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CHETWYND COMMUNITY **ARTS COUNCIL'S** NEWEST EXHIBIT

The Chetwynd Community Arts Council opened their newest exhibit this past Friday, February 9th. This is the second year the Arts Council has held the exhibit, fittingly named "Curb Your Cabin Fever" in the midst of our everlasting winter. This year's theme for the exhibit is 'sensual', capturing the essence of the most passionate month of the year. There was wine and an array of treats. As always, an elegant affair put on by the ladies of the Chetwynd Community Arts Council.

The pieces of artwork on display this month are absolutely fabulous, from fabric art and canvas pieces to photography, and even some creative works on plywood. The Arts Council always seems to gather a great collection of pieces from local artists that mesh so well together.

Continued inside paper







Gina Dunn with her piece of art with model and recipient of the piece, Dianne Bassendowski

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1996 GMC 1/2 ton, transmission out, weak motor, new starter, good parts truck, \$400. Call Chris 403-305-9658

2004 Dodge Caravan, new brakes, new starter, new alternator, 300,000 km, just needs new battery. \$1200 OBO. Call 250-788-3131 or 2004 F150, Supercab 4x4, 6 spare 250-788-5084

2002 Sebring with new tires worth \$700, just under 200,000 km, runs excellent, \$2000. Call 250-788-3853 or 250-788-6842

2013 Sante Fe Sport SE 2.0L turbo. Leather interior with lots of extras. 74,000km. \$22,500. Call 250-401-3251

Late 1990s Chevy 4x4, 305 cubic inches, head gasket issues, parts truck, \$300 OBO. Call 250-401-1375

2003 Cadillac Escalade ext loaded, 8 passenger, \$9900; 2008 Buick Enclave SUV, awd, 8 passengers, 130,000 km, \$11,900. Both vehicles from Vancouver. Call 250-734-2255

1963 Ford Tandem in good cond, runs good, everything works, body good, \$5000 firm; 1973 125 Michigan loader log grapple & bucket, \$7000 firm; Cat 17 A D7 in good cond, \$8500 shape. Call 250-401-7160 firm. Call 250-401-7311

2007 Ford f150 XL 4x4 long box \$3000; 2002 Isuzu rodeo 4x4 \$1500; BC registered. Call 587-597-6877

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2002 Hyundai Elantra, 4 dr, loaded, NEED TO SELL ASAP - 2007 Chevy Impala LS, 216,000 kms, excellent used condition, lady driven, \$7200. Call Meghan 250-788-3131

> auto trans, mint cond, 112,000 km, 250-242-5742 \$5000 OBO. Call 250-788-5619

Two 2002 Ford pickup trucks, 4x4, standard, motors are good, good body, 4 spd, \$3000 for both firm. Call 250-788-3969

2004 550 Ford 4x4 diesel deck truck with Eiffer picker S42, \$17,500 OBO. Call 250-788-2635

winter tires, \$2500. Call 250-788-5842

Two 1998 Jeep Wranglers 4:0 4x4, one for parts, need back brakes for one & back window and batoy, \$700 OBO for both; 1975 Jeep Wagon AMC 360, newer motor, runs but needs work, good for parts, got papers but no keys, \$200 OBO. Call or text after 6pm 250-401-1658

4 like new 215/65R17 winter tires on rims, fits Jeep/Chrysler, \$400 firm. Call 250-788-2446 or 250-401-3200

2001 Ford F150 4.61, auto, 4x4 crew cab short box w/canopy. Needs engine work. 250-788-3900

1999 Dodge Dakota ext-cab 4x4 pickup, auto, good running & good interior. Some rust. \$2200 OBO. Call 250-788-6106

1994 Dodge Dakota 4x4. Very nice

FOR RENT

2 Ford F-150 trucks, motors need 2007 Tridem low km; 2004 Doepker 3 rooms for rent in a house, 2 up, 1 down, work; Volkswagon car, \$3000. Call Hayrack trailer with many extras. Call pool table, laundry room, fridge downstairs, kitchen upstairs, downstairs rooms have TVs, N/S, no pets, \$700/mo (includes utilities), damage deposit required. Call 250-242-5888

> Male has room for rent in Tumbler Ridge, or would consider selling 1/2 the house, or the whole house. Call

> Camper/trailer spaces 2 km west of Chetwynd with power/parking space. Daily, weekly or monthly rates. Call 250-401-1103

> Room with own entrance, own bath, TV, internet, no kitchen. Call 250-788-3577

> Room for rent 5 minutes from town, \$500/mo. Call 250-874-0630

> 2 bdrm duplex, downtown, adult oriented, washer/dryer. Call for more info 250-788-3936 or 250-401-8560

> Room for rent in downtown Chetwynd. Includes utilities, cable and internet. Shared common areas, available immediately. Call Julie 250-401-1985

> Furnished room for rent in Chetwynd. For details call Edgar 250-874-0170

> Rooms for rent, \$400-\$750/mo. Call 250-788-6620

> Nice, clean 2 bedroom mobile for rent, heat and hydro included, \$1300/mo. Call 250-874-0630

1 bdrm house w/horse pasture on Jackfish Rd. Partially furnished. washer/dryer. Must be a non smoker and no inside pets. References required. \$700/mo. Call 250-788-9229

5 bdrm executive house located in town. Unfurnished \$1800, semi furnished \$2000. Single car garage, no pets, no smoking. Professional working couples. Access to bush from driveway. Email for details to julio@telus.net

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





Solution: 1. Stripe on hat by cactus is missing. 2. Fold in curtain is missing. 3. Flap on bag is missing. 4. Cat's tail is colored in. 5. Brace on crutch is colored in. 6. Pompom on girl's hat is different. 7. Arm on cactus has moved. 8. Pocket on girl's shirt has moved. 9. Stone in railing is tailer. 10. Peak on boy's cap is upside down. 11. Cactus pot is tailer. 12. Stripe on boy's shirt sleeve is wider. 9. Stone in railing is tailer. 10. Peak on boy's cap is upside down. 11. Cactus pot is tailer. 12. Stripe on boy's shirt sleeve is wider.



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MISCELLANEOUS

Firewood, split & delivered, \$200 to Car or truck stereo, \$1000; Boss flip-up

Wool winter dress coats: 1 men's size lg, dark gray, excellent condition,\$50; 1951 Willy's Jeep Buggy w/papers. Good 1 women's long black, size med, cashmere fixer upper, \$1000 OBO. Call or text blend, fur lined hood, perfect condition, 250-401-1658 after 6PM \$25. Women's winter boots, new, 2 pairs, black sizes 8 & 9, faux fur lined, \$20 a pair. Call 250-788-2944 Lg wood heater made by Cozy Comfort. Asking \$500. Call 250-759-4923

good for one more season, \$60 for both. 2 up, \$160 delivered. Call 250-788-2447 or Volkswagen alloy rims, 5x100 pattern, 15" 250-401-7506 diameter, \$60 for both. Call or text 819-446-5960

Dry Spruce and Pine cut to length for fire wood, \$200 pick up load. 250-983-9702

Square hay bales - timothy, brome, alfalfa, round bales, 4x5, \$40/ea or \$35/ea for 20 or more. Call 250-788-5056

widths & lengths, 2 5/8" with random 250-601-0147 widths & lengths, misc other dimensions & timbers, \$550 per thousand. Call 1996 PFAFF sewing machine, \$500. 250-401-7311

call 250-874-0170

Tamarack 1" planks, well-cured; 2 large wood stoves. Call for price or more info 250-719-6142

Red Everlast punching bag, good Used twice. \$1000. Call 250-788-3011 condition, \$50; Bissell Pro Heat Plus 2x carpet & upholstery cleaner, used only once, \$175. Call 250-788-3306 or condition. Paid \$200, asking \$150. Please 250-788-5582

Unpasteurised local honey for sale, 500ml - 1.5lbs. \$8/jar. Call 250-788-6935

Dawson Creek, Arras & Pouce Coupe stream CD DVD player, back-up areas. Call 250-219-7082 cam compatible, \$200 OBO. Call or text 250-401-1658 after 6pm

2 Nokian i3 all-season tires, 205/65/R15, Firewood for sale, 16" round. \$120 for pick 250-401-7506

> HD PVR model 630 Shaw satellite receiver, net; Shaw satellite receiver model 600, new; Quad LNB; elliptical satellite dish; Noma super light electric lawn mower, 24". Call 250-788-2606

\$4.50/bale, or \$3.50/bale for 100 or more; 1 piece black swimsuit, never used, size 18, 44 bust, \$75; free fake Christmas tree; 1 Goldfish, 2 tanks, 30 gallons each, plus food and accessories free. In need of someone Cottonwood lumber, 1" with random who knows fish and their needs. Please call

Call 250-788-3252

Samsung Galaxy A5 comes with box, XL Ski-doo pants and 2X jacket like new, warranty and accessories. Like new. Please \$40; 4-17" steel rims for Jeep or Dodge, \$40; adjustable TV wall mount, 26" - 40" in length; cabinet door, circuit breakers, light fixtures, plumbing and central vac parts. Make an offer. Call 250-788-6808

2017 Husqvarna snow blower 208CC 24".

call 250-788-9563

Winchester 45-70, \$1000; over under 22 mag/410, \$450; browning x bolt 7mm rem mag, \$850. All like new and have one box of shell fired. 22/410 never fired. Please call 250-556-4198

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PROPERTY

Older trailer on 4.5 acres with shared well, hydro and septic. Approx 15 min out Jackfish Lake hwy. Priced to sell. For more information text 403-771-3724

Reduced to sell - Open concept fully renovated dwelling with hardwood floors, 2 bdrms, 2 baths & office space. Located 5 km from Chetwynd in Wabi Estates. 20x32 heated shop. Year round fresh water. 5.3 acres landscaped for horses, recreation & relaxation. Guest cabin, outbuilding, award winning gardens & 2 landscaped full hookup RV pads. Call or text 250-788-5293

0.9 acres on 53rd Ave in Chetwynd, bare lot, ready for building, all of the utilities included. Call 250-788-5319

Large, level & cleared lot in Rodeo Sub. Close to schools & Rec Centre. 5117-41st Ave. \$56,000. Call 250-788-3052

3 houses for sale at Moberly, each on a 5 acre lot across from golf course with excellent lake views: 1 custom-built log house, 3 bdrm with a basement suite, \$385,000; 2 bdrm bungalow, \$165,000; large 3 bdrm house with rental suite and wkshop, \$209,000 OBO. Call 250-788-6339

950 sq ft 2 bdrm home, completely renovated, everything is brand new! 4.5 acres with the option for an additional 4.5 acres. Located at 2579 Brulotte Rd 16 km from Chetwynd out Jackfish Lake area. Asking \$265,000. Call 250-788-6805

1 acre lot in Progress Rd 255 btwn Chetwynd & DC. 2010 manufactured home with 3 bdrms & 2 baths, electric heat, 6" walls, winter pkg, 3 sheds, wood stove, close to McLeod School & convenience store, lots of spruce trees, mature garden, priced to sell. Call 250-843-7086 or 250-719-5516

3 bdrm house in Crown Sub, 4728 Centurion Cres. Box 810 Chetwynd, BC. Call 250-788-2606 for price.

Large serviced fenced lot in Rodeo Sub, secured location of a cul de sac. 190 sq ft wired fence. Insulated shed. \$82.500 OBO. 250-401-8778 or 250-401-7345

PETS/LIVESTOCK

Staffordshire terriers ready to go! 3 males & 3 females. \$800. Call for more info 250-874-5878

Female Boa Constrictor Imperator; male Python, female Mexican Black Kingstone, male Dumerlis Boa. 250-401-3490

Border Collie x puppies 10 wks old. (Cattle/sheep/work dogs). Short haired males has shots, and are dewormed. For serious inquiries only 250-788-5901

LOST & FOUND

Lost: Black Samsung Galaxy S5 with Wanted: A reliable backup butterflies on the back somewhere babysitter for a 17 month old. between the Legion and Days Inn. Call Please call 250-874-0630 250-788-1987

Lake on Nov 17. Has tattoo in right ear, available. Call Adam 438-828-2326 code is 194CJD. Call Denise at 250-788-3837 and leave a message.

Nov 29/17. Call 250-788-3672

Lost: Black wallet lost in Super Valu Wanted: Live-in position, parking lot on Sat Jan 20, all my ID inside. Reward offered. Call 250-874-

Lost: Black scarf, shiny with fringes. Would like it back if found. Was a Christmas gift. Call 250-788-9781

Lost: Orange and white Tabby cat with short ears. Last seen Feb 5. He may be in J the Little Prairie area. Please call 250-788-9445

Lost: Black curly haired male dog with red collar. Call 250-788-4804

REC VEHICLES

Sears boat & trailer, 5 h Johnson motor, good cond, \$1400. Call 250-242-5888

2000 40' motorhome, very clean, loaded, 3 slides, 3 queen beds, big bathroom, \$29,000. Call 250-219-0605

2007 Can Am 800 quad with a snow blade, 1200 km, \$6000. Call 250-788-1679

22' Kozy holiday trailer, no papers, older, no leaks, exc storage. \$2000 OBO. Call 250-788-2805

2002 Ali Craft 18' boat, double axle trailer, full tops, travel tops, 200 sport jet, new motor, 10 hrs, \$33,000. Call 250-788-5656

16' mahogany strip kayak, sea & lake, \$1700 OBO. Call 250-788-5905

2008 Honda TRX 420, 6655 km, 678.7 hrs, comes with winch and snow plow, \$5000 OBO. Call Kent 250-788-6611

2007 Arctic Cat 650 Prowler side by side with plow, \$6000, excellent condition, 2013 8x12 enclosed cargo trailer with rear ramp door set up, LED interior lights, tandem axle electric bike, like new, \$6500. Call 867-334-5866

1990 380 B Timberjack line skidder. Needs batteries. Asking \$15,000. Please call 250-788-6001

WANTED

Wanted: Apartment to rent ASAP Lost: Dog named Jigger from Moberly for responsible family. References

Wanted: Math tutor for someone upgrading their highschool. If you Lost: Set of keys at Home Hardware on have some time to help me out, call 250-556-4087

> preferably long term, or at least until August of 2018. Can do light house sitting/keeping, light yard work/organic gardening, childcare in a drug free & clean work environment. I also speak German. Reimbursement for work n e g o t i a b l e . C o n t a c t . c 3 3 1 @ y a h o o . c a

Wanted: Room to rent in Chetwynd. Call 780-315-5206

Wanted: New Holland haybine or parts. Call 250-719-6142

Wanted: To hunt on private land for elk between Dec 2017 & Feb 2018. Text with info to 250-961-6743

Wanted: To buy PS3 in good working cond. Call Joe at 250-788-1597

1 cord of Spruce wood and 1 cord of Pine wood. All must be 15" long. Call 250-788-2590

Wanted: Bull dozer, medium size, D6 or D7, good running condition. Call 250-467-2401

Wanted: Bobcat for a reasonable price. Call 250-874-4433

Wanted: 1997-2003 Dodge Dakota for parts. Looking for a good engine/trans and other various bits and pieces. Call Brandon with price 250-788-5955

Wanted: 2 bdrm apartment/ duplex/basement suite for Mar 1st (at the earliest) for 2 full time working responsible individuals. Call 1-250-788-6606 if you have something available

Polite and quiet UBC Medical student with references, doing a rotation in Chetwynd from Feb 25 -Mar 25. Looking for accommodations. Another student will replace me from Mar 26 - Apr 22 and would like to continue to rent if that works for you. Call Tatyana at 250-889-0222

Free wood pallets, scrap wood for project. Call or text 778-855-8043



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KELSEY'S CHRONICLE



It's that time of year when people are feeling bummed out about the holidays being over, bummed out about summer so far in the future, and dreaming of warmer days on the beach, at the cabin and on the boat. Many people experience that same hopeless feeling every year around this time but what many don't realize is that it's actually a "disorder" called S.A.D (Seasonal Affective Disorder).

I personally have a lot of anxiety. I'm just a generally anxious person but not usually depressed. At this time of year, every year, I feel a slight wave of depression. That's when I know it's time to put down the carbs and begin making my body feel better, and in turn, making my mind feel better.

Science has proven that in winter there is minimal sunlight in northern regions, which brings about a lower serotonin level and a higher melatonin level. This can lead to the feeling of less energy, irritability, decreased

concentration, less motivation, a general disinterest in things that you usually feel excited about, and of course just straight up boredom! Women are more likely to feel the affects of SAD more so than men, but that doesn't mean that men don't feel like the never ending winter isn't closing in on them too. There are many ways to overcome the feeling of seasonal affective disorder that don't require a prescription. Sunshine-Tried and true! If you're not getting enough unfiltered sunshine in your day, then your brain is feeling it. UV light from the sun

Sunshine-Tried and true! If you're not getting enough unfiltered sunshine in your day, then your brain is feeling it. UV light from the sun is directly linked to vitamin D which is directly linked to your serotonin levels. So give the sun a good 20 minutes of your undivided attention each day, and your mood will definitely get that boost it craves.

Eat Better- We all know that food is the determining factor of what level our bodies are running at, if we eat like crap our bodies are sluggish; but if we eat a balanced diet of grains, proteins, healthy fats, fruit and veggies and dairy, our bodies thank us in the form of energy that we so badly need to function on all cylinders.

Exercise- This is one of those things that many people say or think "how can me doing something I hate make me feel better?" But as much as you would like to tell yourself that, It can, and it will! Even as little as a 15-minute walk, each day, can increase feel-good brain chemicals like serotonin, dopamine, norepinephrine, and endorphins.

Music- This doesn't help everyone, but for the music fanatics out there, you know that a good playlist can change any mood. Get the music going and feel those feelings of winter distaste leaving your body as your favourite band or artist fills your ears.

Plan something to look forward to- This is something I struggle with, only because I never want to wish away any time in my life, while waiting for an exciting event. But if you're the type of person that needs that pot of gold at the end of the rainbow, then plan a lunch date, a weekend trip or that long awaited Mexico trip, to give yourself something to look forward to.

Get outside- Whether you're going snowboarding or sledding in the mountains, or just taking the kids to the least snowed in park, get outside and soak in the fresh mountain air we are so lucky to have in our region.

At least it's nice to know that spring is just around the corner... it may be a long corner, but never the less. We can still all dream of the sand in our toes, a cold drink in our hand and some northern pike on our lines, or maybe a less hideous and more edible fish... Either way, drown your blues with some sun, a balanced diet and try to plan something to look forward to while you wait out this snowy winter in Northern BC.



Tansi Friendship Centre Society Administrative Assistant

Summary

The Tansi Friendship Centre Society is seeking a full-time Administrative Assistant who will be responsible for a wide variety of administrative duties in support of senior management.

Qualifications

- · Office administration certificate or 2 years' experience in an Administrative role
- · Solid communication and interpersonal skills, both written and verbal
- · Proficient with Microsoft Office Suite (Word, Excel, Outlook, Power Point)

Key Duties and Responsibilities

- · Administrative support performs general clerical duties to include but not limited to photocopying, faxing, electronic and hardcopy file maintenance, data entry, front desk client support
- · Creates and modifies various documents using Microsoft Office.
- $\cdot \, Event \, Coordination \,$

Knowledge and Abilities

- · Able to receive direction on assigned tasks and request clarification when needed
- · The ability to work well in a team setting and support others in their work
- · Strong time management and organizational skills
- · The ability to work with or without supervision on assigned projects
- $\cdot \ A daptable \ and \ flexible \ within \ a \ wide \ variety \ of \ tasks \ and \ projects$
- · Punctual with a positive attitude

Submission Deadline – February 28, 2018 at 4:30 Please submit your cover letter, resume and references to hiring committee or email Addictions@tansifcs.com

Please note only those candidates invited for an interview will be contacted.



Louisiana Pacific Canada Ltd. Public Review and Comment of Forest Operating Plan

Louisiana Pacific Canada (LP) will be making their 2017 West Side Forest Operating Plan (FOP) available to the public for comment and review. The FOP shows proposed harvest and road building operations within the Dawson Creek Timber Supply Area. These proposed operations are near the communities of Chetwynd and Hudson's Hope.

The plan will be available for viewing from February 19th to March 30th, 2018 at the LP Forest Resource Division Office (116-116 Ave Dawson Creek, BC) during regular office hours. Please contact Clinton Gould, Operations Planner at 250-782-3302 ext.247 or Clinton.Gould@lpcorp.com to schedule an appointment to view the plan.

If any interested parties are unable to view the Plan in Dawson Creek, maps and other information can be distributed by mail or digitally through email. Written comments should be mailed before March 30th. Letters postmarked after this date will not be considered for this plan. Written comments should be addressed to Clinton Gould, Operations Planner, Louisiana Pacific Canada Ltd., 116 – 116th Avenue, Dawson Creek, BC, V1G 3C8.

MAYOR'S REPORT

How many young Chetwynd men in grade seven aspire to a career in nursing? I mean the nursing in which, as time goes on you mature and grow confident in your profession and become skilled and knowledgeable to the extent that other health professionals actually will turn to you for advice in the Emergency Room (it does happen). Indeed, the nurse on the floor (that is, with feet on the floor and head on the shoulders) is the primary care person in the hospital, responsible for patient comfort and care – and maybe even life.

Young Chetwynd women in the seventh grade: don't you feel excluded. I mentioned men first because traditionally nursing is seen as a woman's profession. Get used to sharing the floor with more men. So, if you are in the seventh grade, you also might start thinking of nursing as a career in

which you can make a notable contribution to the comfort and safety of your community while you earn equivalent-to-men wages.

You might wonder how to start seriously thinking of nursing as a career. How might you translate your fantasies into action? It's quite simple, really. You will have to take your academic career seriously. You might actually be taking your schooling seriously right now. Serious might be the way you have always approached school. Great! You'll have to keep up the serious approach to all your studies.

You also might wonder why I am stressing nursing exclusively today. Here's why: the University of Northern British Columbia (UNBC) in collaboration with Northern Lights College (NLC) and Northern Health (NH) is working to establish nursing training in our region. This is great news and good for all of us here in the fantastic North East. If our future nurses can be trained right here (primarily in Fort St. John and Dawson Creek with some clinical rotations in Chetwynd) the cost to the families will be greatly reduced.

And not only that, the students will get to stay home a little longer at mostly and dad's and mom's expense – or maybe at spouse's expense. Not a bad

Why start planning in grade seven? Why not? What better time to start planning? By the time you graduate from high school, perhaps having taken a couple of university-level courses before graduation, you will be well equipped to begin your career studies with a solid work ethic and the nursing program will be ready to kick off with its first cohort at the table.

Here's how the program is proposed to work: your first four semesters will be undertaken at NLC. This is where you will obtain your basic academic requirements, including your sciences and humanities, for entry to the program – another good reason for honing your work ethic before you graduate from secondary school.

Following successful completion of the entry requirements for the professional component of your studies, you are eligible for admission to UNBC's Bachelor of Science in Nursing (BScN) Program to be offered here in the North East. This is good news for all of us.

The BScN Program is a five-semester program that will qualify successful candidates for the degree to be employed as nurses.

Entry into the program also is open to mature individuals with the Associate of Arts degree or other equivalent or higher education. If you have to pick up one or two or more of the prerequisites you will find that they are available at NLC or at another post-secondary institution.

Planning for the program is progressing rapidly and enthusiasm is running high. Pending Provincial Government funding for capital and operating, the search will begin for faculty, space will be created for classes and laboratories, and curriculum details will be finalized.

The Peace River Regional District and the seven municipalities in the area are solidly behind the effort and will be using all our influence to convince the Provincial Government adequately to fund the capital and operating costs.

It is now up to you. Do your own planning and follow through with your plans. Grab every opportunity to convince your MLA to lean on the Government for support. All of us elected officials will do the same. Together we will win.

Oh, by the way, "time is the only coin of your life. It is the only coin you have, and only you [should] determine how it will be spent. [Don't] let other people spend it for you" (Carl Sandburg). Merlin Nichols, Mayor

CHETWYND COMMUNITY ARTS COUNCIL'S NEWEST EXHIBIT

At Friday's reception the Arts Council ladies also unveiled their newest "Mystery Box" with a 50 shades of Grey inspired theme. There was also a basket of great stuff up for grabs including chocolate body paint, wine, drawing charcoal and candles. This was open to anyone who sent a selfie of them and their partner to the Art Council's Facebook page.

Derek Pickford, of Surerus Murphy attended the event as a model for short "life drawing classes" that took place in the gallery all evening. Derek, who seems to get himself in awkward situations, was dressed in nothing but his undies and a sheet, and sat while several groups of amateur artists tried their hands at real life charcoal drawings. Derek had a bunch of Surerus Murphy hats, t-shirts and hoodies to hand out to the winners.

Make sure to make your way down to the Art Gallery in the old district building attached to the Fire Hall this month to see all the great pieces and help support and promote our local artists.

Kelsey Roberts, reporter Coffee Talk Express





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