Coffee Talk Express

Tuesday March 17, 2020

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

RE/MAX Dawson Creek Realty
Chetwynd Branch
250 788 9909

Chetwynd Dental Clinic
FREE WHITENING
VALUED AT $440
with a complete exam and cleaning
5032 49th Avenue - Chetwynd BC
250-788-1997
chetwyndacdental@gmail.com

Youth 3C Challenge

This year, the youth at Tansi Friendship Centre absolutely rocked their 3C Challenge. The 3 C's stand for Community- Culture - Cash. The 8 kids worked as a big group this year to create self care kits that could be used by every and anyone.

Pictured from left to right: Shayden, Aiden, Jericoh , Jessica, Slade, Josh, and Zachary

The group had 30 days to come up with an idea, build and create a product and sell it to the public. This Challenge helps the youth not only become better entrepreneurs, but also helps them work as a team and explore their strengths and weaknesses.

They were given a $1000 micro loan to purchase the goods needed to create their product. This year's 'Self Care Kit" consisted of a pumice infused hand scrub, 4 different scented candles, a lip balm, a recycled bike tire keychain, and lavender infused stressballs. Each item was handmade by the kids out of natural ingredients. They decided to call their boxes "Gaia Essentials" Gaia meaning mother nature.

The kids found working as a team was both difficult, because of the challenges of scheduling differences, but also really fun, and in the end they were incredibly proud of their success.

Each box sold for $30, after paying back the $695 loan, they made a profit of over $920 which will be evenly divided between the 8 kids.

Kelsey Roberts- Reporter, Coffee Talk Express

Pencil Box Stationery
YOUR ONE STOP OFFICE SHOP
Phone: 250-788-3422 Fax: 250-788-3405
Office Supplies • Office Furniture • Photocopying
Faxing Service • Laminating • Custom Printing
Work Wear • Safety Supplies
Cell Phones & Accessories
Gaming Accessories
Computer Sales & Service

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

Chetwynd 3 day Forecast

Wed 18 Mar	Thu 19 Mar	Fri 20 Mar
0°C	-5°C	0°C
Sunny	Cloudy	A mix of sun and cloud

ROYAL LEPAGE CASCADE REALTY
Thinking of buying or selling?
Call Our Office Today!
250-788-9225

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

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JOIN OUR TEAM!

The Chetwynd Public Library
has an opening for a
Temporary Full-time
Children's Program Coordinator
filling a maternity leave until June 2021

For more info
Contact the Library at
250-788-2559 or
check out our Facebook
page.

PEACE FM 94.5 CHETWYND 104.1 DAWSON CREEK
CHET TV 655 ON BELL 40 ON EASTLINK

Congrats to all of our Bingo winners!
This week's card color is Grey!

Bingo Prizes:
1 Line: $2,000 2 Lines: $3,000
Picture Frame: $5,000
Blackout: $15,000
Chetwynd Communications Society
#2, 4612 N. Access Road, Chetwynd, BC
Phone: 250-788-9452
BC Gaming Event Licence #120616
"Every Thursday at 7:00 PM on CHET TV"
Know your limit, play within it. 19+
For Help: 1-888-795-6111 or
www.bcresponsiblegambling.ca
LIKE US ON FACEBOOK!

KPA Oilfield Services Ltd
4325 HWY 29 North Chetwynd, BC
Serving the Peace Country Region

Services including but not limited to
- *Potable Water Services*
- *Gravel Trucks*
- *Gravel Sales*
- *Vac and Tank Truck Services*

For Pricing & Scheduling Call
250-788-6933
Box 1295, Chetwynd BC V0C 1J0
Please email resumes to
hr@kpaoilfieldservices.ca

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 1duratrc, 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

2006Western 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 chinches $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. Fairly quiet for a studded tire. $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

FOR RENT

2 bedroom mobile in Pinewood mobile home park. Washer ,dryer, fridge, stove, utility room, no pets, no smoking. Available Feb 15. 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

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

www.comparrotpuzzles.com © 2020 Bonnie J. Malcolm

Solution: 1. Tie on doctor's cap is missing. 2. Lady's right hand appears. 3. Corner of file folder is hidden. 4. Doctor's ear is hidden. 5. Paper on floor is missing. 6. End of stethoscope is colored in. 7. Pocket on pants is colored in. 8. Item in trash can is colored in. 9. Pendulum on clock has moved. 10. Gauge on wall is taller. 11. Leg on stool is reversed. 12. Handle on drawer is upside down.

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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 tor 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
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 56th 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 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 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.

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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

2011 Yamaha Grizzly limited edition used very little with 2011 marathon aluminum trailer $6,500 obo 250-788-2563

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 Striker1200 cruiser. very low km beautiful shape $11,000 obo call 250-787-0320

WANTED

Seeking long term live in position in a country setting, for more information call Rachel Sunday-thursday 530-630pm at 250-788-2482.... also seeking inexpensive women's sheep-coat size 8 or full size sheep-wool lining

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 for2 cockateils. call 250-788-2805

PETS/LIVESTOCK

Need to rehome 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

3, three month old paper trained kittens. One 3/4 length grey female. 2 grey&white striped males. Call Shirley 250-401-7346

In Memory of
Pauline Nylander

POSTPONED

Pauline resident of Chetwynd, Pauline Nylander, passed away March 6th, in Vernon, BC

a Memorial Service will be held in Chetwynd at the Pomeroy **March 21st at 1pm**

Moberly Lake Bible Missionary Church
REVIVAL MEETINGS
Rev. Tim Everhart
Visiting Preacher

6101 West Centennial Rd.
MARCH 16th-22nd, 2020

POSTPONED

Evangelistic Service
Each evening 7:00pm
Sunday 11:00am-6:00pm

Everyone Welcome

Pastor Rev. Carol Poulin
For more information call 250-783-1343

LEGION EVENTS

Thursdays 5-9pm - Fri/Sat 5-10PM
Open Wednesday's Again

FAMILY BURGER NIGHT
Thursdays 5:30 - 8:00pm
Everyone Welcome

General Meeting
March 17 @ 7pm

KARAOKE
March 28
9pm-1am
NO MINORS

BOARD ROOM & HALL RENTALS
CALL Vickie: 250-788-6449
or call the Lounge at 250-788-9258

Q: I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?
A: Pencil lead

Q: A man on a flat soccer field kicked a soccer ball 40 feet away. The ball came back immediately at the same speed. No one else and no object have been involved. The ball didn't touch anything on its way. How did the man do that?
A: He kicked the ball up in the air.

Q: What is the centre of gravity?
A: The letter V

Q: What English word has three consecutive double letters?
A: Bookkeeper

Q: What has a head, a tail, is brown, and has no legs?
A: A penny!

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Little Acre Boarding Kennels

- Individual heated pens with runs
- Personal time with each pet
- Close to town

250-788-5354

michelehitchcock@ymail.com

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
Take a break; you can finally mend any disputes on the home front. Your mate may not be too sure about your intentions. Be fair, not colourful. Consider selling your homemade crafts at the flea market.
Your lucky day this week will be Sunday.

Taurus - April 21 - May 20
Trips will be more than adventurous. Emotional matters may not be easy for you to handle. You will meet exciting new people through interest groups or functions that you attend with your children. Obstacles may stand in your way where career and success are concerned.
Your lucky day this week will be Thursday.

Gemini - May 21 - June 21
You can make rewarding connections through the organized groups you associate with. You will learn valuable information if you travel this week. Think before you act if you wish to avoid friction. This is a great day to start that new health regimen you've been talking about.
Your lucky day this week will be Thursday.

Cancer - June 22 - July 22
You may have problems with skin, bones, or teeth if you haven't been taking proper care of yourself. Outbursts of passion may cause arguments with your mate. Travel will be favourable. You can gain knowledge from dealing with foreigners. New emotional connections can be made through business contacts.
Your lucky day this week will be Monday.

Leo - July 23 -August 22
Investments concerning your residence will be profitable. New emotional connections can be made through business contacts. Be careful not to push your luck or take too much for granted when dealing on either a personal or professional level. Lovers will be demanding. You are best to sign your partner up for activities that will be tiring.
Your lucky day this week will be Friday.

Virgo - August 23 - September 22
You will do well in social settings, and new and interesting individuals may spark a romantic curiosity. You will find yourself tied to the phone. You might just as well let others do their own thing. Make arrangements to meet friends at your local dance club.
Your lucky day this week will be Saturday.

Libra - September 23 - October 22
Friends may not understand your situation. I Don't let siblings put pressure on you. Someone you care about may let you down or criticize your methods. You'll be an emotional basket case this week. Don't take any comments too seriously.
Your lucky day this week will be Tuesday.

Scorpio - October 23 - November 21
You can raise your standard of living if you pick up some freelance work on the side. You can make sound financial investments if you act fast. Your irritability may drive your loved ones crazy. Use your creative flair.
Your lucky day this week will be Thursday.

Sagittarius - November 22 - December 20
Your communication skills are at an all-time high. Put your efforts into your work or money making ventures rather than your emotional life. Curb any jealous fits if your partner has been flirting with someone else. You may blow situations out of proportion when dealing with the one you love.
Your lucky day this week will be Tuesday.

Capricorn - December 21 - January 19
Someone important may be watching you from afar. Don't be afraid of opposition; your suggestions are valid. Discover opportunities based on the individuals you mingle with this week. Take the time to help old friends or relatives who have had a stroke of bad luck.
Your lucky day this week will be Friday.

Aquarius - January 20 - February 18
You can benefit financially if you put money or maintenance into your living quarters. Do your own thing and everything will settle down. Your intellectual charm will entice mates who have common interests. Romantic relationships could be under pressure.
Your lucky day this week will be Thursday.

Pisces - February 19 - March 20
Try to compromise rather than having an all out battle. You can learn a great deal more if you listen rather than rant and rave. Don't push your opinions on others this week or you may find yourself in the doghouse. You will find the perfect outfit if you shop this week.

SURERUS PLACE

Little Prairie Haven - Independent Living

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

SENIOR LIVING

For Vacancies **Call 250-788-3736**

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BE FLOOD-READY YEAR-ROUND

Heavy rainfall can lead to flooding, especially in the spring, when the ground is still frozen or already saturated from previous storms. Rapid melting of snow and ice jams can also lead to floods. Every year, floods affect hundreds of thousands of Canadians and cause millions of dollars in damages.

Fortunately, there are many steps you can take to protect your property from floods. Here are some of the most important ones:

Know your risk. The first step in being prepared is knowing the risks specific to where you live. You can learn about some past major flood events in Canada on the Public Safety Canada website. Also, most provinces and territories have region-specific information online.

Talk to your insurance broker. Peace of mind comes from knowing your home and belongings are protected in case a flood does happen. Make sure your policy has you covered from flooding and water damage.

Try your hand at DIY fixes. You don't need to be super handy to update your home with some flood-prevention measures. For example, you can put sealant around basement windows and the base of ground-level doors, or install flood shields or barriers on them. Ensure that your property is graded so that water runs away from your basement walls.

Do some basic maintenance. Simple upkeep around your home, especially the exterior, can have a big impact when heavy rain strikes. Check that your roof and eavestroughs are draining properly and that all basement floor drains are not blocked or covered up. Make sure your sump pump is working and install a battery-operated backup.

Get help from a pro. If you've experienced major flooding in the past, or have significant structural problems, like cracks in your foundation, you might need help from professionals, like engineers, plumbers or masons. A starting point is working with an independent assessor who can help you to figure out the most affordable solutions.

Find more information at Canada.ca/emergency-preparedness-week.

HOTTEST FOOD TRENDS OF 2020

With spring around the corner, more gatherings and parties are on the horizon. And being the "hostess with the mostess" can be a challenge, especially when Aunt Carol is hard to impress.

But there's no better way to excite guests than through food. Celebrity chef Anna Olson knows this better than anyone else. What's hot in food for 2020? Olson has the scoop.

Health is wealth

Conscious eaters looking to get more green in their diets will be making salads into meals and deepening their complexity by adding new ingredients. Think of something like a Thai red curry sweet potato and red lentil salad.

The LG InstaView Door-in-Door refrigerator helps keep food fresh longer without letting cold air out. The knock-knock feature enables you to see the shelves inside the fridge and locate items without having to open the door multiple times.

Salty, spice and everything Pacific

Meals defined by salt and spice from Pacific nations will be popular this year, including scrumptious dishes from the Philippines, Malaysia and Japan. Find a masterclass in Pacific cuisine and impress your friends and family with tropical favourites.

Sweets over everything

No food list is complete without sweets. Satisfy your sweet tooth and expand your palette by trying desserts from around the world – from homemade French desserts like éclairs and profiteroles or treats from southeast Asia, including kaya toast. These delicious bites will open your taste buds to new flavours and textures.

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How do brand-name and generic drugs differ?

Some people are skeptical about the effectiveness of generic drugs. Others are adamantly opposed to paying more for brand-name medications. Either way, many Canadians are unsure about the difference between brand-name and generic drugs. Here's what you should know.

INGREDIENTS

Brand-name drugs and their corresponding generic versions contain the same active ingredients, but their excipients may differ. Since Health Canada has strict regulations about inactive ingredients, however, the list of substances that can be used as preservative, colouring or flavouring agents is limited. Furthermore, variations are only problematic if the patient has an allergy or sensitivity to one of the inactive ingredients.

COST

Generic medications cost significantly less than their brand-name counterparts. In 2018, generic drugs accounted for nearly 72 per cent of retail prescriptions in Canada, but only 20 per cent of the country's annual spending on prescription drugs. This is because generic drug companies have minimal research and development expenses. They simply wait for the patent to expire on a new drug molecule and then copy the formula.

EFFICACY

Brand-name and corresponding generic drugs are required by Health Canada to have no clinically significant differences between the rate and extent to which their active ingredients are absorbed. Therefore, bioequivalent drugs are unlikely to produce clinically significant differences in therapeutic and side effects. Some studies have flagged potential adverse effects when switching patients to certain generic drugs, such as antidepressants and anti-psychotics, but more research is required to understand this.

In most cases, brand-name and generic drugs are essentially equivalent and can be safely interchanged. Nonetheless, if you have any questions or concerns about your medication, be sure to consult your local pharmacist.

March is Pharmacist Awareness Month

On the frontlines of family medicine

3 ways to fight antimicrobial resistance

Antimicrobial resistance occurs when bacteria and other micro-organisms adapt and render medication used to cure infections ineffective. This urgent global health threat is largely fuelled by the improper and excessive use of antibiotics.

In 2018, more than 14,000 deaths in Canada were associated with resistant infections. Luckily, there are simple ways you and your family can help fight antimicrobial resistance.

1. INFECTION PREVENTION

Good hygiene habits help prevent the spread of bacteria that make you sick, thereby reducing the need for antibiotics. Wash your hands thoroughly and often, make sure your vaccinations are up to date and stay home when you're sick to prevent the spread of germs.

It's also important to store, handle and prepare food safely. Always wash your hands before and after handling raw meat and seafood. You should also scrub fruits and vegetables before eating them.

2. SHORTER TREATMENTS

There's a common misconception that you should always finish your antibiotic prescription even if you feel better. In fact, recent studies have shown that shorter courses of antibiotic therapy effectively treat common infections while reducing the risk of resistance. Talk to your pharmacist about the duration of your antibiotic therapy and whether you can stop treatment when your symptoms disappear.

3. PROPER DISPOSAL

Bring all unused and expired antibiotics to a pharmacist for safe disposal. You should never share leftover prescription medication or save antibiotics for future use. Taking an unnecessary or incorrect dose of antibiotics can be dangerous and promotes antimicrobial resistance.

It's the responsibility of all Canadians to help keep life-saving medications effective for future generations. For more information on using antibiotics responsibly, talk to your local pharmacist.

HOW TO GET BACK INTO THE WORKING WORLD

Taking time off from work can be important, whether you're on leave, caring for loved ones or enjoying your retirement. However, when you've made the decision to rejoin the workforce, it can be challenging to know where to begin.

Here are a few things you can do to get back into the swing of it:

Attend networking events. If you feel intimidated by the thought of mingling at an event, remember you won't be the only one feeling that way. The experience is well worth it, since meeting new people in different fields can help broaden your network and could even open new doors for you professionally.

Upgrade your skills. No matter how broad your skill set is, there is always something new to learn. Enrolling in training courses or workshops can be a great way to refresh your knowledge, increase your marketability and show your enthusiasm and commitment to your industry.

Many cities have knowledge hubs that offer workshops in digital or creative skills, and most colleges and universities offer continuing education or online courses. You can also take advantage of the free workshops and learning opportunities offered by many public libraries.

Temporary or part-time work. Taking on meaningful temporary or part-time work is one of the best ways to ease back into the working world. A temporary or part-time role will not only give your resume a boost and earn you some cash, but will also help you test out new careers and expand your network.

Statistics Canada will be offering this type of employment in the New Year. In January 2021, they will start accepting applications for enumerator and crew leader positions for the 2021 census.

These roles offer the chance to be part of a larger team, meet lots of new people and sharpen your time management and organizational skills—key competencies for those looking to re-enter the workforce.

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Spring maintenance: 5 key things to inspect outside your home

When spring arrives, it's important to inspect the exterior of your home to make sure it hasn't been damaged over the winter. Here are five key things you should check.

1. **The roof.** A visual inspection from the ground or a window will indicate if immediate repairs are needed. In particular, look out for curled, wavy or missing shingles. Also, check the ceilings inside your house for signs of water infiltration.

2. **Gutters and spouts.** Make sure they're still firmly attached to the house and that nothing is blocking water from flowing through them. Remove any debris that's accumulated over the winter.

3. **Foundation.** Examine the concrete for cracks or signs of water damage. Even the smallest fissure can cause big problems for your home. If you see any signs of degradation, schedule a repair as soon as possible.

4. **Balcony or patio.** Clean your deck thoroughly and secure any loose boards. Wood patios should be stained every one to three years. If it needs to be done this spring, sand the surface and apply your chosen stain.

5. **Windows and doors.** Check the caulking around each window and door, and replace it if necessary. Inspect wooden frames to make sure they don't show signs of water infiltration or rot.

If you notice any major damage during your inspection, be sure to make the needed repairs.

The best storage solutions for every room in your home

Did you finish your spring cleaning only to realize you need more storage space? Here's a room by room look at some of the best solutions available.

KITCHEN
Install hidden trays under your cabinets to hide chargers, coffee pods and other essentials. In addition, placing pull-out shelves in cupboards will make it easier to organize your items.

BATHROOM
Store your cleaning supplies on a Lazy Susan to make them easy to find when you need them. Use baskets to hold things like bath towels or toilet paper.

LIVING ROOM
Put a bowl on the coffee table to stylishly corral remote controls, magazines and other items. Additionally, a storage ottoman is perfect for holding throws and pillows.

BEDROOMS
Take advantage of the space under your bed by adding drawers or using under-the-bed storage boxes.

GARAGE
Install overhead racks near the ceiling. This allows you to incorporate storage in the garage without sacrificing parking space. Use this area to hold stuff you don't need to access often, like seasonal decorations and sporting gear.

WORKSHOP, OFFICE OR CRAFT ROOM
Mount a pegboard above your work area and use it to organize your tools or supplies. By hanging things on the wall, they'll be easier to find and you'll free up some room.

In addition, be sure to use the vertical space in your home. Install shelves above doors, get extra tall bookcases and put hooks on the back of closet doors.

Keeping kids safe on the farm

As more millennials enter Canada's agricultural workforce, the number of people raising families on farms increases. While growing up in the country presents many advantages, it's important to remember that farms are dangerous worksites. Here are several hazards agricultural workers should protect kids from.

MACHINERY AND EQUIPMENT
Children often find things like tractors interesting, and adults should make sure there aren't any little ones around when running agricultural machinery. Kids can easily fall off a tractor they didn't know was about to roll out, and simply being in the vicinity may be dangerous for them given that the height of some machinery restricts the operator's vision.

LIVESTOCK
Kids don't tend to think of livestock as dangerous, but even a normally calm and well-behaved animal can be hazardous. This is especially the case if they feel their own offspring may be in danger. Cattle, in particular, may not be able to see toddlers and could unwittingly injure them.

GRAIN
It takes only a few seconds for an adult to become trapped by falling grain, which means a child could get buried in the blink of an eye. In addition, the dust created by falling grain can cause serious pulmonary problems, so it's a good idea to always keep children away from grain storage and work areas.

CHEMICALS
From pesticides to fertilizers and various cleaning products, farms use a lot of dangerous chemicals. It's extremely important that these things are stored in a building, room or cabinet that can be locked. In addition, never throw out empty containers in the regular trash as children could find them.

Finally, remember that children imitate their elders, so set a good example by always following safety procedures on the farm.

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