

# Coffee Talk Express



Friday March 27, 2020

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## In case you missed it, Here's a message from our local Doctor Banis

My Dear Friends, My Dear Colleagues, Family and Community Members, I wanted to reach out to you in these difficult times. For those who know me I don't have to introduce myself, but for those who don't know me ...I am just your local community family doctor, Dr. Banas. I wanted to take this moment to share my thoughts with you and support you in any way I can.



We all may feel overwhelmed, scared perhaps hopeless. These are normal human's feelings, though I know that we can, we will beat it, and we will overcome this. While we are all worried and anxious about what is next to come, I want to reassure you that the physicians, the wonderful nurses, and all incredible health care allies will continue to provide you with the care you deserve and you require. We will step in, over and above, and support you the best we can. The care we will continue to provide may be different from what you used to, and I would only ask your forgiveness, but rest assured no one will be left unsupported, I guarantee you this. My colleagues and I will continue to stand on guard of your health. Not because the limited resources we have, but because your vibrant energy, we will continue to thrive and will prevail. Please be smart(my more clarified edit: stay home and isolate), but do continue with your life( however avoid any nonessential travel and social "face to face" interactions), your passions and hobbies ( at home) and do not be paralyzed with fear of COVID.

God bless you! Join me in my prayers.

Yours truly

*Pencil Box* Stationery

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order your custom promo gear today  
T-shirts - Mugs - Bags - Plaques - & More!

**Chetwynd 3 day Forecast**



Fri  
03/27  
Snow

Sat  
03/28  
Snow

Sun  
03/29  
Light snow

4°

-8°

-2°

**ROYAL LEPAGE**  
**CASCADE REALTY**

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**ANTHONY BOOS**  
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SERVING CHETWYND AND AREA- CHECK OUT OUR WEBSITE COFFEETALKEXPRESS.COM

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## District of Chetwynd

Please help our community

to have a healthy sewer system by not flushing anything except toilet paper down the toilet;

- \* Paper towel,
- \* Cleansing wipes,
- \* Kitchen waste,
- \* Oil,
- \* Dental floss
- \* Cotton balls

These items are not good for the sewer system, no matter what the packaging of those items may tell us!

None of us want a sewer backup during these sensitive times, so please remember:

**don't flush anything down the toilet but toilet paper.**

Thank You

# Free Classifieds

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

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

1997 Ford Arrowstar van that runs well. For sale, Taking offers. Must sell. 250-556-4188

4 Bridgestone Blizzak tires 245/60 r-18 very low mileage 250-788-2511

16' Car hauler in good condition call 250-788-3342

Good year Wrangler 265/70/r17 \$250.00 for a set of 4, 250-788-5123

2013 Kia Rio 141,000km 6 speed, navy, runs excellent asking \$6300 call 250-788-2628

4 Toyota 16" rims 5 bolt pattern \$150, 4 mud&snow tires 215/60/r16 \$100 call 250-401-1454

5 - 16" tires & rims. call 250-874-0170

Under hood fuel filter 6.7L Dodge \$50.00 obo, EFI live programmer came off 6.7L dodge, can be set for any diesel \$300.00 obo, turbo for 2014 dodge \$1000.00 obo, Resse drop in 5th wheel hitch for dodge \$1000.00 obo, 5 tires 235/80/1 10 ply 1duratr, 2 general, 2 firestone \$150.00, Hub caps for 2014 dodge ram dully 1 front, 2 rear \$50.00 each, Marine Manifolds and risers with gaskets for V8 chevy \$250.00 obo, Yamaha 700 triple mountain max snowmobile. call for price 250-261-0804

2006 Western Star logging truck, Tri drive MXS Cat deleted to single turbo, 18 speed trans, 46,000pound 4:30 raio diff with locks, rear sleeper, ready for work. 2001 Superior hayrack log trailer with 4 packages, 3 are exte 9'6 bunks, comes with wrappers, and chinchies \$6500.00 for both 250-788-5163

2017 Rav 4 6 speed trans awd. 2.5ltr 4 cyl engine. 40,200km warranty. winters on rims, like new \$24,900 250-788-9229

1994 Chevy Blazer for parts, 2004 Mazda 6 4 door, 1997 F-150 supercab longbox v6 5 speed standard. 250-401-7215

2011 Toyota Rav 4. 207,505km, reliable vehicle in good running order, comes with set of winter tires. \$9500 obo 250-788-2360

Snow tires 185/60/r15, fairly new \$300 call 250-782-3996

M/S 225/75/r16 Cooper tires on rims \$200 obo 40% tread 250-401-1210

2002 Freightliner with 3406 b mechanical cat engine. Has just over 1000 hrs, 18sp trans with 46,000lb Rockwell 4 way locking diffs \$15,000 Call Duane 250-788-5163

4 Hankook Winter iPike studded tires for sale. Size 195 65 R15. Used 3/4 of a season. Lots of tread left. \$200 OBO for the set. (819) 446-5960 call or text.

4 tires on 5 spoke 16" rims \$200 obo 250-401-1210

2013 Kia Rio, 147km, 6 speed, nice cond, navy. \$5500 call 250-783-1343

1994 Chevy 1/2 ton RWD for parts, no papers, has a good 350 engine. 2001 Ford Focus for parts only free must haul away. Call or text 604-343-9201

1975 Ford (approx 5 ton) farm dump truck with grain box + interchangeable flat deck \$2,900 16.5 ft Arctic gravel truck box with high lift tailgate + hoist. Very good shape \$14,000. 3 ambulances f350 4x4s. 2 Sundowner first aid units 250-788-3868

1 Truck bed to fit 1/2ton FORD Contact for more info 250-788-6802

4 Goodyear LT 275/65 R18 \$800 4 225/65 R17, Continental Car Tires, Decent Shape \$200. Call 250-467-2060

## FOR RENT

2 bedroom mobile in Pinewood mobile home park. Washer, dryer, fridge, stove, utility room, no pets, no smoking. Available April 1st. call 250-788-5202

2 bedroom across from Moberly golf course, 5 appliances, all inclusive, heat, hydro, wifi, satellite available march 16, security deposit required- 250-788-6339 3 bedroom house across from Moberly golf course all inclusive heat, hydro, wifi, satellite, tv, available April 1st 250-788-6339

For rent 3 bedrooms shared accommodation in Tumbler Ridge. utilities incld call 250-242-5888

Furnished bedroom suite, 10 mins from town, weekly or monthly rate. call 250-788-5701

Room for rent in Legion sub. own entrance and bathroom, shared kitchen and laundry \$800/mnth text 250 401 6029

1 bedroom basement suite, fully furnished. Gas/hydro/water included. Tenant pay for wifi and cable if they would like it. Avail, April 1st \$850.00 a month. 250-219-8550

Furnished room for rent downtown Chetwynd \$500/month. shared common area, includes utilities, internet and cable. 250-401-1985

1 room cabin for rent \$500 per month, fully furnished includes power. call or text 604-343-9201

1 bedroom fully furnished suite. all utilities incld. Tenant pays for tv & internet Available April 1st 250-219-8550

Half duplex, 3 bedroom 2 bath, large backyard, ample parking. available May 1, call for details 250-219-8550

3 bedroom modular home with addition, wood and gas heat. fridge, stove, dishwasher, washer, dryer, newly renovated. Available April 1s t\$1,250 plus utilities. 250-401-1127

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Beyond The Ordinary!  
250-788-3974

4805 South Access Rd 250-788-3974  
shooks@telus.net Chetwynd, BC

2 Pickles fell out of a jar onto the floor. What did one say to the other?

Dill with it



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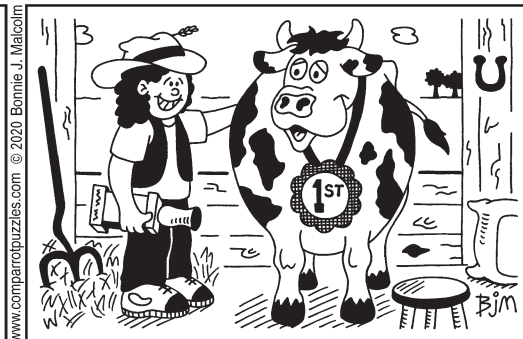
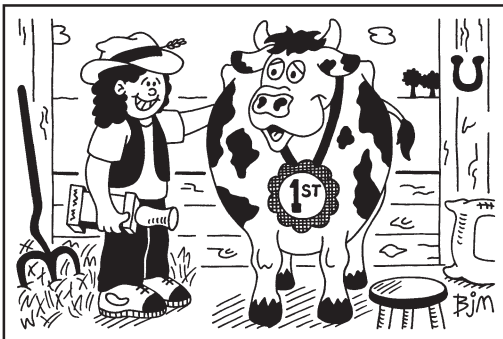
Box 1295, Chetwynd BC V0C 1J0

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



**ComParrot**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Part of cow's hip is hidden. 2. Stitching on feed sack is longer. 3. Bottom of board between cow's legs is missing. 4. Blade of grass in hat has moved. 5. Knthole behind cow is colored in. 6. Small spot on cow has moved. 7. Small spot on cow's legs is larger. 8. Pictfork handle is longer. 9. Hat is wider. 10. Cow's tail is different. 11. Spot on cow is larger. 12. Sack label is larger.



# Free Classifieds

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## MISCELLANEOUS

LG G4 cell phone \$80.00 250-719-7158

Husqvarna 343 R heavy duty trimmer like new condition \$500 (2 blades, wire-string cassette, harness, manual) Linda 788-2944.

Single bed complete with bedstead, mattress and box spring \$100 OBO. 788-2944

Hauling wood, \$130.00 a load or \$165.00 split. 250-401-8991

Ten inch kicker bassworks box. huge mono Kenwood amp just rebuilt. mid tweet combo and 4 channel amp. Cheap. Text 250-618-6165

11 firewood chainsaws for sale, various sizes 250-401-1859

Red potatoes \$25 for 5 gallons call 250-788-2205

Christensen Arms Mega burnt bronze/green \$1400. .300 win mag comes with scope rings. Vortex Viper Rifle Scope 3.5 - 10x50 dead-hold BDC \$200. Vortex Viper HS-T Rifle scope 4 - 16x44 VMR-1(MOA) \$300 call 250-788-5478

Oak Kitchen cabinets. \$1000. Linda, 250-788-2944.

1200 watt amplifier, and a wall mounted tv, call 250-874-0170

Electric wood splitter with stand \$225 generator 2800watt Subaru engine \$400 call 250-401-8940

Homelite track snowblower, 25" 8 hp fabric cab \$350 obo 250-788-2181

Vintage yellow glow maid wood burning cookstove with stove pipe \$900 call 250-317-3567 or 250-801-8308

Antique Organ., \$1000.00 OBO , Water cooler (5gal) & \$50.00 OBO Linda 250-788-2944

Fisher price baby swing \$50.00 obo, antique sewing machine \$125.00, step 2 desks (age 2-5) \$10.00 each, MEC bunting suit (winter suit) blue \$30.00 obo, Koalakin baby carrier \$40.00 obo. call or text 250-401-7091

Indoor/outdoor lights-3 boxes \$5 ea. outdoor lights red, 3 boxes \$5 ea. 2 sets of outdoor lights unopened red \$5 ea. Pinecone lights 10ft. LED. brand new crockpot \$30 call 250-788-9781

Jackson classic figure skates size 5 like new condition used 1 season \$100. figure skates Size 5 1/2 \$50 call 250-788-9445

Firewood-\$150 a pickup, \$225 split call 250-556-4419

1200w car/truck amplifier, wall mounted television, 5 16 inch mud/snow tires with rims Call Edgar 250-874-0170

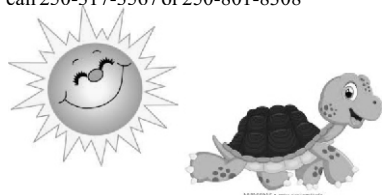
5x5 round hay bales, mixed hay, NH solid core, approx 1000lbs \$60 each, can load, Pouce Coupe call 250-719-4967

Hay for sale approx 1200lbs round bales, \$40 - \$70 depending on quality. Located 80 km from Chetwynd Jackfish lake rd. text or call 250-262-9092

308 Savage for sale comes with Bushnell scope and two clips. Only used for target practice. Must have proof of PAL call 250-556-4087

22 cal. cement/steel pin gun comes with case, supplies \$125.00 obo, 303 British rifle \$300.00 obo 250-261-0804

New laminate, leather top chair and rocker \$150 each 226-388-9277



# 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



## District of Chetwynd



Request for Tenders for a Parks Garage – March 5, 2020

Tenders are being requested for the construction of a Parks Garage to be located at 5458 56<sup>th</sup> Street NW, Chetwynd, BC V0C 1J0

Sealed tenders must include design, specs and pricing for the garage. The deadline for submission is on or before March 31, 2020 at 12:00pm.

The successful contractor will be responsible to provide drawings and obtain construction permits. The timeline for construction is from May, 2020 with completion before the end of July, 2020.

The garage dimensions are 30'x32'x12' to maximum of 30'x 40'x 12' with no centre posts to ensure an open floor area; must have single side door and roll up doors to maximum width of 2 10' x 12' each with 2 in the front / 2 in the back and a minimum of 2 windows. The structure must also be designed to meet the District of Chetwynd Development Permit Area guidelines.

The garage is required to be insulated and have electricity installed on the interior and exterior which includes outdoor motion lighting. The front must have roll up doors to accommodate entry of and easy access to large equipment. The inside of the garage must also have protected board or material 4' from the floor. The roof will be 12' high with a peaked roof design. Colours will be determined by District of Chetwynd with design specs. The floor will be cement finish.

Site visit is mandatory to determine spec requirements. Please call 250-401-4100 Parks Department to arrange for a location visit. You can either email [d-chet@gochetwynd.com](mailto:d-chet@gochetwynd.com) or you can drop off your sealed tender marked "Park Garage Tender" to District of Chetwynd located at 5400 Hospital Road, Chetwynd, BC on or before March 31, 2020 at 12:00pm.



## Chetwynd and District Rec Centre Arena Concession Request for Proposals

The Chetwynd and District Rec Centre is inviting proposals from individuals, groups, organizations, and/or businesses for the operation of the facility concession and the provision of catering services for the period of May 1, 2020 to March 31, 2024.

All applicants must provide a business management plan that includes:

- Budget
- Safe Food Plan to be approved by the Health Authority
- Sample menu selection with prices
- Proposed hours of operation
- Catering activity plan
- Record of past performance
- References
- Any other information that may be pertinent to a successful operation

Viewing of the facilities is required prior to submitting any proposal and further contract specifications and requirements are available to bidders at time of viewing.

Contact Steve McLain by phone at 250-788-2214 or by email at [smclain@gochetwynd.com](mailto:smclain@gochetwynd.com) for an appointment to view the facilities and to view and pick up contract documents.

Proposals should be submitted to:

"Chetwynd and District Rec Centre Concession Proposal", ATTN: Steve McLain, Director of Recreation for the District of Chetwynd, 4552 North Access Road, Chetwynd, BC, V0C 1J0. Deadline for receipt of proposals is 2:00 pm, local time, April 1, 2020.

The Peace River Regional District and the District of Chetwynd reserves the right to reject any and all proposals for any reason, or to accept any proposal received which the Peace River Regional District and the District of Chetwynd, in their unrestricted discretion deems most advantageous to their selves. The greatest or any proposal may not necessarily be accepted.

**Gemini Heli LTD**



**ASTAR • BELL206**  
**Chetwynd Base**  
**236-334-3300**

## PINE VALLEY SENIORS

### Weekly Activities

ALL 55+  
WELCOME

#### CARPET BOWLING

THURSDAYS 1:30PM

AT THE PINE VALLEY SENIORS HALL

**PICKLEBALL** WEDNESDAYS  
6:00PM - 8:00PM

AT CHETWYND REC CENTRE

SATURDAYS



**CRIB** 1:00PM

**WHIST** 7:00pm

**250-788-2307**

For more info & hall rental call Bernice

## ☾ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♈ HOROSCOPE ♎ ♏ ♐ ♑ ♒ ♓

**ARIES: March 21 - April 20** Major moves will be emotional and not necessarily to your benefit. Do not let them in on your plans if you want things to run smoothly. Refrain from overspending on entertainment or luxury items. You have to believe in yourself and your talents. Your lucky day next week will be Wednesday.

**Taurus: April 21 - May 20** It might be time to make a fresh start. Consider applying for a job in another part of the world. Don't take advantage of your expense account. Do not borrow or lend money or belongings to friends or relatives if you wish to avoid any hassles. Your lucky day next week will be Monday.

**Gemini: May 21 - June 21** Sudden changes regarding your domestic scene are probable. You can learn valuable information if you listen and observe what others are doing and saying. You may find that your plans will cost a little more than you had expected. You can make or break your personal relationship this week. Your lucky day next week will be Thursday.

**Cancer: June 22 - July 22** Try not to hurt your partner's feelings. You could be misinterpreted if you're not careful. You may find that doing odd jobs around the house will be successful and appreciated by loved ones. Investments may not be as lucrative as you thought. Your lucky day next week will be Thursday.

**Leo: July 23 - August 22** Avoid any hassles. A series of misunderstandings may be at fault. You have more than enough on your plate already. You can make some favourable changes to your looks. Your lucky day next week will be Monday.

**Virgo: August 23 - September 22** It's time to get yourself back on track. This is a great day to spend with family. You can solidify your relationship if you plan a special evening with your mate. Opportunities to make financial gains through investments look promising. Your lucky day next week will be Wednesday.

**Libra: September 23 - October 22** Sudden changes regarding your circle of friends could prove interesting and stimulating. Take a look at the possibilities of starting a small part time business with friends or relatives. Plan some family outings. You will be quite excitable this week. Your lucky day next week will be Monday.

**Scorpio: October 23 - November 21** Uncertainty regarding your mate may emerge; reevaluate what you see in each other. Secret activity is evident. Friends and relatives may not understand your needs. Don't make excuses. Your lucky day next week will be Monday.

**Sagittarius: November 22 - December 20** Be honest in your communication and don't lose your cool. You can win if you're open and up front with your boss. You can get ahead if you present your ideas to superiors. Romance will develop if you get involved in social events that deal with children. Your lucky day next week will be Thursday.

**Capricorn: December 21 - January 19** Home improvement projects will enhance your residence and bring the family closer together. Extravagance and overindulgence are not a cure if you're feeling sorry for yourself. You can meet interesting new friends if you join worthwhile groups. Get involved in volunteer work that will bring you satisfaction, not an empty wallet. Your lucky day next week will be Saturday.

**Aquarius: January 20 - February 18** This will not be the best day to make changes or renovations to your residence. Do not expect others to do your work. Do not sign contracts or get involved in any uncertain financial deals. Pay attention to small but important details. Your lucky day next week will be Wednesday.

**Pisces: February 19 - March 20** Delve a little deeper if you really want to know the score. Older family members may try to make demands that are impossible for you to handle. You should consider getting into self improvement endeavors. You will attract potential lovers, but be sure that they're unattached. Your lucky day next week will be Tuesday.

### 20 Really Cool and Useful Websites for Kids

Useful websites for kids must be engaging for children, and both safe and offering some educational value for parents to love them as well. The following 20 sites are a bit more off the beaten and well-known path worn by Nickelodeon or Disney!

Peep and the big wide world

Funology

Switch Zoo Animal Games

Bubblesphere

Funbrain

Kackety Hack

Cryptokids

Chillola.com

Escape

4kids.org

CIA for Kids

Brian POP

Kodable

Giggle Poetry

ABCya!

Amazing Space

Dance Nat typing

Mr Nussbaum

Lil' Fingers Story

The Great Plant

Invention at paly



## JUST kidding

**Q:** What do you call a boomerang that doesn't return?

A: A stick.





# Free Classifieds

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

## PROPERTY

Three bedroom modular home on two serviced lots in Tumbler Ridge nice place good location price \$99000 call or text for more info @250 401 1127

Home and acreage on Sukunka River, 3 bed 2 bath 1520sq ft. on 63 acres. 5 outbuildings including huge shop. 1/2 mile of river front. call 250-401-3298

4.8 acre treed lot 2km west of Chetwynd on Kurjata rd. front and back access, natural gas and power at edge of property, 50' untested well \$89,000 call or text 780-830-6320, 780-538-9685

For sale 3 bedroom house on 5 acres, with shop, located on Guillet rd. For more info contact 250-719-7376 Please leave a msg \$200,000

3 bdrm/ 2 bath 2010 16x80 mobile on .08 acres in Progress. Completely fenced, 2400 gallon water tank \$204,900 call 250 843 7086 for more info.

0.9 Acres of cleared land on 53rd avenue in Chetwynd, services included. Call 250-788-5319

Completely rebuilt log home 20 mins from Chetwynd. 2 Bed one bath, very well maintained. A must see for outdoor recreational user, \$180,000 call 250-491-8142 to view

4 bedroom 8 year old home with many extras. on 6 acres on Long rd. close to Little Prairie Elementary. \$458,000 a must see call 250-788-5198

Land for Sale ECR Pondy to Chennai Rd. contact owner directly (0)944-286-5661

3 bdrm 2 bath unfinished house- sunken living room, large kitchen, on 5 acres. 1 bdrm liveable cabin also on property, call 250 788-6625

## LOST & FOUND

Lost set of Dodge keys with fob and other key please return to pencil box.

Lost grey and white cat, from Aspen trailer park answers to Lucky, tattooed ear. call 250-401-7509

Lost Iphone 8 in black otterbox between legion and 711 call 250-788-6282

Found: One Touch diabetes test. found near thrift store, claim at the Pencil Box

Lost: 3 keys, 1 broken near bottle depot or home hardware. reward offered. call 250-788-8109

## REC VEHICLES

24' Jayco trailer 2006 \$7000 obo. call 250-463-3556

1987 Tundra skidoo 280cc long track works well / runs well \$3000  
700cc Summit skidoo, great shape approx 2003 \$2,900 call 250-788-3868

2003 Argo 8 wheeler roll bars, top windshield, very low hours, \$6,500 call 250-788-3868

Arctic Cat Jaguar Z1 1153cc skidoo 4 stroke with reverse- short track, asking \$2500 obo new drive belt and new book on machine. call 250-401-7215

Brand new tandem axel quad trailer \$2400 obo 250-401-1210

2013 Yamaha Striker 1200 cruiser. very low km beautiful shape \$11,000 obo call 250-787-0320

2012 30' Zinger 5th Wheel, Mint condition, stored under roof, leather furniture, hid-a-bed, lots of storage \$20 000 obo call 250-788-5040

## WANTED

Wanted: 11L - 16" Implement tires for tractor, one or pair call 250-719-4967

Looking for a clean and quiet suite. cat friendly, unfurnished, non smoking under \$950 . Young professional- quiet and respectful. call or text 250-216-2252

Wanted: a shop or shed in Chetwynd area for storage. call 226-388-9277

Wanted: Table and 4 chairs call 250-788-2482

Wanted: 2-3 bedroom home for June 1st. furnished or not, hopefully with a garage. wanted to rent for 1-2 years call 780-999-1093

Wanted: birdcage big enough for 2 cockateils. call 250-788-2805

## PETS/LIVESTOCK

Need to re-home 4 year old spayed female cat, sweet cat, great mouser, perfect for farm or barn. will send with a free bag of food. Loved dearly and currently at the Chetwynd vet hospital in kennel. Call 250-556-4087

4 female tri colour Pembroke Welsh Corgis to re-home. Beautiful girls! comes de-wormed and first set of shots. call or text 250-783-0878 \$1200 obo

Looking to re-home our American Eskimo Mini. She is 16yrs old, has vision issues and hearing loss. Comes with all her own toys, bed, leashes and food. Please call Shari 604-786-0514

1 Wether \$100, 1 Male Goat \$150 & 5 Bred Females, soon to have babies \$300 Call 250-788-3951

## PUBLIC ANNOUNCEMENT

Chetwynd Fellowship  
Baptist Church

Chetwynd Nazarene  
(Northern Lights Fellowship)

Chetwynd Seventh Day  
Adventist Church

**Will Be Cancelling  
Services for  
Two Weekends**

**What has ears But cannot hear?**

*A cornfield*

**What did the left eye say to the  
right eye?**

*Between us, something smells*



**JUST kidding**

**Q:** What's green  
and can fly?

**A:** Super Pickle!



## What is the difference between self-isolation and social distancing?



**Self-isolation:** avoiding situations where you could infect other people. People at high-risk of having been exposed to the illness are asked to self-isolate.



**Social distancing:** is a way that we can slow the spread of COVID-19 by limiting close contact with others. Even though we are not sick, we should still keep about two meters (six feet) or the length of a queen-sized bed from one another when we can when outside our homes.



### Attention: For the faithful parishioners of Our Lady of Peace Parish- Chetwynd.

Due to recent restrictions by Ministry of Health in British Columbia, The Diocese of Prince George has dispensed people from the obligation of attending Sunday until further notice.

Parishioners are encouraged to attend mass via internet and television. Vision TV broadcasts masses daily and also streams them on YouTube.

Our parish priest will continue to do his duty in saying Mass privately and fulfilling other Sacraments in a restricted routine for the intentions of the parishioners and everyone who has been affected by the virus

**Parish Pastoral Council,**

**Our Lady of Peace Parish- Chetwynd, BC**



### Statement from the West Moberly First Nations Chief and Council Regarding COVID-19

This notice is being sent not to create or amplify panic, but as an advisory for band members and community members in order to better protect themselves, their families and the community at large. In order to reduce contact, all non-essential services have been shut down. WMFN Chief and Council are actively monitoring the Covid-19 situation in BC, have implemented a response plan, and are diligently working on the continued health and safety of the WMFN's community. A Community Isolation and Community Access policy has been developed and implemented. **At this time, we are asking all members to please stay home and not come to the Health Center or Main office to limit the spread. Please call instead.**

Our response team is working with the Provincial and Federal Government to share information and assess potential health risk. WMFN's Pandemic Plan is being updated as new information comes in and we are confident that we are taking proactive measures to minimize risk and keep WMFN safe. The Response team will be active in the community providing information to anyone who has questions regarding COVID-19. On-going updates will be shared throughout the coming weeks. Please follow on the WMFN Events page on Facebook for information regarding the COVID-19 response. Currently WMFN has a low chance of contracting COVID-19. This may change with the Virus spreading rapidly. WMFN's Members can prepare by continuing to practice good personal hygiene habits, such as washing of hands, covering your coughs and sneezes and staying home if sick. If any WMFN's members have questions, symptoms or Health concerns, they should call **HEALTH LINK 811** or the Main Office for assessment, directions for appropriate contact and/or and follow up, 250-788-3663.

WMFN's respectfully requests that at this time we ask that people respect the community's efforts to self-isolate and ask the public to not come to the community at this time.

Thank you for your patience and understanding in the difficult time,

Wuujo aasana laa,

Chief Roland Willson  
West Moberly First Nations



### **“The Microsoft Scam” Revised**

I get a lot of users coming in with a very similar issue: “I’m stuck on a screen that tells me my computer has multiple issues/viruses and to call the number listed in order to resolve the issue”. For all intents and purposes they are not able to close this screen, and do not seem to be able to do anything about it.

This is generally referred to as “The Microsoft Scam” however, Microsoft has nothing to do with it. These are scammers and if you call this number they may run you through a series of bogus “diagnostics”, with the initial intent of allowing them to remotely access your computer and the end result of stealing your money and information. They will quote you outrageous prices to fix problems that may not exist in the first place. If denied and left unchecked on your PC, these scammers have been known to cause extensive damage, from deleting data, to locking you out of your own system via “Syslock” (requires a password before Windows even has the opportunity to boot).

What the average user does not understand, is that this problem can be averted by closing the browser. In most cases, this doesn’t seem possible, perhaps there is no close button, or there is a pesky pop up that needs to be addressed before being able to do anything with three browser. Sometimes you can right click the offending browser’s icon on the task bar and select “close window” but more often than not you will have to use the “Task Manager” (CTRL+SHIFT+ESC)

The Task Manager can be opened by right-clicking the task bar and selecting task manager or by the key combination CTRL+SHIFT+ESC. You will search the list of running applications for either Chrome, Firefox, Microsoft Edge etc. and select “End Task”. The next time you open your browser it would be wise to clear your browser history. If you have anti-virus, its not a bad idea to run a scan as well., you can never be too safe.

# SUDOKU

PUZZLE NO. 762

	3	5	7					6
			6	3	2			
9		6			4			
	1	4		6		5		
3			2				9	4
8					1	6		
			8	4	9			
						7	8	2
			1		7	4	5	

LEVEL: BEGINNER

## HOW TO PLAY:

Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: you must not repeat the numbers 1 through 9 in the same line, column or 3x3 box.

ANSWER TO PUZZLE NO. 762

6	9	7	2	1	8	9	5	4
2	8	1	9	5	3	1	6	7
1	9	8	6	7	8	2	1	5
8	2	9	1	2	7	6	5	8
7	6	1	9	8	2	1	9	8
8	2	9	8	9	6	7	1	2
2	8	7	1	5	9	2	6	1
5	1	6	2	8	9	8	7	1
9	4	2	8	6	7	5	3	1

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250-788-2307

Why did the student heat his homework?  
*Because the teacher told him it was a piece of cake*

What did one plate say to the other?  
*Dinner is on me*



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Protecting Our House

## Trades Opportunities

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Applicants with prior or active Mine Rescue Certification will receive strong consideration.

Please send resumes to: [careers@conumacoal.com](mailto:careers@conumacoal.com)

Not all applicants will be contacted.

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Thank you to all of our wonderful health care workers who are working to make sure we are safe and healthy! We appreciate you!



Chetwynd Communications Society  
#2, 4612 N. Access Road, Chetwynd, BC  
Phone: 250-788-9452

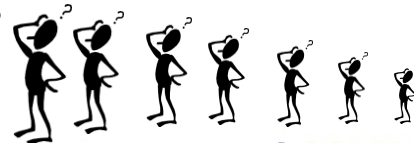
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For Help: 1-888-795-6111 or  
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LIKE US ON FACEBOOK!

## Bet you didn't know.....

Its impossible for most people to lick their own elbow...(try it!), It is physically impossible for pigs to look up into the sky? Some lipsticks contain fish scales? Like fingerprints, everyone's tongue print is different? Rubber bands last longer when refrigerated? There are 293 ways to make change for a dollar? A shark is the only fish that can blink with both eyes? A crocodile cannot stick its tongue out? A shrimp's heart is in its head? In the course of an average lifetime, while sleeping you might eat around 70 assorted insects and spiders?



## Managing anxiety around COVID-19

The global COVID-19 pandemic affects us all. If you are feeling stressed or anxious, you are not alone. These are unprecedented times and it is normal to be concerned and have questions.

### MAINTAIN ROUTINE

Stick to your normal activities as much as possible: wake and sleep at usual times, maintain regular meal schedules and adapt where needed (e.g. doing YouTube fitness videos at home instead of going to the gym.)



### LIMIT YOUR MEDIA INTAKE

Schedule information exposure instead of having a constant stream of news coming at you all day. Get your facts from the right sources: BC Centre for Disease Control, Interior Health, Public Health Agency of Canada and the World Health Organization.



### KEEP CONNECTED

Socialize while social distancing. Phone calls, FaceTime, and Skype are all still great ways to connect. Find non-COVID-19 things to talk about to give yourself a mental break.

### GET SOME FRESH AIR

Go for a walk, a hike or a bike ride. It does the heart and mind good to get outside.



### TAKE ADVANTAGE OF DOWNTIME

Now is the time to clean out that closet or garage and tackle other to-do list items around your home/yard. Enjoy some quiet time, read a book, and catch up on movies.



### KEEP PERSPECTIVE

Focus on your part in fighting the spread (e.g. proper hand washing, coughing and sneezing into your elbow, staying home when you are not well and practicing social distancing) and trust that the public health and government officials are working on their parts.



### ASK FOR HELP

If you are struggling, confidential help phones are available 24/7.  
• KUU-US (Nuu-chah-nulth) Indigenous Line: 1-800-558-8717  
• Interior BC Crisis Line: 1-888-353-2273  
• Provincial Crisis Line: 1-800-SUICIDE (784-2433)  
• BC Mental Health Support Line: 310-6789



Adapted with permission from Fraser Health  
www.interiorhealth.ca

IH-PH-COV-161 20Mar2020

**Richard and Sandy Beattie would like to bring our communities of the Peace region up to date with respect to Reynars Funeral Home. We have sold Reynars Funeral Home & Crematorium to Peace Funerals Inc. We would like everyone to understand that this decision was not taken lightly and was only completed after many days of meetings and getting to know the owners of Peace Funerals Inc.**

**In understanding their goals for the future, which includes Reynars Funeral Home, it made us comfortable enough knowing that the communities that have supported us for so many years and allowed us to stay in the hearts of our communities, would be looked after when we were gone.**

**We have agreed to stay and help with this transition, but we know that Chris, Brody, and company truly have the best interest of our families in mind. This has been evident to us throughout the last few months that we have been involved with Peace Funerals Inc. We know we have a strong company looking to provide funeral service for many years to come.**

**We apologize and understand that this information should have been out to the public earlier, but we were helping to provide palliative care for our loved one and needed some time to be with family.**

**Sandy and I want everyone to know that being accepted into our communities and into your lives over these many years, means more to us than we can ever say.**

**Thank you so much.**

**Richard and Sandy Beattie**