

2017

Merry Christmas

Santa Claus

is coming
to town



Coffee Talk Express/The Pencil Box



COFFEE TALK

Express

Wednesday December 20, 2017

THE RED LION Restaurant



Merry Christmas & Happy New Year

Monday - Saturday 5:00 PM - 9:30 PM
Closed on Sundays & Statutory Holidays

250-788-2755

The Lion Inn

250-788-9990 & SUITES

Weekly & monthly rates available
thelionsuite.com 5132 46th Ave



Dawson Creek Realty
Chetwynd Branch
250 788 9909



DOING MORE FROM
FOR SALE TO SOLD

Mama's Christmas Miracle

Mama told me a story a long, long time ago,
not like any that I'd ever heard,
all about a little girl mama used to know,
how I remember every word.
Seems like a lifetime ago, though I remember it so well.
It was a Christmas Eve I'll never forget as far as I can tell.

We were sitting at the kitchen table,
it was only my mother and me.
I was dreaming of Christmas morning
and all the presents under the tree.
Dad wasn't doing that well and money
was scarce that year.
Mama found a way of telling me
without me shedding one tear.

She told me a story of a little girl
and a Christmas long ago,
who came from far away,
a place where it rarely snowed.
Santa was just a dream to her,
but she believed so much inside,
that Christmas was going to be special,
so she knelt by her bed and she cried.

"Lord, let Santa remember me if not just this one time.
I promise I won't ask for much,
maybe a dolly I can call all mine."
She closed her prayer and thanked the Lord
for all that she received.
She knew that Santa would really
come if only she believed.

She wrote a letter to Santa,
unfamiliar to most girls and boys.
Though her list was long and full,
on it there were no toys.

Only things we take for granted,
like new shoes or underpants, hair
bows for her sisters and gloves to
warm her brothers' hands.

At the bottom of her list she asked,
if it not be too much,
for a brand new baby doll she could
hold and love and touch.

Then Christmas morning came
and she looked beneath her tree,
Not a present to be found
as far as she could see.

She didn't give up hope
as she heard a knocking sound.
When she opened up her door,
a great big box she found.
She called out to her mother and
dad, brothers and sisters too,
She said, "My prayers were
answered, there's something in here
for all of you."

Her daddy got brand new boots, her
mother new underpants, her sisters
got beautiful hair bows, her
brothers warm gloves for their
hands.

Buried deep beneath the box
was a brand new baby doll and a
note that said, "Merry Christmas,
I love you one and all."

I'll never forget that story
because much to my surprise,
I saw the true meaning of Christmas
shining in my mother's eyes.

For those of you who are
wondering, as if you didn't know,
The little girl in Mama's story
was my mother long ago.

Kathy J Parenteau

Employment Opportunities: Apply online at www.aw.ca

Double CHEESE Double BACON BURGERS



And double napkins, probably.

PAPA

GRANDPA

MAMA



How do you top a burger that's made with 100% pure beef raised without the use of hormones or steroids? Generously, that's how. Like with a double helping of cheese and naturally smoked bacon. Because when you've made Canada's best tasting burger, there's nowhere to go but up.

OUR BEEF IS
RAISED WITHOUT
the use of
HORMONES OR STEROIDS

DECEMBER

"I heard a bird sing in the dark of December. A magical thing. And sweet to remember. We are nearer to Spring than we were in September. I heard a bird sing in the dark of December."
— Oliver Herford

250-788-2938 24 hour answering service
Cell: **250-788-5070**
Specializing in Oilfield Fresh Water Delivery Services

CHETWYND FRESH WATER (201l)

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 editor@coffeetalkexpress.com

Website: www.coffeetalkexpress.com

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

Find Your New Home Today!

Great rates on month-to-month rentals with no lease OR

Ask about our current incentives on extended lease terms

Contact Sheryl today!
250.401.2034

solson@northviewreit.com

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.

2 Ford F-150 trucks, motors need work; Volkswagon car, \$3000. Call 250-788-9188

2002 Hyundai Elantra, 4 dr, loaded, runs great, 4 winter tires on rims, Alberta registered, \$2500 OBO. Call 250-786-5295

1996 Arctic Tridem pole trailer, completely rebuilt, sandblasted & painted; 1999 Doepker Super B logger, rebuilt. Call 250-788-5720 or 250-788-2312

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 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. 74,000 km. \$22,500. Call 250-401-3251

2011 Dodge Caravan stow/and go seats, silver colour, 157,000 km, runs excellent, 4 nearly new Michelin Defender tires & 4 M&S on separate rims, roof rack, \$9000. Call Jere 250-788-2944 or Jed 250-788-9421

Single axel boat trailer for up to 16" boat, \$650. Call 250-788-2446

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

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

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

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

2006 Chevy Aveo, new tires & brakes, auto trans, mint cond, 112,000 km, \$5000 OBO. Call 250-788-5619

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 firm. Call 250-401-7311

Two 2002 Ford pickup truck, 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

1987 5.2L Magnum V8 Dodge Dakota 4x4 in good running cond, 6 passenger, hard top locking tonneau cover, 2 doors, new Bluetooth hands-free calling radio, light bar, 224,000 km, \$3000 OBO. Text or call 250-509-0303

2004 F150, Supercab 4x4, 6 spare 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

FOR RENT

3 rooms for rent in a house, 2 up, 1 down, 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 250-242-5742

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

Avail Feb 1/18, 3 bdrm log home at Moberly Lake, all inclusive, 5 appliances, 2 baths. Call 250-788-6339

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

Room for rent 5 minutes from town, \$500 monthly Call 250-874-0630

2 Bdrm Duplex, downtown adult oriented, washer/dryer. Call for more Info 250-788-3936 or 250-401-8560

ComParrot by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



www.comparrotpuzzles.com © 2017 Bonnie J. Malcolm



Solution: 1. Window appears on gingerbread house. 2. String on puppet is missing. 3. String appears on toy train. 4. Neckline on puppet is colored in. 5. Doll's shirt is different. 6. Puddle of paint is colored in. 7. Inside of tree on table is colored in. 8. Star on stocking has moved. 9. Elf's apron is longer. 10. Shirt is longer. 11. Pants are lower in back. 12. Neckline on apron is different.

APARTMENTS
FOR RENT
Very Quiet!
Linen & Cleaning Services Available

FURNISHED & UNFURNISHED

Bachelor - 1 & 2 Bedroom Suites

All HD Sat. Pkgs Incl.

Weekly - Monthly - Lease

info@chetwyndapartments.com

250-401-3410

www.chetwyndapartments.com



The smell of pine boughs fills the air,
Pretty silver bells tinkle everywhere.
Sparkling snow covers the ground,
Christmas spirit is all around.

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

Yamaha Clavinova electric piano, \$900. Call 250-788-7800

4'x8' drywall, 8 of 5/8", 21 of 1/2", \$350. Call 250-788-2328

Mastercraft 4 1/2" angle grinder, metal & masonry in case, \$60; torque wrench to 150 lbs, \$15; Tap & Die 24 piece set, \$75; 27" swede saw, \$6; 4 orange safety vests, \$8. Call 250-788-2482 btwn 5 & 6pm

Firewood, split & delivered, \$200 to Dawson Creek, Arras & Pouce Coupe areas. Call 250-219-7082

Fresh chicken eggs, \$3/doz. Call or text 780-882-3672

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

12'x36" culvert, \$100; square steel tank, 6'x3'x2', \$100; 4 water well tiles, 6'x30"x3 1/2" thick, reinforced concrete, \$1000; fiberglass tank, approx measure 12'x4' for septic tank, \$200. Call 250-788-2446

Square hay bales - timothy, brome, alfalfa, \$4.50/bale, or \$3.50/bale for 100 or more; round bales, 4x5, \$40/ea or \$35/ea for 20 or more. Call 250-788-5056

6'6" long dresser, 6 drawers, 30" high, mirror; 24"x16"x23" dresser; 52" wide, 75" long bed with head board. Best offer. Call 250-788-2606

Cottonwood lumber, 1" with random widths & lengths, 2 5/8" with random widths & lengths, misc other dimensions & timbers, \$550 per thousand. Call 250-401-7311

5 Coleman cooler with wheels, \$25; Mitchell 407 Rod Reel, \$30; Coleman gas lamp in box, \$25; Shamano 12 speed bicycle, \$75; Coleman 2 burner gas stove, \$30. Call 250-788-2483 btwn 5 & 6pm.

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

3 heavy wood bar stools, \$40; small wood cook stove, \$250; 32" outside metal door with frame, \$50. Call 250-788-2446

Red Everlast punching bag, good condition, \$50; Bissell Pro Heat Plus 2x carpet & upholstery cleaner, Used only once. \$175. Call 250-788-3306 or 250-788-5582

Cooking service & wiener roasting rack, \$125. Call 250-788-2944

Unpasteurised local Honey for sale 500ml - 1.5lbs \$8.00 per jar. Call 250-788-6935

4 Singer treadle sewing machine heads, antique, \$100 OBO for all. Call 250-788-2944

Car or Truck stereo \$1000, Boss flip-up stream CD DVD player, back-up Cam compatible \$200 OBO. Call or Text 250-401-1658 After 6PM

Fresh crop of new square bales, \$5/ea, excellent horse feed, brome-timothy-alfalfa. Call Jed 250-788-9421 or Jere 250-788-2944

1951 Willy's Jeep Buggy w/papers. Good fixer upper \$1000 OBO. Call or Text 250-401-1658 After 6PM

merry christmas dad



Christmas is not as much about opening our presents as opening our hearts.



RED SWEATER CANDLELIGHT SERVICE

Sunday, December 24

7pm at the Chetwynd Baptist Church

*Everyone welcome
Wear red if you can!*

For more information call

Pastor Bill Evans at 250-788-2146

May you be surrounded by loved ones this happy time of year and always.

MERRY CHRISTMAS!



- The staff at the Chetwynd & District Recreation Centre

Merry Christmas

Thank you to all the drivers for stopping when our yellow and red lights are flashing!

Standard Bus



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

Furnished 4 Bdrm house, one acre landscaped, large sun deck, good well, Gas fireplace, upgraded outbuildings. \$399,000 250-788-3252

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 obo; 2 bdrm bungalow, \$165,000 obo; 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

PETS/LIVESTOCK

5 beagle puppies, 3 females, 2 males, ready to go after vet check on July 27, \$750/ea. Call 250-788-9254

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

35 laying hens, 18mths old, \$4 ea. Call 250-788-2805

Free - 2 tabby kittens, 3 months old. Call 250-401-7346

Female Boa constrictor imperator, male python, female Mexican black Kingstone, male Dumerlis Boa. 250-401-3490

LOST & FOUND

Lost: iPhone 6 in Star Wars case. Last seen at Spencer Tuck beach table (Moberly Lake). Call 250-788-2577

Lost: Black Samsung Galaxy S5 with butterflies on the back somewhere between the Legion and Days Inn. Call 250-788-1987

Lost: Black wallet with 3 folds somewhere between Chevron and the water fill station, likely on Sept 23. Call 250-401-7019

Lost: Dog named Jigger from Moberly Lake on Nov 17. Has tattoo in right ear, code is 194CJD. Call Denise at 250-788-3837 and leave a message.

Lost: Set of keys at Home Hardware on Nov 29/17 250-788-3672

REC VEHICLES

1997 Wesport Avion 5th wheel, 36', 3 slides, winter package, leather interior, asking \$10,000. Call 250-401-7286

Sears boat & trailer, 5 h Johnson Motor, good cond. \$1400. 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 ft 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 Kent 250-788-6611

2017 4 seater 1000 Razor, like new, new roof & stereo (not put on, not included in price), new helmet (not included in price), \$17,000 negotiable. Call Dion at 250-401-8744

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

WANTED

Wanted: Smaller older tractor with bucket for use on small piece of property. Call 250-788-2170 or 250-401-7770

Wanted: 6 cords of dry firewood delivered. Call 250-788-2626

Wanted: Apartment to rent ASAP for responsible family. References available. Call Adam 438-828-2326

Wanted: Math tutor for someone upgrading their highschool. If you have some time to help me out, call 250-556-4087

Wanted: Childcare for 3 month old baby 2-3 days a week for up to 3 hrs. First Aid required. Call 250-788-1634

Wanted: Live-in position for at least 1 yr. Can include housesitting or keeping, cooking, helping to look after small children, gardening in season. Place must be clean, tidy & drug free, preferably off the grid. I do not work on Saturdays, monthly Sabbath & biblical yearly holy feasts. Appropriate reimbursement for work is expected. Serious & kind replies only to: j.c331@yahoo.ca

Wanted: Room to rent in Chetwynd. Call 1-780-315-5206

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

Wanted Someone to shovel snow off of deck. Must have own transportation. Call 250-788-2795

1 Chord of Spruce wood and 1 Chord 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: Looking for someone to install Drywall in Bdrm and part of Living room. Materials are provided. 250-788-9781

Wanted ASAP: Cat carrier to get cat to vet's to get spayed. Call George at 250-788-9505 or email peacecountry@persona.ca

CHETWYND ROYAL CANADIAN LEGION EVENTS

KARAOKE

Next one in the new year

FAMILY BURGER NIGHT

*Thursday Nights 5pm-8pm
Families welcome!*

DART WEDNESDAYS

*Every Wednesday at 7:30pm
New members welcome!*

HALL RENTALS

*Call Karen at 250-788-3306
or the Legion Lounge at 250-788-9258
after 5pm*

HO HO HO

WE WILL BE CLOSED DEC 24 -27. THERE WILL BE NO MOVIE ON DEC 24.

THE REX

250-788-3580
4709 51st St, Chetwynd, BC

FEATURE PRESENTATION

**Thurs, Fri, Sat
Dec 21, 22, 23
WONDER**



Showing Nightly - 8:00PM

PG DOORS OPEN AT 7:30PM 1h 53 min

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

Julia Roberts, Owen Wilson, Jacob Tremblay

CHARLOTTE
Dear Santa...
This year for Christmas I would like a toy dinosaur, a rainbow and a pony.

LITTLE LIGHTS DAYCARE

SILAS
Dear Santa...
I would like a puppy, some race cars, and some toy tools.

LITTLE LIGHTS DAYCARE

GRIFFIN
Dear Santa...
This year for Christmas I would like a remote control dinosaur, flipping Santa, remote control Rocky from Paw Patrol.

LITTLE LIGHTS DAYCARE

Santa Letter to Adult



Ho! Ho! Ho! I was just checking my list for a second time and sure enough, there your name is on the naughty side. Wow, have you been bad this year! I can't believe some of the mischief you've been up to.

Before I double-checked, I was thinking of bringing you something very nice, but now I think a stocking full of coal is just the thing for you.

If you hear a bump on your roof on Christmas Eve, don't investigate. It's just me, bringing your coal. Also, don't think I can't make it past that burglar alarm. They don't call Christmas "magical" for nothing.

I hope you can pull it together and clean up your act for next year. This is so disappointing for me. I remember when you were a good little child, and look at you now.

Perhaps you can redeem yourself by leaving me some milk and cookies. And when I say milk, I mean a glass of wine, and when I say cookies I mean, well, cookies. Sincerely, Santa

NOW AVAILABLE
at the
PENCIL BOX
4753 51st Street
Chetwynd, BC

WORK WEAR

We have men and women's high visibility coveralls, long and short sleeve shirts, sweaters, thermal underwear and more!

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

HAPPY HOLIDAYS!
From all of us at Peace FM
and CHET TV!

2017
Chetwynd
Parade of Lights

Merry Christmas!

f LIKE US ON FACEBOOK!



KYLIE
Dear Santa...

I would like a Shoe Shine doll, a castle for my dolls and a flying carpet.

LITTLE LIGHTS DAYCARE

Season's Greetings



McKee Vacuum Truck Services



Wishing the people of Chetwynd a magical Christmas and a hopeful New Year

From the Chetwynd Chamber of Commerce



AMELIA
Dear Santa...

This year for Christmas I would like a toy bike, drawing paper, elf, ponies and a toy baby.

LITTLE LIGHTS DAYCARE



May the simple joys of childhood become yours once more.

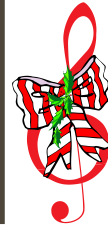
Merry Christmas

Cardinal Telecom



FROSTY THE SNOWMAN

Frosty the snowman was a jolly happy soul,
With a corncob pipe and a button nose and two eyes made out of coal.
Frosty the snowman is a fairy tale, they say,
he was made of snow
but the children know how he came to life one day.
There must have been some magic in that old silk hat they found.
For when they placed it on his head,
he began to dance around.
O, Frosty the snowman was alive as he could be,
And the children say he could laugh and play,
just the same as you and me.



Thumpety thump thump, thumpety thump thump,
Look at Frosty go.
Thumpety thump thump, thumpety thump thump,
Over the hills of snow.

Frosty the snowman knew the sun was hot that day,
So he said, "Let's run and we'll have some fun now before I melt away."
Down to the village, with a broomstick in his hand,
Running here and there all around the square
saying,
"Catch me if you can."
He led them down the streets of town
right to the traffic cop.

And he only paused a moment when he heard him holler, "Stop!"
For Frosty the snowman had to hurry on his way,
But he waved goodbye saying, "Don't you cry, I'll be back again some day."



Wishing you a

PET FRIENDLY

Holiday Season

Chetwynd Veterinary Hospital



Merry Christmas



We wish you all the very best!

- PGL Automotive

MERRY CHRISTMAS



Warmest wishes to you and yours this magical season!
~ The team at Elysian Spa & Salon

Merry Christmas and Happy New Year to all the residents of Moberly Lake, and a special thanks to the Moberly Lake Volunteer Fire Department for their selfless service to the Community over the past year.

Moberly Lake Community Association



FIVE TIPS TO AVOID WEIGHT GAIN THIS HOLIDAY SEASON

1. Don't skip meals. Avoid skipping lunch in preparation for a gargantuan dinner. If you're starving before the party even begins, you're more likely to overindulge.
2. Don't deprive yourself (too much). Saying no to all of your favourite foods will only lead you to overdoing things later on. Instead, make moderation your mantra and try to eat healthy between parties.
3. Drink in moderation. Even if you're not driving, try to limit your alcohol consumption. In addition to being high-calorie, alcoholic beverages can also stimulate your appetite.



4. Think before you load up your plate. Fill at least half of your plate with veggies and carefully study the different dishes you have to choose from for the other half. Turkey is a good, low-fat option — as long as you go easy on the gravy. Try not to fill up on appetizers, which are often high in calories.

5. Eat slowly. Join the conversation around the dinner table. If you're busy chatting, you'll eat more slowly, allowing you to pick up on the signals your body sends once you've had enough to eat. If you're in charge of hosting, try to prepare a meal that's just as healthy as it is delicious. You should also avoid cooking industrial amounts of food; the inevitable leftovers will only lead to more excess. Finally, keep in mind that exercise is a vital part of a balanced, healthy lifestyle.

REESE
Dear Santa...

I've been a super good girl this year. I would like a dolly, a new princess, a big doll house and a puppy.

LITTLE LIGHTS DAYCARE

Wishing you a very
MERRY CHRISTMAS

❄️ ❄️ ❄️

MERRY CHRISTMAS
and safe travels this season!

Peace River Inn & Suites
& Chetwynd Court Motel

DECLAN
Dear Santa...

I would like a zombie pac Lego, yes please.

LITTLE LIGHTS DAYCARE

May your Christmas be trimmed with good cheer & happiness

Paul Paquette & Sons

May the light of Christ shine upon you, and may your life be filled with blessings in this Christmas season.

Our Lady of Peace Catholic Church

DEVON
Dear Santa...

For Christmas this year I would like a nerf blaster, a remote control truck and a cowboy with a toy horse.

LITTLE LIGHTS DAYCARE

Season's Greetings

Best wishes from Drs
Kadziolka, Smart and Spataro.
Thank you for your continued support!

Merry Christmas, and may this new year bring you joy and laughter. To be happy is the greatest wish in life.

Laurie's Esthetics & Day Spa

KARA
Dear Santa...

I would like a Hatchimal please.

LITTLE LIGHTS DAYCARE

MARSHALL
Dear Santa...

Marshall would really like a Box of Train Tracks.

LITTLE LIGHTS DAYCARE

SOPHIA
Dear Santa...

This year I would like new Barbies, dollies and some new toys.


LITTLE LIGHTS DAYCARE

Wishing all of Chetwynd a very merry Christmas and a joyous new year!

~ The staff of 

DUE CHO CONSTRUCTION LP
WISHES YOUR HOME BE FILLED WITH CHRISTMAS CHEER...
YOUR NEW YEAR BRIGHT WITH CHRISTMAS MEMORIES.

May peace, love and prosperity follow you always!

Days Inn Chetwynd 

Love is what's in the room with you at Christmas if you stop opening presents and listen.

Merry Christmas to you and yours. Have a safe and happy holiday.

From the Ross families & all our IRC Cat Shack Employees

Merry Christmas! From the staff of Pharmasave

Reginald's New Year Diet

Reginald was terribly overweight after Christmas, so his doctor placed him on a strict diet.

'I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you'll have lost at least five pounds,' his doctor assured him.

When Reginald returned he shocked his doctor by having lost almost twenty pounds.

'Why, that's amazing,' the doctor said, greatly impressed, 'You certainly must have followed my instructions.'

Reginald nodded, 'I'll tell you what though, I thought I was going to drop dead on the third day.'

'Why, from hunger?'' asked his doctor.

'No, from all that skipping.'

HA HA HA

Connect the Dots

Merry Christmas
 From the board & staff at Little Lights Daycare
 To all our Little Lights Daycare shining & shooting stars' children and their families – may Santa make all your wishes come true!

What The 12 Days Of Christmas Means

The song was written by Catholics in England as a catechism song to teach their children about the Christian faith. The song's "gifts" help remember the teachings of the faith. "True Love" refers to God. "Me" refers to every Christian. The other symbols mean the following:

- 1 Partridge in a Pear Tree = Jesus Christ
- 2 Turtle Doves = The Old & New Testaments
- 3 French Hens = Faith, Hope and Charity or the Father, Son and Holy Spirit Trinity
- 4 Calling Birds = The Four Gospels
- 5 Golden Rings = First Five Books of the Old Testament
- 6 Geese-A-Laying = The Six Days of Creation
- 7 Swans-A-Swimming = The Seven Gifts of the Holy Spirit
- 8 Maids-A-Milking = The Eight Beatitudes
- 9 Ladies Dancing = The Nine Fruits of the Holy Spirit
- 10 Lords-A-Leaping = The Ten Commandments
- 11 Pipers Piping = Eleven Apostles, not Judas
- 12 Drummers Drumming = The Twelve Points of Doctrine in the Apostle's Creed

Riverhouse Restaurant
 Holiday Hours
 CLOSED:
 Dec 23 at 3pm
 RE-OPENING
 Dec 28 at 8am with reg. hours

Wishing all our customers a warm Christmas and a successful new year!
 Peace Country Rentals

May the magic of the holiday season make all your Christmas dreams come true.

Giftopia

SEASONS GREETINGS TO ALL
 Tansi Friendship Centre & Kici-Awasimsak Child/Family Development Centre

Rat Race Contracting Ltd.
HIRING
 EXPERIENCED LOG TRUCK DRIVERS
 250-788-3191
 ratraceoffice@gmail.com

Christmas is like home... warm, comfy and always welcoming.

LETTER FROM SANTA TO A NAUGHTY GROWNUP

So. You thought you could play Santa Claus. I was packing up my sleigh today, all ready to bring you coal because of how naughty you've been. And then I realized that you haven't even been trying to hide your bad behaviour. I mean, really... you knew I would figure out what you did to the family cat.

That's when I understood. You want coal. You thought this was win-win: behave badly, receive a hot commodity that produces rare, precious oil. It's been so many years; I forgot to check its market value. Oh man, I've been such a sucker.

Unfortunately for you, I have other punishing things that I give to naughty individuals. You might just be getting a button that doesn't go to anything. Or a framed picture of a reality TV star. Or poetry written by moody, broken-hearted high school sophomores. Or a computer virus.

On second thought, you can just have this letter full of my deepest disappointment. Next year I hope you try a little harder to make it on my nice list. I'll have the coal waiting. Love, Santa



'Twas The Night Before Christmas - For Moms!

'Twas the night before Christmas, when all through the abode
Only one creature was stirring, & she was cleaning the
commode.

The children were finally sleeping, all snug in their beds,
while visions of Nintendo 64 & Barbie flipped
through their heads.

The dad was snoring in front of the TV,
with a half-constructed bicycle propped
up on his knee.

So only the mom heard the reindeer hooves
clatter, which made her sigh,
"Now what is the matter?"

With toilet bowl brush still clutched in her
hand, she descended the stairs & saw the
old man.

He was covered with ashes & soot, which
fell with a shrug,
"Oh great," muttered the mom, "now I have
to clean the rug."

"Ho Ho Ho!" cried Santa, "I'm glad you're
awake."

"Your gift was especially difficult to make."
"Thanks, Santa, but all I want is time alone."
"Exactly!" he chuckled, "So, I've made you a clone."

"A clone?" she muttered, "What good is that?"

"Run along, Santa, I've no time for chit chat."

Then out walked the clone - The mother's twin,
same hair, same eyes, same double chin.

"She'll cook, she'll dust, she'll mop every mess.
You'll relax, take it easy, watch The Young & The Restless."
"Fantastic!" the mom cheered. "My dream has come true!"
"I'll shop, I'll read, I'll sleep a night through!"



From the room above, the youngest did fret.
"Mommy?! Come quickly, I'm scared & I'm wet."
The clone replied, "I'm coming, Sweetheart."
"Hey," the mom smiled, "She sure knows her part."

The clone changed the small one & hummed
her a tune, as she bundled the child in a
blanket cocoon.

"You're the best mommy ever,
I really love you."
The clone smiled & sighed,
"And I love you, too."

The mom frowned & said,
"Sorry, Santa, no deal."
That's my child's LOVE she
is trying to steal."

Smiling wisely Santa said,
"To me it is clear,
Only one loving mother is needed here."

The mom kissed her child
& tucked her in bed.

"Thank You, Santa, for clearing my head.
I sometimes forget, it won't be very long,
when they'll be too old for my cradle & song."

The clock on the mantle began to chime.
Santa whispered to the clone, "It works every time."
With the clone by his side Santa said, "Goodnight.
Merry Christmas, dear Mom, you will be all right."



D&S Electric
Chetwynd • Tumbler Ridge • Dawson Creek
Industrial, Commercial, Residential

- Renovations & New Construction
- Wind & Solar Industries
- Mining, Oil & Gas Industries
- Estimating & Design Builds
- Commercial Construction
- Residential Services
- Plant Maintenance & New Services

www.dselectric.ca
250-257-0747

SILVA
Dear Santa...
For Christmas
this year I
would like a
unicorn,
Barbies,
surprises and
some new
dollies.

LITTLE LIGHTS DAYCARE

Rupert Seafood
Taking seafood orders for the
HOLIDAYS

Order early so you do not miss out!
FINAL DEADLINES
Christmas Order: Dec 20 at 10am
New Years Order: Dec 27 at 10am
CALL 250-788-7801

LITTLE PRAIRIE STORE
A Little Something for Everyone

GIFT BASKETS
Choose from pre-made options
or personalize for friends and loved ones.
New products available

HAVE A SAFE AND HAPPY HOLIDAY!
Thank you for your support in 2017!

250-788-7801 4917 South Access Rd



Christmas movies

HOW WELL DO YOU KNOW YOUR CLASSICS?

Do you love a good Christmas movie? Think you know them like the back of your hand? Let's see if you can correctly answer these 15 questions! **Which movie came out first?** 1. Home Alone or National Lampoon's Christmas Vacation? 2. The Santa Clause or Jingle All The Way? 3. The Muppet Christmas Carol or The Nightmare Before Christmas? 4. Elf or The Polar Express? 5. Love

Actually or The Holiday? **What's the name of...** 6. The elf played by David Krumholtz in The Santa Clause? 7. The Grinch's dog in How the Grinch Stole Christmas? 8. Doris's daughter in Miracle on 34th Street? 9. Kevin's mother in Home Alone? 10. The two sisters in White Christmas? **Random trivia** 11. What toy is Howard desperately looking for in Jingle All The Way? 12. What does Clark hope to buy with his Christmas bonus in The Santa Clause? 13. What musical instrument does Jack give Charlie in Jack Frost? 14. In which English county is Iris's cottage located in The Holiday? 15. In what fictional city does the Gremlins movie take place?

- Answers**
1. National Lampoon's Christmas Vacation, 1989 (Home Alone, 1990)
 2. The Santa Clause, 1994 (Jingle All The Way, 1996)
 3. The Muppet Christmas Carol, 1992 (The Nightmare Before Christmas, 1993)
 4. Elf, 2003 (The Polar Express, 2004)
 5. Love Actually, 2003 (The Holiday, 2006)
 6. Bernard
 7. Max
 8. Susan
 9. Kate
 10. Betty and Judy Haynes
 11. A Turbo Man action figure
 12. A pool
 13. A harmonica
 14. Surrey
 15. Kingston Falls

Because You've Been So Very Good

With a bright twinkle in his eye,
 And a sack full of toys
 He and his reindeer fly,
 To visit all good girls and boys.
 Around the shiny golden moon,
 And over all the homes
 He'll be arriving soon,
 Spreading joy wherever he roams.
 So snuggle yourself into bed,
 And pray before you sleep,
 For soon he'll stop his sled,
 And into your room he will peep.
 If you've been kind the whole year through,
 If you've done what you should,
 Gifts he will leave for you,
 Because you've been so very good.

Merry Christmas!
 We hope you have a warm and safe place to rest your head this Christmas and always.

LAKEVIEW
 INNS & SUITES

Happy Holidays, Everyone!
 Enjoy a Christmas story with your family.

Windrem
Elementary

Thank you for your patronage throughout the year.

HAPPY HOLIDAYS!

Chetwynd Auto Body

TOP TEN PARTY HOSTING FAUX PAS

Are you hosting a holiday get-together this year? For a snag-free celebration, don't make these mistakes.

1. Forgetting to ask your guests about their dietary restrictions (or animal allergies, if you have pets).
 2. Providing only alcoholic beverages, even if there are no minors in attendance.
 3. Serving an unvaried menu (think of children, vegetarians, guests with allergies or who are on a special diet, for example).
 4. Playing excessively loud music (the goal is to create a festive atmosphere — music shouldn't prevent people from having a conversation!)
 5. Overcrowding the table (for instance, the centrepiece shouldn't take up too much space or prevent guests from being able to see each other).
 6. Trying a recipe for the first time — this has a potential for disaster!
 7. Leaving dangerous or fragile items (medication, candles, collectibles) within the reach of children.
 8. Forgetting to stock up on essential supplies like toilet paper, tissues or table napkins.
 9. Neglecting your guests (this includes not greeting them when they arrive, expecting them to introduce themselves and forgetting to top up their drinks).
 10. Having an unwelcoming — or downright unsafe — entrance. Make sure you clear any snow and ice from your front walk, and tidy your mudroom or entrance so guests won't feel cramped as they arrive.
- Organization is the key to success. Start planning well in advance — improvisation is an art that not everyone can master!



Have you been naughty or nice ?

