

# Coffee Talk Express



FRIDAY DECEMBER 28, 2018

**THE RED LION**  
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## PRIME RIB

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(Friday & Saturday nights)

MON - SAT: 5PM - 9:30PM

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THERE WILL BE NO PAPER ON MONDAY, DECEMBER 31st, 2018. SORRY FOR ANY INCONVENIENCE

## Crazy Beans Bistro and Public Library's Gingerbread Contest



The Chetwynd Public Library in partnership with Crazy Beans Bistro held their 3rd annual Gingerbread house Contest, and wow!

These houses were amazing! With 4 different categories there was a group for everyone, under 6, 7-12, adult and family. Pictured to the right are winners Briar Bremner for the under 6 group with Pam Engelland from Crazy Beans. The Roberts family took the prize for the family category, pictured with Library Director Melissa Millsap. Not pictured were winners Taylor Van Horn who won for 7-12 year olds and Kerry Martin won the adult category with an amazingly detailed house, pictured above. The prizes these 4 winners took home included board games, books, art supplies, and more!



...More pictures inside

Kelsey Roberts, Reporter Coffee Talk Express

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

Grader tires, 1500x2400 radial Bridgestone. Call 250-612-1790

4 Continental 225/65 R17 tires in decent condition \$350. Call 250-467-2060

2002 Toyota Sequoia, needs a timing belt, asking \$500. Call or text 250-874-1004

Nordic 235/60R16 tires for sale, set of 4- \$260, 235/75R15. Nokian SUV tire 1- \$40. Call 250-601-0147

2011 BMW 328 X1, 2 sets of rims, new winter tires, approx 160,000km. \$15,000. Call 250-788-2223

Joe Martin Hammerhead 6 black wheels. Very rare and have a unique look. 285/45 R22 Nexen Rodian HP rubber with 75% tread. Fit any 6 bolt Chevy truck. \$1400 OBO. May consider trades Call 250-401-1038

4 Good year Wrangler Tires 265x70xR17 mud & snow lots of tread. Call 250-788-2632

Pressure washer, 1800 psi, bought at Canadian Tire, like new, \$200. Please call 250-401-7160

2006 Ford F 350 Super Duty, new 38" rubber, new injectors, high pressure oil pump, cooler, heavy duty bush bar, \$22,000 OBO or partial trade for excavator. Call 250-788-6604

2010 Toyota Matrix standard, low mileage, 3 sets of tires two sets on rims, asking \$13,000 OBO. Please call 250-788-2049

2012 Argo on track, very little use, \$16,500. 2005 Argo 8 wheeler \$6,500 both in storage last 5 years. 1999 international tandem water truck 3,500 gallon has brand new engine \$24,500. 2017 John Deere tractor as new only 46 hrs. 55hp diesel 4 cyl. PTO 3pt hitch but no front end loader new cost /440,000 asking \$24,900 call 250-788-3868

4 LT 245/75R 17" load range E, Michelin tires, 10ply, 90%, LTX A/T2, M&S, asking \$600, regular price is \$1400 without taxes. Please call 250-401-7215

1993 Toyota Corolla, 300,000km, \$500 OBO, new battery, 4 good summers, new 2 winters, stalls but diagnosed as needing ignition distributor assembly. Please call 250-601-0104

16' Flat deck trailer, tandem axles 7000lbs, needs lights done, \$3000 OBO Call 250-788-6604

Cement mixer mounted on a trailer, heavy duty unit, electric or gas driven. \$900 OBO. Call 250-788-6604

1988 4 cylinder Chevy, runs excellent, \$400 OBO. Please call 250-401-1210

Pulin pro electric start snow blower, 27 inch, like new, \$800 OBO. Power belt 5 gallon compressor, 3 horse power, good shape, \$100 OBO, Please call 250-782-5553 or 250-219-4171

2006 Jeep Liberty 4x4 \$4,950, 2006 Ford Ranger club cab 4x4 w/ canopy, standard only 117,000kms; mint \$6,990, 1989 F250 4x4 w/ canopy, 302 motor, standard \$2,100. Various 1st aid units, 4x4 ambulance and gear excluding SCBA's, 4 head gas monitors; satellite phones all in pelican cases. call 250-788-3868

## FOR RENT

1 Bedroom basement suite, fully furnished, all utilities included. Available January 1st, 2019. Please call or text 250-219-8550

Bachelor suite for rent, fully furnished, bathroom and kitchen, self contained, utilities, cable and internet included, \$1250/month. Please call 250-784-5085

2 bdrm suite for rent, located at Moberly Lake across from golf course with good view of the lake, comes with fridge, stove, washer, dryer. Hydro and water included and pets are welcome. Security deposit required. \$1000/month. Available Jan 1st. For more info call 250-788-6339

Three bedroom home for rent in Aspen Place. Available early January. Will consider renting by the room. Call Julie @ 250-401-1985 for more info.

Bed sitting room for rent, own entrance, T.V and internet, own bathroom, laundry, no kitchen. Available on January 1st. Please call 250-788-3577

2 Bdrm home for rent. Lockable 4 season toy storage, quad or sled. Other lockable 4 season storage, raised garden beds, private fire pit and deck for BBQ's. Gas and certified woodstove. Additional storage in attached addition. Large driveway, small starter greenhouse. No need to load your sled or quad, trails from your backyard lead to town, hiking, fishing, or hunting. To view or get an application, please call Randy : 778-766-5000 or email : NB\_Customs@outlook.com



CHET TV presents Grizfest 2018! Featuring Grande Praires own Newcastle Kings! Airing Thursday and Sunday at 10:30pm!



Bingo Prizes:

1 Line: \$2,000

2 Lines: \$3,000

Picture Frame: \$5,000

Blackout: \$15,000

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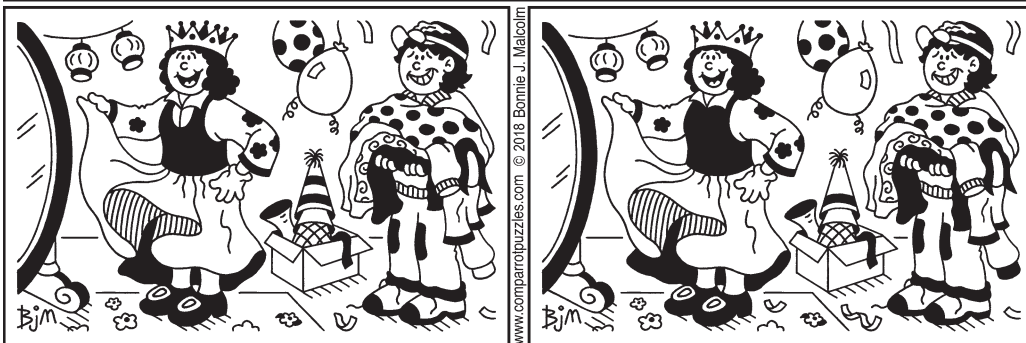
Dear God,  
my prayer for 2019 is a  
FAT bank account and  
a THIN body.

Please don't mix it up  
like you did this year.



**ComParrot**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Stripe on hat in box is missing. 2. Extra streamer on rug. 3. Point on crown is missing. 4. Corner of outfit in man's arms is hidden. 5. Cuff on sleeve is colored in. 6. Neckline on dress is different. 7. Highlight on balloon has moved. 8. Flower on sleeve has moved. 9. Streamer behind balloon is longer. 10. Skirt is wider. 11. Outfit in arms is longer. 12. Streamer by box is longer.

# Free Classifieds

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## MISCELLANEOUS

Bernat Chunky Softee yarn 100g, 2 balls lavender same dye lot and 21 balls hot pink same dye lot. \$3.25 ea or \$120 for all. Call 250-783-5535

Queen mattress with box spring, excel condition, \$70. Call 250-788-2944

Dark Brown Allen Chenille Sofa from the Brick. Like new, less than a year old, smoke/pet free home. Comes with throw pillows. \$500 OBO. Call 250-401-8470.

Hay for sale, fresh crop of new square bales, \$5.00 each, excellent horse feed, brome-timothy-alfalfa. Please call Jed at 250-788-9421, 250-401-3431 or Jere at 1-250-788-2944.

2 Wood Stoves 1 with solid door and 1 with glass door, come with accent tile bricks for surround, \$500 ea. Please call 250-503-7735 (local number).

Willing to babysit full time, days + nights in my home. Please call 250-401-1225

Gorgeous vintage string of pearls, strung with silk, 14k gold clasp 66 pearls with stunning luster \$300. Beautiful solid 14k gold cross and chain. Purchased many years ago from Lothar Triebel \$300. Solid 14k gold wedding band \$150. Text 250-329-5482

Nikon d7000 digital camera, comes with nikon dx AF-5 Nikkor 18-105mm lens, Great starter lens, carrying case and tripod \$1200 call Bruce 604-795-0232

Home theatre system bluetooth hd5.1, 2500watt/mp4/hdmi/hdtv/ 6 spkrs. android LED smart projector v-550. New in box, would make a great gift \$500. Please call 250-788-3868

10ft ploughing blade w/ adjustable angle or tractor/skidder approx 30" high \$750. Call 250-788-3868

2 Outdoor christmas trees for sale. \$50 each. Call 250-788-8819

Unpasteurized honey for sale, 1L jar (approx. 1.4kg) for \$15, 0.5L jar (approx 0.7kg) for \$8. Call or text 250-788-6935

Two metal filing cabinets \$80ea, older oak desk \$75. Please call 250-788-5582

Ab twister exerciser- \$65, Lexmark printer/fax machine- \$60, Dr. Scholls Seat massager pap- \$25, used 19"tv- \$10 call 250-788-3099

Microwave- \$30, Microwave stand- \$50 call 250-788-2183

Massive wood stove for sale. 3' 8" in length, new never used, very heavy. Call 250-719-6142.

Inglis Dryer white, like new, has a large drum, \$150. Call 250-317-3567

Washer and dryer for sale, please call 250-788-3951.

Queensize bed, Sealy mattress w/box spring, \$300-\$400. Call 403-891-9471

Brand new 32" flat t.v. HDMI Cords and everything included, 1 week old. \$275 OBO. Never been used brand new dvd + blueray player, \$75 OBO. Please call 250-788-6502 or 250-556-9300

Women's medium Royal Distributing snowmobile jacket and bib, black with yellow call 519-808-9769

Unused 500gal west steel dbl wall fuel tank, new was \$3,400, asking \$2,400. mega trapping gear, traps, boxes, baits, tools, boards. call 788-3868

Room and board for older lady, in exchange for light house and yard work. call George 250-788-2482

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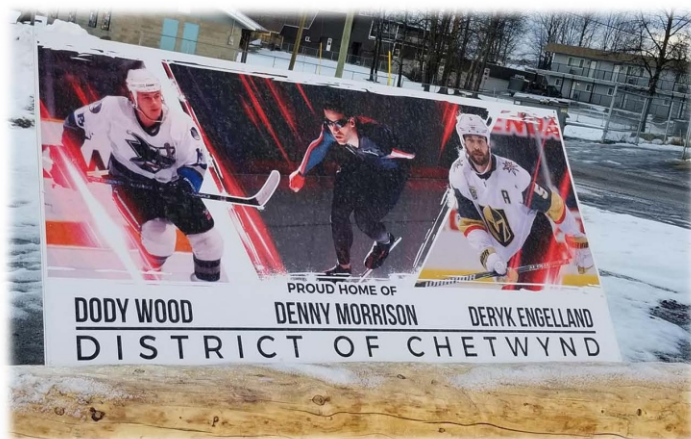
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**Come out to celebrate** with DODY WOOD / DENNY MORRISON / DERYK ENGELLAND's FAMILIES for a skate and celebration of our local Sport Heros. We have invited them or a representative to attend and the District of Chetwynd will present them with a small gift to celebrate their success. We will also be recognizing Shell Canada for the grant we received for the Outdoor Skating Rink.

Saturday, January 12<sup>th</sup>, 2019

1:00pm

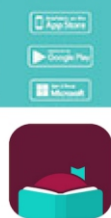
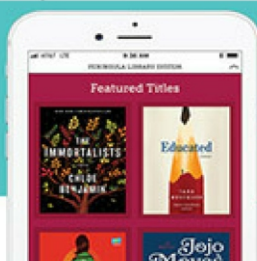
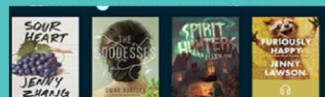
Outdoor Skating Rink

Spirit Park

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## PROPERTY

5 bedroom, 2 bath home on 5 acres FOR SALE OR RENT available Dec 1. Backs on to crown land and is only 2 minutes from town. Great view of Chetwynd and the mountains to the west and north. Includes 2 outbuildings and a 32x45 two storey shop that needs to be finished. Great location for a family looking for immediate access to the surrounding area by quad. Within the fire district boundaries. For more information Call 250-703-6293.

3 bdrm, 3 bath, house for sale. Fireplace, single car garage in house with car port beside, double door garage in second building in back 24x28ft lrg. Located in Chetwynd in the Crown Sub, 4728 Centurion Crescent NE. Want offers. Call 250-788-2606 or 780-897-0730

Three bedroom modular home on two serviced lots in tumbler ridge, nice place, good location, price \$120,000, open to offers and trades, call 250-401-1127

Renovated 3 bedroom mobile home #59 6549 Wildmare sub \$29,000. Please call 250 874 0655

3 bedroom mobile home for sale. Text only please 250-874-0655

## PETS/LIVESTOCK

Pixie-Bob X Bengal kittens, fully vetted. \$600. Avail Oct 12th. Text 250-329-5482 or email [flashover1972@hotmail.com](mailto:flashover1972@hotmail.com)

4 male kittens, free, 6 weeks old, 3 tabby, 1 grey. Call 250-401-7346

## LOST & FOUND

Found: iPhone by 7/11 come to Pencil Box to identify.

Found: Key found for GM with faub. Found in the Dokkie sub. Pick up at the Pencil Box.

Lost: Black Sony phone with red case. Please call 250-401-1676 or bring to The Pencil Box.

## REC VEHICLES

2013 Harley Davidson Ultra Classic Anniversary Edition. Call 867-334-5866 or email [wc12@telus.net](mailto:wc12@telus.net)

04 Sportsman 800 Twin AWD. Seat is ripped. Fun machine. Winch works, storage in front. Has a power programmer it's in the quad just not plugged in. \$3200obo. Call or Text Sean 250-793-3596

2004.5 Polaris 500 Sportsman Quad \$2200. Call 250-782-5026

1992 18.5ft searay skiboat, V6 chev, ex load trailer, new rubber, very good condition. \$6500 OBO. Please call 250-788-6604

Polaris 700 quad, 4x4, good condition, comes with brand new snow blade. \$2800 OBO. Call 250-788-6604

Ski doos- 3-tundra II's trapper style 2006 apc1000cc \$4,400, 2006 tundra 300cc \$4,400 (both stored last 9 years) call 250-788-3868

## WANTED

Looking for a full time babysitter for toddler. my place or yours. days and evenings. 250-401-7513

Wanted: Electric Stove in good condition. Please call 778-874-1643 or 250-788-4131

Wanted: Set of 4 mud and snow tires 265/75r16 load range E, 70% or better, call Ernie 250-788-9484

Wanted: Want to buy New Holland 499 cutter, running or not running. Please call 250-719-6142

Wanted: Want to buy F-250 Ford pick-up truck, 1993-98, must be R8 transmission, diesel, must be good shape. Please call 250-719-6142

Wanted: Second hand washer in good working condition. Please call Jasmine Davis at 250-788-8885

I'm a single, working guy. looking for either an apartment or small house to rent for FEB in Chetwynd. I don't smoke or party and I have no pets at this time. Preferably furnished or semi furnished but non furnished is ok. will consider Tumbler Ridge or Hudsons Hope too. Please call/text 807-620-2429

Wanted: Seeking live-in position: Christian, vegan, sabbath keeper, non-smoking, non-drinking, looking for drug-free, kosher, and environmental caring work environment. Duties of work can be housesitting, childcare, light housekeeping/cooking. Position has to be at least until the end of June 2019. Please phone 250-262-7714.

## DOG OBEDIENCE CLASS



Starting January 16th

TUESDAY'S

7:30 pm - 8:30 pm

Pine Valley Exhibition Park  
Lobby

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250-788-2529 or 250-788-5351



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-Aquatic Supervisor

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For more information please contact Deanne

Way at 250-401-4105 or

[DWay@gochetwynd.com](mailto:DWay@gochetwynd.com)

Whether we want them or not,  
the New Year will bring new challenges;  
whether we seize them or not,  
the New Year will bring new opportunities.



# 3 Healthy Habits For The New Year



Kicking off a new year with a resolution to be healthier and to eat more balanced meals is a goal shared by millions of people. But all too often, we make overambitious commitments that are hard to fulfill and easy to drop when day-to-day life takes over after the rush of the holidays.

Registered dietitians recommend opting for sensible and sustainable changes to your eating habits. Set yourself up for success by focussing on small, realistic changes that will add up to big benefits over time.

Here are some easy breakfast tips and tricks to start the day on a strong note and keep you on track for a new you in the new year:

Think protein at breakfast. Protein helps you feel full for longer. Have a bowl of hot oatmeal made with milk or a fortified soy beverage. Sprinkle on some nuts, seeds and hemp hearts for added protein power. Then, team it all up with a glass of orange juice – the vitamin C boosts iron absorption from the oatmeal.

Get enough greens. Why wait until lunch and dinner to eat your veggies? Throw a handful of spinach or diced peppers in a quick breakfast omelette that's delicious and packed with vitamins and minerals, or even just in a container for something to grab and munch.

Make it and take it. If your mornings are rushed, try a fruit smoothie made with Greek yogurt and fruit. Make it the night before so that it's grab-and-go or even just preparing cut up fruit so it's easier to make in the morning. A small breakfast is better than no breakfast.

# Hearty, Healthy Chicken Soup Recipe

There's nothing better than a one-pot meal that you can make on the weekend to last you all week. This hearty chicken soup is loaded with veggies to be nourishing and comforting on a chilly winter evening.

It's also packed with grains, which are an important source of many nutrients like fibre, and B vitamins. Yet according to a recent survey by Grain Farmers Ontario, only 26 per cent of gen-x and less than a quarter of seniors consume three or more grain-based products on an average day.

To get more grains in your diet, start with this delicious soup. It's made with wheat berries, an underappreciated grain that adds a tasty crunch. Opt for local grains if possible — the survey also revealed that 37 per cent of people prefer to source food from their own community.

Simply freeze or refrigerate this tasty recipe and use it as two meals for the week. Enjoy it with some delicious sourdough or garlic bread for dipping.

## Pulled Chicken Soup with Grains and Veggies

### **Ingredients:**

1 whole chicken  
17 cups (4 L) low sodium chicken stock (you can use half water)  
1 ½ cups (200 g) wheat berries, washed  
1 bulb garlic  
2 onions, split  
2 parsnips, peeled  
2 heirloom carrots, peeled  
2 bunches black leaf kale  
10 sprigs thyme  
1 bay leaf  
Cracked pepper to taste  
Kosher salt to taste



### **Directions:**

Place all ingredients in a large stock pot and bring to a boil. Once soup has come to a boil, reduce to a simmer. Allow soup to simmer until chicken is fully cooked, about an hour. Remove chicken, wheat berries and vegetables; let cool. Strain the remaining stock into a clean pot and return to stove. Skim off any particles that float to the surface. Once chicken has cooled slightly, remove the flesh from fat and bone, flake and return to pot on the stove. Now that the vegetables have cooled, dice them up and return to soup. Bring back up to a boil, season and serve.



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**A Community Event**  
 Bring your family, friends, outdoor gear,  
 Board games, snacks and party hats

**Annual Community  
 New Years Eve Party**  
 Held at and by:  
**Camp Sagitawa**  
 December 31 7:00 pm - 1:00 am January 1

Contact the office if you are interested  
 250-788-2361 or [sagitawa@xplornet.com](mailto:sagitawa@xplornet.com)

Parents are responsible for child supervision  
 Donations Accepted  
 Non-alcohol event

**New Year's Party**  
**MUSIC BY  
 5 STAR DJ SERVICE**  
**Tickets for sale at  
 Pharmasave and the  
 2019! Legion Lounge 2019!  
 \$15.00**  
**PARTY FAVOURS  
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 9:00pm - 2:00am  
 Doors open at 8:30pm**

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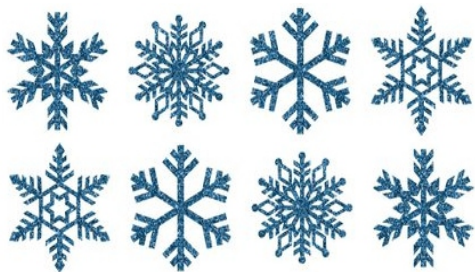


# Tansi Friendship Centre

Would like to say  
**thank**  
**YOU**

To the following individuals and agencies for their donations to our Community Food Bank through the holiday season:

Anna Neale, Ashley Kucher, Chetwynd Masonic Lodge, Chetwynd Shared Ministry, Conuma Coal, Dennis Knox, JoAnne Ruppenthal-Corporal, Little Giant Figure Skating, Matthew Neustater, Saulteau First Nations, School District 59, Tenaquip Foundation, The Royal Canadian Legion and all the volunteers and agencies from The 18



Thank You!  
to the Gentlemen  
who plowed our  
driveway.

**Allan & MaryAnne**

## Character DEVELOPMENT

\*for grades 7-10\*

With Tiffanee Griffiths

Starting January 7th, 2019

Sign up at the Chetwynd Public Library

or call 250-788-2559



ART DROP IN  
CLASSES  
Mondays 4:30-5:30

**CONUMA COAL**  
RESOURCES LIMITED

*Protecting Our House*

## Trades Opportunities

Conuma Coal Resources has immediate openings for qualified candidates with a demonstrated history of strong safety performance and dependability to join our team in an exciting start-up of our Brule Mine and Willow Creek plant site.

### HEAVY DUTY MECHANICS (uncertified/journeyman) ELECTRICIANS MILLWRIGHTS INDUSTRIAL HYGIENIST

Conuma Coal provides competitive wages and benefits.

*No camp facilities are available*

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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## NEW YEAR'S CROSSWORD



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Brian  
Waddell





## BC Oil and Gas Commission determine fracking caused Fort St. John earthquakes

The BC Oil and Gas Commission has determined that fracking is the cause of three earthquakes that occurred near Fort St. John last month.

The earthquakes, which measured 3.4, 4.0 and 4.5 magnitude, took place about 20 km south of Fort St. John on November 29th. The first took place around 6:27 PM that evening, with two small aftershocks happening at 7:15 PM that night.

An investigation by the BC Oil and Gas Commission determined that the earthquakes were the result of fluid injection during hydraulic fracking operations conducted by Canadian Natural Resources Ltd. These operations were suspended right away and will remain suspended pending the results of a detailed technical review.

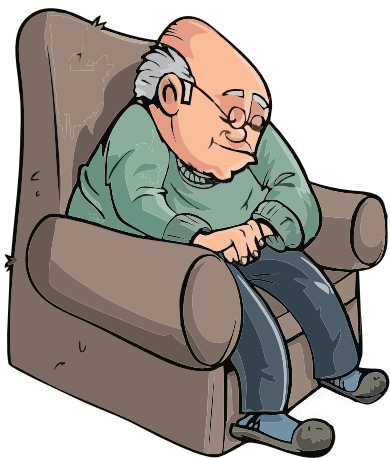
-story courtesy of PeaceFM

## Lake View Credit Union Giant Stocking Draw

The winner of this years Lake View Credit Union Giant Stocking Draw was Jason Enes! As well as drawing the winner, Lake View Credit Union also presented a donation of \$5000.00 to the Little Lights Daycare from the Stocking Draw. The Little Lights Daycare plan to use this money to buy new playground equipment for the children to enjoy at the Daycare. (Pictured are; Lisa Fowler, Kristal MacTavish, Robin Parrish, Roland Waldie)



Youth is when you  
are allowed to stay  
up late on  
New Year's Eve.



Middle age is when  
you are forced to!







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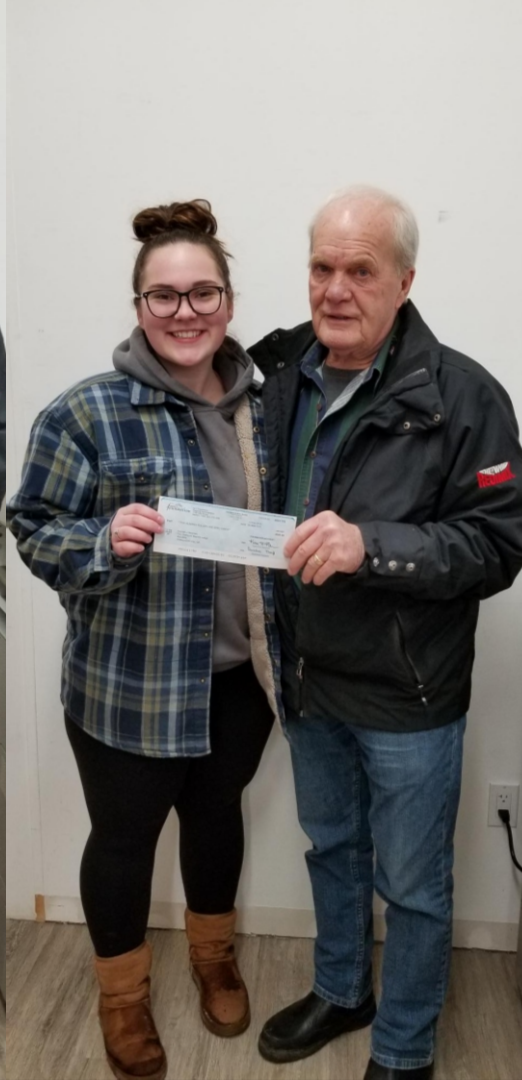
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Lou Surerus of the Chetwynd Masonic Lodge presenting Bursary Awards in the amount of \$500.00 each to two of the four 2018 recipients of the Lodges Annual Awards. Pictured are Reece Mosher (attending UNBC/Prince George) and Hannah Beamish (attending N.L.C./Dawson Creek). Emma Beaulac and Jamie Buckley (both attending N.L.C./Dawson Creek) also received \$500.00 Awards.

## Experts advise protecting pipes this season

Experts are advising homeowners to take necessary precautions regarding pipes that are exposed, outdoors or in cold walls during the winter season.

As reported by My Prince George Now, Dan Veller, owner of Fraser Plumbing and Heating Ltd, recommends the usage of heat tape to avoid freezing. He also warns that older homes are at a higher risk of experiencing frozen pipes and split lines, and that when pipes freeze, the water inside of them turns to ice, stopping the flow of water.

One early sign Veller notes is the hot water piping freezes quicker than cold water piping. He advises calling a professional if you notice you have lost your hot water.

-story courtesy of PeaceFM



<b>4849 52 Ave</b> CHETWYND  <b>\$35,000</b> MLS#175341	<b>913 95 Ave</b> DAWSON CREEK  <b>\$85,000</b> MLS#175182	<b>5249 &amp; 5253 44 Street</b> CHETWYND  <b>\$135,000</b> MLS#174686	<b>5996 Westall Sub</b> CHETWYND  <b>\$474,900</b> MLS#166860
<b>5287 West Arras Road</b> DAWSON CREEK  <b>\$719,000</b> MLS#173914	<b>5404 Hillside Ave</b> CHETWYND  <b>\$459,000</b> MLS#175393	<b>5256 44A Street</b> CHETWYND  <b>\$212,000</b> MLS#174872	<b>5301 45A Street</b> CHETWYND  <b>\$83,900</b> MLS#175318
<b>1321/1323-1319 102 Ave</b> DAWSON CREEK  <b>\$675,000</b> MLS#175569	<b>5217 South Access Road</b> CHETWYND  <b>\$199,000</b> MLS#170765 <small>No Lease rate for 1 year, find out how.</small>	<b>5137 47 Ave</b> CHETWYND  <b>\$174,900</b> MLS#165004	<b>5117 47 Ave</b> CHETWYND  <b>\$279,900</b> MLS#173777



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*on the purchase of your beautiful home.  
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