nd

**Monday to Thursday 9am to 4pm**  
**closed Fridays**

**5208 N Access Rd, Chetwynd, BC**  
**250.788.3638**

# Free Classifieds

Classifieds are for personal use only and are published on a first-come, first served basis.

To submit your personal classified ad email: [classifieds@coffeetalkexpress.com](mailto:classifieds@coffeetalkexpress.com)

## VEHICLES/PARTS/FARM EQUIP/HEAVY EQUIP.

FOR SALE BIG Truck tires and rims (8) 11R245 Trailer tires with 75% tread \$130.00 each (6) 11r24.5 Bridgestone spares on Alcan aluminum rims \$300 each (2) 385 Bridgestone tires with 75% tread. \$300 each Phone 250-788-6777 or 250-788-5015

2009 Chevy Cheyenne 1500 pickup 4X4, new transmission, tires, front end, interior excellent condition, v-8 engine, gas 5.3i crew cab. 217,000 km \$13,800. leveling kit w/ 5000lb air bags. Call 250-878-1647 or 250-878-2817

4 Arctic Claw tires 215-75RM \$200 90% tread. 30.-06 savage model 110 w/ accessories asking \$475 call John 250-782-3996 or 250-219-4334

2005 Ford F-150 crewcab 4X4 4.6 litre w \$1000 tonneau cover, rebuilt transmission in 2012, 300,000km on truck. \$3,800 OBO call or txt 250-793-0195

'06 white Duramax diesel crew cab, new tires and brakes 380,000km runs excellent, in good shape, asking \$7280. call 250-801-8308

2007 Chev Stock front bumper. Came off Chev 1 ton truck. Lights, wiring and brackets included. Asking \$495.00 OBO. Call 250-788-3925

10 large hydraulic rams, various sizes. 6' x 18', 5' x 24', 4' x 60' 3' x 48' etc. Offers. Call Vic @250-783-5535

1997 F-250 3/4 ton Ford PARTS ONLY. Motor, tranny, 4x4 in good shape. \$500 obo call 250-788-2805

1995 Dodge 3/4 ton 4x4, v-10, bush bumper, lifted, runs good, needs some tlc. \$800 obo. call 250-788-1830

2017 dodge ram 1500 crew cab short box \$67,000 kms \$22,900. 2017 John Deere tractor cost \$42,00 new now only \$29,000 obo only has 48 hrs on it. call 250-788-3868

Vibrator for gravel box (new) \$1,200. Call 250-788-9408 or 250-788-5948

2013 F150 71,000km, 2013 Puma fifth wheel. \$40,000 OBO for both. Call 250-401-1586

2008 GMC Sierra for sale, no trades, moving out of province and can't take with me. Great work truck, very dependable, high mileage, well maintained, has new winter tires on rims. Asking \$4000 OBO. Located in Chetwynd Nick 709-746-3760

2011 Dodge Ram 1500 V8 4x4 four door model with spray in box liner, tow pkge, A/C, CD Player, Auto trans, seats 6 142,000km, \$14,000 OBO 250.401.3490 for more info

2002 Ford f-350 4x4 7.3L manual 6 speed, 186,000. Canopy, well maintained, good tires \$15,000. call 250 788 2944 or 250 788 9421

1995 Ford Explorer, 300 000km, driveable, located in Chetwynd, \$250. Call or text 506-323-8405

1999 f-350 7.3l 6 speed- new battery, runs good, comes with wood rack. call 250-788-2908

Ride on lawn mower 13 HP 38 inch shift on the go in excellent condition, well cared for, in good working order. Everything works stored in garage. 4 Good Year wrangler tires P265x70R-17 inch Radial tires, steel corded 5ply tread, lots of rubber. call 250-788-2632

1994 Chevy blazer for parts, 2004 mazda 6 4 door, 1997 f-150 supercab longbox v6 5 speed standard. 4 225/50r17 winter tires new low profile and 4 265/75516 Goodyear wranglers on chrome mags for 3/4 ton chevy. 250-401-7215

## FOR RENT

3 bedroom mobile on wabi hill #9, \$1000 a month plus utilities. Call 306-441-6646

2 bedroom mobile home available May 1st. Email [jbgagel@shaw.ca](mailto:jbgagel@shaw.ca) to inquire.

Looking for male roommate for June 1. Must be working, quiet and no parties. Please phone me if you are interested. 250-556-4087

2 furnished bedrooms for rent. Shared accommodation- available immediately. Weekly and monthly basis \$250/ week \$50/ a day. call 250-788-6938

Beautiful 1500sf 3bedroom house on acreage 3 minutes from town for rent. No inside pets. Call or text 250-401-8647

room for rent \$650 a month, available immediately- right in Chetwynd. Call 778-675-1604

Furnished room for rent in downtown Chetwynd. Includes utilities, internet and cable. Shared common areas. Call Julie for more info @250-401-1985

2 bedroom suite across from Moberly golf course- sundeck, nice view of lake, fridge/stove/washer/dryer rent \$1000. inclds hydro, water and snow removal, available July 1st call 250-788-6339

**ComParrot**  
 by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Branch on bush is missing. 2. Stripe appears on boy's sleeve. 3. Extra butterfly appears. 4. Hair covers man's ear. 5. Extra spark from cake. 6. Pocket on boy's overalls is colored in. 7. Back of lady's shirt is different. 8. Leaves on bush have moved. 9. Smoke from barbecue has moved. 10. Leg on barbecue has moved. 11. Butterfly has moved. 12. Stick on flag is shorter.

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Coffee Talk Express

Phone: 250-788-3422

Fax: 250-788-3405

Website: [www.coffeetalkexpress.com](http://www.coffeetalkexpress.com) July 2, 2019



# Free Classifieds

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Email: [classifieds@coffeetalkexpress.com](mailto:classifieds@coffeetalkexpress.com)

## MISCELLANEOUS

Blaze king, dual fans, brass door, top cover, 5" of pipe + top stove adapter for pipe \$2800. New 14' cf deep freeze 6 months old \$300 call 250-788-6625.

Handyman looking for work call Edgar 250-874-0170

Carport for sale + JBC surround sound call 250-788-9781 or 250-401-8095

Mossburg 30-06 with scope \$100. Savage .22, missing mag \$20. Short barrel 12ga mag fed \$50. text 250-401-7513. Must have PAL

Wine making equipment- carboys, pails, bottles, racks, corker \$200 obo or will trade. call 250-788-5591

Looking for someone to mow and bag our front and back yard ASAP call 250-219-8550

Two dozen or so riding type horseshoes: different sizes, some fronts and hinds, some with Winter corks. Please message or call or text 250-788-2539.

Jobmate 14.4v drill with 2 batteries \$20 obo, Ryobi 7.2v drill \$15 obo, 2 -HD trailer cords 100ft \$70 obo. Coleman camp stove 2 burner \$15 obo, 10 - 7' steel fence posts \$5 each obo, Left hand golf clubs with bag and cart. \$75 obo call 250-788-5591

Crossbow - excalibur phoenix - draw weight 175lbs. Comes with arrows + accessories. Frog boat good condition, \$1000 obo call 250-788-2390

New gently used Norco Charger mountain bike with front and back disc brakes, only rode 6 times. 27.5" tires. call 250-874-7010

Lots of Kitchen catering supplies, crock pots, warming centres, dishes, cutlery, hotdog machine, napkin holders, salt and pepper shakers - enough supplies for a twenty men camp. will sell individually and or as a unit - call or text 250-401-1147

Collectors: have for sale 1-owner 1983-84 white Fender strat, Yamaha hybrid, Fender Vibrolux amp, Peavey Classic amp. Guitar in beautiful condition in hard shell case. Call DC 250-782-5026

Ladies cycling shoes "Giro" size 39, grey, worn 3x, regular pedal flats with option for clip in \$90. Ladies cycling shoes "Diadora" size 40, purple, worn 2x, clip in \$60. Snowboard boots "Ride" W size 7, lace-up, blue, used \$20. Call or text 403-583-4520 for more info

Bauer vapour Apx2 left handed junior hockey stick for trade open for offers of all sort keep in mind it's not a cheap stick for more info or to make an offer text 250-788-6897

Square hay bales. Call 250-788-5494

3 saddles for sale. One older roping saddle, one kids saddle in excellent condition, and one english jumping saddle in excellent condition. Call or text 250-401-8647.

Two roll away nest boxes \$150 each. 3 large chicken feeders \$50 each. call 250-788-2805

14' aluminum boat with trailer \$1200 obo call 250-788-2635

Heavy duty portable work bench on metal frame. 6 heavy duty casters- have swivel vice and newer drill press on top. 2 strong shelves. large side by side fridge that works well for sale. 1997 ford Arrowstar van that runs well. For sale, Taking offers. Must sell. 250-556-4188

First aid supplies and units for sale. call 250-788-3868

Fresh cleaned duck eggs \$5 per dozen, call 250-317-3567



## We're hiring

Each and every employee plays an important part in the success of our students. Bring your talents and join our remarkable team.

Visit [careers.nlc.bc.ca](http://careers.nlc.bc.ca) to view our current opportunities.



Northern Lights  
College

## Unleash your inner artist



## NOW HIRING

FULL TIME/PART TIME

*Bartenders &  
Servers*

\*Must have Serving it Right Ticket

Apply in person with resume to  
4613 - 47th Ave Chetwynd, BC

No Phone Calls



Link's  
PUB & GRILL

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## PROPERTY

Renovated three bedroom mobile for sale \$18,000 Home is on a rented lot. Call 250-874-0655

3 bdrm new, unfinished house on 5 acres, 1 bdrm finished cabin off Jackfish Rd. on Clark Dr for more info. Call 250-788-6625

Recently renoed 5 bedroom 3 bath house on 1 acre. Master has walk-in closet and ensuite. 2 bdrm and 1 bath in the basement. \$340,000. Call 250-556-4409

house and land for sale 7 acres- 3 bdrm, 2 bath large addition, hot tub, fenced for horses \$395,000 call 250-788-5042

three bedroom modular home in Tumbler Ridge on two serviced lots, nice, place good location price \$99,000 obo call or text 250 401 1127

## PETS/LIVESTOCK

2 Rams, both 3 yrs old. One is a Zwartbles & Suffolk, black and brown. The second a cream with some brown, this one is withered, both shaved. Asking \$250. Call 250-317-3567 or 250-801-8308

6 pure bred Lab puppies, ready end of June. Mother registered CKC, father pure bred, both good temperament. Comes with 1st shots and puppy pak. 4 males - 2 black, 1 yellow, 1 chocolate, 2 females - 1 black, 1 yellow, \$1200. Call 250-786-6800

Wanted: female outdoor cat - 6 months or older, people friendly, doesn't need to be spayed 250-788-9783

Lamancha and nubian mother goats with kids for sale. call for details 250-317-3567

## LOST & FOUND

Found: dodge key with small bag attached in Scotia bank parking lot. Can be picked up at the Pencil Box

Found: Kids glasses, metal frame with red arms. found at Windrem bus loop. Pickup at the Pencil Box.

## REC VEHICLES

2012 Escape Spree KZ 16' Travel Trailer. \$9000, sleeps 2, excellent condition. Details & pics: <https://bit.ly/2LeVrTj>

1997 27' vanguard 5th wheel with slideout, generator in good condition \$10,000. 2009 Rainbow toy hauler 20' call for price 250-780-2201

1998 Triple E TOPAZ, T240, travel trailer, new tires, one owner, good cond, \$9000. OBO, for more info and pics text 250-219-5916 or leave message at 250-782-4289

Polaris Quad for sale 2004.5, 500 Sportsman. Was asking \$2200, will negotiate. call DC 250-782-5026

2006 Kustom Koach 37' 5th Wheel trailer, excellent cond, can be used for living, walk around Qn size bed, large slide out closet, full size shower, super slide in living area, stainless appliances. \$24,000 OBO. Call or text 250-263-7949 or 250-261-0804, located Moberly Lake area, delivery can be arranged.

2012 5th wheel Crossroad Zinger 30", Qn bed, leather pullout, one super slide, stored inside through winter, lots of storage, electric jacks, mint condition asking \$19,900 OBO. 250-788-5040

1998 5th wheel- triple E topaz touring edition 27.5' long with a slide out and air. Excellent condition \$15,000 call 250-788-2131

## WANTED

Two professionals seeking long term rental. Prefer house with 2-3 bdrms + space for parking and storage. We are clean + quiet with excellent references please call 250-613-2946

Wanted: Looking for yr around live-in position with Hydro- off grid country place with people environmentally caring (chemical free living and recycle). Experienced in country style living and wood heat. I can do child care work, light housekeeping, cooking, yard work, organic gardening. For replies: [jc331@yahoo.ca](mailto:jc331@yahoo.ca)

Wanted: '93 - '97 Ford F250, must have automatic transmission. Old time typewriter. Call 250-719-6142

Wanted: Carpenter for deck & stair repair. Call Linda after 6pm or leave message at 250-401-6434

Wanted: clean fill, approx 3 truck loads. Call 226-388-9277

Wanted: Top soil for garden. Call 250-788-3316

WANTED: logging truck load of firewood snags. Call Vic @ 250-783-5535 or 250-783-0744.

Wanted: roommate, pinewood trailer park. Can be reached after 6 250-401-7980

Wanted immediately- older lady to do light house work and some yard work in exchange for room and board. Must have a drivers license. Call George 250-788-2482

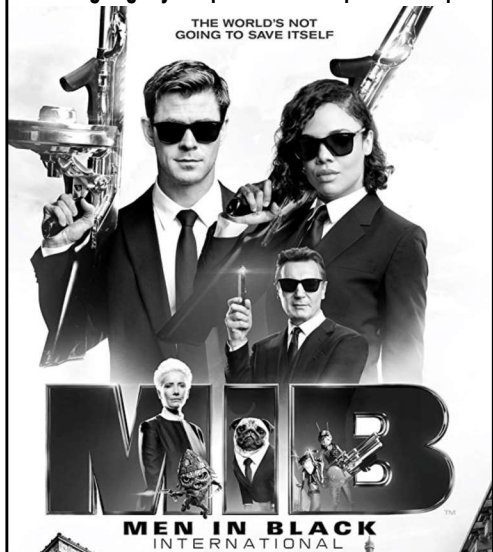
wanted: free lilac shoots or perennial divisions 250-788-9931

**THE REX**  
**250-788-3580**  
4709 51st St, Chetwynd, BC

**FEATURE PRESENTATION**

**PG-13** Fri, Sat, Sun, Mon  
**July 5, 6, 7, 8** 1h54m

Showing Nightly at 8pm - Doors Open at 7:30pm



*The Men in Black have always protected the Earth from the scum of the universe. In this new adventure, they tackle their biggest threat to date: a mole in the Men in Black organization.*

Cast: Chris Hemsworth, Tessa Thompson, Kumail Nanjiani

**PINE VALLEY SENIORS ACTIVITIES**

AT THE PINE VALLEY SENIORS HALL

**PICKLEBALL**

WEDNESDAYS

6:00PM - 8:00PM

At the curling rink in the

Chetwynd Rec Centre

**CARPET BOWLING**

TUESDAYS 1:30PM

**SATURDAY**

**CRIB 1:00PM WHIST 7:00pm**



For more info & hall rental call Bernice

**250-788-2307**

**Pencil Box Stationery**  
**YOUR ONE STOP OFFICE SHOP!**

Phone: 250-788-3422 Fax: 250-788-3405

4753 51st Street,  
Chetwynd BC V0C 1J0

**Now Accepting Resumes for  
Front Counter Sales Representative.  
Please bring in your resume in person**

**Office Supplies ~ Office Furniture ~ Photocopying  
Faxing Service ~ Laminating ~ Custom Printing  
Work Wear ~ Safety Supplies**

**Cell Phones & Accessories  
Gaming Accessories**



# Tim Hortons

0957016 BC Ltd. o/a Tim Hortons

Is currently looking for **Store Front Attendants**

Location: 4809 51st Avenue, Chetwynd, BC V0C 1J0

Terms of Employment: Permanent, Full-Time, Part-Time, Shift, Weekend, Morning, Day, Night & Evening

Salary: \$13.85/hour + Benefits

**Start Date: ASAP**

No experience required

Education: No degree, certificate or diploma

Please contact for job description

**How to Apply:**

In Person: At the above location

By email: chetwyndtimhortons@gmail.com

By phone: 250-788-8857



**Chetwynd  
District  
Minor Hockey  
Association**

looking for  
**Coaches & Assistants**  
for all divisions  
**for 2019-2020 season**

Applications can be found at  
**www.CDMHA.com**  
in 'download' section  
or contact Gord for any questions  
250-788-5363  
mydisaster75@gmail.com

OFFICE SPACE FOR RENT – HIWAY FRONTAGE

AVAILABLE APRIL 1, 2019

CONTACT **BEELYNE EXECUTIVE SERVICES LTD**

250 788 3638

Imagine you're in a room that is filling with water.

There are no windows or doors.

How do you get out?

*Stop imagining!*

You draw a line.

Without touching it, how do  
you make the line longer?

*You draw a shorter line next to it,  
and it becomes the longer line*



PEACE RIVER REGIONAL DISTRICT

## Notice of Public Hearing

West Peace Fringe Area Official Community Plan Bylaw No. 2312, 2018

**When:**

July 9, 2019, 7pm

**Where:**

Chetwynd & District  
Recreation Centre,  
Tamarack Room

4552 North Access  
Road  
Chetwynd B.C.

**For More  
Information:**

**Contact:**  
Development Services  
Tel: 250-784-3200  
Toll Free: 1-800-670-7773  
Email: prrd.dc@prrd.bc.ca

### DRAFT West Peace Fringe Area Official Community Plan (OCP)

The Peace River Regional District is hosting a Public Hearing to discuss the Draft West Peace Fringe Area Official Community Plan (OCP) and would like your input!

An OCP guides and informs decisions about land use management, community development and planning. An OCP is a visionary and future-oriented policy document that contains goals, objectives and strategies to help move communities closer towards their vision. The document will inform the Regional District how to make decisions, including but not limited to, housing, businesses, industry, and agricultural uses.

If you live in the surrounding area of the District of Chetwynd:

- |  |                                       |                                    |  |
|--|---------------------------------------|------------------------------------|--|
| <input type="checkbox"/> Dokkie        | <input type="checkbox"/> Wildmare     | <input type="checkbox"/> Wabi Hill | <input type="checkbox"/> Jackfish Lake |
| <input type="checkbox"/> Twidwell Bend | <input type="checkbox"/> Moberly Lake | <input type="checkbox"/> Big Lake  | <input type="checkbox"/> Bond Siding   |

Your property may be affected with these proposed changes.

This is the last opportunity for the public to comment of the Draft West Peace Fringe Area Official Community Plan.

The PRRD looks forward to seeing you at the Public Hearing.

This notice is in general form only. Relevant background documents may be inspected from Monday through Friday, excluding holidays, between the hours of 8:30am – 4:30pm at the PRRD Dawson Creek office (1981 Alaska Avenue, Dawson Creek, BC) or 8:30am – Noon and 1:00pm – 4:30pm at the PRRD Fort St. John office (9505-100<sup>th</sup> Street, Fort St. John, BC). Written comments or concerns accepted.

The holding of this public hearing has been delegated to the Director of Electoral Area E.



prrd.bc.ca | f

diverse. vast. abundant.



PEACE RIVER REGIONAL DISTRICT

## Notice of Public Hearing

OCP & ZONING AMENDMENT BYLAW NO. 2127 & 2128, 2014

**When:**

July 10, 2019, 7 pm

**Where:**

Jackfish Lake  
Community Hall,  
Jackfish Lake, BC  
1515 Old Jackfish Road

**For More  
Information:**

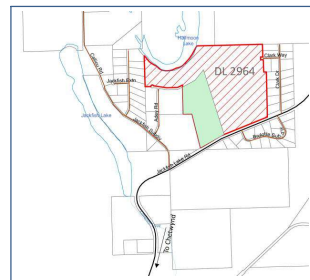
**Contact:**  
Development Services  
Tel: 250-784-3200  
Toll Free: 1-800-670-7773  
Email: prrd.dc@prrd.bc.ca

### Jackfish Lake Area

District Lot 2964, PRD, Excluding Plans 25979, 26136, 27501, 29739, 32590, 32766

The Peace River Regional District is hosting a meeting to discuss the proposed Zoning Amendment.

**Proposal:** To redesignate and rezone 31.6 ha (78.1 ac) of the subject property from 'Settlement' to 'Resource Agricultural' and R-4 (Residential 4 Zone) to A-1 (Small Agricultural Holdings Zone), to support agricultural and resource extraction purposes.



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The holding of this public hearing has been delegated to the Director of Electoral Area E.

Shawn Dahlen, Chief Administrative Officer



prrd.bc.ca | f

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# CHETWYND COMMUNITY ARTS COUNCIL



is extending our \$1,000.00 bursary to **Adult Applicants** pursuing studies in Fine Arts, including courses taken online.

A portfolio of your work is required to help us choose a recipient and proof of registration for your studies is required.

*If you wish to apply contact Tiffanee at 250-401-1103.*

## A heartfelt Thank You to our community!

To our volunteer Fire Department for all their efforts to try and save our home. To our family, friends and neighbours who stood by us the morning of June 19th. Matt for opening his home to make us comfortable.

To all the offers from family and friends for accommodations, food and moral support. Thanks to all of Chetwynd for the kind words, hugs and prayers.

Thanks to Leo, Carmen, Clair and Katrina for your guidance. We don't know where to start and finish, Thank you is not enough.

We are proud to call Chetwynd our home!

- Mel and Donna Deck

## One Ton Challenge FOOD DRIVE

**Chetwynd's Community  
Food Bank  
&  
Chetwynd  
Community  
Paramedics**



are teaming up to compete against Hudson Hope's Food Bank in the One Ton Challenge! During the month of July our goal is to raise ONE TON in non-perishable food and \$5,000 for our food bank! Drop off any donations at Tansi Friendship Centre or the Chetwynd Ambulance Station. For more information call: 250-788-2996

### Ingredients:

400g black beans, drained  
2 large handfuls baby spinach leaves, roughly chopped  
500g heritage tomatoes, chopped into large chunks  
½ cucumber, diced  
1 mango, peeled and chopped into chunks  
1 large red onion, halved and finely sliced  
6-8 radishes sliced  
2 avocados peeled and sliced  
100g feta crumbled  
handful of herbs

Top with your favourite dressing!

## EPIC SUMMER SALAD



## Chetwynd Minor Baseball Season End Awards

Chetwynd Minor Ball league wrapped up a great season with a pizza party and awards. Pictured here are 2019 Winners:

Pre-mites (6-8 year olds) – Tigers

Mites (8-12 year olds)– Purple Dragons/Purple Grapes

Pony (12-18 year olds) – The Blues

There were also a couple teams of 4/5's that also received awards and treats to celebrate a great season.

Drop in baseball will continue through the summer on Thursday afternoons for kids 11 and older, starting up July 11th



# check us out

CHETWYND PUBLIC LIBRARY

more than books



5012 46th Street  
250-788-2559

[www.chetwyndpubliclibrary.ca](http://www.chetwyndpubliclibrary.ca)

M - F 9am to 8pm Weekends 12- 4pm



## NEW PARENTS? HERE ARE 5 TIPS FOR DEALING WITH STRESS

As joyful as having a new baby can be, it also has its challenges. Lack of sleep and a demanding schedule can leave you feeling worn out. One important way to help protect yourself from emotional fatigue is practicing self-care.

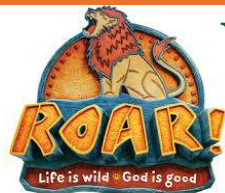
"Becoming a parent is a time of intense transition," Katie Turner, a Registered Psychologist, says. "Our identities, roles and relationships often go through a period of massive upheaval and change. It is important to be compassionate with yourself, to adjust your expectations and to make time for self-care."

### Here are 5 top self-care tips for new parents:

1. Create a postpartum plan: It can be helpful to think about those first 3 months as the 4th trimester. Newborns sleep and feeding schedules are intense and demanding. Plan for what will best support you and your family during this time. Let friends and family know how they can best support you. Be loving, yet firm and direct with your boundaries. This can range from when you would like visitors to what type of support is most helpful (and what is not so helpful).
2. Adjust your expectations of yourself: Focus on bonding and caring for your new baby. Allow time for your family to adjust and make sure you're getting enough rest, sleep, nutrition and recovery time. Focus on your self-care essentials and let go of expectations to have everything else done. It is not a time to worry about entertaining others or having a spotless house.
3. Stay connected: Take time for family and friends and meet other new parents with similar aged children. Schedule time to connect with family and friends, and be flexible in planning social activities. This might mean asking people to come to you. Or you can have a phone or video chat date when it is hard to connect in person. It can also be helpful to build connections with other other new parents. Look for community programs and parenting groups to get out of the house and to connect with other parents.
4. Treat yourself: Do small things as a part of your self-care practice. In the early weeks to months, self-care might be taking shower and brushing your teeth that day. When the baby gets older (and everyone is getting more sleep), self-care may be taking some "me" time. You could get out with friends, go to a yoga class or even do something nice for yourself at home. For example, scheduling a virtual personal training session or taking a long bath.
5. Try to get your ducks in a row: To prevent stress as a new parent, try to get health information and resources organized as soon as possible. Ask friends, family or health care providers to recommend nearby perinatal supports for your baby, yourself and your relationship/family. It is a good idea to have a list of resources handy. You can use them if you run into any medical concerns or stressors as you transition into parenthood. This may include:

perinatal mental health supports  
help with childcare or household tasks  
sleep consultants  
community support and social supports for new parents  
breast/bottle feeding supports  
recovery from labour and delivery (such as pelvic floor physiotherapists)

If you are looking for a psychologist, a website like Lumino Health could help you find someone in your area. You can also find more information or research self-care options and resources at [luminohealth.ca](http://luminohealth.ca). article from Newscanada.com



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