

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

Wednesday October 21, 2015

Email: advertising@coffeetalkexpress.com paper@coffeetalkexpress.com classifieds@coffeetalkexpress.com

THE RED LION

Restaurant & Inn

Homemade Pizza

Check out our **Daily Specials** on Facebook

Tuesday - Friday 11:00 am to 2:00 pm Lunch
Monday - Saturday 5:00 pm to 10:00 pm Dinner
Closed on Sundays & Stat Holidays

250-788-2755



Alma Walter
250-788-5168



Julia Nelson
250-788-6707



Norma Tower
250-788-5388

ROYAL LEPAGE
CASCADIA REALTY

BOB ZIMMER RE-ELECTED IN PRINCE GEORGE-PEACE RIVER-NORTHERN ROCKIES

Conservative candidate and incumbent MP Bob Zimmer was reelected last night in the Prince George-Peace River-Northern Rockies riding, amidst the red tide that has swept the Liberals to power in Ottawa.

Zimmer garnered 53% of the vote in this riding, with a total of 27,236. The Liberals overtook the NDP, with candidate Matt Shaw getting 12,863 votes, NDP candidate Kathi Dickie 8,014 votes, and Green Party candidate Elizabeth Biggar 2,672.

Across the border in the Grande Prairie-Mackenzie riding, the Conservative candidate Chris Warkentin was also reelected with a healthy majority, taking 73% of the popular vote.

The race was much closer south of PG, with Todd Doherty defeating Liberal and NDP candidates Tracy Calogheros and Trent Derrick, taking 36% of the vote to the Liberal's 32% and the NDP's 26%.

Preliminary results by Elections Canada show that nationwide, 17,546,697 voters headed to the polls yesterday, a turnout of 68%. That represents a huge jump from 2011's federal election, which saw a turnout of 14,720,580, or 61.1%.

With files from Moose FM/Energetic City News

Courtesy of Peace FM

A Fresh Choice For Any Party!

Delicious For Business Functions, Sporting Events, Picnics and Parties Large or Small

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Call us at
Chetwynd Location
250-788-7824

Place your order @
subwaycaters.ca

Chetwynd & District Hospital Foundation received \$6000 from Dan Mosher Memorial Golf Classic. It will be used for patient care at the Chetwynd Hospital. The Foundation is very grateful to Rhoda and her family for their on-going support.

Pictured right: Venessa Weightman and Rhoda Mosher




A&W Chubby Chicken BURGER

\$3

Price plus tax.

There are a lot of reasons to come try our Chubby Chicken Burger. Like how it's a lightly-breaded 100% seasoned chicken breast, topped with fresh lettuce on a toasted bun. Or that our chicken is raised without the use of antibiotics. Or how, for a limited time, it's only \$3. As far as reasons go, we'd say those are some pretty tasty ones.

Employment Opportunities: Apply online at www.aw.ca

RAISED WITHOUT the use of ANTIBIOTICS

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

HELP LIGHT UP THE COMMUNITY PUMPKIN PATCH

Bring your carved pumpkin and place it under the **SCARECROW** located in front of Lakeview Inn & Suites starting **Monday, October 26.**

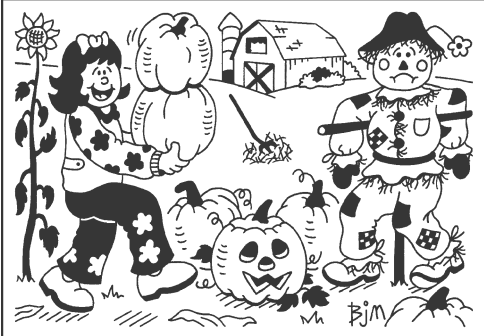
The pumpkins will come to life each evening Oct 26-31 for all to enjoy.



ComParrot

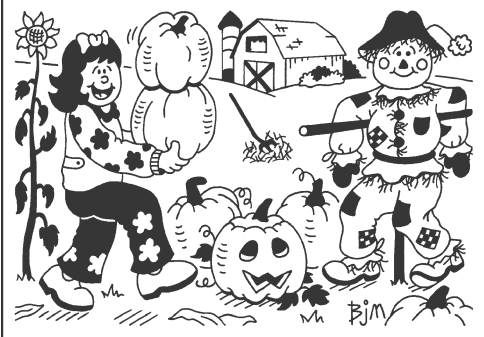
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com

© 2015 Bonnie J. Malcolm



Solution: 1. The above scarecrow's shoe is missing. 2. Tuff of girl's hair is hidden. 3. Curl behind pumpkin is missing. 4. Nose on pumpkin is missing. 5. Silo roof is colored in. 6. Bush behind barn is colored in. 7. Pocket on shirt is colored in. 8. Stem on pumpkin is different. 9. Curl behind pumpkin has moved. 10. Flower on hat is different. 11. Pole is longer. 12. Scarecrow is smiling.

Free Classifieds

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To submit your personal classified ad email: classifieds@coffeetalkexpress.com

VEHICLES/PARTS/FARM EQUIP/HEAVY EQUIP

2008 Hyundai Accent hatchback, 4 cyl, auto, PS, PB, 2 dr, \$4600. Call 250-788-6429

Snowblade for side by side ATV, \$500. Call 250-788-9762

2003 Honda Pilot, awd, 2 sets of tires & rims, 240,000 km. Call 250-788-3545

4 Michelin X-ICE tires on rims for Matrix, used 1 winter, \$600. Call 250-401-8841

2014 Dodge Journey awd, less than 40,000 km, 7 seats, sun roof, navigation, \$28,500. Call 250-556-4370

2008 Ford F-150 4x4, 200,000 km, extended cab, good truck, engine runs strong, new front brakes & rotors, updated stereo, tonneau cover, \$8500 OBO. Call 250-329-4704 or 250-874-0265

2000 F-350 super duty extended cab 4x4, 7.3L diesel, 6 speed manual trans, \$4500 OBO. Call or text 250-219-9748

2001 Dodge Ram Laramie 2500 4x4 quad-cab, tonneau cover, decent tires, extra winter tires & rims, gen II, 5.9 diesel, 300,000 km, \$7800. Call 250-788-2630

8' long Ford canopy, black tinted window, good shape, \$150 OBO. Call 250-788-1829

2010 Ford F-150 XTR automatic 4x4, crew cab, long box, box liner & cover, sunroof, low kms, lady driven, \$22,500. Call 250-788-2635

2007 Ford 350 super duty 4x4 Lariat, long box, headache rack, 225,965 km, \$11,400 OBO. Call 250-401-1878

1994 Honda Civic, runs great, 1.6L, 4 cyl, front wd, standard, 5 spd, winter tires, new distributor & alternator, 371,000 km, \$1200 OBO. Call 250-788-3900

Four 205/65/15 summer tires, 90% tread, \$250 OBO; four 275/60/20 all season tires, 50-60% tread, \$250 OBO. Call 250-788-6962

1989 Ford Lariat in good shape, no rust, positive traction, 189,000 km, \$1800 OBO. Call 250-788-8893

Chevy Silverado 3500 4x4 crew cab, 300 hp, 6L engine, vortech gas, long box, headache rack, auto, transfer case, newer tires, 226,000 km, \$8800. Call 250-788-1098 or 250-457-1665

4 Blizzak 215-64R16 winter tires, used only one season. Call 250-719-0970

1996 Tri-dem pole trailer, sandblasted & painted. Call 250-788-5720

1995 F-150 pick up club cab, good 302 motor, low km, good tires, new front fenders in box (goes with sale), \$1000. Call 250-788-1737

Black Dodge Caliber SRT in great cond, 128,000 km, serviced reguarly, \$13,000. Call 250-401-3155

2004 F-150 Supercrew 4x4 in good cond, new brake pads & rotors, fiberglass tonneau cover, summer & winter studded tires, 130,000 km. One owner. \$12,000 OBO. Call 250-401-8582

1994 Chevy 2500 diesel pick up extended cab 4x4, runs great, new tires, glow plugs, starter, great hunting or daily runner, \$4000 OBO. Call 250-242-1722 or 250-242-3477

2006 white Ford F-150, \$8000. Call Fred at 250-261-3133 or 250-401-1157

1998 Dodge Dakota, 2wd, 4 speed, new studded winter tires (1 season), good shape, good on gas, \$2500 OBO. Call 250-556-4003

4 snow tires, use 2 winters, P195/64R15, \$300 OBO. Leave msg at 250-788-9556

FOR RENT

Avail Nov 1, waterfront accommodations on Moberly Lake northshore, suitable for single working professional. Rental terms negotiable. Message or call 250-219-9237

1 bdrm suite in quiet & central location, includes utilities, no pets, no smoking, \$700/mo. Call 403-805-3820

Avail immediately, mobile home in Pinewood Mobile Home Park, \$1200/mo, no dogs allowed. Call 250-788-8130 or 250-263-7752

Avail immediately, room in down town location with shared common areas. Includes utilities, internet & cable. \$500/mo. Call 250-401-1985

Avail immediately, fully and very nicely furnished 2 bdrm residence in Tumbler Ridge including flat screen TV, just bring your suitcase. \$500/mo + utilities. Call 250-654-0828

Basement room with private entrance, bath & living room. Shared kitchen & laundry. Must be quiet & working. Utilities incl. \$700/mo. Call 250-401-3155

Avail immediately, lakefront home on Moberly Lake with fridge, stove, washer, dryer, and propane & wood heating. \$1200/mo, includes hydro. Call 250-788-3400

Rooms with shared kitchenette, wash room, laundry & TV room. Hydro, gas, cable & wifi all included. Call 250-601-0180

Large fully furnished non-smoking room with sat TV, wifi, shared laundry, bathroom, mini fridge & microwave. Must be working. Call 250-788-2332

Avail Nov 1, 3 bdrm furnished unit, utilities incl, TV, contractors okay, \$1565/mo; 3 bdrm unfurnished unit, utilities not incl, \$1200/mo. Call 250-788-3048

Avail Dec 1, 3 bdrm modular home on 2 large lots in Tumbler Ride. Call 250-788-3400

APARTMENTS FOR RENT

**Adult Oriented
No Pets**

**Linen & Cleaning
Services Available**

FURNISHED & UNFURNISHED SUITES

Bachelor - 1 & 2 Bedroom Suites

Weekly - Monthly - Or Lease

North-Trac Property Management

250-401-3410



Everything Must Go!!

**7204 PIONEER RD,
MOBERLY LK
For more info call
250-788-5006**

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MISCELLANEOUS

Large metal frame & heavy awning, approx 20' long, \$250; outdoor toilet, 4 1/2'x6' with room for wash stand, made of 1" poplar, lumber all screw nailed, well made & nice looking, \$600. Call 250-401-7311 and leave message.

Gas Boy 300 fuel barrel pump, \$20; Gas Boy hand fuel pump with shut off nozzle, \$40; 2 log toggles, \$14 for both; metal frame barrel stand, \$15. Call 250-788-2482

Unpasteurized honey, \$8/500ml jars (approx 1.5 lbs), \$1 refund for returning jar. Call 250-788-6935

Left handed compound bow, PSE Nova, set at 55lbs, hardly used, \$200 OBO. Call 250-788-2676

24" electric cook stove, \$150; propane gas dryer, \$250; new American Standard propane furnace, Freedom 90, \$2500. Call 250-788-3048

Round bales of hay, baled green in July. Mix of alfalfa, brome & timothy; large pails of organic honey, \$3.50/lb. Call 250-719-6142

Fresh crop of new square bales, \$5.00/ea. Great horse feed. Brome, timothy, alfalfa. Call 250-788-9421 or 250-401-3431

New Craftsman 27" Snowblower, \$850; Coleman generator, 4000kw, \$250; table saw, \$75 OBO. Call 250-401-1425

13" high Mukluks with silver fox and beadwork, women's size 6. Great Christmas gift. \$300 OBO. Call 250-788-9192

Meyers 1/2 horse power jet pump, dual voltage, near new asking \$350. Misc PEX fittings, and valves, two full rolls of PEX 1/2 inch tubing, PEX manifolds and misc copper fittings estimated value over \$500 sell for \$400 OBO. Call George at 250-788-9432

Evenflo baby safety seat, \$80; pink activity gym, \$20; 3 flower girl dresses. Call after 4pm 250-788-3099

Kenmore heavy duty dryer, \$100. Call 250-556-4132

Washer or dryer in good, reliable working cond, make an offer. Call 250-556-4188

Everlast heavy punching bag, \$50. Call 250-788-6015

Gas fireplace with chimney, fan & trim kit. All new, still in box. First \$300 takes it all. Call or text 250-788-6015

2 boomers, \$40 for both. Call 250-788-2482

3 medical grade wheelchair cushions, each one gel/foam construction with removable washable cover. Sizes: 18x19, 17.5x17.5, 16x20. All in very good cond. \$100/ea. Call 250-788-9762

24'x32' aluminum insulated shop, \$8000; 12'x16' tack shop with peaked roof, has power & insulation, \$5000. Call 250-401-1135

Satellite dish with portable base; stainless steel water distiller; steel cutting saw; cut off saw; welder unit. Call Henry at 250-788-2606

Heavy quality portable treadmill in good cond, excellent buy. Good for seniors. Call 250-782-4736

\$2Classifieds



NOT FOR COMMERCIAL USE
FOR PERSONAL USE ONLY

250-788-3422

**ADVERTISE YOUR
TOONIE AD HERE!!**

MISSING TUMBLER RIDGE WOMAN FOUND SAFE IN GRANDE PRAIRIE

Peace FM received confirmation that Nicole Pilgrim, who was reported missing on Friday, October 16, 2015 has been located.

Pilgrim is from the Tumbler Ridge area and was last seen on Friday at approximately 5:00 pm in the Fort St. John area. Family members were concerned as they had not heard from her since last Friday.

According to Tumbler Ridge resident Jerrilyn Schembri, Pilgrim's father says that his daughter was found in Grande Prairie.

Courtesy of Peace FM





NEW HOURS

Starting Feb 28

Monday to Friday
9:00 am - 12:00 pm 3:00 pm - 5:00 pm

Saturday
11:00 am - 12:00 pm 3:00 pm - 5:00 pm

Sunday & Holidays
3:30 pm - 4:00 pm

Buses from the West: 3:20 am
Buses from the East: 3:45 pm

250-788-2529



GINA DUNN

Registered Massage Therapist

TAKING NEW PATIENTS

Open Monday - Friday

30 mins - \$50.00

45 mins - \$75.00

60 mins - \$90.00

Gift certificates also available.

➡ **MAKE AN APPOINTMENT TODAY!** ⬅

CALL OR TEXT 250-401-8093

LOOKING FOR SOMETHING TO DO?

Come join Cadets!

We are looking for officers to help deliver an amazing program.

Come check out what we do in our community.

Every Monday 6pm - 9pm at the Legion.

Call Clayton Doll
250-788- 5902

D&S Electric



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- Wind & Solar Industries
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- Plant Maintenance & New Services



www.dselectric.ca

250-257-0747

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PROPERTY

Completely renovated 2 bdrm mobile home in Aspen Trailer Court. \$35,000 or rent to own \$5000 down. Call 250-401-7513 or 250-556-4097

2 bdrm, 1 bath trailer with many updates located in Wabi Estates on 5 acres. 20x30 insulated shop. For more info call or text 250-788-6509

Acreage in Groundbirch with large gravel driveway to fit big trucks & trailers, 2 bdrms, 1 bath, great well. Tons of reno's done - new windows, siding, roofing, etc. Close to store, elementary school & post office. \$195,000 OBO. Call Marty 250-219-8870

PETS/LIVESTOCK

Large gentle buck from very good milk line. Well mannered, never shows any aggression toward people. Also have a few does and young bucks. For more info or pictures call 250-788-4183

Quiet 16 yr old chestnut quarter horse, \$2000. Call 250-788-5479 or 250-788-2737

3 month old beagle puppies, 2 males & 1 female, \$800. Call 250-788-9254

3 dogs to give away to good homes, all have shots and are fixed, 2 males & 1 female. Call 250-788-3054

LOST & FOUND

Found: Wallet Aug 7th on the road in the Crown Sub. Call 250-788-9958

Found: Key fob on Aug 14, dropped off at RCMP on the same day.

Lost: Blue iPhone 5C with cracked screen on Sept 5 in Jackfish area. Call Jordan at 250-788-6836

Found: Keys left at CIBC Tuesday Sept 15 in the afternoon. Claim at the Coffee Talk.

Lost close to bus depot: Male cat with white body and grey & blue tips on face & feet, light blue eyes, comes to "Polar." Call 250-788-1285

Found: Umbrella that has couple embracing with green & purple coordinated clothing. Claim at Coffee Talk.

Lost: 7 yr old female chihuahua terrier cross, chocolate brown with white muzzle. Missing from Legion Sub Oct 18. Call 250-784-3791

Lost: Pink & black iPhone 5c on Oct 10. Call 250-788-5068

REC VEHICLES

2007 Can Am 650, 186 hours, 1407 km, snow blade, storage box, trickle charger, seat is torn, \$6500 firm. Call or text 250-601-0150

2008 Legends fifth wheel, \$25,000. Call 250-788-5821

Reluctantly selling 5th wheel camper, immaculate cond, new floor, unused new toilet, perfect awning, priced to sell at \$5500. Call 250-788-3123

1987 28' motorhome, light plant, new fridge, tires & battery, hot water heater, 460 motor in great cond, \$2000 worth of recent repairs, asking \$10,000. Call 250-782-4013

1983 27' RV 5th wheel with like new appliances. New awning, good tires, no slide, \$3500. Call 250-786-5296

2014 Yamaha Bolt, 942 cc, air cooled, 5500 km. Call 250-788-2834

2000 Yamaha R6, ready to ride, only 22,000 km, \$2800 OBO; 2000 RMK, new seat cover & track, ready to ride, \$1200 OBO. Call 250-401-7136

65 hp Johnson outboard motor, comes with electric controls, \$300. Call 250-786-5295

1980 Security Mohom motorhome, sleeps 6, new toilet & fridge, never been used, \$6000. Call Fred at 250-261-3133 or 250-401-1157

2009 Suzuki V-Strom 1000, 3 hard bags, \$4900 firm. Call 250-788-3797

2007 28' Weekend Warrior toy hauler, \$22,700 OBO. Call 250-401-1878

23 ft 1995 Travelaire Rustler holiday trailer, bumper pull, bunk beds, good cond, \$7000 OBO. Call or text 250-601-1587 or 250-556-4077

2006 26' Salem 5th wheel trailer in excellent cond, comes with hitch (no rails), one slide, air condition, BBQ, microwave, electric front jacks. ~~\$15,000~~ REDUCED. For details call 250-601-0571

1978 Johnson 50hp outboard engine, spare prop, good running order, \$400. Call 250-788-2070

Ski-Doo, \$1000 OBO. Call 250-788-2724 or leave a message.

Vanguard camper, no leaks, needs roof vent, \$300. Call 250-401-1094

1989 Winnabego Chieftan 33', class A, fully loaded, 94,000 km, \$8000. Call 250-401-1135

WANTED

Wanted: 2 or 3 tomahawks. Prefer Cold Steel or Blackhawk brand. Broken/missing handles okay. Call 250-788-3307

Wanted: Insulated dog house. Call 250-788-1957

Wanted: Super Nintendo, N64, & Game Cube consoles with games. Call 778-269-0779

Wanted: 7 inch older style Selkirk chimney wood stove in good cond. Call 250-788-2383 and leave a msg.

Wanted: Quail eggs or quails. Call 250-242-4748

Wanted: Work as a live-in caregiver. Work can include housekeeping, cooking or housesitting, in exchange for R&B and a monthly appreciation gift. Email j.c331@yahoo.ca

Wanted: Wood stove with proper tags that heats 1500 - 2000 sq ft, quality unit only. Call 250-788-2676

Wanted: Roommate in Chetwynd. No smoking, no pets. Near town. Use of washer & dryer included. \$400/mo + utilities. Call 250-401-7160

Wanted: A room to rent in town for a clean, quiet and responsible man. Working 14 on, 14 off. Call Corey 250-556-1487

Wanted: Small bails of straw for chicken coops. Call 250-317-3567

Wanted: Tin roofing or shingles. Call 250-788-3437

Wanted: 2 good used 20" winter tires & rims that fit a 2010 Ford F-150, willing to pay up to \$300 each. Call Tyler at 250-788-5418

Wanted: Someone to haul water. Willing to pay reasonable amount. Call 250-649-8199

Wanted: White outdoor Christmas lights (not LED). Call 250-788-3437

Wanted: Used horse trailer tires, LT 235/85/R16. Call 250-401-1315

Wanted: Pet carrier for large cat. Call 250-788-5905

Residential & Commercial Construction

MONTY LOBERG CONTRACTING

Box 1302, Chetwynd, BC V0C 1J0

Phone: 250-788-3223

Cell: 250-401-8397

Red Seal
Certified & Insured



HELP WANTED

HOUSE KEEPER

Apply in person to
Stagecoach Inn
5413 South Access Road

DIGITAL DISPLAY ON CO ALARMS CAN HELP KEEP YOUR FAMILY SAFE

(NC) Your carbon monoxide alarm is beeping occasionally. You feel no symptoms, and you have determined it's not an emergency. The battery is fresh and the alarm is installed in the correct location. What else could it be trying to tell you?

While alarm manufacturers would have you read your owner's manual (always a good idea) as part of your investigative work, most homeowners likely don't. Fortunately, technology can help.

Some models of CO alarms feature an LED digital display to help you decipher the chirps. If the alarm senses the presence of carbon monoxide, it will sound and a numeric concentration level (measured in parts-per-million) will show. If "lb" shows in the display, the primary or backup battery needs to be changed. And, if "eol" appears, the alarm has reached its end-of-life and needs to be replaced.

In addition to models with a continuous digital display, manufacturer Kidde Canada has new generation "worry-free" products that contain a 10-year sealed battery that never needs to be replaced for the 10-year life of the alarm itself.

"Alarms don't last forever, so replacement is extremely important," says Carol Heller, a home safety specialist with Kidde. "By having the alarm itself remind homeowners that it's time to be replaced, we can help make it easier for families to stay protected."

Heller advises that any CO alarm manufactured prior to 2009 must be replaced.

NorthLink

Safety Training & Services

Your link to a safe future

OCTOBER 23 - H2S Alive
OCTOBER 24 - Red Cross Emergency
Childcare First Aid & CPR

101-1200 103rd Ave, Dawson Creek

Call 250-219-3479 for a complete list of classes
 or check us out on Facebook and save \$10!

Little Acre Boarding Kennels

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

250-788-7866

CHETWYND ROYAL CANADIAN LEGION EVENTS

NEXT KARAOKE

October 23, 8pm - 1am
No cover charge No minors

BURGER AND A BEVERAGE

Every Thursday 5pm - 8pm
MEAT DRAWS

DARTS

Wednesday's at 7:30pm
Everyone welcome!

HALL WITH KITCHEN AVAILABLE FOR RENT

Call the Lounge at
250-788-9258

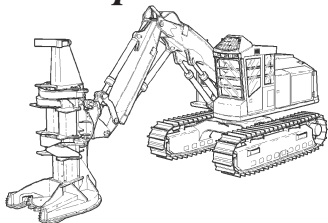
LEGION LOUNGE

Wed & Thurs: 4pm-12am
Fri: 4pm-1am, Sat: 3pm-1am

JB Bassett Contracting Ltd.

HIRING

- Feller Buncher Operator
- Experienced Skidder Operator



Fax resume to **250-843-7171**
 or call **250-719-8073**

Chetwynd Community Foundation

is again offering
 grants to local
 groups/organizations

Applications are online at
[gochetwynd.com/residents/
 communityfoundation](http://gochetwynd.com/residents/communityfoundation)

Application deadline is Nov 16

For more information
 phone Marti at
250-788-2057

EQUIPMENT FOR HIRE



John Deere 450

- 6 way dozer for small jobs.

250-788-6474

THE REK

Chetwynd BC

250-788-3580

CLOSED TUES. & WED.



- THIS WEEK ONLY -
SHOWING FRI. SAT. SUN. MON.
Oct 23, 24, 25, 26

FEATURE PRESENTATION

Showing Nightly - 8:00PM

THE MARTIAN

14A **DOORS OPEN AT 7:30PM** **94 min**

During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive.

Starring: Matt Damon, Jessica Chastain, Kristen Wiig



THE MARTIAN

TOP TIPS TO AVOID COUGHS AND COLDS AT SCHOOL

(NC) With kids back to their regular routine of school and extracurricular activities, families often struggle to keep everyone healthy during the dreaded cough and cold season.

Here are a few tips to keep your kids germ-free:

- Start off with getting a good night's sleep. Take cues from physical signs of sleepiness (yawning, difficulty focusing your eyes, a lack of concentration), indicating that it's time to go to bed.
- Be active as often as possible. Make exercise a priority for both you and your family's physiological and psychological health. For parents and children who stay active it's common, to experience some post exercise pain or even injury. When injuries or pain occur, try relieving muscle pain by applying a topical like Arnicare Gel. The gel, which contains arnica montana and other medicinal ingredients, temporarily relieves muscle pain and reduces swelling and bruising.
- Adopt healthy eating habits to feel better, naturally. As you get your children ready for school, make a fresh start with healthy foods to nourish their brains and help them grow.
- The fall means the start of the cold season. Look for a homeopathic medicine such as Coryzalia to relieve cold symptoms such as nasal congestion, runny nose and acute rhinitis in children ages one month and up and adults alike.
- Nasal and skin irritations often accompany runny noses and congestion. Cicadermine is a homeopathic, antibiotic-free solution, to soothe skin and facilitate healing of irritations, such as chapped skin, superficial wounds and redness from constant wiping and blowing.
- When stubborn coughs arise, many parents think that they are out of treatment options for their younger children. But there is a solution available to relieve coughs in children under six. Stodal is a homeopathic honey-based cough syrup used to effectively relieve both dry and wet coughs in children from one to 11 years of age. Keep in mind, these homeopathic medicines may not be right for everyone, always read and follow the label.

To help parents survive the cough and cold season, the experts at Boiron have developed the "Homeopathic Medicine Finder" App, which helps users quickly and efficiently find the most appropriate homeopathic medicines to relieve symptoms from joint pain, insect bites, stress, colds and flu. You can find the recommended solution, its indication and dosage, coupons and store locations. The app is available at www.boiron.ca/app.



CHETWYND ROD & GUN CLUB INDOOR

ARCHERY NIGHTS



Starting Nov 5

**Thursday evenings 7pm - 9pm
at Chetwynd Rod & Gun Club,
Hospital Rd NW**

\$2 drop-in fee

***First visit for non-members
okay, but must buy
membership for return visits.**



Riverhouse Restaurant

OCT "WOW" SPECIALS

*Steak and egg with hashbrowns
and toast from 11am to 2pm - \$13.00*

*Dine in or take-out homemade
pizza in 10" and 12." Choose from
Meater, Double Pepperoni, Greek,
Mexican, Hawaiian, Vegetarian,
House Special, Special Deluxe,
4 Cheese, and Manager's Special.*

Sunday - Oriental Night

Monday - Steak Night

Tuesday - International Night

Wednesday - Wing Night

Thursday - Taste of Italy

Friday & Saturday - Prime Rib

Specials served everyday 4pm - 9pm

- DAILY FALL/WINTER HOURS -

Breakfast: 11am - 2pm

Lunch: 11am - 4pm

Dinner: 4pm - 9pm

PINE VALLEY SENIORS ACTIVITIES

ALL 55+
WELCOME

AT PINE VALLEY SENIORS HALL

TUESDAY

CARPET BOWLING

1:30pm

FRIDAY

BINGO

1:30pm

SATURDAY

WHIST

7:00pm



For more info & hall rental call Bernice

250-788-2307

*Thank
You*

CHETWYND SENIOR CITIZEN'S HOUSING SOCIETY

*The Chetwynd Senior Citizen's Housing
Society would like to thank all the
sponsors, volunteers and attendees who
made this fundraiser a huge success!!*

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Stephanie Kennedy
Sharon Surerus
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To anyone we missed, we sincerely apologize.

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10 WAYS TO MANAGE SCHOOL STRESS

(NC) Adults, teens and even children can experience stress, especially during the school year. While stress can be the body's way of preparing us to cope with potentially threatening situations, it becomes a problem when it interferes with our ability to properly handle our daily routines.

Here are some tips to help you minimize its negative effects:

1. Figure out the source of your stress. Oftentimes we feel like everything is overwhelming. However, by getting specific and pinpointing the stressors in your life, you're closer to coping.
2. Focus on what you can control. Identify these stress triggers and determine how to take action.
3. Learn about relaxation, breathing, meditation and visualization techniques to help relax your mind.
4. Breathe to manage your symptoms. Deep breathing is one of the best ways to lower your body's stress level.
5. Getting enough sleep is crucial. Stress sometimes causes troubled sleep and in turn insomnia reduces your ability to fight stress.
6. Manage your time. Organize your day and priorities more effectively. Learn to delegate and let go.
7. Take the time to eat well. Your body needs the energy and proper nutrients to help face and manage stress. A healthy diet will ensure that you are fueled to succeed in all your daily tasks.
8. Take part in physical exercise, especially outdoors if you can. Yoga, for example, is proven as a stress-relieving activity.
9. Adopt a positive attitude. Put things into perspective and don't dwell on the negative.
10. Look for help. While options for treatment to ease stress can be limited, homeopathic products such as Sedatil provide relief of nervousness, irritability, and hypersensitivity without drowsiness or risk of dependency. It offers a non-sedative solution that calms you down, yet allows you to remain alert and focused to react and accomplish what you need to during stressful situations. Recommended for everyone 12 years of age and older, Sedatil is perfect for stress that comes on very quickly: such as a student worried about a test, an older adult anxious about a medical exam or procedure, an anxious flyer, or an executive worried about an important presentation.

The "Homeopathic Medicine Finder" app at www.boiron.com/app helps you to find the most appropriate homeopathic solution, along with indications, dosage and medicinal ingredients.

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Sat, Oct 24 6pm - 8pm
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doors open at 7pm

\$20/person

Tickets available at Legion Lounge

William "Will C" Clifton is a road comic who performs all over the United States and Canada and is a favorite at clubs, colleges, and military bases everywhere. Will is also a talented actor who has been in *Yes Man*, *Seven Pounds*, *Never Surrender*, *Article 99*, *Mr. and Mrs. Bridge*, *Inherent Vice*, *Wizards Dream*, *The Vatican Files*, *Purge 2*, *Murder of a Cat*, and *Gone Girl*. Will's been featured on shows such as *Mom*, *Hello Ladies*, *Ragtag*, *Kill Em' All*, *Wendall and Vinnie*, *Monk*, *Numbers*, *Knight Riders*, *MANswers*, *Family Jewels*, *Storage Hunters* and more and is a regular at the *Improv*, *The Laugh Factory*, *The World Famous Comedy Store*, and *The Icehouse in Pasadena*.

Mike Greenwood is an up-and-coming Vancouver based Comic who's quickly making a name for himself for his high energy and fun loving comedy. Already a favorite at local clubs and is now touring.

MC & Owner of 'Big Dog Comedy, **Tom Bassett** "I am a small town guy and love doing towns where I can get to know the people."

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Public Advisory Committee NOTICE OF MEETING

Canfor Chetwynd's Tree Farm License 48 has been registered to the Canadian Standards Association (CSA) Sustainable Forest Management standard since July 2000. An important component of the CSA standard is public participation.

The next scheduled meeting for the Chetwynd Public Advisory Committee for TFL 48 will take place on **Thursday October 22, 2015**. To be held at the Chetwynd Senior's Centre. We invite the public to attend and the doors will be open starting at **6:00 pm**.

For more information please contact:
Jolene Fellhauer at 250-788-4361



Crazy Beanz *Bistro* Coloring and Costume Contest

Age categories: 5 & under • 6 - 12
Pick up a picture to color at the Bistro.
Pictures accepted until Oct 29th.
Come in to the Bistro Oct 30th with your best costume.
Ages 5 & under come at 10:30am
Ages 6 - 12 come at 3:00pm
Prizes for winners in each category given on Oct 30th.

For more info call the Bistro at 250-788-9868



In Flanders fields
the poppies blow
Between the crosses,
row on row,
That mark our place;
and in the sky
The Larks, still bravely
singing, fly
Scarce heard amid the
guns below...

2015, the 100th year of John McCrae's *In Flanders Fields*. The red 'Remembrance Poppy' has become a familiar emblem of Remembrance Day. These poppies bloomed across some of the worst battlefields of Flanders in World War 1, their brilliant red color an appropriate symbol for the blood spilled in the war. November 11th is approaching and the annual Poppy Campaign will be under way in a few short weeks, raising money to aid any veterans that may need assistance in some way. Orders have gone out asking that you purchase a wreath for this worthy cause. Poppies will be on sale by the end of October. When you see them please purchase and wear one to Remember, and to show that their sacrifices have not been forgotten. Lest We Forget.



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JOB POSTINGS – 3 part-time positions for Cree-ative Wonders' Early Years Programs

Saulteau First Nations (SFN) is a section 10 band within the meaning of the Indian Act. The Band has been formed by the amalgamation of Dunne - Za, Cree, and Saulteau residents. This First Nations community is covered by Treaty 8. The community is located at the east end of Moberly Lake, which is about 100km southwest of Fort St. John on Highway 29. There is one reserve, East Moberly Lake No. 169, spread over 3025.8 hectares.

SFN is currently accepting resumes for 3 part-time positions to join our small Early Years Learning Team.

- Culture/Language/Pre-school Assistant (20 hrs a week for 14 weeks)**
 - Assist Centre Staff to implement more Culture and Language components into the various programs
 - Assist the Centre Staff to bring in more community members to share the community culture – be comfortable going into the community and make connections for the school – have enough understanding of the language and culture of the area to teach it to 1-5 year olds
 - Assist existing staff in the day to day needs of the centre.
 - Monday to Thursday 11am-4pm.
- ECE/Classroom Assistant – 16 hrs/week 14 weeks or longer depending on funding arrangements.**
 - Assist Centre Staff with classroom needs in various programs.
 - Monday to Thursday 8:30 am – 12:30pm

Knowledge and Skills Required by positions 1 & 2:

- Excellent inter-personal skills, communication and team building skills.
- Flexibility, active inside and outside with children,
- ECE certification or course completion an asset – Child Safe, Food Safe tickets or willingness to get.
- Ability to work with groups of children or individual students
- Flexibility to change with the needs of the children and programs

Other:

- Valid driver's license and access to reliable transportation, for work related duties.
 - Criminal Records Check Mandatory/Vulnerable Sector Check.
 - Creativity, enthusiasm and love of children.
- School Janitor (11 hrs a week)**
 - Take care of the daily, weekly, monthly cleaning needs of the centre Monday-Thursday. (2 classroom centre).
 - Basic tickets required – WHMIS, OFA1 etc for safe work environment, Criminal Record check required.

DEADLINE TO SUBMIT: October 29th, 2015 or until filled.

Saulteau First Nations

ATTN: HIRING COMMITTEE E: HR@saulteau.com

*We thank all applicants for their interest, however, only those selected for an interview will be contacted. Preference will be given to persons of Aboriginal ancestry in the event of equal qualifications. **Submit resume, cover letter and 3 references – please state clearly what position you are applying for.***

For further information, please feel free to contact Jerri Morine, Headstart/K4K5 Coordinator (250) 788-3911 (email: jmorine@saulteau.com) Any questions you have are welcomed.

52ND ANNUAL CHETWYND
Firefighters Ball

SAT, NOV 7
 Talisman Energy Cottonwood Hall
 Chetwynd Rec Centre
 Cocktails 6pm Dinner 7pm Dance til 1am
 ~ Simply Perfect Catering ~ 5 Star DJ
 \$50/person
 Tickets available at Peace FM
 Transportation to and from the Ball by
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 - NO MINORS PERMITTED
 - You must be present to win prizes

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