

# Coffee Talk Express



Wednesday March 14, 2018

**THE RED LION**  
Restaurant 4812 N Access Rd

**NEW HOURS**  
MONDAY - SATURDAY  
5:00 PM - 9:30 PM  
Closed on Sundays &  
Statutory Holidays

**250-788-2755**

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

★ LIMITED TIME ONLY ★

**ROTISSERIE-STYLE CHICKEN**

Succulent, hand torn, 100% chicken breast slow cooked to perfection.

LOW FAT

**SUBWAY**

Employment Opportunities:  
Apply online at [www.aw.ca](http://www.aw.ca)

**A&W**

**CHEDDAR Jalapeño BURGERS**

Mouth-watering meets eye-watering.

At A&W, we like giving you tasty options. That's why we're rolling out three new Cheddar Jalapeno Burgers topped with crispy jalapenos, real Cheddar cheese and our red jalapeno aioli and chipotle mayo. Three burgers. All delicious. Try them now for a limited time only.



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**SERVING CHETWYND . DAWSON CREEK . TUMBLER RIDGE . HUDSON'S HOPE** Ph: 250-788-3422 Fax: 250-788-3405

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**RE/MAX** Dawson Creek Realty Chetwynd Branch 250 788 9909

ALMA WALTER 250 788 5168 DAN GRODZUIK 250 788 6435 JODIE ETHIER 250 788 5043 MYRA GRODZUIK 250 788 6365

## FORT ST. JOHN TO SEE FIRST HOMELESS COUNT IN CITY IN APRIL

The Fort St. John Women's Resource Society is set to conduct the city's first homeless count in April.

The count will begin the night before April 18th in shelters, RCMP holding cells, hospitals, and other places where at-risk stay overnight. The count will continue the next day, with an eye to avoiding duplicate counts. Individuals in the count will be asked to complete a survey about their living situation, and the compiled data will be used to give feedback on future funding and policy to combat homelessness.

Eleven other communities in BC will participate in the count before April 30th.

*Courtesy of Peace FM*

## FORT ST JOHN AND FORT NELSON TO HOLD MEETINGS IN REGARDS TO PROVINCE POVERTY REDUCTION

The provincial government is holding public meetings in Fort St. John and Fort Nelson as part of its poverty reduction strategy. The meetings will be held on March 22nd and 23rd, and residents in those areas are being asked to provide input on how to reduce poverty in BC. BC currently has the highest rate of poverty in the country, with 678,000 BC residents living in poverty, according to the Market Basket Measure. The Fort St. John meeting will take place from 1:30-4 PM at the North Peace Cultural Centre, and the Fort Nelson meeting will be held on March 22nd from 5:30 – 8:30 at the Fort Nelson Aboriginal Friendship Society. Those who cannot attend but still want to provide input can visit here:

<https://engage.gov.bc.ca/bcpovertyreduction>

*Courtesy of Peace FM*

**March**

March is a month of considerable frustration it is so near spring and yet across a great deal of the country the weather is still so violent and changeable that outdoor activity in our yards seems light years away.

Thalassa Cruso

**250-788-2938** 24 hour answering service  
**Cell: 250-788-5070**  
Specializing in Oilfield Fresh Water Delivery Services

**CHETWYND FRESH WATER (2011)**

Locally Owned and Operated **Don McKee**

**McKee VACUUM TRUCK SERVICES LTD**  
Septic & Oilfield Services  
Tel. 250-788-9106 Cell: 250-788-5070

# Little Giant

FIGURE SKATING CLUB  
proudly presents

## TV GUIDE

# Ice Carnival

SAT MAR 17  
3PM & 7PM  
CHETWYND  
REC CENTRE



Guest Skater - Yuri Kunimura

Raffle Baskets . 50/50 Draw  
Cash Raffle Tickets  
for a chance to win **\$5000**

# 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.

1996 Arctic Tridem pole trailer, completely rebuilt, sandblasted & painted; 1999 Doepker Super B logger, rebuilt. Call 250-788-5720 or 250-788-2312

1996 GMC 1/2 ton, transmission out, weak motor, new starter, good parts truck, \$400. Call Chris 403-305-9658

2004 Dodge Caravan, new brakes, new starter, new alternator, 300,000 km, just needs new battery. \$1200 OBO. Call 250-788-3131 or 250-788-5084

2013 Sante Fe Sport SE 2.0L turbo. Leather interior with lots of extras. 74,000 km. \$22,500. Call 250-401-3251

Late 1990s Chevy 4x4, 305 cubic inches, head gasket issues, parts truck, \$300 OBO. Call 250-401-1375

2003 Cadillac Escalade ext loaded, 8 passenger, \$9900; 2008 Buick Enclave SUV, awd, 8 passengers, 130,000 km, \$11,900. Both vehicles from Vancouver. Call 250-734-2255

1963 Ford Tandem in good cond, runs good, everything works, body good, \$5000 firm; 1973 125 Michigan loader log grapple & bucket, \$7000 firm; Cat 17A D7 in good cond, \$8500 firm. Call 250-401-7311

2007 Ford F-150 XL 4x4, long box \$3000; 2002 Isuzu rodeo 4x4 \$1500. BC registered. Call 587-597-6877

2007 Tridem low km; 2004 Doepker Hayrack trailer with many extras. Call 250-788-9762

2007 Ford fussion SEL 74,000km. Excellent condition. \$6900. Call 250-788-5905

NEED TO SELL ASAP - 2007 Chevy Impala LS, 216,000 kms, excellent used condition, lady driven, \$7200. Call Meghan 250-788-3131

2006 Chevy Aveo, new tires & brakes, auto trans, mint cond, 112,000 km, \$5000 OBO. Call 250-788-5619

Two 2002 Ford pickup trucks, 4x4, standard, motors are good, good body, 4 spd, \$3000 for both firm. Call 250-788-3969

2004 550 Ford 4x4 diesel deck truck with Eifler picker S42, \$17,500 OBO. Call 250-788-2635

2004 F150, Supercab 4x4, 6 spare wintertires, \$2500. Call 250-788-5842

Two 1998 Jeep Wranglers 4:0 4x4, one for parts, need back brakes for one & back window and batoy, \$700 OBO for both; 1975 Jeep Wagon AMC 360, newer motor, runs but needs work, good for parts, got papers but no keys, \$200 OBO. Call or text after 6pm 250-401-1658

4 like new 215/65R17 winter tires on rims, fits Jeep/Chrysler, \$400 firm. Call 250-788-2446 or 250-401-3200

2001 Ford F150 4.6l, auto, 4x4 crew cab short box w/canopy. Needs engine work. 250-788-3900

1999 Dodge Dakota ext-cab 4x4 pickup, auto, good running & good interior. Some rust. \$2200 OBO. Call 250-788-6106

1994 Dodge Dakota 4x4. Very nice shape. Call 250-401-7160

2005 F350 Superduty with 8" lift. EGR delete, heavy duty bush bumper. \$10,000 OBO. Call 250-788-6604

1951 Willy's Jeep Buggy with papers. Good fixer upper, \$1000 OBO. Call or text 250-401-1658 after 6PM

4 Goodyear Nordic Tires 235/60R16 M+S, \$70 ea, 1 Nokian Nordman SUV Tire 235/75R15 105T, \$50. Call 250-601-0147

## FOR RENT

House for rent in Tumbler ridge. 3 rooms. (2 up, 1 down). Pool table, laundry facility, fridge downstairs, kitchen upstairs, TVs in each room. N/S, no pets, \$700/mo (includes utilities). D.D required. Please call 250-242-5888

Room for rent in downtown Chetwynd. Includes utilities, cable and internet. Shared common areas, available immediately. Call Julie 250-401-1985

Furnished room for rent in Chetwynd. For details call Edgar 250-874-0170

Rooms for rent, \$400-\$750/mo. Call 250-788-6620

Nice, clean 2 bedroom mobile for rent, heat and hydro included, \$1300/mo. Call 250-874-0630

1 bdrm house w/horse pasture on Jackfish Rd. Partially furnished, washer/dryer. Must be a non smoker and no inside pets. References required. \$700/mo. Call 250-788-9229

5 bdrm executive house located in town. Unfurnished \$1800, semi furnished \$2000. Single car garage, no pets, no smoking. Professional working couples. Access to bush from driveway. Email for details to [julio@telus.net](mailto:julio@telus.net)

5 bdrm house, 2 full baths, 2 vehiclc garage, fully furnished. Available immediately. Long or short term lease. \$2400mo; excluding utilities. Phone Jackie 250-688-4219

2 room suite, furnished, washer and dryer. Nice and quiet location in Chetwynd. Available March 14, \$1400/mo. Call 250-788-6842 or 250-788-3853

3 bdrm mobile home, utilities included. \$1200/mo. Call 250-874-0630

1 bdrm suite in quiet central location. All utilities and parking included. \$900/mo. Call 250-805-3820

## INTRODUCTORY Zentangle Course

*This course consists of 3 sessions:*

Chetwynd Community

Arts & Culture Center

Fee: \$75 (includes materials)

Saturday, March 17th

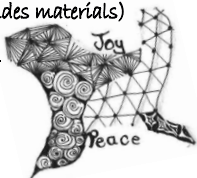
10am - 12pm

1:30pm - 3:30pm

Sunday March 18th

1pm - 3pm

250-401-7478



## CHETWYND ROYAL CANADIAN LEGION EVENTS

**KARAOKE**  
Friday March 23  
8:00pm - 1:00am

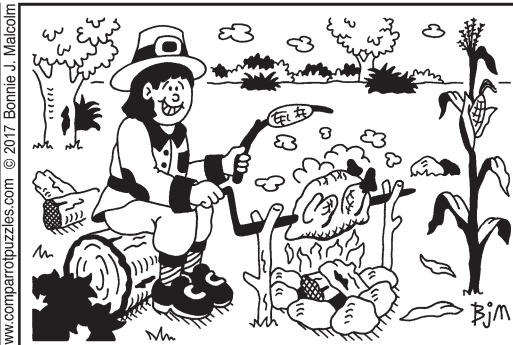
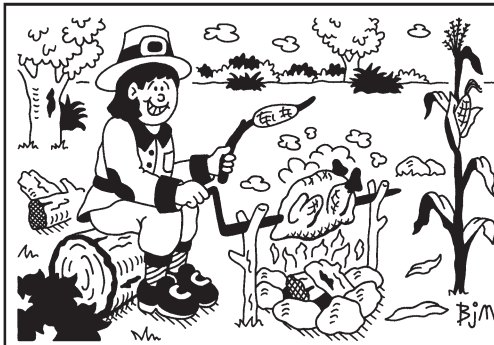
**WEDNESDAY DART NIGHT**  
7:30pm New members welcome!

**BURGER NIGHT**  
EVERY THURSDAY  
5:00pm - 8:00pm  
Families Welcome

**HALL RENTALS**  
Call Vickie at 250-788-6449 or  
Legion Lounge at 250-788-9258 after 5pm

**ComParrot**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Branch on log is missing. 2. Flame from fire is different. 3. Pocket on shirt is colored in. 4. Bottom leaf on plant is colored above fire has moved. 5. Rock is colored in. 6. Branch on post has moved. 7. Bush beside pilgrim is different. 8. Kachooie in tree has moved. 9. Smoke from pipe is different. 10. End of roasting stick is different. 11. Pill of smoke is upside down. 12. Leaf on ground is reversed.

# Free Classifieds

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## MISCELLANEOUS

Car or truck stereo, \$1000; Boss flip-up stream CD DVD player, back-up cam compatible, \$200 OBO. Call or text 250-401-1658 after 6pm

New 42" Bellicon Pro mini rebounder. Used 1hr total. Photo available. Asking \$700 firm. 1 gently used beauty rest dbl mattress set. Asking \$200. 1 Thompson chain reference bible, make an offer. Call 250-401-6151

Firewood for sale, 16" round. \$120 for pick up, \$160 delivered. Call 250-788-2447 or 250-401-7506

Kenworth washer & dryer \$100 for pair. Call 250-788-8109

2 chocolate brown couches (Allen Chenille, The Brick) like new. \$800ea. 3 Queen size mattresses & cover, like new. (cvngtnom The Brick). \$700ea. Must sell ASAP. Please text 519-496-9409

Used 12,000lb 4 post hoist with rolling jacks, \$3000. Used tilt head tire machine, \$15,000. Used 14x14' overhead door with electric opener, \$1000. Please call Don 250-788-9599 or 250-788-5100

Tan colored reclining couch and loveseat in very good condition. \$150 set. Located at Moberly lake. Call 250-262-9945

Sheer drapes, 8'x84", \$40. Lace drapes 8'x84", \$40. Coleman camp stove, \$40. 2 Dr cupboard (Canadian Tire), 30"wx70"H, \$40. Single bring your own bed (Canadian tire), \$60. Call 250-782-4595

Snow blower 108cc 24", like new. Asking \$650. Call 250-788-1941

HD PVR model 630 Shaw satellite receiver, net; Shaw satellite receiver model 600, new; Quad LNB; elliptical satellite dish; Noma super light electric lawn mower, 24". Call 250-788-2606

1 piece black swimsuit, never used, size 18, 44 bust, \$75. Call 250-601-0147

XL Ski-doo pants and 2X jacket like new, \$40; 4-17" steel rims for Jeep or Dodge, \$40; adjustable TV wall mount, 26" - 40" in length; cabinet door, circuit breakers, light fixtures, plumbing and central vac parts. Make an offer. Call 250-788-6808

2017 Husqvarna snow blower 208CC 24". Used twice. \$1000. Call 250-788-3011

Fitbit charge 2, purple band, good condition. Paid \$200, asking \$150. Please call 250-788-9563

Winchester 45-70, lever action, model 1886. Like new \$900. Please call Randy 250-556-4198

Large hay bails for sale, \$25. Small bails, \$20. Come and get it. Call 250-219-2002

3 new Scott airpicks complete with cases, \$800 ea. All 3 sets \$2200. Call Dwayne 250-788-6604

3 contractor grade titan paint sprayers, model 330 xt. Hoses, guns, tips included. Call 250-788-6604

30" stainless steel range hood, like new, \$100; Skill saw with stand, like new, \$150. Call or text 250-782-4289 or 250-219-5916

Spruce and Pine wood. \$150 per cord. Delivery in surrounding area. Call Dan 250-788-3987 or 250-787-2926

Inglis Fridge \$100, older table w/4 wooden chairs \$50. Call 250-601-0147

Single shot handgun, Ruger, 2 cylinders, 1 long rifle, 1 magnum, 12" barrel, beautiful shape. Call 250-788-6625

## SOUTH PEACE PRO TREE SERVICE

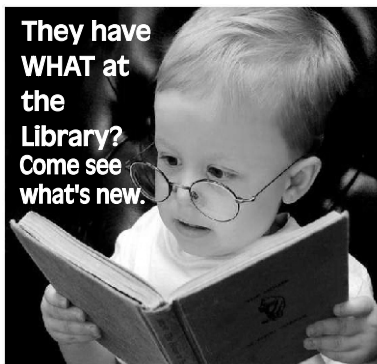
Heiko Kempe - Chetwynd, BC

- Dangerous Tree Removal
  - 65 ft Bucket Truck
  - Chipping
  - Topping
  - Pruning
- Fully Insured

**250-401-8814**



They have  
**WHAT** at  
the  
**Library?**  
Come see  
what's new.



bistro  
books  
movies  
online digital collection  
computers  
special events  
children's programs  
room rental  
photocopying & scanning  
3D printer  
free wifi

**250-788-2559**

Chetwynd Public Library



## Come Join Us!

You still have a chance to cast your vote and have a say. The first "100 People" event **Thurs, Mar 15 at 7:00 pm.**

**Arts and Culture Centre** (Old District Office)

Five projects will be presented by local people and they are:

*Wellness Retreat - Kathy Swanson and Rebekah Hallaert*

*Chetwynd Rodeo - Shelley Currier*

*Chetwynd Outdoors Society and the Nordic Centre Initiative - Darcy Stanyer*

*Come to the Table - Growing a Healthy Future for Our Kids -*

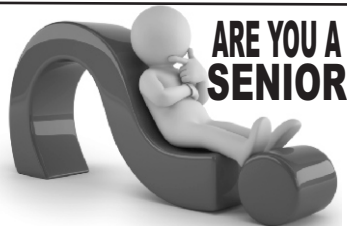
*Boreal Centre/Reg White*

*Circus Camp - Dianne Bassendowski*

We think all four of these are great initiatives that our community will benefit from. But, if you'd like to cast your vote to see which one gets the pool of dollars that local people have gathered by donating \$100 ea to get a vote, you can still sign on at entry, before the presentations begin.

"100 People" is an initiative of the Chetwynd Social Planning Society, with support from the District of Chetwynd, so you can get a Charitable Donation, along with a vote giving you a say in what you would like to see happen in your community.

Any questions, contact Marcie at 250-401-8842



Are you interested in  
**FREE TAX RETURNS?**

Are you interested in  
**FREE COMPUTER LESSONS?**

If so, call before  
**MONDAY APRIL 2, 2018**  
**250-788-2307**



## SURERUS PLACE

**RENT INCLUDES:**

- Hydro and heating
- Lunch and dinner
- Weekly housekeeping
- Weekly flat linen laundry
- Social and recreational activities
- 24 hour Lifeline emergency response

Check out our new website @  
[chetwyndseniorshousing.ca](http://chetwyndseniorshousing.ca)

**Little Prairie Haven - Independent Living**

**For Vacancies**

**Call 250-788-3736**

# Free Classifieds

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## PROPERTY

Reduced to sell - Open concept fully renovated dwelling with hardwood floors, 2 bdrms, 2 baths & office space. Located 5 km from Chetwynd in Wabi Estates. 20x32 heated shop. Year round fresh water. 5.3 acres landscaped for horses, recreation & relaxation. Guest cabin, outbuilding, award winning gardens & 2 landscaped full hookup RV pads. Call or text 250-788-5293

0.9 acres on 53rd Ave in Chetwynd, bare lot, ready for building, all of the utilities included. Call 250-788-5319

Large, level & cleared lot in Rodeo Sub. Close to schools & Rec Centre. 5117-41st Ave. \$56,000. Call 250-788-3052

3 houses for sale at Moberly, each on a 5 acre lot across from golf course with excellent lake views: 1 custom-built log house, 3 bdrm with a basement suite, \$385,000; 2 bdrm bungalow, \$165,000; large 3 bdrm house with rental suite and wkshop, \$209,000 OBO. Call 250-788-6339

950 sq ft 2 bdrm home, completely renovated, everything is brand new! 4.5 acres with the option for an additional 4.5 acres. Located at 2579 Brulotte Rd 16 km from Chetwynd out Jackfish Lake area. Asking \$265,000. Call 250-788-6805

1 acre lot in Progress Rd 255 btwn Chetwynd & DC. 2010 manufactured home with 3 bdrms & 2 baths, electric heat, 6" walls, winter pkg, 3 sheds, wood stove, close to McLeod School & convenience store, lots of spruce trees, mature garden, priced to sell. Call 250-843-7086 or 250-719-5516

3 bdrm house in Crown Sub, 4728 Centurion Cres. Box 810 Chetwynd, BC. Call 250-788-2606 for price.

Large serviced fenced lot in Rodeo Sub, secured location of a cul de sac. 190 sq ft wired fence. Insulated shed. \$82,500 OBO. 250-401-8778 or 250-401-7345

## PETS/LIVESTOCK

Border Collie x puppies 10 wks old. (Cattle/sheep/work dogs). Short haired males has shots, and are dewormed. For serious inquiries only 250-788-5901

2 Free kittens, litter trained. Good with kids and dogs. Ready for their forever home. Call 250-788-6707

Free 3mo old Tabby kittens to good home. Call 250-401-7346

Black retriever puppies. Ready for St. Patrick's day. 5 females, 4 males. Mother top show and hunting lines. Call or text 250-574-4088 or email [fitfoxes@hotmail.com](mailto:fitfoxes@hotmail.com) for more info or photos.

## LOST & FOUND

Lost: Black Samsung Galaxy S5 with butterflies on the back somewhere between the Legion and Days Inn. Call 250-788-1987

Lost: Dog named Jigger from Moberly Lake on Nov 17. Has tattoo in right ear, code is 194CJD. Call Denise at 250-788-3837 and leave a message.

Lost: Set of keys at Home Hardware on Nov 29/17. Call 250-788-3672

Lost: Black wallet lost in Super Valu parking lot on Sat Jan 20, all my ID inside. Reward offered. Call 250-874-0630

Lost: Black scarf, shiny with fringes. Would like it back if found. Was a Christmas gift. Call 250-788-9781

Lost: Orange and white Tabby cat with short ears. Last seen Feb 5. He may be in the Little Prairie area. Call 250-788-9445

## REC VEHICLES

2008 Honda TRX 420, 6655 km, 678.7 hrs, comes with winch and snow plow, \$5000 OBO. Call Kent 250-788-6611

2007 Arctic Cat 650 Prowler side by side with plow, \$6000, excellent condition. 2013 8x12 enclosed cargo trailer with rear ramp door set up, LED interior lights, tandem axle electric bike, like new, \$6500. Call 867-334-5866

5th wheel hitch, 20,000 lb. \$375 OBO. Please call 250-788-5905

2016 Polaris axys 800, 155" RMK, pro, 2384km. SLP stage 2 kit, spare belt/plugs. Polaris handle bar bag, burandt backcountry under seat bag, muff pot, heavy duty hitch bumper, ice scratchers, safety tether, custom aluminum rear rack and cover. No issues with sled, runs great. Asking \$10,300. Call or text 250-401-7177

14' Roughneck Aluminum boat. 30 HP Yamaha, new fish finder, anchor, ez load trailer. Excellent condition. \$3400 OBO; 1991 18' Sea ray ski boat, chevy v6, new floors, carpet, aluminum plating, life jackets, tubes, ez load trailer, new rubber. \$7000 OBO. Call 250-778-6604

2015 34' Jayco eagle premier. Electric tongue, electric stabilizer jacks with remote control. Sleeps 10. 2 slides, outdoor kitchen. Separate kids area. Asking \$39,000 Call 250-788-6285

2007 Yamaha Venture multi-purpose snowmobile. 80 HP, fuel injected, liquid cooled, 4 stroke engine. Clean, quiet and economical. Electric start, hand and thumb warmer, trailer hitch. 4367km, 16" track. \$3500. Call 250-788-9229

## WANTED

Wanted: Live-in position, preferably long term, or at least until August of 2018. Can do light house sitting/keeping, light yard work/organic gardening, childcare in a drug free & clean work environment. I also speak German. Reimbursement for work negotiable. Contact j.c331@yahoo.ca

Wanted: Room to rent in Chetwynd. Call 780-315-5206

Wanted: New Holland haybine or parts. Call 250-719-6142

Wanted: To hunt on private land for elk between Dec 2017 & Feb 2018. Text with info to 250-961-6743

Wanted: To buy PS3 in good working cond. Call Joe at 250-788-1597

Wanted: Bull dozer, medium size, D6 or D7, good running condition. Call 250-467-2401

Wanted: Bobcat for a reasonable price. Call 250-874-4433

Wanted: 1997-2003 Dodge Dakota for parts. Looking for a good engine/trans and other various bits and pieces. Call Brandon with price 250-788-5955

Wanted: 2 bdrm apartment/duplex/basement suite for Mar 1st (at the earliest) for 2 full time working responsible individuals. Call 1-250-788-6606 if you have something available

Wanted: Polite and quiet UBC Medical student with references, doing a rotation in Chetwynd from Feb 25 - Mar 25. Looking for accommodations. Another student will replace me from Mar 26 - Apr 22 and would like to continue to rent if that works for you. Call Tatyana at 250-889-0222

Wanted: Free wood pallets, scrap wood for project. Call or text 778-855-8043

Wanted: Small engine repair mechanic to get a gas powered welder, pressure washer and a couple small engines. All carb work. Call 250-788-6604

Wanted: To buy arctic sleeping bag for a woman for at least 40 celsius, light weight that fits in back pack. And an arctic tent for one person, light weight for minus 40 celsius. Good condition for reasonable price. Contact j.c331@yahoo.ca

## PINE VALLEY SENIORS ACTIVITIES

ALL 55+ WELCOME

AT THE PINE VALLEY SENIORS HALL

**TUESDAY**

**PICKLEBALL**

6:00pm - 8:00pm

\*Location to be announced\*

**CARPET BOWLING**

To Be Announced

**SATURDAY**

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



For more info & hall rental call Bernice

**250-788-2307**

## Beelyne Executive Services Ltd.

**NEW HOURS STARTING FEBRUARY 24**

**MON - FRI 9AM - 6PM**

*Open through lunch*

**SAT 10AM - NOON 1PM - 4PM**

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



This week  
**CHET TV is shooting the Little Giant's Ice Carnival!**



**Bingo Prizes This Week:**

LINE 1: \$400

LINE 2: \$800

PICTURE FRAME: \$1,600

BLACKOUT: \$4,150

**TUNE IN EVERY THURSDAY AT**

**7PM FOR CHET TV BINGO**



**LIKE US ON FACEBOOK!**

## MOVING TO CHETWYND?

Want a house with some home based income or room for a second family?

Current home has separate entrance to finished space for a B&B business, home offices or in-law suite. Income generated could range from \$1500 a month to more than \$6000 a month.

Energy efficient, double-insulated. Wildfire, wind, and quake protected. Excellent location, with many special extra features. Main area has 3 beds, 3 baths, bonus room, garage.

This beautiful

home is valued at \$500,000, asking \$465,000.

For more info call

**250-788-6808**



## HELP WANTED BEER STORE CLERK

**\$14/hr**

**Evenings/Weekends/Dayshifts**

**Part-time Position**

PLEASE APPLY WITH RESUME TO

**MURRAY'S LIQUOR EXPRESS**

## MOVE OVER BLUEBERRIES!

A recent study, done by the University of Victoria's Biologist Dr. Peter Constabel shows that the wild salal berries, found on BC's West coast, rate higher in antioxidants and tannin levels than blueberries. Salal berries beat out blueberries for the number 1 spot of the most nutrient dense berry and could be classified as a "super food". The 5 year study even saw local samples sent to Germany and Finland for further testing.

In fact the numbers can't even compete with blueberries. Salal berries have up to 5 times higher concentration of tannin levels and 3 times higher in antioxidant levels, than that of blueberries.

Dr. Constabel mentioned that he wasn't even aware that the berries were edible until he received a gift containing salal extracts. Through researching the berry, he found that indigenous groups along the West coast have been eating these berries for a long time and classify them as a traditional food.

Salal berries, being so high in antioxidants and tannins can assist with cardiovascular health, heart disease, stroke and even neurodegenerative disease, and has also been linked with helping with type 2 diabetes. They also have been found to have anti-aging properties, specifically helping with "crows feet."

While these berries are not as delicious as blueberries, they are still sweet and juicy with a bit of a different texture. You could say it's a mix between a blueberry and a red currant.



## THE REX

**250-788-3580**

4709 51st St, Chetwynd, BC

**FEATURE PRESENTATION**



**Thurs, Fri, Sat, Sun, Mon**

**Mar 15, 16, 17, 18, 19**

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

**SATURDAY MATINEE**

**2:00 PM**

DOOR OPEN 1:30PM



T'Challa, the King of Wakanda, rises to the throne in the isolated, technologically advanced African nation, but his claim is challenged by a vengeful outsider who was a childhood victim of T'Challa's father's mistake.

Stars: Chadwick Boseman, Michael B. Jordan, Lupita Nyong'o

## NOW HIRING

EXPERIENCED  
**LOG TRUCK  
DRIVER**

Top Wages



**Harroff Bros. Logging**

**250-788-5392** E: jharroff@telus.net

## Little Acre Boarding Kennels

- Individual heated pens with runs
- Personal time with each pet
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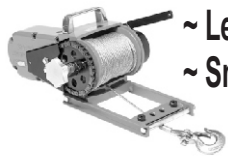
or **250-788-5354**

## MP ZIMMER SUPPORTIVE OF PROPOSED INCREASE TO BACKGROUND CHECKS

Bob Zimmer, MP for Prince George-Peace River-Northern Rockies and Co-Chair of the Parliamentary Outdoor Caucus is pleased to hear about a possible plan to increase the level of screening that goes into acquiring a firearms license in Canada. Minister Goodale held a summit on the increased gang activity and gun violence and following that meeting made comments regarding background checks. Mr. Zimmer made the following statement based on those comments;

"As a strong supporter of the outdoor community and the lifestyle that it promotes I support the idea of more vigorous background checks that could include a mental health history and more comprehensive look at the criminal past of the purchaser," said Mr. Zimmer. "We need to continue to protect the rights of law-abiding firearms owners while also working to ensure that firearms do not end up in the wrong hands. I will watch closely as this legislation takes shape and I look forward to participating in the consultation process."

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## Celebration of Life

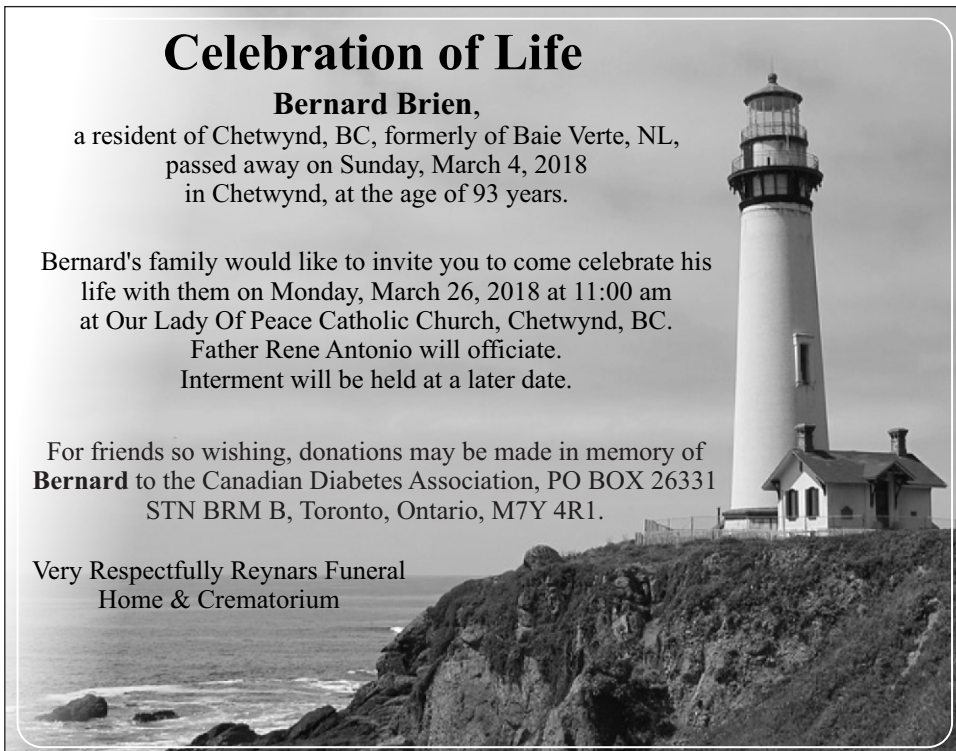
**Bernard Brien,**

a resident of Chetwynd, BC, formerly of Baie Verte, NL,  
passed away on Sunday, March 4, 2018  
in Chetwynd, at the age of 93 years.

Bernard's family would like to invite you to come celebrate his  
life with them on Monday, March 26, 2018 at 11:00 am  
at Our Lady Of Peace Catholic Church, Chetwynd, BC.  
Father Rene Antonio will officiate.  
Interment will be held at a later date.

For friends so wishing, donations may be made in memory of  
**Bernard** to the Canadian Diabetes Association, PO BOX 26331  
STN BRM B, Toronto, Ontario, M7Y 4R1.

Very Respectfully Reynars Funeral  
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## DISTRICT OF CHETWYND INVITATION TO TENDER

Contract: 47TH Street NE Sanitary Main Replacement  
Reference No.: 171-16812-00

The owner invites tenders for the construction of a  
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- 470 m of 200 mm diameter sewermain
- 7 manholes
- Service tie-ins

Contract documents are available online at  
[www.gochetwynd.com](http://www.gochetwynd.com) or [www.bcbid.gov.bc.ca](http://www.bcbid.gov.bc.ca)

Tender Closing Time: 2:00 pm Local Time

Tender Closing Date: March 20, 2018

Tender opening: March 20, 2018 at 2:00 pm Local time

District of Chetwynd  
PO Box 357  
5400 Hospital Road  
Chetwynd BC, V0C 1J0

The District of Chetwynd reserves the right to reject any or all tenders,  
and the lowest or any tender may not be accepted.

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**Cell: 250-401-2034**



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*Thank  
you*

*The staff and students of CSS would like to thank Gear-O-Rama  
for their very generous donation to the shop programs at the  
school. The tools and tool boxes are greatly appreciated.*

*The students and staff of CSS would like to say thank you to the  
owners and staff of Big Bear Services for their generous donation  
to our school wide breakfast program. Thank you very much!*

## Funeral Announcement



**Moreen (Bezanson) Westgate,**  
passed away on February 7, 2018 at the age of 89.

She is survived by her children Beverly (Lee) Barclay  
of Calgary, AB, Bryan (Valerie) Westgate of Edmonton. AB,  
Barry (Patricia) Westgate of Chilliwack, BC,  
Bradley Westgate of Chetwynd. BC. 14 grandchildren,  
26 great grandchildren, sister Betty St. Denis of Saskatoon.

Also leaves to mourn brother-in-law Jim Westgate of  
Chetwynd, BC, sisters-in-law Virginia (Austin) Beattie,  
Iris Westgate, Marguerite Westgate, June Westgate, Audrey Westgate,  
Lenita Westgate as well as numerous nieces, nephews, extended family and friends.

Sadly, predeceased by son Brent Westgate, husband Eugene (Dean) Westgate,  
brother Bill Bezanson and wife Anne, Theresa Lovell and husband Vern,  
Rose Cydeyko, Margaret Clarkson and husband Bob, brothers-in-law Lyle Westgate,  
Des Westgate, Vern Westgate and wife Stella, Byron Westgate, Arthur Westgate,  
Alfred Westgate and Dale and Marie (Westgate) Beattie.

*In lieu of Flowers memorial donations may be made to the  
Cancer Center for Southern Interior.*

Memorial Service will be held **Saturday, March 24, 2018 at 1:00 pm** at  
**Springfield Funeral Home, 2020 Springfield Road, Kelowna, BC.**

*Condolences may be sent to the family by visiting [www.springfieldfuneralhome.com](http://www.springfieldfuneralhome.com)*

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# Mining?



## CONUMA COAL IS RECRUITING

We're excited to announce the start-up of the Willow Creek Mine in Chetwynd, and will be hosting a recruitment open-house for Chetwynd residents.

Aside from the range of positions listed at <https://www.conumacoal.com/careers>, Conuma will also be starting a large training program. If you live in Chetwynd and are looking for a career in mining, this is the time to join!

If you are safety conscious, dedicated and looking for an excellent opportunity, please bring your resume in person during this week-long event.

We look forward to seeing everyone there!"

## RECRUITMENT Open House

**March 19 - 23, 2018 12pm - 8pm**  
**Unit 1, 4612 N Access Rd, Chetwynd, BC (next to Peace FM)**  
**Drop off your resume in person**

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*Buses from the East: 4:45 pm*

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