

Coffee Talk Express



MONDAY JULY 30, 2018

THE RED LION

Daily Dinner Specials

Check out our **MENU**
on our website – redlionrestaurant.ca

NEW HOURS

MON - SAT: 5:00PM - 9:30PM
Closed on Sundays & Stat Holidays

250-788-2755

The Lion Inn

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



IT'S 50% OFF MONDAY!

50% OFF
ALL PIZZAS

MONDAY ONLY ORDER NOW ONLINE ONLY

USE PROMO CODE: **MON50P**

250-788-9898

OPEN UNTIL MIDNIGHT ON
THURSDAY, FRIDAY & SATURDAY



Dawson Creek Realty
Chetwynd Branch
250 788 9909

ALMA WALTER

DAN GRODZUIK

JODIE ETHIER

MYRA GRODZUIK

250 788 5168

250 788 6435

250 788 5043

250 788 6365

SURPRISING FOODS THAT ARE GOOD FOR YOUR GUT

(NC) As we're learning more about the connection between our gut and overall health, we're realizing that it's important to pay attention to the foods we eat. This is especially true for people with irritable bowel syndrome, or IBS.

While we might not know what causes the condition, it turns out one great way to treat it is to avoid "Fermentable Oligo/Di/Monosaccharides And Polyols," or FODMAPs for short.

The term is a fancy way of saying the sugars that don't absorb well in the small intestine. A study by Monash University in Australia has shown a diet that avoids high-FODMAP foods can really help with that bloating and pain.

But here's the catch — many high-FODMAP foods are also rich in fibre, something those with IBS have trouble getting enough of. But Monash University have done their homework and come up with great options to help you get the fibre you need, while avoiding the foods that are adding to the problem.

Tons of fruits can give a shot of low-FODMAP fibre, like tomatoes, cucumbers, oranges, grapes, honeydew and cantaloupe, bananas, blueberries, kiwis and even strawberries. Break out that fruit salad recipe, or whip up a quick smoothie to get a delicious and effective boost.

Almonds, walnuts and even pumpkin seeds fit the bill as well, and make for a great snack through the day. Consider boosting up your stir-fry with some bok choy, bean sprouts, bell peppers or tofu, all of which give great fibre with few FODMAPs. On roast night, try pairing your protein with some green beans and a carrot-parsnip mash.

With some smart dietary choices backed up by even smarter science, you can manage IBS while still eating deliciously. Monash University even has an online guide to low-FODMAP eating, based on their research. Check it out for even more inspiration on getting the fibre you need while avoiding the sugars you don't.



Employment opportunities: Apply online at www.aw.ca

Chubby Chicken®

10 Piece Bucket

\$19.99 + tax

Make it a Family Meal
Salad, Fries & Gravy **\$8**



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.



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

advertising@coffeetalkexpress.com paper@coffeetalkexpress.com classifieds@coffeetalkexpress.com editor@coffeetalkexpress.com

SERVING CHETWYND . DAWSON CREEK . TUMBLER RIDGE . HUDSON'S HOPE

Website: www.coffeetalkexpress.com

PH: 250.788.3422 FAX: 250.788.3405

Coffee Talk Express has exclusive copyright of all advertisements, photographs and content created by Coffee Talk Express staff. Any reproduction requires consent of the owner. Some or all of the content published is not necessarily the views and/or opinions of Coffee Talk Express

PINE VALLEY SENIORS
HALL RENTAL
For more info & hall rental call Bernice
250-788-2307

BUSINESS PRINTING



THE PENCIL BOX
- Manual Forms
- Custom Stamps
- Custom Printing
- Custom Stickers/Magnets
- Full Color Printing
- Invitations - Binding
- Envelopes - Signs
- Letterhead - Posters
- Promotional Products
- Fax Service and more!
- Pre-inked, refillable and fast drying
- Durable and easy to use
Available in RED, BLACK, BLUE

CUSTOM STAMPS

Ph: 250-788-3422 Fax: 250-788-3405

HELP WANTED
BEER STORE CLERK
\$15/hr

Evenings/Weekends/Dayshifts
Full-Time Position
PLEASE APPLY WITH RESUME TO
MURRAY'S LIQUOR EXPRESS

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



Grizfest 2018 is featuring
Bret Michaels!!

Listen to the Weekend Warrior
every weekend!
94.5 in Chetwynd
104.1 in Dawson Creek
Around the world at peacefm.ca

f LIKE US ON FACEBOOK!

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

VEHICLES/PARTS/FARM EQUIP./HEAVY EQUIP.

2007 IHC Tridem truck 350,000km.
2014 Arnies clamp pump tridem.
Graven trailer. 55,000km on trailer.
Call 250-401-1199

2011 Heavy duty flat deck trailer.
Black, GVW pindle hitch. Asking
\$15,000. Call 250-219-0809

D8 Caterpillar Tractor. Has rops
canopy, hydraulic angle dozer, engine
side guards, drawbar, single shank
ripper. In fair condition. Asking
\$25,000. Call 250-219-0809

2005 Honda Pilot SUV, AWD 224,000
km. Grey, no rust, excellent condition.
Vancouver vehicle. \$7500 OBO. Call
250-786-5157 or email
vforce1@shaw.ca

1990 Ford mustang 2.31. In great
shape. Call or text 250-401-1768

Driveway scrapper/grader 12' wide.
Call 250-788-2253

1984 Kenworth 400 cummins 15 spd
rto. deck with cat head. Tool boxes,
great farm truck, ready to work. \$7000
OBO. 250-783-5535

1997 Dodge Dakota, 2 wheel drive,
4cyl, Trans trouble, \$600 OBO.
1999 4x4 ext cab Dodge Dakota,
transfer case gone, \$800 OBO.
4 Copper inter tires, studs 50% tread on
8 stud chrome rims, LT/265/70R17
\$800 OBO. Call 250-788-5716

4 Continental 225/65 R17 tires in
decent condition, \$450. Truxedo box
cover to fit long box on Ford, \$225;
PCM to fit 2001 Ford diesel, \$450;
Stainless steel brake hose for 01' F350
4x4, \$100. Call 250-467-2060

3 winter Yokohama 15" tires and rims.
15 bolt. 1 spare tire and rim on 03'
Cavalier. Lots of tread left. 1 set of 4
mags and tires, lots of tread, 255/60R15,
Nokian/core racing mags. Asking \$600
for all. 250-401-6151

For sale in Farmington: 1 New Holland
auto wraparound baler #847, 700 to
800 lb bale size. 4" X 11' auger & mini
hopper (needs a 1/2 or 3/4 HP electric
motor). Case (M 2100) 4 bottom plow
on rubber (older unit). Massey Ferguson
seed drill (very old, needs work). BEV 3
electric fencer unit (used for sheep). For
more info or to view call 250-843-7115
in Farmington, BC

2010 Toyota Matrix, standard,
35,000 km, 3 sets of tires. Asking
\$13,500 OBO. Call 250-788-2049

Interior off road headache rack and rails.
Rails are 7' l. x 6'w. x 28 tall. Asking
\$250. Call 250-788-9445

2, 2002 Ford 250 3/4 Ton standard 4x4,
in good shape. \$2500 for both. Call
250-788-3969

1991 4700 Diesel international flat deck
truck. NET 4500, GVW 25000. Asking
\$20,000. Call 250-219-0809

2002 Chevy Z71 4x4 Needs main
computer, good tired, new windshield,
\$1600 OBO. 1997 Sierra 4x4, needs
front axle u joints, runs good. For more
information call 250-788-1710

2005 Honda Pilot SUV AWD, sunroof,
heated seats, air conditioning,
224,000km, no rust, grey metallic and a
Vancouver vehicle. \$6900 OBO. Call
250-786-5157 email: vforce1@shaw.ca

FOR RENT

Furnished room, 10 minutes from town.
Gardening area and walking trails near
by. Call 250-788-5701

Furnished room, everything included.
Own bathroom excluding toiletries and
food. Shared kitchen and common area.
N/S, no parties. Must be tidy and
respectable. \$650/mo. Call or text
778-983-0041

2 bdrm furnished suite with washer and
dryer. \$1000/mo. Call 250-788-6842 or
250-788-3853

Furnished rooms for rent in Chetwynd.
Call 250-874-0170

3 bdrm home for rent in Chetwynd.
Includes internet, utilities and cable.
Call Julie 250-401-1985

Room for rent in Chetwynd. Includes
internet, utilities and cable. Call
250-401-1985

6 bdrm house in Rodeo Sub. Now
available. For viewing please call
250-788-5198

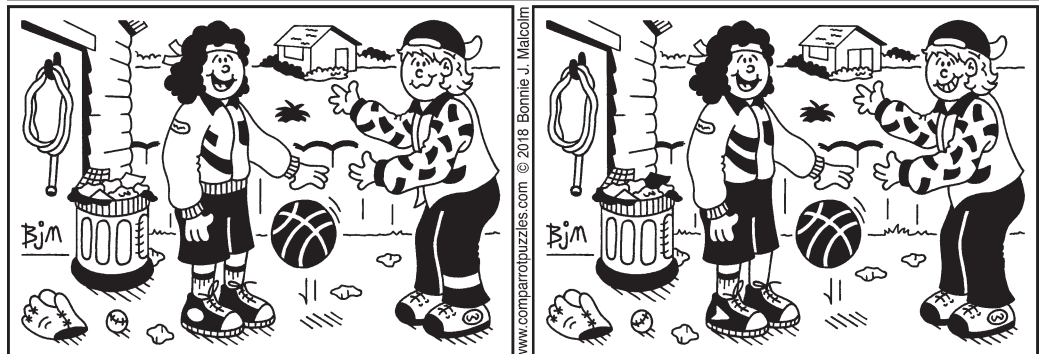
Rooms for rent in Tumbler Ridge.
Includes bathroom, tv, pool table, use of
kitchen and w/d. 250-242-588

2bdrm bungalow at Moberly Lake
across from gold course. Wood and
propane heat, includes satellite tv. Large
sun deck view of the lake. Rent
\$1000/mo, plus utilities. Available
August 1st. For info call 250-788-6339

Room for rent in Chetwynd.
Bdrm/sitting room, TV, internet, own
bathroom and entrance. Use of laundry
room. No kitchen. Call 250-788-3577

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Grass appears under fence. 2. Corner of boy's shirt is hidden. 3. Waist on girl's jacket is colored in. 4. Sock is missing. 5. Stripe on pants is colored in. 6. Item in trash is colored in. 7. Puddle under basketball has moved. 8. Stitching on baseball has moved. 9. Door on house has moved. 10. Stripe on jacket is longer. 11. Boy's mouth is different. 12. Design on shoe is different.

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

MISCELLANEOUS

100 theatre tip seats, soft cushion, metal frames. 4' high bumper truck jack. Air tip staple gun and air tank gauge. Portable 8" bench grinder. Gas Snow blower. LNB Bell Satellite TV dishes. 3' Shaw satellite receivers. Portable 7' high step ladder. Call with best offer 250-788-2606 or 780-897-0730

170 wine glasses \$43. Bowflex xtreme 2 SE \$800. Electric Yamaha piano \$400. Call 250-788-7800

Wooden Ikea Ivar shelving, completely adjustable. 19 1/2" D, 35" W, up to 70" H. Clip on baskets, Pine cupboards 31 1/2" W, 18 1/2" D, 22"H. Make an offer. Call 250-788-6808

Complete wine making equipment. Carboys, pails, bottles, racks and corker. \$250 OBO. 250-788-5591

Meopta spotting scope, S1-75 angled body with a 20-60x H75 eye piece. Comes with a vortex SS-p tripod, all brand new, still in boxes. Paid just under \$2000 w/tax. Asking \$1500. 250-788-5478

Gerhard Heintzman piano, 40" h x 60" w x 24 deep, \$199; entertainment cabinet, 18" deep x 58" h x 48" w (30" tv space), \$75; desk, 45" w x 24" deep x 30" h, \$25. Call after 7:30pm 250-401-8295

Steel fence posts, 10 for \$40; Shiplap barn board, \$1.50 per lin. foot; 1/2" Thor drill, \$35, needs switch; 3/8" Drill, \$12; 1/4" Craftsman drill, needs switch, \$3; Mikita drill 9v, \$35; Master craft, new mitre saw stand, \$40. Call 250-788-5591

Char broil BBQ, \$200; Bar fridge like new, \$100. Call 250-788-2805

Top load washer (Inglis) and dryer like new. \$500 firm. In Tumbler Ridge, can deliver. Call 250-219-8392

1800 gallon suppression tank on off-road trailer. 9 heavy duty axles with electric brakes (no wheels). 12' diamond harrows and draw bar. 2 - 10' chain pasture harrows with separate draw bars. Case from tend loader off 1070 case with 6.4 bucket. Homemade utility trailer close in with canopy. Old tent trailer to make into utility trailer. 2 Oval 250 gallon diesel fuel storage tanks, large auto propane tank for deck. Brand new 100 gallon slip tank. Call 250-843-7674

Tad M10 2-way radio, \$700. Call 250-784-4214

LG G4 smartphone. 250-401-8647

Husqvarna sapphire 830 sewing machine. Lots of extra bobbins and 18"x24" sewing table. \$900 OBO. 250-788-1806

Fresh crop of new square bales, \$5 ea. Excellent horse feed. Brome-timothy-alfalfa. Call Jed 250-788-9421 or Jere 250-788-2944

Generator. For information please call 250-401-1157 or 250-261-3133

2 used Saddles \$75 each. 250-788-2253

Painted cow skulls. Wall mounts with plaques available. For pictures and price Call 250-467-9818

Fresh crop of new square bales \$5 each. Excellent horse feed, brome-timothy-alfalfa. Call Jed 250-788-9421, 250-401-3431 or call Jere 250-788-2944

Brookstone Max 2 Massager, like new. \$200. Electric stove in good condition, \$100. Call 250-788-2944

38' MTD ride-on mower, 13 1/2 hp, great shape, \$700 OBO. Call 250-783-0540

42" Samsung big screen TV and stand, \$400 OBO. Call 250-401-7215



West Fraser

JOB POSTING

West Fraser is a leading diversified North American forest products company, listed on the TSX. Rated as one of *Canada's Top 100 Employers* five years, we are a growing company looking for talented people to be part of our team. Our investments in modern, competitive manufacturing facilities, product innovation and bioenergy are adding up to a bright future. Are you interested in working for a company that offers both a challenging work environment and a rewarding career path? Our Chetwynd Forest Industries Team has an opportunity for a full time, seasonal:

LOG SCALER

Reporting to the Log Yard Supervisor, the Log Scaler will be responsible for weighing and stratifying log trucks at the sawmill scales, scaling and assessing log quality while maintaining an unwavering focus on safety.

Qualifications:

- BC Interior Metric Scaling License or Weighmaster Certification
- Experience in log scaling and log quality assessment
- Minimum grade 12 education
- Valid BC Drivers License
- Able to work in a team environment
- Strong communication skills
- Familiarity with Weigh Wiz
- Able to work a variety of hours
- Able to work outside in all weather conditions
- Commitment to safe work practices

Chetwynd is a growing, family-friendly community located on the eastern foothills of the Rocky Mountains and offers excellent year round recreational activities. Our mill and forest operations form an integral part of the community, providing economic stability to employees and families that live in the Chetwynd area. To learn more visit: <http://www.gochetwynd.com>

If this position sounds like the career for you, apply at www.westfraser.com/jobs and click on the green "apply now" at the top of the page.

For more information on West Fraser and our current opportunities, visit our website at: www.westfraser.com/jobs

We thank all candidates for their interest; however, only those selected for an interview will be contacted.



thePencil Box

PLUG-IN
THE
world
AWAITS!!

COMPUTERS . LAPTOPS . TABLETS . PHONES .
MONITORS & ACCESS . GAMING ACCESS . & MORE

COMPUTER REPAIR - CALL LEIF 250-788-3422

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

PROPERTY

2 bdrm, 1 bath 1980s mobile, \$25,000. Willing to rent as well. New roof, siding and skirting. All new windows, water tank and appliances. Laminate installed in bedrooms and living room. Text Rob 250-401-1204, Lindsey 250-640-9427

5 bdrm, 2 bath, large fenced yard close to schools and Rec Centre in Crown Sub. \$287,000. Call for details and viewing 250-788-5204

1 bdrm cabin, and 3 bdrm, 2 bath, all fenced, unfurnished house on a 5 acres. Jackfish area. Call anytime, 250-788-6625

Lease or rent to own 3 commercial lots, 750x150 each. 4833, 4829, 4825 51 Ave SE. 2 commercial lots 75'x150' each with 3314 sq feet building iron and metal framed. 4821, 4817 51 Ave SW. Next to Tim Hortons. Call 250-788-3126 or 250-788-6197

DBL wide trailer w/attached storage shed. Commercial kitchen cook stove, commercial dishwasher, 2 baths, large dining seating area. \$150,000. Formally Natural Springs Clubhouse. Call 250-788-35555 or 250-401-1147

2008 20x52 SRI modular home, 3 bdrms, 2 full baths, exc cond. Call 250-788-5815

3 bdrm modular home on 2 serviced lots, small work shop and wood shed. Nice place and good location in Tumbler Ridge. \$120,000 open to offers and trades call or text 250-401-1127

3 bdrm mobile home with addition in Legion Sub, (owned lot). Shop with power. Call 250-719-3549

PETS/LIVESTOCK

4 month old black lab puppy. \$300. Call 520-467-9813

Yellow/green mix Canaries. 2018 hatch. Male \$60, female \$30. Text or call 250-788-6935

Rottweiler pups for sale. Dame is CKC registered, sire is not registered or the pups. 3 females left, will have first shots and micro-chipped. Asking \$1000 each. Call 250-788-3837 leave message.

4 Free Tabby kittens. Call 250-401-7346

Free kittens to good home. 1 female, solid grey tabby. 1 male solid black fluffy boy. Contact Shelly 250-556-9142

15 yr old gelding horse, broke to halter. Call 250-843-7674

Mother and 5 white kittens to give away to good home. Call 250-788-3555

LOST & FOUND

Lost: 3 blade pocket knife with a black handle. Would like it back if found. I can identify it. Call 250-788-5328

Lost: White gold wedding band set with diamonds. If found call 250-788-6352

Lost: Old wooden water ski with white dock fender at Moberly Lake on July 14th. Call 250-788-3661

REC VEHICLES

Citation 29' 5th wheel camper. 3000 Honda generator 18000, excellent shape. 250-262-7032

1986 Travelaire Camper, excellent condition. \$5200. Call 250-788-3834

2002 Topaz 5th wheel. 24', 1 slide out, excellent shape. \$7500. 250-782-4993

2011 Cyclone Cy300 toy hauler, \$40,000. 10' garage, 2 electric queen bunks in back, queen bunks in back. Queen bed lots of storage in master. Sleeps 8 total. Walk around bathroom stand up full size shower. 3 Televisions, on board generator and gas filling station. Excellent condition. Call 250-788-5158

10' Aluminum boat, 6' 6" beam, flip up wheels, acces, 5.9 evinrude, good condition. \$1000 firm. 250-788-9931

1989 Campion Haida sun cruiser boat w/350 Chev motor, omc leg, plug ins for electrical, down riggers. 4 new tires, 2 props, blue canvas top and sleep 5-6 comfortably. Complete with EZ load galvanized trailer with winch. Asking \$15000. Call 250-219-0809

1998 Bayliner Capri 18 1/2' with many extras, stored inside. \$12,000 OBO. 250-784-4214

1989 Ford Royal classic 24' motorhome, 87,000 km. Asking \$7500. Call 250-505-6408

1976 Dodge Diplomat motorhome. Good 440 engine, new vialle propane system, roof leaks. New exhaust system. handyman special or for parts. Runs great, open to offers. Call 250-843-7518

WANTED

Wanted: Tractor tire 14.9x24 or 13.6x24. Call 780-864-5067

Wanted: A babysitter for a two year old boy. 10 days per month, Mon - Fri 3pm to midnight. Occasionally other days and hours as well. Call or text 250-401-7513

Wanted: A motorized wheelchair in good condition. Call 250-719-6142

Wanted: 3G Smartphone models to buy. Must be in working condition. Call 250-601-0144

Wanted: To buy 92-98 half ton pick up. 4 wheel drive automatic. Call 250-719-6142

Wanted: Willing to do lawn maintenance. Call 250-874-0170

Wanted: Willing to mow lawns and yard work. Call Rick 250-788-1830

Wanted: Babysitter to care for 3 year old boy. Hours are flexible based on availability and experience. Also looking for children of similar age for summer play dates. If interested call 519-496-9409

Wanted: Free clean landfill down Jackfish Road, Lake Road on Nichols Sub. Call 250-788-6256

Wanted: Carpenter for simple custom bench and cabinet. Call 250-556-4045

Wanted: Animal-proof garbage storage bins for outdoors, the bigger the better. Call 250-556-4045

Wanted: Looking for the lady that does pencil drawings of portraits. Call 778-868-4131

Wanted: Pace Arrow, 1977-1985 for parts - Dodge 2004 Van Grand Caravan. Call 250-401-1618 leave message

SURPRISING SIGNS YOU MIGHT HAVE IBS

(NC) Wondering if you ate something off or it's something more? Irritable bowel syndrome can be difficult to diagnose because symptoms can vary widely and change over time.

Common symptoms include abdominal pain, unpredictable bowel movements and bloating. Less obvious symptoms can be a lack of energy, backache or bladder problems.

Managing IBS can sometimes seem as inconvenient and uncomfortable as the symptoms themselves. Even if you're doing the right thing, doing it the wrong way can actually leave you worse off. Avoid these traps when managing your symptoms:

Eating the wrong foods. Managing IBS really does start with diet. Foods high in these sugars also often have lots of fibre. Monash University in Australia conducted a study and found a group of sugars called FODMAPs for short add fuel to your symptoms' fire. So be sure to look for low FODMAP fibre.

Choosing the wrong fibre supplement. Even when eating right, you'll still probably need to supplement your normal fibre intake. But choosing the right one takes just as much care as the rest of your diet, if not more. The wrong supplement, especially one based on wheat bran, can actually increase gas production and make your symptoms worse. A great place to start is a PHGG-based supplement that has prebiotics.

Going too far in the right direction. Once you read up on the power of choosing the right foods, it can be tempting to limit your diet. But this holds the same dangers as any crash diet or fad. You still need a variety of foods to eat healthily, and completely changing your diet overnight can shock your system and send you backwards. Make changes gently, dialing back the foods that seem to be your worst IBS offenders.

Traffic advisory for WAC Bennett Dam Crest Road

Reopens August 2

We are nearing completion of work on the WAC Bennett Dam crest road and are set to reopen the road to traffic.

Where: Hudson's Hope, WAC Bennett Dam Crest Road
When: Reopens on Thursday, August 2
Time: 8 a.m.

Motorists and cyclists are asked to follow all traffic signs and directions from flaggers.



5532



Property Administrator:

- Answer phone, routing calls Code payable invoices, creating purchase orders
- Maintain resident files and keep accurate information
- Preparation of office correspondence
- Utility bill validations
- Ledger reconciliation
- Valid Driver's Licence and Criminal Record Check required

Maintenance Technician:

- Drywall repairs, painting prep and painting.
- Minor electrical repairs
- Minor plumbing repairs
- Perform water and sewer line repairs where applicable
- Assisting with and/or performing suite renovations and other upgrades
- Grounds maintenance
- Snow removal
- Valid Driver's Licence and
- Criminal Record check required

#106, 5117 46th Avenue
Chetwynd, BC V0C1J0
Office: 250.788.1650
Cell: 250.401.2034
solson@northviewreit.com

HOROSCOPE

ARIES (Mar. 21- April 20) You should socialize with clients or upper echelons of your industry if possible. Your partner may be reluctant to tell you how they feel. Social activities that involve the whole family will be enjoyable. Make creative changes to your living quarters. Your lucky day this week will be Sunday.

TAURUS (Apr. 21- may 21) Arguments with relatives may lead to a split in the family. You should get into programs that will enhance your appearance and help you to be the best that you can. Your lack of attention may have been a factor. Don't hold back. Your lucky day this week will be Saturday.

GEMINI (May 22-June 21) Things at home may be somewhat rocky. Sudden romance could end just as quickly. You will have a childlike approach this week, big hearted and full of spunk. Don't try to deal with important issues or make changes that will upset the apple cart. Your lucky day this week will be Tuesday.

CANCER (June 22-July 22) Make plans to do something special with the one you love. Be careful when dealing with superiors. Use your creative flair. Deception is apparent. Your lucky day this week will be Sunday.

LEO (July 23-Aug 22) Rethink your motives and make the necessary changes to yourself. If you're already in a relationship, use this added energy passionately. Don't second guess yourself, just go to it. You will attract potential lovers, but be sure that they're unattached. Your lucky day this week will be Saturday.

VIRGO (Aug. 23 -Sept. 23) It's a good time to make changes to your living quarters that will give you more space. Try not to allow others to burden you with additional responsibilities. Social activities will be satisfying. Don't count on correspondence to clear up major problems. Your lucky day this week will be Monday.

LIBRA (Sept. 24 -Oct. 23) Your suggestions for fund raising events will be well received. Peers may not be on your side. It's time to make professional changes. You may have a problem keeping secrets. Your lucky day this week will be Tuesday.

SCORPIO (Oct. 24 - Nov. 22) You should be able to get a lot done. You may come down with minor infections if you have allowed yourself to get rundown. Unexpected changes in friendships could occur. Try to communicate if you wish to help. Your lucky day this week will be Saturday.

SAGITTARIUS (Nov. 23 -Dec. 21) This day was meant for love. Make creative changes to your residence. You should be making plans to spend some time with the ones you love. Travel will be fun, but expect it to cost you. You need to spend some time reflecting on past experiences and involvement's. Your lucky day this week will be Friday.

CAPRICORN (Dec 22.- Jan. 20) It's time to make professional changes. Business conducted in your own office will proceed smoothly. Sudden changes regarding friendships are likely to occur if you have tried to change others. Travel in pursuit of pleasure and knowledge. Your lucky day this week will be Saturday.

AQUARIUS (Jan. 21 -Feb. 19) You will be quite excitable this week. You are best to tuck your money away where no one will be able to touch it, including yourself. Talk to those in a position of power about your intentions. Stick to your work and avoid emotional confrontations. Social events should be the highlight of your day. Your lucky day this week will be Thursday.

PISCES (Feb. 20-Mar. 20) Self-deception is likely. You may have problems with those you live with. Underhandedness regarding legal matters or contracts must be counteracted. Don't let friends or relatives rule your life. Your lucky day this week will be Monday.

Sale

Super Valu Building

Tues . Wed . Thurs

JULY 31 AUG 1 & 2

11am - 7pm

GROCERIES

Food & Non-food Products

Everything Must Go!!

SOUTH PEACE PRO TREE SERVICE

Heiko Kempe - Chetwynd, BC

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

Fully Insured

250-401-8814



One rainy morning, my mother went for her daily run. As she returned to the house, she slipped and fell, hitting her head on the driveway.

I called the paramedics. When they arrived, they asked my mom some questions to determine her coherency.

"What is today?" inquired one man.

Without hesitation, Mom replied, "Trash day."



Jodie Ethier
250-788-5043



7600 STONE CREEK SUB. \$195,000 . MLS# 171876



5749 HAYWARD RD. \$460,000 . MLS# 165031



Be sure to check out next week's properties!

DAWSON CREEK REALTY
CHETWYND BRANCH



4701 47 STREET . \$204,500 . MLS# 172346



4708 NICHOLSON ROAD . \$235,000 . MLS# 171851



5301 44A Ave. \$299,000 . MLS# 173146

NEW PRICE



Chetwynd and District Rec Centre

Facility Concession Request for Proposals

The District of Chetwynd is inviting proposals from individuals, groups, organizations, and/or businesses for the operation of the facility concession, and the provision of catering services, at the Chetwynd & District Rec Centre for the period of September 1, 2018 to August 31, 2021.

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 or Randy Rusjan by phone at 250-788-2214 or by email at smclain@gochetwynd.com or rusjan@gochetwynd.com for an appointment to view the facilities, and to view and pick up the complete agreement package. Proposals should be submitted to:

**'Chetwynd and District Rec Centre Concession Proposal',
ATTN: Steve McLain, Manager of Leisure and Facility
Services for the District of Chetwynd,
4552 North Access Road, Chetwynd, BC, V0C 1J0.
Deadline for receipt of proposals is
2:00 pm, local time, August 20, 2018.**

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

PAT'S SAW & WINCH



~ Lewis Winch Sales

~ Small Engine Repairs

2831 Jackfish Lk Rd
Chetwynd, BC

250-401-1859



NOW HIRING

SHOP LABOURER OR
SUMMER STUDENT

FULL TIME/PART TIME

PLEASE APPLY WITH RESUME

FAX: 250-788-3188

EMAIL: reception@dcclp.com

For more information please call

250-788-3120

Peace Region Electricity Supply Project

Construction underway

We are building two power lines between the Site C Substation and the Groundbirch Substation.

Safety during construction is our top priority.

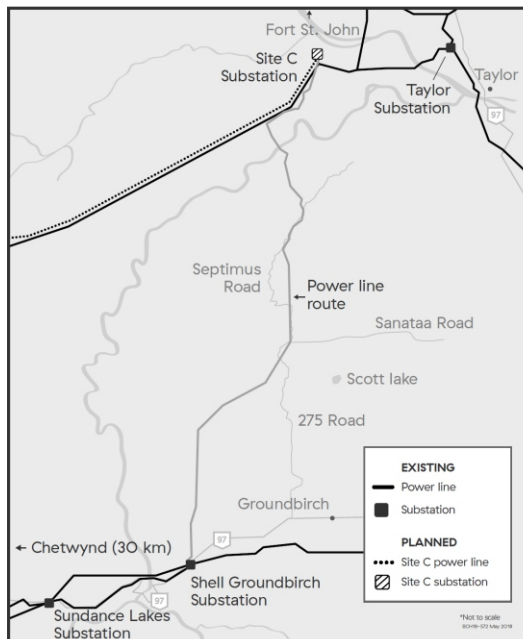
Please:

- o Use caution when near the power line route.
- o Watch for signs indicating active work areas.
- o Don't hunt, trap or participate in recreation or other activities where construction is occurring or planned.

Contact us if you need more information about the Project or our construction plans.

Project website: bchydro.com/pres.
Toll-free project line: 1 866 647 3334
Email: projects@bchydro.com

We want you and the construction workers to stay safe.



BC Hydro
Power smart

5520

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



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



JULY VIRUS CLEAN-UP



✓ COMPLETE SCAN
✓ REMOVE INFECTIONS
✓ HARDWARE CHECKS

LIMITED BACKUP ON REQUEST

Call Leif for details at **250.788.3422**



Automotive/ Commercial Transport Parts Manager

Johnson Industrial requires an experienced, motivated manager that is able to work in a fast-paced environment.

Responsibilities

- Responsible for the day to day operations of the parts department
- Assist with retail customer purchases and price quotes
- Provide technicians with parts as required
- Manage inventory control
- Manage retail sales floor

Skills & Qualifications

- Automotive and Commercial Transport parts experience preferred
- Experience and strong skills in dealing with the public in sales and service
- Computer skills
- Leadership and training skills

Competitive wages and health benefits provided.

Email resume to johnsonindustrial@telus.net or apply at 4536 45th Ave, Chetwynd BC.



the Pencil Box

- Wine Boxes
- Keepsake Boxes
- Flip Flops
- Tank Tops
- T-Shirts
- Jerseys
- Hoodies
- Baby Onesies
- Magnets
- Slate Photo
- Plaques

let's get Personal

- Coffee Mugs
- Beer Steins
- Water Bottles
- Beverage Wraps
- Clocks



THERE'S
Always
TIME
FOR A
GLASS OF
Wine



NOW HIRING

**SHIFTERS/FOREMEN
DOZER & HOE OPERATORS**

PLEASE APPLY WITH RESUME
FAX: 250-788-3188
EMAIL: reception@dcclp.com

Shelly's Pooch Parlour
CERTIFIED DOG GROOMER

Monday - Saturday
250-788-1030



**Kindergarten
Blitz**

Hosted by the Dawson
Creek

Health Unit

Tues October 2

9AM - 6PM

Wed October 3

9AM - 4:30PM

Dawson Creek Health Unit

FREE to all children
entering into kindergarten

~ Immunizations

~ Hearing screening

~ Dental screening

~ Vision screening

as well as community

partners such as

Success by 6, RCMP

and more.

Automotive/ Commercial Transport Technician

Johnson Industrial is looking for a fully certified technician
in either Automotive or Commercial Transport

- Willing to apprentice automotive technician to the right candidate
- Must have valid drivers license
- Must be motivated and able to work in a fast-paced environment

Competitive wages and health benefits provided



Email resume to johnsonindustrial@telus.net
or apply at 4536 45th Ave, Chetwynd BC.

**it's
gotta go!**

Clearance Sale

Come Check us out!

Your **Dollar Store** with More