

Coffee Talk Express



Friday July 26, 2019

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



Dawson Creek Realty
Chetwynd Branch
250 788 9909

ALMA WALTER

DAN GRODZUIK

JODIE ETHIER

MYRA GRODZUIK



250 788 5168

250 788 6435

250 788 5043

250 788 6365



DAN GRODZUIK

250 788 6435

RE/MAX

Dawson Creek Realty Chetwynd Branch
 Each Office is Independently Owned and Operated

Manhunt Continues for Suspects of Northern BC Deaths

The search continues for two Port Alberni men who are considered suspects in three deaths on Northern BC highways.

Manitoba RCMP have confirmed that Kam McLeod and Bryer Schmegelsky were last seen in Gillam, Manitoba, and a burning vehicle found outside of Gillam had been driven by the suspects. As reported by CBC, the vehicle was found in Fox Lake Cree Nation in a bush off Highway 290, approximately 55 kilometres northeast of Gillam. Cpl Julie Courchaine told reporters at a news conference earlier today that there will be a heavier police presence in the Gillam community as the hunt continues.

McLeod and Schmegelsky are both approximately 6'4" and 169 pounds. Schmegelsky has sandy brown hair, and McLeod has dark brown hair, facial hair and brown eyes. Police warn that the suspects are considered dangerous, and anyone who sees them should refrain from approaching them and instead call 9-1-1.



SAFETY WEAR

ACTIVE WORKWEAR

the PENCIL BOX
 4753 51st Chetwynd BC

ROYAL LEPAGE
CASCADE REALTY

Call Our Office Today!
250-788-9225



ANTHONY BOOS
250-719-5454

KAREN BOOS
250-788-6598

JULIA NELSON
250-788-6707

BRANNDEN SHANDLER
250-401-8262

Courtesy of PeaceFM

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

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

SERVING CHETWYND AND AREA- CHECK OUT OUR WEBSITE COFFEETALKEXPRESS.COM

PH: 250.788.3422

FAX: 250.788.3405

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

DISTRICT OF CHETWYND
has the following job opening:
Seasonal or Student Parks Employee
Please visit our website at www.gochetwynd.com
for more information.

We thank you for your interest in the District of Chetwynd; however, only those shortlisted will be contacted.

Please contact the District of Chetwynd at 250 401-4100 for more information.

Signs Designed & Created by Sandi

Full Digital Imaging
Banners - Decals
Fleet Markings
Commercial
Oilfield

Fleet Signs
Beyond The Ordinary!
250-788-3974

4805 South Access Rd 250-788-3974
shooks@telus.net Chetwynd, BC

Free Classifieds

Classifieds are for personal use only and are published on a first-come, first served basis.
To submit your personal classified ad email: classifieds@coffeetalkexpress.com

VEHICLES/PARTS/FARM EQUIP/HEAVY EQUIP.

2009 Chevy Cheyenne 1500 pickup 4X4, new transmission, tires, front end, interior excellent condition, v-8 engine, gas 5.3l crew cab. 217,000 km \$13,800. leveling kit w/ 5000lb air bags. Call 250-878-1647 or 250-878-2817

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

1995 Dodge 3/4 ton 4x4, v-10, bush bumper, lifted, runs good, needs some tlc. \$800 obo. call 250-788-1830

2017 Dodge Ram 1500 crew cab short box \$67,000 kms \$22,900. 2017 John Deere tractor cost \$42,00 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

2013 F150 71,000km, 2013 Puma fifth wheel. \$40,000 OBO for both. Call 250-401-1586

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. 4 225/50r/17 winter tires new low profile and 4 265/75516 Goodyear wranglers on chrome mags for 3/4 ton Chevy. 250-401-7215

1943 9N Ford Tractor \$2300 obo. call 250-788-2635

FOR RENT

3 bedroom mobile on wabi hill #9, \$1000 a month plus utilities. Call 306-441-6646

2 bedroom mobile home available May 1st. Email jbgagel@shaw.ca to inquire.

Looking for male roommate for June 1. Must be working, quiet and no parties. Please phone me if you are interested. 250-556-4087

room for rent \$650 a month, available immediately- right in Chetwynd. Call 778-675-1604

Furnished room for rent in downtown Chetwynd. Includes utilities, internet and cable. Shared common areas. Call Julie for more info @ 250-401-1985

2 bedroom suite across from Moberly golf course- sundeck, nice view of lake, fridge/stove/washer/dryer rent \$1000. inclds hydro, water and snow removal, available July 1st. call 250-788-6339

Room for rent, internet and cable included. call 250-401-8814

3 bedroom house. call 250 788 3123

Bright one-bedroom basement suite. Rent includes heat, light, tv, internet, & netflix. Basic furniture available at no extra cost. 1300/month. No smoking, no pets, no parties. References required. 250-788-6808.

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

CHET TV presents Country Music Fest!

Featuring Roger & Friends and Top of the Hill!



Listen to the Morning show with Micheal Forward! Every weekday from 6-10am!!

Chetwynd 94.5
Dawson Creek 104.1

Around the world at peacefm.ca

f LIKE US ON FACEBOOK!

Bergeron Funeral Services & Crematorium Ltd.

250-782-2577 1-800-577-4877

www.bergeronfunerals.com

Let our team of caring professionals care for you.

Gerry Bergeron



Peggy Bergeron



Cathy Tubb



Wanda McMillan



Brian Waddell



Free Classifieds

Classifieds are for personal use only and are published on a first-come, first served basis. To submit your personal classified ad
Email: classifieds@coffeetalkexpress.com

MISCELLANEOUS

Mossburg 30-06 with scope \$100. Savage .22, missing mag \$20. Short barrel 12ga mag fed \$50. text 250-401-7513. Must have PAL

Wine making equipment- carboys, pails, bottles, racks, corker \$200 obo or will trade. call 250-788-5591

Looking for someone to mow and bag our front and back yard ASAP
call 250-219-8550

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, 10 - 7' steel fence posts \$5 each obo, Left 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

Lots of Kitchen catering supplies, crock pots, warming centres, dishes, cutlery, hotdog machine, napkin holders, salt and pepper shakers - enough supplies for a twenty men camp. will sell individually and or as a unit - call or text 250-401-1147

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

12 gauge shotgun, double barrel side by side call Ray 250-788-9243

Bauer vapour Apx2 left handed junior hockey stick for trade open for offers of all sort keep in mind it's not a cheap stick for more info or to make an offer text 250-788-6897

Square hay bales. Call 250-788-5494

3 saddles for sale. One older roping saddle, one kids saddle in excellent condition, and one english jumping saddle in excellent condition. Call or text 250-401-8647.

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

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

Fresh cleaned duck eggs \$5 per dozen, call 250-317-3567

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

White vinyl siding for sale- brand new still in box. Call shelly to view 250-788-6565



Your northern route to a career in healthcare

Start here on multiple career paths.

Contact us today
study@nlc.bc.ca



Northern Lights
College

Public Meeting

Williston Reservoir 2020 Operations Update

We'll be hosting an open house to discuss Williston Reservoir operations. Due to dry conditions and low inflows, lower than average water levels are forecast on Williston Reservoir in spring 2020.

We want to hear from you.
You're invited to an information session:

Date: Thursday, August 8, 2019
Time: 7 p.m.
Location: Hudson's Hope Community Hall,
10310 Kylo Street

We hope to see you there.

 **BC Hydro**
Power smart

5654


**Riverhouse
Restaurant**

NOW HIRING

**Servers &
Prep Cooks**


**Pine Inn
Hotel**

NOW HIRING

Housekeepers

Apply in person with resume

Free Classifieds

Classifieds are for personal use only and are published on a first-come, first served basis.

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

PROPERTY

Renovated three bedroom mobile for sale \$18,000 Home is on a rented lot. Call 250-874-0655

3 bdrm new, unfinished house on 5 acres, 1 bdrm finished cabin off Jackfish Rd. on Clark Dr for more info. Call 250-788-6625

Recently renoed 5 bedroom 3 bath house on 1 acre. Master has walk-in closet and ensuite. 2 bdrm and 1 bath in the basement. \$340,000. Call 250-556-4409

house and land for sale 7 acres- 3 bdrm, 2 bath large addition, hot tub, fenced for horses \$395,000 call 250-788-5042

three bedroom modular home in Tumbler Ridge on two serviced lots, nice place, good location price \$99,000 obo call or text 250 401 1127

PETS/LIVESTOCK

Lamancha and nubian mother goats with kids for sale. call for details 250-317-3567

3 male Bengal kittens for sale, almost 4 months old. \$300 each. Call or text (403)466-9367

Baby billy goats- withered. ready to go end of August. call 250-788-4840

Cat to give away 250-401-8708

Outdoor kittens to give away, 7 weeks old, grey colours. call or text 250-788-5848 or 780-552-3903

2 yr old Himalayan female cat, quiet home preferred. call 250-401-8708

LOST & FOUND

Back pack found on Canada Day at Spirit Park- ID and other items inside. Please come to the Pencil Box to retrieve.

Found: Dodge key with small bag attached in Scotia bank parking lot. Can be picked up at the Pencil Box

Found: Kids glasses, metal frame with red arms. found at Windrem bus loop.

REC VEHICLES

2012 Escape Spree KZ 16' Travel Trailer. \$9000, sleeps 2, excellent condition. Details & pics: <https://bit.ly/2LeVrTj>

1997 27' Vanguard 5th wheel with slideout, generator in good condition \$10,000. 2009 Rainbow toy hauler 20' call for price 250-780-2201

1998 Triple E TOPAZ, T240, travel trailer, new tires, one owner, good cond, \$9000. OBO, for more info and pics text 250-219-5916 or leave message at 250-782-4289

Polaris Quad for sale 2004.5, 500 Sportsman. Was asking \$2200, will negotiate. call DC 250-782-5026

2006 Kustom Koach 37' 5th Wheel trailer, excellent cond, can be used for living, walk around Qn size bed, large slide out closet, full size shower, super slide in living area, stainless appliances. \$24,000 OBO. Call or text 250-263-7949 or 250-261-0804, located Moberly Lake area, delivery can be arranged.

2012 5th wheel Crossroad Zinger 30", Qn bed, leather pullout, one super slide, stored inside through winter, lots of storage, electric jacks, mint condition asking \$19,900 OBO. 250-788-5040

1998 5th wheel- Triple E Topaz touring edition 27.5' with a slide out and air. Excellent condition \$15,000 call 250-788-2131

WANTED

Two professionals seeking long term rental. Prefer house with 2-3 bdrms + space for parking and storage. We are clean + quiet with excellent references please call 250-613-2946

Wanted: Looking for yr around live-in position with Hydro- off grid country place with people environmentally caring (chemical free living and recycle). Experienced in country style living and wood heat. I can do child care work, light housekeeping, cooking, yard work, organic gardening. For replies: jc331@yahoo.ca

Wanted: '93 - '97 Ford F250, must have automatic transmission. Old time typewriter. Call 250-719-6142

Wanted: clean fill, approx 3 truck loads. Call 226-388-9277

Wanted: Top soil for garden. Call 250-788-3316

WANTED: logging truck load of firewood snags. Call Vic @ 250-783-5535 or 250-783-0744.

Wanted: roommate, pinewood trailer park. Can be reached after 6 250-401-7980

Wanted immediately- older lady to do light house work and some yard work in exchange for room and board. Must have a drivers license. Call George 250-788-2482

wanted: free lilac shoots or perennial divisions 250-788-9931

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



VACATION BIBLE SCHOOL

at the Chetwynd Baptist Church

the best week of the summer!

August 12th - 16th 2019

9:00am - 12:00pm

Ages 4 - 12 Years

REGISTER ONLINE:

vbschetwynd.tripod.com

For More Information Call

250.401.1119

Pay Les Welding Ltd

- ⚡ Refills
- ⚡ Welding Supplies
- ⚡ Safety Supplies
- ⚡ Mobile Trucks
- ⚡ Welding Shop

Open Mon - Fri 8am - 5pm

3794 Old Hart Wabi Road

250-788-3376

AB Craft Supplies Ltd

- Helium for balloons - Crafts

- Scrapbooking Supplies

- Kids toys

- Scrapbooking classes monthly

Open Mon - Fri 8am - 5pm

Check us out on Facebook!

3794 Old Hart Wabi Road

250-788-3376

INTERIOR HELICOPTERS LTD.



WILDLIFE & RESOURCE MANAGEMENT

MINERAL EXPLORATION * AERIAL PHOTOGRAPHY

FORESTRY * GAS - OIL - SEISMIC * SCENIC TOURS

**Don't Forget About Backcountry Drop-off & Pick-up
Fishing * Hiking * Camping**

Chetwynd 250-401-1425

flywithus@ihltd.ca

Fly Today... Remember Forever!

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Extra feather in girl's hat. 2. Grass behind rock is missing. 3. Leaf above ostrich is missing. 4. Feather on ostrich's head is missing. 5. Rock is missing. 6. Front of hat is colored in. 7. Carrot has moved. 8. Feather on ostrich's neck has moved. 9. Tail feather on ostrich is longer. 10. Tie on girl's dress is longer. 11. Pocket on dress is wider. 12. Neckline on dress is different.

HELP WANTED

YOUNG'S MILLS
(1980) LTD



Logging Truck Driver

Health/Dental/Pension provided

Fax: 250-788-2848

Email: admin@youngsmills.com

Camp Accommodations Available

CT
AND
LOGGING

NOW

HIRING

Processor Operator

for work in Chetwynd

Email: troy@pris.ca

CALL OR

TEXT TROY **250.788.5062**

Chetwynd &
District
Hospital
Foundation

INVITATION TO BID

The Chetwynd and District Hospital Foundation is looking for bids for the painting of the Palliative Care Room at the Chetwynd & District Hospital.

- Approx 800 square feet
- Trim around doors and windows
- 1 exterior door
- Sanding of walls

Note: must take
into consideration
dust control & the
use of VOC paint

Send bids to :

Chetwynd & District Hospital Foundation
Box 121 Chetwynd BC V0C 1J0

BIDS MUST BE RECEIVED NO LATER THAN AUGUST 31, 2019

FOR MORE INFORMATION CONTACT NAOMI LARSEN, PRESIDENT 250-788-5941

Quillim Gardens
EXECUTIVE SUITES
Room to unwind in your own spacious Suite



1 & 2 BEDROOM FULLY FURNISHED SUITES
FULLY EQUIPPED KITCHEN & ALL UTILITIES INCLUDED
SELF-SERVE LAUNDRY ROOM ON EACH FLOOR
HIGH SPEED WIRELESS INTERNET & FULL CABLE
QUIET, SECURE, ADULT BUILDINGS & NO PETS
ON SITE MANAGER

WWW.GWILLIMGARDENS.COM

Toll Free
1(866) 788-9516

5133 & 5137
50TH STREET
CHETWYND, BC V0C 1J0

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 HYGIENEST

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.

OFFICE SPACE FOR RENT – HIWAY FRONTAGE

AVAILABLE APRIL 1, 2019

CONTACT BEELYNE EXECUTIVE SERVICES LTD

250 788 3638

Stone Creek Ventures Ltd.

WANTED IMMEDIATELY EXPERIENCED LOGGING TRUCK DRIVER

Please send resume with driver's abstract
to stonecreekventures@hotmail.com.

Call Troy at (250) 788-5062
or Travis at (250) 788-6388

PINE VALLEY SENIORS

HALL RENTAL

For more info & hall rental call Bernice

250-788-2307

KPA Oilfield
Services Ltd

4325 HWY 29 North Chetwynd, BC

Serving the Peace Country Region

Services including but not limited to

- Potable Water Services
- Gravel Trucks
- Gravel Sales
- Vac and Tank Truck Services

For Pricing & Scheduling Call

250-788-6933

Box 1295, Chetwynd BC V0C 1J0

Please email resumes to
hr@kpaoilfieldservices.ca



Pencil Box Stationery

YOUR ONE STOP OFFICE SHOP!

Phone: 250-788-3422 Fax: 250-788-3405

4753 51st Street,
Chetwynd BC V0C 1J0

**Now Accepting Resumes for
Front Counter Sales Representative.
Please bring in your resume in person**

Office Supplies ~ Office Furniture ~ Photocopying
Faxing Service ~ Laminating ~ Custom Printing
Work Wear ~ Safety Supplies

Cell Phones & Accessories
Gaming Accessories



SOUTH PEACE COMMUNITY RESOURCES SOCIETY

Poverty Law Advocacy services available for Chetwynd, Tumbler Ridge & Dawson Creek.

If you are facing poverty law issues and need information, **Phone 250-782-9174 ext. 242** to book an appointment with the advocate. Areas of poverty law include: PWD applications or re considerations, income assistance issues, residential tenancy issues, employment insurance, CPP applications and appeals, Old Age Security and guaranteed income supplements, debts and collections, human rights, employment standards. The advocate may provide information and referrals; assistance negotiating with opposing parties; or provide full representation at hearings. You may be prepared to advocate on your own behalf or proceed with assistance from the advocate.

This service is funded through



SOUTH PEACE PRO TREE SERVICE

Heiko Kempe - Chetwynd, BC

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

Fully Insured

250-401-8814



Due to health reasons
Pat's Saw + Winch
Will be Closed
Effective Immediately

Tired of mowing your lawn?

**Call Randy
And**

ENJOY YOUR SUMMER!

250-788-5328

Commercial + Residential
email rrphill@telus.net



**47TH ANNUAL WORLD'S
INVITATIONAL GOLD PANNING
CHAMPIONSHIPS
PEACE ISLAND PARK
TAYLOR, BC
AUGUST 2, 3 & 4, 2019**

- Friday Aug 2nd - 6pm Parade
- Saturday Aug 3rd - 11am Registration Opens
- 12 noon Championships begin
- Sunday Aug 4th - 8am Pancake Breakfast
- Events start at 9.30am

Support local artisans and visit the Arts & Craft Fair on
Saturday and Sunday from 9am

Enjoy snacks and beverages from local food vendors

Full schedule can be found at www.districtoftaylor.com or find
us on Facebook

STAYING BEAR AWARE

This time of year, living in a community surrounded by wild life, we should all remember to stay alert of our surroundings while in the bush and even in our own yards. Bears are nousey and can be extremely dangerous if they're hungry or if they feel threatened. Here are some tips to stay bear aware:

Make noise. Don't surprise a bear. Call, sing, clap or talk loudly especially near streams and in areas of low visibility.

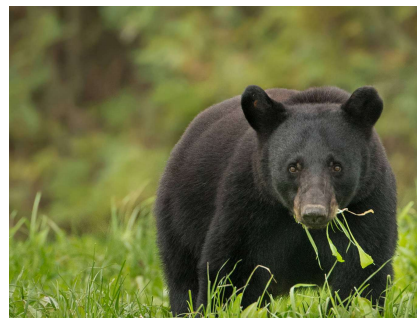
Be alert. Watch for bears or their scat and tracks, any strange smells or disturbed vegetation. Be aware of wind direction and speed. Extra caution is warranted when the wind is facing you.

Stay together. Hike and bike in groups and don't let children wander. Larger groups (4 or more) are less likely to have a negative bear encounter.

Watch your pets. Keep your dog on a leash at all times. Dogs can provoke defensive bear behaviour.

Use officially marked trails. Travel during daylight hours. Bears are most active at dawn and dusk.

Carry bear spray and know how to use it.



Kelsey Roberts- Reporter, Coffee Talk Express

If you encounter a bear:

Stay calm

If the bear sees you, talk in a low, calm voice and then regardless if it has seen you or not.

Back up slowly

Never turn your back on a bear, or run. Running could trigger an attack.

Do not stare

The bear will see a direct stare as a challenge.

Give it space

Make sure it has a way to get away, and that you are not blocking access to a bear's cubs or its food.

Play dead or fight back?

In rare cases, a bear may see a human as prey and stalk you along a trail. In these cases, try to escape into a building, car or up a tree. If you cannot escape and the bear charges, use your bear spray, lacking that, use anything at your disposal to fight off the bear like rocks and sticks.

Coffee Talk Express has exclusive copyright of all advertisements, photographs and content created by Coffee Talk Express staff. Any reproduction requires consent of the owner.

Coffee Talk Express

Phone: 250-788-3422

Fax: 250-788-3405

Website: www.coffeetalkexpress.com July 26, 2019

We're Hiring.

Customer Experience Lead (Req #66768)
Financial Advisor (Req #60588)
CHETWYND BRANCH

Apply at Scotiabank.com/careers
and search for position title or position number above.

Amazing career stories begin at Scotiabank.

Follow us on [LinkedIn.com/company/scotiabank](https://www.linkedin.com/company/scotiabank) and [@ScotiabankJobs](https://twitter.com/ScotiabankJobs)



6 tips to protect your mental health at work

Work is an important part of our lives and can impart a sense of purpose and accomplishment. However, according to the Mental Health Commission of Canada, one in five Canadians struggles with mental health issues, and workplace stress is often reported as the primary cause. Among Canadian employees, depression and anxiety are noted as the top two issues.



The result of all this is that absenteeism, loss of productivity and resignations are increasingly common in the workplace. Notable causes of work-related mental health issues are work overload, lack of recognition, precarious employment situations and interpersonal tensions. Here are six things you can do to avoid or lessen the effects of these problems.

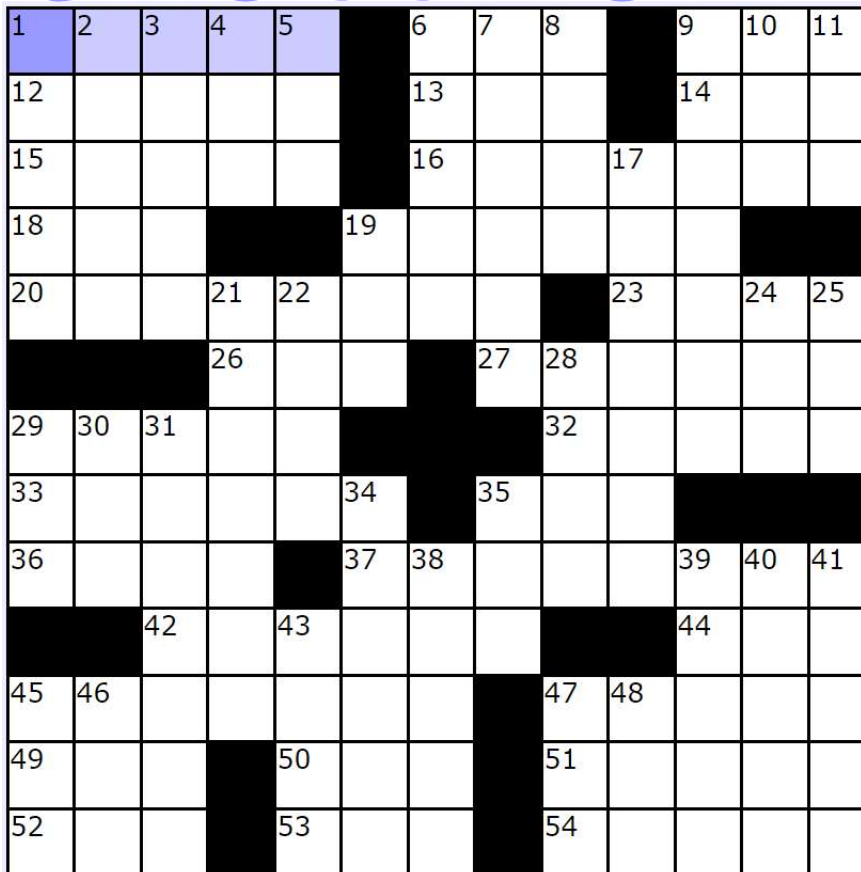
- 1. Take a break.** You're entitled to your break times, so take advantage of every minute.
- 2. Delegate tasks.** If you have a heavy workload, don't be afraid to unload some of your tasks to your colleagues.



- 3. Connect with co-workers.** Make time in your schedule to socialize with your colleagues.
- 4. Drink sensibly.** Avoid using drugs and alcohol to manage work-related stress.
- 5. Use workplace resources.** Take advantage of any well-being or time management resources offered by your employer.
- 6. Resolve interpersonal tensions.** Speak to your employer, or someone you trust, about interpersonal issues like intimidation or harassment.

Outside of work, make sure to eat well, get enough sleep and exercise regularly. In addition, remember that maintaining a supportive social network can be an effective way to prevent or mitigate mental health issues. And if you need to, don't hesitate to talk to a doctor or other health care professional in your community.

CROSSWORD



ACROSS

- Got out of bed
- Congressman (abbr.)
- Tack on
- Smooth
- Raw material
- Final letter
- Entreaties
- Ironic remark
- That girl
- Dreary
- Audience member
- Slangy affirmative
- Sock front
- Smudges
- Beginning
- Map feature
- Main dish
- Lodge
- Harness strap
- Scholastic
- Wicker material
- Summer refresher
- Sooner
- Trimmed
- Get older
- Pro-gun org.
- Pond growth
- Fisherman's pole
- RI time zone
- Handle skillfully

DOWN

- Greek vowel
- Rent again
- Public
- Neptune's domain
- City railways
- Comic _____ O'Donnell
- Rubs out
- Salon treatment, for short
- Flowering bushes
- _____ Moines, Iowa
- Carter's party (abbr.)
- Hot red pepper
- HST's successor
- Perpetual
- Quick letter
- Live
- DDE's predecessor
- Care
- Above, in poems
- Compass point (abbr.)
- Mixed
- Diners
- Bond creator _____ Fleming
- Diamond weight
- Homer Simpson's wife
- Perfect
- Surrendered
- Fork prong
- Corn serving
- Long, long _____
- Animal foot
- Famous boxer

School Bus Driver – FREE Training Available
Location: Chetwynd, BC

Standard BUS

Why You Should Choose Standard Bus?

Standard Bus Contracting is seeking dedicated School Bus Drivers to join our team! Drivers are responsible for safely transporting students on a daily basis and must be committed to safety and customer service.

This is an opportunity that is always exciting and allows for work-life balance; perfect for a stay-at-home parent, entrepreneur, or retiree!

Standard Bus is offering

- FREE Class 2 training and upgrade
- Personalized training
- Competitive wages, bonuses and flexibility within your personal life
- Evenings, weekends, holidays and summers off
- Opportunity for advancement
- Employee recognition programs
- Recognition as a community hero who helps to ensure everyone gets

Safely Home

Hours of work

Monday to Friday - no mandatory nights or weekend work

Split shifts (approximately 2 hours in the morning and 2 hours in the afternoon)

Charter work also available

Job Description

As a School Bus Driver you will be driving approximately 2 hours in the morning and 2 hours in the afternoon, with routes available in between for anyone looking to pick up extra hours. You will be assigned a route that falls between the hours of 6:30 am - 9:30 am in the morning and between 2:00 pm - 5:00 pm in the evening. Drivers work during the school year and are given time off in July and August. Charter work is also available.

Requirements

Valid Class 5 License (FREE Class 2 training provided)

- Clean driver's abstract
- Must have good driving record

Clear criminal record

The interested candidate may send a complete resume and contact me by email at bernardd@pwt.ca, or fax to 780-449-7198; attention: Bernard or by calling me directly 1-844-798-5627 ext. 173

safely home

Industrial Bus Driver

Location: Chetwynd, BC

DIVERSIFIED

BC OPERATIONS

safely home

Full-time position – \$25.50 per hour!

Are you currently a commercial driver who enjoys the open road but want to have the flexibility of hours and closeness of home. Do you enjoy being surrounded by people? Diversified Transportation may be the right fit! We are currently seeking experienced **Industrial Bus Drivers** to join our dedicated team in Chetwynd, BC.

To be successful in this position, you must be self-motivated, committed to providing superior service and able to communicate effectively. We offer training, competitive wages, great benefits and a schedule that offers flexibility within your personal life.

Position Requirements:

- Valid Class 1 or 2 license
- Minimum 1-2 years of commercial driving experience is preferred
- Possess excellent customer service and communication skills
- Must have a driver's abstract with less than 3 demerit points
- Clear criminal record
- Must able to chain up tires, maintain cleanliness and perform pre-trip of buses
- Pass drug and alcohol testing
- Demonstrate behavior consistent with the company's Mission, Core Values and Safety Vision

Position Details:

- Multiple rotations available depending on contract
- Competitive Wage
- Ongoing skills development
- Family-oriented team environment

NOTE - applicants must reside in Chetwynd, BC.

The interested candidate may send a complete resume and contact me by email at bernardd@pwt.ca, or fax to 780-449-7198; attention: Bernard or by calling me directly 1-844-798-5627 ext. 173

Standard BUS

Mechanic / Technician

Location: Tumbler Ridge, BC

safely home

Why You Should Choose Standard Bus Contracting

Does the idea of work-life balance sound appealing? Would you prefer to have evenings and weekends off to spend time with friends and family? Are you searching for a career with a growing company that puts its people first? Standard Bus may have the opportunity you've been looking for!

We are currently seeking an experienced Mechanic to join our growing operation. Standard Bus offers an opportunity that is always exciting and allows for a good work-life balance. We offer personalized training, competitive wages, and flexibility within your personal life.

- **Monday to Friday, day shift**
- **Competitive wages**
- **Benefits package**
- **Rewarding and positive work environment**
- **Modern facilities with state-of-the-art equipment**
- **Ongoing training and development**
- **Opportunity for advancement**
- **Employee recognition programs**
- **Recognition as a community hero who helps to ensure everyone gets Safely Home**

The interested candidate may send a complete resume and contact me by email at bernardd@pwt.ca, or fax to 780-449-7198; attention: Bernard or by calling me directly 1-844-798-5627 ext. 173

Key Responsibilities

The Mechanic is responsible for servicing/repairing company buses in a safe, efficient, and effective manner. This position is not confined to shop activities as the Mechanic may be required to perform field work on down buses.

- Ongoing maintenance/repair of buses
- Diagnose equipment problems
- CVIP Inspections
- Spring and winter maintenance
- Complete all documentation associated with equipment repairs
- Work with shop management to maintain schedules and priorities
- Maintain a clean and orderly work environment

Requirements

- Journeyman Ticket (Automotive or Heavy Duty Mechanic)
- 2 – 5 years related experience
- CVIP (Commercial Vehicle Inspection Program) License considered an asset
- Analytical and troubleshooting skills
- Exposure to working on diesel engines
- Own hand tools
- Valid Driver's License (Class 2 or 3 considered an asset)
- Fluent in written and spoken English
- Computer proficiency

Remuneration

- Commensurate with experience
- Employee Benefits Plan
- Bi-weekly pay period (every second Friday)
- Annual Tool and Boot Allowance