

Coffee Talk Express



Friday October 4, 2019



**Dawson Creek Realty
Chetwynd Branch**
250 788 9909


ALMA WALTER
 250 788 5168


DAN GRODZUK
 250 788 6435


JODIE ETHIER
 250 788 5043


MYRA GRODZUK
 250 788 6365

IMMUNITY-BOOSTING TIPS FOR A HEALTHIER WINTER

We all have a good reason to say, "I can't get sick right now." Getting the flu obviously takes a toll on our physical health, but it can also interfere with our busy lives and the lives of others in our communities.

While it is difficult to find any absolute guarantee that you won't get sick this season, you can try incorporating the following into your daily routine to help you stay healthy.

Drink lots of water. Staying sufficiently hydrated can help flush toxins from your system and keep your body healthy. Eight 8-oz glasses a day is commonly recommended for optimal hydration.

Daily citrus. Citrus fruits are packed full of vitamin C, which supports a healthy immune system. Try putting fresh lemon juice in your water or reaching for an orange.

Get enough sleep. Sleep is your body's time to recover from the stresses of your day, both mentally and physically. Get seven to eight hours each night whenever you can.

Wash your hands often. Colds and the flu are spread via direct contact, either from person to person or from person to object. Simply shaking hands with or touching the same door handle as an infected person can expose you to a virus. Your best defense is washing your hands and washing them often.



Get your flu shot. Quite possibly the best preventative measure you can take, getting the shot protects you and your loved ones, especially at-risk children and seniors who could experience serious complications from the flu. Just note that not everyone benefits from a flu shot so use your due diligence to make that decision for you and /or your family .



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KAREN BOOS
 250-788-6598


JULIA NELSON
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250 788 6435

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SERVING CHETWYND AND AREA- CHECK OUT OUR WEBSITE COFFEETALKEXPRESS.COM **FAX: 250.788.3405**

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THE ROYAL CANADIAN LEGION'S
SPOOKTACULAR
EVENT *No Minors*
October 25th
@ the Legion Hall
9PM-1AM
Entry fee \$10
music by 5 star DJ
 Tickets available at the Pharmacy and Legion Lounge
 Come in costume for a chance to win a prize
 Prizes for best female, male and couple costumes

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 4805 South Access Rd 250-788-3974
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BONE-CHILLING
HALLOWEEN FACTS

- Keep an eye out for spiders this Halloween — they're said to be lost loved ones watching over you.
- Legend has it that if bats fly around your house on Halloween night 3 times, death is on its way.
- Climate change has put 20-30% of species on our planet at increasingly high risk of extinction.

Free Classifieds

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VEHICLES/PARTS/FARM EQUIP/HEAVY EQUIP.

4 Arctic Claw tires 215-75RM \$200 90% tread. 30.-06 savage model 110 w/ accessories asking \$475 call John 250-782-3996 or 250-219-4334

2005 Ford F-150 Crewcab 4X4 4.6 litre w \$1000 tonneau cover, rebuilt transmission in 2012, 300,000km on truck. \$3,800 OBO call or txt 250-793-0195

2007 Chev Stock front bumper. Came off Chev 1 ton truck. Lights, wiring and brackets included. Asking \$495.00 OBO. Call 250-788-3925

10 large hydraulic rams, various sizes. 6' x 18', 5' x 24', 4' x 60' 3' x 48' etc. Offers. Call Vic @250-783-5535

1997 F-250 3/4 ton Ford PARTS ONLY. Motor, tranny, 4x4 in good shape. \$500 obo call 250-788-2805

2017 Dodge Ram 1500 crew cab short box 67,000 kms \$22,900. 2017 John Deere tractor cost \$42,000 new now only \$29,000 obo only has 48 hrs on it. call 250-788-3868

FREE for hauling away- well used NH 847 chain baler, NH 9' hay bine, MF SQR baler, Balarus 520 Tractor. call 250-788-2514 between 7-9pm

1986 544 John Deere Loader, comes with angle snowblade and bucket. asking \$27,000 call 250-788-9268

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

4-215/60/r16 m+s tires on Toyota rims. Can sell separately if needed. \$250 for all. 250-401-1454

'06 GMC Duramax diesel, white, automatic, 4x4, new tires, new brakes, flat deck 374,000km good shape \$8000 call 250-801-8308 or 250-317-3567

'08 Volkswagen Passat- Motor Blown, Free. asking \$500 for tires and rims. Call 250-601-0033

2008 GMC Sierra for sale, no trades, moving out of province and can't take with me. Great work truck, very dependable, high mileage, well maintained, has new winter tires on rims. Asking \$4000 OBO. Located in Chetwynd Nick 709-746-3760

2011 Dodge Ram 1500 V8 4x4 four door model with spray in box liner, tow pkge, A/C, CD Player, Auto trans, seats 6 142,000km, \$14,000 OBO 250.401.3490 for more info

2002 Ford F-350 4x4 7.3L manual 6 speed, 186,000. Canopy, well maintained, good tires \$15,000. call 250 788 2944 or 250 788 9421

1995 Ford Explorer, 300 000km, driveable, located in Chetwynd, \$250. Call or text 506-323-8405

1999 F-350 7.3l 6 speed- new battery, runs good, comes with wood rack. call 250-788-2908

Ride on lawn mower 13 HP 38 inch shift on the go in excellent condition, well cared for, in good working order. Everything works stored in garage. 4 Good Year wrangler tires P265x70R-17 inch Radial tires, steel corded 5ply tread, lots of rubber. call 250-788-2632

1994 Chevy Blazer for parts, 2004 Mazda 6 4 door, 1997 F-150 supercab longbox v6 5 speed standard. 4 225/50r17 winter tires new low profile and 4 265/75516 Goodyear wranglers on chrome mags for 3/4 ton Chevy. 250-401-7215

2007 Mazda 3 hatchback, black 2.3l, 268,000km asking \$1,200 call 250-788-2628 or 250-874-1959

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

FOR RENT

Room for rent, bed sitting room in rodeo sub. TV, wifi, own bathroom, private entrance. No kitchen, call 250-788-3577

Room For Rent 5 min from town. Clean, quiet place includes internet shared bathroom, kitchen, washer/dryer, lots of parking. pets negotiable, no partying. Shared with owner, must be clean & respectable, prefer someone that works week on/off but will consider full time. damage deposit up front. \$700 for week on/ off, more for full time person call Teresa 250-788-5042 available now

Rooms for rent, bathroom upstairs and downstairs. pool table and washer dryer. 250-242-5888

1 bedroom furnished, shared accom. available now! \$280 per week- weekly to monthly basis. utlts incld. call 250-788-6938

2 bedroom mobile for rent in Aspen, or rent to own with down payment call 250-874-0655

2 Bedroom inc water/hydro/ snow plowing, 5 appliances, across from golf course at Moberly Lake, available now call 250-788-6339

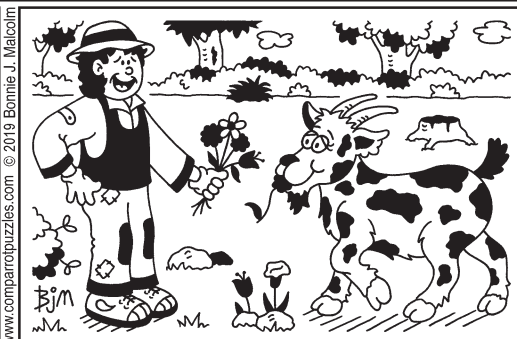
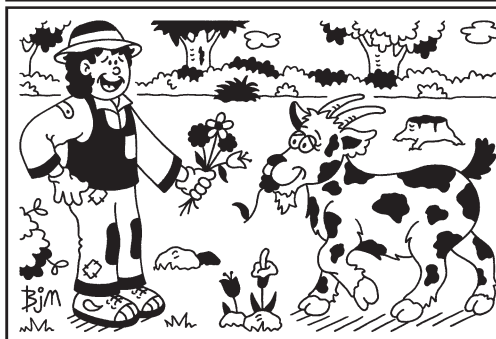
for rent across from Moberly lake Golf Course includes hydro, heat satellite, birch hardwood floors. call 250-788-6339

1/2 bdrm apartment 250-401-8570

House for rent in Tumbler Ridge, \$1000 a month plus utilities, no pets, no smokers call 250-242-1943

ComParrot
 by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Branch on tree is missing. 2. Part of flower beside goat is missing. 3. Pocket on vest is missing. 4. Goat's beard is colored in. 5. Flower in bouquet is colored in. 6. Leaves on tree are colored in. 7. Buttons on sleeve have moved. 8. Branch on bush has moved. 9. Spot on goat is larger. 10. Goat's mouth is different. 11. Stripe on hat is different. 12. Armhole in vest is different.

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MISCELLANEOUS

Two dozen or so riding type horseshoes: different sizes, some fronts and hinds, some with Winter corks. Please message or call or text 250-788-2539.

Jobmate 14.4v drill with 2 batteries \$20 obo, Ryobi 7.2v drill \$15 obo, 2 -HD trailer cords 100ft \$70 obo. Coleman camp stove 2 burner \$15 obo, right hand golf clubs with bag and cart. \$75 obo call 250-788-5591

Crossbow - excalibur pheonix- draw weight 175lbs. Comes with arrows + accessories. Frog boat good condition, \$1000 obo call 250-788-2390

New gently used Norco Charger mountain bike with front and back disc brakes, only rode 6 times. 27.5" tires. call 250-874-7010

Propane heater 50,000 btu, brand new \$800 call 250-788-6625

2- 600ltr tidy tanks with pumps, red - \$200 each. call 250-878-2817

Tow rope for sale \$800 call Fred 250-261-3133

Brome and clover round bales. call 250-784-4220

Pool table with all accessories \$500, Deck trailer \$1600 obo, call 250-463-3556

11 - 3 x 4 feet cement blocks \$ 300.00 each very good condition. please call or text 250-401-1147

18 swivel lounge chairs - black leather upper back - \$ 10.00 each call or text 250-401-1147

2 work lights \$75ea, 3-doors \$20ea, 100ft 4" drain tile \$100, DVD player amp and sub woofer-Kenwood \$200, Motion Light \$20 250-788-5582

Two roll away nest boxes \$150 each. 3 large chicken feeders \$50 each. call 250-788-2805

Heavy duty portable work bench on metal frame. 6 heavy duty casters- have swivel vice and newer drill press on top. 2 strong shelves. large side by side fridge that works well for sale. 250-556-4188

First aid supplies and units for sale. call 250-788-3868

Diesel furnace, forced air 600 ltr tank + thermostat asking \$450 call 250-878-1647 or 250-878-2817

Tilting wheelchair with accessories text 250-556-9839 or call 250-788-3258

Boys 16-inch Dunlop bike. \$25. Brand new condition. Call 250-788-2229

Many full boxes of white vinyl siding for sale- brand new still in box. Call Shelly to view 250-788-6565

Water proof shoes- timberland anti-fatigue \$75- was \$125. Large goat hide tanned with blue felt backing \$200. call 250-788-2482

Square hay bales \$5.50 each. Call 250-788-2944 or 250-788-9421

Skidsteer & operator for hire, call for rates 250-788-6604

303 British rifle for sale, new clip, nearly full box of shells, great condition, asking \$450 obo call 250-261-0804


15 cu. GE fridge- Good condition \$200 Please Call 250-788-5655

Fantastic Fall

So many changes in the fall,
The weather feels so cool.
Apples, pumpkins, and football,
Not much swimming in the pool


Leaves change color,
Brown, red, orange,
They slowly hit the ground.
Jumping in the piles of leaves,
So many fly around!





Happy 7th Birthday
to our little superhero,
Ephraim Dokkie,
on Oct. 7

Love Mom, Dad, Emily,
Anosha & Paislee



Happy Birthday
Tanisha L
&
Jase W
love Grandpa & Grandma Williams
and clan



Come Tangle with Maggie Jean
Certified Zentangle Teacher

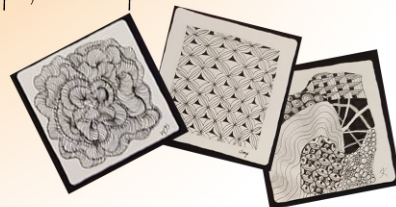
Zentangle is an art method which allows anyone to create beautiful abstract art with pen and paper tiles. This method is meditative and reduces stress. Relax, focus and create at the same time!

Introductory Zentangle Course

Saturday October 5, 10:00-12:00pm, 1:30-3:30pm

Sunday October 6, 1:00-3:00pm

Six hours of instruction and
all materials: \$75.00



Chetwynd Community Arts Council Arts and Cultural Center
5400 North Access Rd

Anything is possible one stroke at a time.

Contact Maggie Jean
250.401.7478



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You're Invited to opening night of
Zentangle

Arts and Culutal Center: 5400 North Access Rd

Reception: Friday, October 04, 2019 7-9pm



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Relax. Focus. Create.



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PROPERTY

3 bedroom home on almost 5 acres ,10 mins from Chetwynd . There is a shop , shed and woodshed .comes with w/d/dw/f/s . For more information please call 250-719-7376, leave a msg

5 bedrooms, 3 bathroom home for sale, 3 storage sheds, Paved driveway, R.V. parking, Large Garden, Wood Stove, Telus Satellite dish, centrally located. Fully furnished for \$320,000 or with appliances only for \$310,000. Contact 250-401-1038 or 250-788-9338.

2800sq/ft Fully Renovated house, 5 bed, 3 bath, 20X30 garage. Asking \$425,000 , make an offer. To View call 250-788-6962 or 250-788-3841

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

LOST & FOUND

Found: Kids glasses, metal frame wired arms. found at Windrem bus loop. Pickup at the Pencil Box.

Reward for lost RAM keys with Fort city Chrysler fob on it and other keys, call 250-788-9931 or 250-261-3588

Iphone found in front of Fields come to the Pencil Box to claim.

Lost: Ipod touch (pink) - case is white with flower in back call 780-213-0056

WANTED

In search of a room to rent . Quiet clean mature guy working at the Willow Creek mine. 7 on 7 off . Usually gone home days off. Needed by August 1st or earlier. Ron 250 202 9679 call or text

Wanted: someone to mow lawn on 47th ave. Lawn mower is supplied. Call 250- 788-2845

Wanted: clean land fill 250-788-6256 250-788-2880

Wanted: Lots of clean fill. call 250-401-8646

Wanted: Bookkeeper for small business- Must be in Chetwynd and know how to process Work Safe BC and GST returns contact 780-933-7710

Looking for a 2 bdrm apartment will be looking for long term, must allow pets. Responsible couple in our 30's. call 226-268-4960

Wanted: 4 cords of 18" firewood call 250-788-2626

Wanted: lady to do light housework in exchange for room and board, and a little pay. preferred to have drivers license. phone 250-788-2482. Call between 4-5pm

Looking for contractor/painter to join our reno team. Please call 250-401-8900

Looking for part time labourers call 250-401-8814

Looking for a housekeeper to help out with duties including food prep, approx 5 hrs 1-2 times a week. \$40/hr. must be reliable and trustworthy. call to apply 250-826-9461

Wanted: a fuel tank for a Tundra skidoo call 250-788-8153

REC VEHICLES

Sunseeker motorhome white -2012, slightly used, gas engine, net weight 5,280 lbs asking \$50,000 obo call 250-788-2428

'79 holiday trailer 18 ft. \$1500 obo sleeps 4, everything works call 250-788-8804

FREE Older camper, hunter special, you pick it up call 250-788-5871

Double wide snowmobile trailer \$2000, 660 Rhino side by side, roof, half windshield, heater, new motor, tires and windshield \$4000, call 250-329-5716

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

1990 Kustom Koach motorhome 28' f350 chassis 460 motor call 250-788-2232 or 250-788-5848

1998 Prism holiday trailer, sleeps 6 very good condition call 250-788-2276

10.5 ft Vanguard Camper \$500 call 250-719-7158

PETS/LIVESTOCK

Quarter horse cross mare for sale, great feet and composition, solid and sweet. for more information call Kelly 250-401-1975

Looking for an outside only mouser cat call 250-788-3133

1 yr old female dog, large coyote chaser asking \$400 call 250-788-2805

1 yr old wether alpine/nubian goat. friendly pet, good with kids. Downsizing- in Chetwynd. Call/text 250 549 0267 must go to good home \$150 OBO.

2 yearling ewes \$200 each. Perfect for meat right now. Will butcher if needed call 250-317-3567

9 month old male short haired tabby stray cat. Needs to be adopted as we cant take him in, Willing to pay for neutering. Call for more information 250-819-6022

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FEATURE PRESENTATION

PG Fri, Sat, Sun, Mon
Oct 4, 5, 6, 7 1h37m
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District of Chetwynd

Proposed Zoning Amendment Bylaw No. 1100,
2019

NOTICE OF PUBLIC HEARING

Pursuant to Section 465 of the *Local Government Act* RSBC 2015, the Council of the District of Chetwynd gives notice it will hold a Public Hearing to consider the above-named bylaw:

Date: October 7, 2019

Time: 4:00 p.m.

Place: Council Chambers

- 1) Proposed Zoning Amendment Bylaw No. 1100, 2019 to change the zoning from Multiple Family Residential – Low Density – RM1 to Highway Commercial - C2 Highway on the subject property known as **District Lot 1908, Peace River District, Except Plans 14984 and 8257 (5100 Nicholson Road).**

All persons who believe their interest in property may be affected by the proposed bylaw and wish to register an opinion may do so by:

1. Appearing before Council at the said Public Hearing; and/or
2. Forwarding written submissions for Council's consideration, prior to 4:00 p.m. October 7th, 2019, to District of Chetwynd, P.O. Box 357, Chetwynd, BC, V0C 1J0; Fax: 250-401-4101; or Email: d-chet@gochetwynd.com

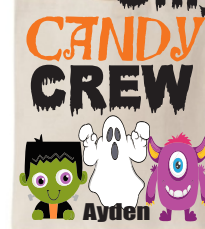
The bylaw and other written information pertaining to this matter may be viewed at www.gochetwynd.com, or at the District of Chetwynd Office located at 5400 Hospital Road, between the hours of 8:00 a.m. to 4:30 p.m., Monday to Friday inclusive, excluding statutory holidays, from September 17th to October 7th, 2019.

Any inquiries should be referred to the District of Chetwynd, Telephone: 250-401-4100,

Fax: 250-401-4101, Email: d-chet@gochetwynd.com or by mail to P.O. Box 357, Chetwynd, BC, V0C 1J0

Dated this 17th day of September, 2019
Carol Newsom, Corporate Officer

Only at The Pencil Box



Stop by The Pencil Box
for more information
or to order your
Halloween bag

Fun Fact: Fifty percent of kids prefer to receive chocolate candy for Halloween, compared with 24% who prefer non-chocolate candy and 10% who preferred gum

CROSSWORD



1. Vane dir.
4. Donkey
7. Cut bread
12. ____ loss (2 wds.)
13. Not me
14. Photocopier liquid
15. Camper's lamp
17. Change
18. Wood source
19. Safe to eat
21. Aired again
23. Snitch
26. Beatle Ringo ____
29. Improve
32. Courageous
34. Bun seed
35. Beseech
37. Director Woody ____
38. Had a bite
39. Commerce
41. Moscow's country
44. Send out
48. Biblical pronoun
50. Get ready
52. Napped leather
53. High's opposite
54. Scratch
55. Mexican coins
56. Compass point (abbr.)
57. "Raggedy" doll

1. Popcorn seasoning
2. "A ____ Is Born"
3. Dwindle
4. Sailor's yes
5. More angry
6. Ice-cream treat
7. Pierce
8. Recline lazily
9. ____ medicine
10. So-so grade
11. Slip up
16. Fright
20. Small hotels
22. Ohio lake
24. Zenith
25. Youth
26. Mets' old stadium
27. Camping need
28. Blood vessels
30. Noggin
31. Snoozing
33. Felines
36. Three-base hit
40. Slugger Hank ____
42. Take apart
43. Observes
45. Papa's partner
46. Mideast nation
47. Shore bird
48. Recipe measure (abbr.)
49. Color
51. Ram's mate

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Mature living

Swim to stay in shape and slow down aging

According to a recent study, people who swim three to five times a week showed delayed changes in traditional aging indicators such as loss of muscle mass, high blood pressure and reduced lung capacity. If you're a senior who's looking for a way to stay in shape, here's why swimming may be right for you.

1. IT'S LOW IMPACT

Swimming is gentle on the body and over time, it can improve your flexibility. The water supports your weight and takes the strain off your limbs and joints, making it a great activity for those who struggle with joint pain or mobility issues.

2. IT HELPS IN MAINTAINING A HEALTHY WEIGHT

Even a leisurely swim is enough to burn a significant number of calories. Water is nearly 800 times denser than air and provides enough resistance to make even low-impact, gentle swimming a good way to shed a few pounds and help you maintain a healthy weight.

3. IT IMPROVES CARDIOVASCULAR AND RESPIRATORY HEALTH

While high intensity swims are great for increasing your fitness level, you don't need to get your heart pounding to reap the bene-

fits. Regular swims, even gentle ones, can help your heart and lungs stay healthier.

4. IT IMPROVES MENTAL HEALTH

Like most physical activities, swimming can help improve your mental health. In addition, since water-based exercise is gentler on your body than other types, you can reap these benefits without risking getting injured.

5. IT'S AFFORDABLE

All you need is a bathing suit, a cap, a pair of goggles and access to a pool. No expensive equipment required.

Finally, visiting the pool on a regular basis may lead to you forming new friendships. This lends a social dimension to your swimming sessions that makes them all the more beneficial.



PEACE FM 94.5 CHETWYND
104.1 DAWSON CREEK

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events centre
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Dawson Creek 104.1
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Call Troy at (250) 788-5062
or Travis at (250) 788-6388



District of Chetwynd

has the following job openings:

- Maintenance/Water/Sewer II - Temporary
- Aquatic Staff II - Part-Time
- Aquatic Staff II - Full-Time

Please visit our website at

www.gochetwynd.com or contact Deanne Way
at 250-401-4105 or DWay@gochetwynd.com
for more information.

D Ventures Ltd.

will **NOT** be providing
snow removal or
sanding for the
2019/2020 winter
season.



sorry for any inconvenience this may cause
for more information please call 250-788-5588

The PROP SHOP

UNISEX BARBERSHOP

Now Hiring

Full or Part time

*Experienced
Hairdresser/ Barber*

Competitive Wage

Drop resume off to Angela
201- 5028 50th Ave. Ph: 250.556.4504

Employment Opportunities

Employment Opportunity ads are paid advertisements. To advertise your job opportunity
Email: advertising@coffeetalkexpress.com or call our store at 250-788-3422

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

Not all applicants will be contacted.

How to make a gratitude tree for Thanksgiving

Are you on the lookout for a craft to make with your family that embodies the spirit of Thanksgiving? If so, consider creating a gratitude tree. Here's what you need and how to do it.

MATERIALS

- 3 or 4 branches (white birch works well)
- A vase or other vessel to hold your gratitude tree
- Sand or small stones
- Construction paper
- Scissors
- Hole punch
- String

DIRECTIONS

1. In a vase, arrange the branches in a pleasing way. Fill the bottom with stones or sand to help keep them in place.
2. Using the scissors, cut the construction paper into leaf-shaped pieces. How many you make will depend on the number you want on your tree.

3. With the hole punch, make a hole in each leaf.
4. Thread a piece of string through each hole.
5. Encourage your family members to draw or write down one thing they're grateful for on each leaf.
6. Hang the leaves on the tree.

Afterwards, display your tree in your home or use it as a centerpiece during Thanksgiving dinner. Making a gratitude tree is a great way for families to come together and reflect on the meaning of the holiday.



TAKE BACK THE NIGHT



**OCTOBER 7th
6:30pm**

An International event with the mission of ending domestic violence in all forms.

Everyone Welcome!

Walk begins at:
Kici-Awasimsak
5101 South Access Road,
walking to Library and
returning to Kici for
Chili and Bannock

For inquiries contact:
Tammy Nicholls
safehouse@sprcs.ca
250-788-6814




SHELL MOVIE MANIA



October 6 – SPIRIT PARK (51ST WAY) 7PM

Bring your blankets & chairs (we will have extra chairs) and cozy up! Snacks will be provided!

BACK-UP PLAN IF RAINING OR SNOWING EVENT @ THE CHETWYND REC CENTRE COTTONWOOD HALL

Featured Movie the new 'SPIDER-MAN Far From Home'





Thanksgiving

Celebrate this year with a Free Turkey!

**Bring your best holiday recipes in to
The Pencil Box before October 9
for a chance to win a turkey!**

Some recipes will be featured in this year's Christmas issue

Winner will be announced on Friday, October 11

Winner must be able to pick up turkey on October 11th

