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KEEPING YOUR CHILD SAFE ON THE INTERNET

(NC) No matter how old your children are or how much time they spend on the Internet, you want to make sure that they're always safe online. Here are some answers to common questions about parenting in the digital age:

What tools are available to keep my child safe online?

The following are examples of parental controls you can enable using any number of apps, programs, or device settings:

- Filtering and blocking – limits access to specific websites, words, or images.
- Blocking outgoing content – prevents children from transmitting information online.
- Limiting time – allows limits to be set for how long children are online, and when.
- Monitoring tools – track online activity without blocking access.

How should I talk to my child about inappropriate content online?

While it can be difficult, or even impossible, to protect children from ever being exposed to inappropriate content online, you can take proactive steps to address this issue. Educate yourself and keep the lines of communication open with your children about what is appropriate, and what your expectations are for their safe use of the Internet.

One of the most important things you can teach your children is to come to you or another trusted adult if something inappropriate or upsetting is happening online. Make sure they know that you won't blame them or get mad. Keep the conversation non-judgmental and reassuring, so that they know you support and trust them.

How can I protect my child from cyberbullying?

Cyberbullying is a growing problem that requires all of us — including our

Continued inside paper



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2002 Dodge Caravan, 240,000 kms, automatic, 3.3L, good tires, good mechanical cond, some rust on hood & body. Call Chris at 250-788-3177

4 Toyota 4-Runner winter tires in excellent cond, 80% +, 265/70 R17. Call 250-788-3583 or 250-401-3083

2010 GMC crew cab, 162,000 kms, \$15,000. Call 250-788-2628

1990 Ford F-250 3/4 ton, 2wd, good running cond, good body, \$378,000 kms, \$1200. Call 250-401-7161

Honda garden tiller S210, very good cond, \$250. Call 250-786-0460 or 250-219-4171. No Sunday calls.

4 all season tires on rims, fits Chevy Tracker, van, etc, \$200 OBO. Call 250-788-9114

2000 Volkswagon Jetta, VG cond, fully loaded, nearly new tires, \$3900 OBO. Call 250-788-6604

2007 Chevy Silverado LS, tinted front side windows, sprayed in box liner & tonneau cover, 8' box, rear view camera, 111,130 kms, \$14,900 OBO. Call 250-788-3048

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2000 F-350 super duty, extended cab 4x4, 7.3L diesel, 6 speed manual trans, \$5000 OBO. Call or text 250-219-9748

2006 Jeep Liberty Sport 4x4, 3.7L, 174,000 kms, excellent condition, \$6900. Call 250-788-3868

2004 F-150 FX4, lifted, new tires, \$5000 OBO; 2002 F-250, 7.3 diesel, new tires, dry box, \$7000. Call 250-788-5545

Set of 4 brand new Firestone Transforce truck tires, 285/60/R20, \$1000; set of brand new truck tires HD grapplers, MS 265/75/16, \$500. Call 250-401-7513

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1997 Ford 3/4 ton single cab truck, 351 on propane, good rubber, auto trans, 2w drive, \$1600 OBO 1992 Ford 4x4 3/4 ton, 7.3 diesel, automatic, running boards & box liner, single cab, \$2500 OBO Call 250-401-7215 or 250-556-4113

1988 Ford F-150 4x4 XLT Lariat, PSPV, A/C, cruise auto, 5.8L, 351 Windsor, 223,000 km, \$1200. Call 250-257-1045

Set of four 265/70/R17, only used 3 months, \$400 OBO. Call 250-788-2514

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Avail April 1, 1 bdrm lower level of a duplex, all utilities paid including water, sewage & garbage. Call 250-219-8550

Avail May 1, Furnished room in private trailer, shared common areas, internet, no smoking, no drinking, must be working. Call 250-788-7868

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Rooms with full use of house, internet, satellite, TV, smokers welcome. Call Ken at 250-401-1905

Avail May 1, 2 bdrm duplex close to town centre, washer + dryer, no pets. Call 250-788-3936 or 250-401-8560

Avail immediately, furnished room with shared common areas, \$500/mo. Call 250-997-7390

Avail May 1, 2 bdrm mobile trailer, no pets, no smoking, \$900/mo. Call 250-788-5202

Avail May 1, Room in large home on acreage. Fully furnished, satellite TV, dishwasher, washer/dryer, \$600/mo. Call 250-788-5871

Avail immediately in Tumbler Ridge, 2 fully furnished executive 2 bdrm apartments. Includes hydro, cable with 42" TV & high speed internet. \$950-\$1050/mo. Call 250-654-0828 or email gibneyl@yahoo.ca

Avail May 1 - Sept 30, seasonal furnished cabin on north shore of Moberly Lake, queen bed, pots & pans if desired, electricity, water, plumbing, you provide bedding & towels, no smoking, no pets, \$700/mo & half mo damage deposit. Call 250-788-2432

Avail July 1, fully furnished room in townhouse behind Tansi, everything included, \$500/mo for single, \$600/mo for couple. Call 250-401-3361

ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2015 Bonnie J. Malcolm



Solution: 1. Cloud is upside down. 2. Spot on dog's leg is larger. 3. Shoe lace loop is missing. 4. Spot on dog's leg is missing. 5. Bandage appears on boy's leg. 6. End of dog's tail is colored in. 7. Leaf beside boy is colored in. 8. Bush in background is colored in. 9. Bush beside tree has moved. 10. Kneehole in tree trunk has moved. 11. Cloud is upside down. 12. Spot on dog's leg is larger.

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MISCELLANEOUS

Metal tool box, 14x6x6, \$12; metal tool box, 19x6x7, \$20; adult bicycle, \$10; new wifi Apple Airport Express 2.4+5 ghz, \$80. Call 250-788-2482

Rustic dining room tables, 1 is 2 1/2" thick top, 40" wide, 7' long, heavy timber framed legs. 2nd table is 2 1/2" thick top, 36" wide, 6'10" long; one coffee table, 2 1/2" thick top, 4'6" long, heavy legs. Call 250-788-3371

2 pack saddles, 1 is fully rigger, other needs some rigging; 1 set of large plastic paniers, \$500 firm. Call 250-401-7311

32" Hitachi TV, good cond., \$20. Call 250-788-1096

2 open face quad helmets, one is black, other is pink/blue, \$150 for both; 8 man tent with Coleman sleeping bag, good to -30, \$200. Call 250-788-5748

Tamarack corral rails, 12 - 20' long; corral posts; quality tamarack & birch furniture lumber. Call 250-719-6142

Sure Flame construction heater, propane or NG, 400,000 BTUS, open to offers; Mastercraft 8 gal 2 hp, new in box, \$120; 5th wheel hitch, \$200; Titan XT 370 construction grade paint sprayer with hose & gun, \$250. Call 250-788-6604

Large freezer, \$200. Call 250-788-5823

Elliptical exercise machine, \$120 OBO; never used airbed, 75"x54"x5", \$20; new Coleman grill stove griddle, \$15; 3 small green canvas stools for children, \$5/ea; Drytanium 10'x12' tent, \$100. Call 250-317-3567

Stand up stainless steel BBQ in good condition, \$150; sliding chop saw, \$100. Call 250-401-1447

Excalibur Exomag crossbow, 220lb pull, 425 ft/sec, \$800. Call 250-401-7513

Cruise vest; Prism Cm6 + 5; diameter tape, 6.5m; wire plot cord; 50m survey chain; field ranger string chain. \$75 for everything. Call 250-788-2482

Realistic Dx440 am/fm/lw/mw/sw radio, \$30. Call 250-788-2482

Little used Eamor #300 saddle & saddle bags, \$2000 firm; full pack rigging, no boxes, \$350. Call 250-793-9898

Farm eggs, large brown & white, \$3/doz. Pick-up only. Call 250-788-4840

Weider 8515 universal gym, good condition, \$250 OBO. Call 250-788-9313

Used white refrigerator, runs well, you pick up, \$100. Call 250-788-9818

Boys twin bed ensemble. Includes quilt, curtains & sheet sets, \$50. Call 250-788-1147

Knee support bandage, medium, \$20; knee brace (open patella), size large/xlarge, \$30. Call 250-788-3250

Browning over/under 12ga special sporting shotgun, \$2700; Remington 870 wingmaster shotgun TB trap 12ga, \$650; Lee Enfield 303 rifle bolt action, \$150; Winchester Pre'64 Mod 12 shotgun Vent Rib 12ga, \$900; Winchester Pre'64 Mod 12 shotgun 12ga solid rib, \$600. Call 250-788-9240

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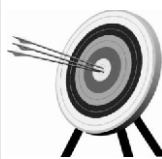
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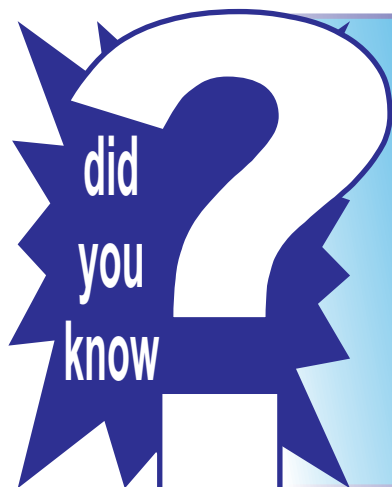


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PROPERTY

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

Newly Renovated! 2 bdrm townhouse, new kitchen, new bathroom, new flooring. Upgrades thru-out, fridge/stove included. Move in ready! \$99,900. Call 250-788-5751

1984 mobile home in Tumbler Ridge with large addition on 3 lots, fenced, 2 large decks, gazebo, 4 sheds, \$175,000. Call 250-242-3046

Huge lot in Rodeo grounds on quiet cul-de-sac, all services in place, \$46,000 OBO. Call 250-262-6507

3600 sq ft home 5 mins from Chetwynd on 10 acres. Basement has 2 bdrms, bath, small kitchen laundry room & rec room. Main floor has entry way, large bdrm, bath, sitting & dining room, kitchen. Large loft with master bdrm. House needs finishing in kitchen & basement. \$329,000. Call or text 250-788-5865

80 acres with house & barn half an hour from Chetwynd. Call 250-788-2633

PETS/LIVESTOCK

Free kittens, 2 black/white, 2 smokey grey. Call 250-401-7346

To give away: 2 dogs, one is a collie/shepherd, one is a mixed breed small dog. Both in the same home preferred. Call 250-788-7866 or 250-788-5354

Indoor female cat to re-home: house & litter trained with all shots, spayed. Message at 250-788-8185

LOST & FOUND

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

Found: Keys in front of Subway Friday afternoon March 20th. Call Coffee Talk to claim.

Lost: Black iPhone 5 near Murray's Pub March 29th. Call 250-788-3033

Found: 2 keys on April 2nd. Identify at Coffee Talk.

Lost: Black iPhone between Crown sub & Super Valu. Call or text 250-401-8346

REC VEHICLES

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 Jere at 250-788-2944

6 year old like new Jay Flight, in awesome condition, \$25,000. Call 250-788-3133

2008 33' Legends fifth wheel, \$25,000 OBO. Call 250-788-5821

2014 Ski-Doo Summit 800 XP, 154 track, \$8500 firm. Call 250-788-6962

Camping trailer, 21' - 24' long, needs a little work but all the necessary things are there and working, \$1500. Call 250-788-3583 or 250-401-3083

2000 Wellscargo covered trailer, barn doors, VG cond, \$2000 OBO. Call 250-788-6604

2006 Ski-Doo 1000, priced to sell asap, 750 miles, 159" track, clutch work, proper comp-program. Call or text 250-219-9748

2010 Springdale 26' camper, sleeps 6, very good condition, \$12,500. Call 250-242-4964

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

28' 2007 Weekend Warrior toy hauler (pull style), excellent shape, built in generator, fueling station, sleep 7 - 8, \$23,000. Call 250-401-1878

24' class C Ford motor home, fully self contained, 6.9 diesel engine, automatic, sleeps 6, \$6000 OBO; 8' camper, sleeps 4, complete with hydraulic jacks, VGC, \$2000 OBO. Call 250-788-2425

2002 Travelaire Rustler 263 Lite, new tires, air conditioner, front bdrm, bunk beds, \$8300 with generator, \$8000 without. Call 250-788-3005

Trailer to tow behind quad, very well built strong frame, \$150 OBO. Call 250-788-9114

2007 Keystone Hideout 19FLB, sleeps 7, good condition, \$11,000. Call 250-788-1838

9 1/2' Bigfoot camper, \$1500. Leave message at 250-788-3254

2008 GMC Duramax 4x4, excellent condition, \$13,000. Call 250-788-4348

WANTED

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: 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

Wanted: 18 inch rims. Call 250-788-9188

Wanted: Secondhand living room furniture (sofa, love seat, coffee table). Call Tyler at 250-788-5418. Will pick up from Chetwynd, Dawson Creek & area.

Wanted: 4 14" steel rims. Call 250-242-3046

Wanted: 2 tires, 22x11x8; 2 tires, 24x10x11. Call 250-788-2482

Wanted: Long term inexpensive pasture board for 3-4 horses in or near Chetwynd. Will haul hay and look after all needs, just need the space. Wanted within the next month or two. Call 250-401-3117

Wanted: Garden soil. Can haul myself. Call 250-788-6128

Wanted: Full time babysitter (Mon - Fri) for 1 year old boy to come to my home. References required. Call or text 250-401-1317

Wanted: Cistern material, large culvert, tank or something similar. Call 250-501-1433

Wanted: Breadmaker for free. Call 250-601-0053

KEEPING YOUR CHILD SAFE ON THE INTERNET

Continued from front page

children – to work together to help put an end to it.

Start with these steps:

- Encourage empathy. Help your child put themselves in someone else's position, and imagine how they would feel.
 - Teach your child to never say something online that they wouldn't feel comfortable saying to someone's face (or in front of their grandmother).
 - Talk to them about never forwarding humiliating messages, texts or photos.
 - Make sure that they know there are things they can do, and resources available, if they become involved in cyberbullying, and that they can always talk to you.
- One of the most important things you can do for your children is to be a guide to their online world. GetCyberSafe.ca is a good place to start to learn how.

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WEEKLY HOROSCOPE

ARIES (Mar. 21- April 20) You will also encounter individuals who can help you further your goals. Lack of cash might be partly to blame for the problems at home. Opportunities to upgrade your living standards will come through your lover or through joint financial investments. Try to compromise rather than having an all out battle. Your lucky day this week will be Friday.

TAURUS (Apr. 21- May 21) Don't let your mate stop you from attending an event that could be most important. You should consider getting your whole family involved in a project at home. Unfortunately, your personal life may suffer from a lack of spare time. Use your high energy and dynamic approach to win favors from superiors. Your lucky day this week will be Saturday.

GEMINI (May 22-June 21) Think hard before going into business with friends or family. Try to join groups of interest such as ballroom dance classes or perhaps an internet organization. Confronting a situation will only result in indignation and misunderstandings. Delve a little deeper if you really want to know the score. Your lucky day this week will be Wednesday.

CANCER (June 22-July 22) Changes to your self image will be to your benefit as long as you don't over pay. Plan a nice evening for two. Plan to get together with someone special later in the day. Be considerate and avoid being overly opinionated, or arguments will ensue. Your lucky day this week will be Sunday.

LEO (July 23-Aug 22) You will both have to bend if you want this union to work. Do the necessary chores and then do things that please you. Secret affairs may be tempting. Stand up and propose your ideas, and you'll be surprised how many people will follow you. Your lucky day this week will be Monday.

VIRGO (Aug. 23 -Sept. 23) Travel may be confusing. Your family may be feeling neglected and unloved. Try not to lend or borrow money this week. Look into attending seminars that can expand your perception. Your lucky day this week will be Sunday.

LIBRA (Sept. 24 -Oct. 23) The personal problems you may be having are interfering with your productivity. Make sure that all your legal papers are in proper order. You will have to be careful not to let others find out about your intentions. Don't overspend on items for your home. Your lucky day this week will be Thursday.

SCORPIO (Oct. 24 - Nov. 22) You have been going through a period of change that no doubt caused problems with your loved ones. Take your time before making personal decisions. You will be able to dazzle others with your obvious charm and your outgoing nature. Confusion could result when talking with others. Your lucky day this week will be Monday.

SAGITTARIUS (Nov. 23 -Dec. 21) Don't jump the gun; you may find yourself getting angry at the wrong person. Don't let your health suffer because of worry. Talk to someone you trust. Use your obvious talent to work with detail and you can come up with something great. Stay out of other people's affairs. Your lucky day this week will be Sunday.

CAPRICORN (Dec 22.- Jan. 20) Be sure to take care of any minor ailments. Sign up for courses or join fitness clubs. Your ability to communicate with ease will win the hearts of those you are in touch with this week. Find out all the facts before you jump to conclusions. Your lucky day this week will be Sunday.

AQUARIUS (Jan. 21 -Feb. 19) Don't trust a deal that looks too good, or a lover who appears to have it all. Job changes are in order. Go for interviews or send out resumes. You can make major gains professionally by completing projects on time. You must steer clear of overindulgent individuals. Your lucky day this week will be Saturday.

PISCES (Feb. 20-Mar. 20) Don't hesitate to look for alternatives that will enable you to raise the kind of donations you need to do the job right. Look into ways that you can make extra cash. This week will be rather hectic on the domestic scene. Don't let your health suffer because of abuse. Your lucky day this week will be Friday.



Tansi Friendship Centre Society Employment Opportunity

Permanent Mental Health & Addictions Counsellor

Within the context of a patient and family centred care model and in accordance with established vision and values of the organization, the Mental Health and Addictions Counsellor provides support services to clients who are seriously affected by substance abuse and/or mental health problems. Participates in the process of case planning, assists clients in the development of life skills and healthy lifestyles and escorts clients to appointments as needed.

Qualifications:

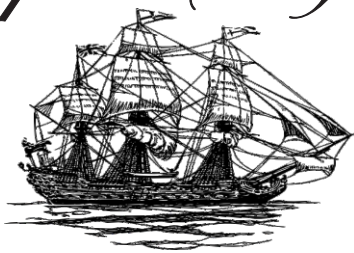
2 year Diploma in community Social Services or health related program, such as human services, Mental Health, Life Skills, Practical Nursing and 5 years related education and work experience with a focus in addiction. Knowledge of Aboriginal culture and traditional practices.

- Valid B.C. drivers licence.
- Counsel adults, youth and families with addictions issues.
- Knowledge of the principals of recovery in mental illness and treatment.
- Knowledge of community, social health and cultural resources.
- Ability to demonstrate and assist client with development of healthy life skills.
- Ability to deal effectively with conflict situations, manages aggressive behaviour, and use non-violent crisis intervention and behavioural management techniques.
- Ability to work independently and in cooperation with others.
- Ability to maintain confidentiality and to communicate effectively, both verbally and in writing.
- Ability to work with a culturally diverse population.
- Must be able to work flexible hours.
- Criminal Records Check Required

Closing Date: April 29, 2015

**Please submit a cover letter, resume and three letters of work references to: The Hiring Committee
PO Box 418 Chetwynd BC V0C 1J0 or fax (250)788-2353**

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THE TRUTH ABOUT TEETHING

How to soothe baby's sore gums

(NC) The teething process is not the same for every baby. For one baby, cutting a tooth can happen overnight without pain or discomfort. While another child might have to endure a long, drawn out and painful experience. Unfortunately, a fussy teething baby leads to sleep deprivation and irritability for both baby and parents.

All parents can agree that it can be tough to watch your little one suffer through this painful process, but there are things you can do to help. And a happy baby, means happy parents.

The first step is to find out if your baby is really teething or if the discomfort is a sign of another problem. Here are the signs to look for:

- Crankiness/fussiness
- Restlessness/trouble sleeping
- Pulling at the ear/rubbing the face
- Swollen gums
- Biting or chewing on things
- Refusal to feed
- Excessive drool
- Diarrhea (loose stool)

Most babies go through an 8-day teething timeline where symptoms like red cheeks and swollen gums, drooling and trouble sleeping intensify from the first day right up to the tooth eruption on the 5th day. Once the tooth erupts the following days see a decrease in intensity of the symptoms until they slowly dissipate altogether...until the next tooth.

To make things easier once teething is confirmed, savvy parents are turning to the go-to teething aid Camilia, a homeopathic medicine from Boiron adapted for babies aged from 1 to 30 months that is free of dyes, preservatives and sugar. It is really easy to use as it comes in individual, drinkable unit doses that are quick and painless to administer which makes it easier on baby and moms. The pre-measured unit doses are also convenient to carry in diaper bags ready to use when needed. It is an effective solution for soothing painful gums, restlessness, irritability and diarrhea.

Marie Francois, mother of two, found Camilia to be a lifesaver when her daughter started teething. "We use it with our daughter now that she is teething, and it works. I tell everyone about it I post it on Facebook and give it to everyone as baby shower gifts."

Here are also some home remedies that can help soothe your baby's sore gums between treatments:

- Use a clean finger, moistened gauze pad or damp washcloth to massage your baby's gums. The pressure can work to ease the discomfort.
- Try a rubber liquid-filled teething ring to relieve baby's need for chewing.
- Keeping the gums cool with a cold washcloth or chilled teething ring can be soothing. Also, if your baby's eating solid foods, cold items such as applesauce or yogurt are good choices.
- Excessive drooling is par for the course for the teething process, help prevent skin irritation by keeping a clean cloth handy to dry your baby's chin and opt for absorbent sheets for bedtime.

More information on teething is available at www.boiron.ca.

MOVING SALE

SAT & SUN
APR 25 & 26
9AM - 3PM

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*Everything
must go!!*

Public Advisory Committee NOTICE OF MEETING

Canfor Chetwynd's Tree Farm License 48 has been registered to the Canadian Standards Association (CSA) Sustainable Forest Management standard since July 2000. An important component of the CSA standard is public participation.

The next scheduled meeting for the Chetwynd Public Advisory Committee for TFL 48 will take place on Wednesday, April 22, 2015. To be held at the Chetwynd Senior's Centre. We invite the public to attend and the doors will be open starting at 6:00 pm.

For more information contact:
Jolene Fellhauer at 250-788-4361



Public Advisory Committee NOTICE OF RECRUITMENT

Canfor Chetwynd's Tree Farm License 48 has been registered to the Canadian Standards Association (CSA) Sustainable Forest Management standard since July 2000. An important component of the CSA standard is public participation from various interests and sectors. Canfor is actively seeking local members from the public who may be: employed in, representative of, or have knowledge in, one of the following categories:

Communities **Environment**
Guide Outfitting **Independent Forest Workers**

Space is limited to 2 representatives for each category. Committee meets 2-3 times annually. Committee membership is voluntary however travel allowances are provided for those who are residents of Tumbler Ridge, and Hudson Hope.

For more information contact:
Jolene Fellhauer at 250-788-4361



Chetwynd Community Foundation

AGM

Thursday, April 30

5pm at Scotiabank

For more information call Marti Rainey 250-788-2057

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Centre is
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Toddler to
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spotlights the
character of
people: some
turn up their
sleeves, some
turn up their
noses, and
some don't
turn up at all.



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COMMUNITY ARTS COUNCIL

is hosting the
3rd annual

Paint the Town

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Sunday, April 26, 2015.

Please register with the arts council so
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Paint your businesses in the theme of
Spring and you could win:

1st prize - \$250 2nd prize - \$100
3rd prize - \$50

We have included some paint and a
brush to get you started. Get creative,
and help us welcome in spring with
a splash of colour!

**For more info call Julia at
250-788-6707 or email Julia@pris.ca**

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Riders under 19
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riding helmet
or to sign a
waiver.



April 26

*May 24 * June 14*

August 16 *September 20*

October 18

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