

# Coffee Talk Express



Friday September 27, 2019

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## A Few Tips to Help Handle the Stresses of Caregiving

Managing the care of a loved one who has physical, cognitive or mental health challenges is the reality for more than 8.1 million Canadians who are unpaid caregivers. Overwhelmed by the magnitude of the daily decisions they have to make, many feel an enormous burden of providing support while struggling to keep their own lives on track.

According to the Canadian Carers Pulse Survey, 69 per cent of respondents reveal that caregiving has taken a toll on their emotional health, while more than half said it affects their physical health.

If you provide care to a loved one, here are some tips on reducing your stress:

**Ask for help.** Caregiving is stressful, and you don't have to do it alone. Connect with your loved one's healthcare team and don't be afraid to ask questions and request information. Talk to your pharmacist. New continuing education programs and resources are helping pharmacists provide tailored services to the caregivers in their community. For example, the new Caregiver Friendly Pharmacy Program was specifically developed to support caregivers and is now available to pharmacies across Canada.



**Get organized.** Websites like [tevacaregivers.com](http://tevacaregivers.com) provide tools and checklists to help you organize and update key information about your loved one's condition.

Take care of yourself. Take the caregiver self-assessment to determine if you need help from a health care provider.

**Learn what caregiver resources are available.** Some of these are national and provincial government resources, support organizations, patient groups and health and social services centres.

**A Realtor You Can Rely On!**  
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To submit your personal classified ad email: [classifieds@coffeetalkexpress.com](mailto:classifieds@coffeetalkexpress.com)

## VEHICLES/PARTS/FARM EQUIP/HEAVY EQUIP.

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

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

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

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

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

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

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

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

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

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

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

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 pkg, A/C, CD Player, Auto trans, seats 6 142,000km, \$14,000 OBO 250.401.3490 for more info

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

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

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

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

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

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

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

## FOR RENT

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

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

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

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

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

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

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

1/2 bdrm apartment 250-401-8570

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

**ComParrot**  
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Branch on tree is longer. 2. Shoe on man's shoe is missing. 3. Leg on sofa is colored in. 4. Book in box is colored in. 5. Label on book has moved. 6. Patch on man's pants has moved. 7. Button on sofa has moved. 8. Necktie is longer. 9. Full chain switch on lamp is longer. 10. Crest on man's uniform is different. 11. Shirt tail is different. 12. Roll of packing tape is shorter.

# Free Classifieds

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## MISCELLANEOUS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Fire wood for sale 200 a cord 150 a long box pick up load call 2508470644

## Chetwynd Senior Secondary is in need of COACHES for all of our sports!

Once again we are short coaches at the high school and are looking for volunteers to work with our incredible student athletes.

If you have a favourite sport or feel you might have the time, we really need you.  
Experience is not necessary!  
We can help you plan practices, games and schedules!

We are currently looking for coaches in Volleyball, Basketball, Badminton, Curling, Skiing/Snowboarding, Cross country running, Golf, Mountain Biking, even ultimate frisbee.

So if you can help out our students it would be greatly appreciated!

Please contact Brent Daniel  
Athletic Director at the high school,  
email – [Bdaniel@sd59.bc.ca](mailto:Bdaniel@sd59.bc.ca)  
or call the school 250 788-3422. Go Cavaliers Go!!



## Why do cats rub their faces on everything?

Have you ever wondered why cats rub their faces on seemingly everything they cross paths with? This behaviour is called bunting, and it's actually a form of feline communication. However, depending on what they rub themselves on, it can have different meanings.

Cats have scent glands located in their feet, below their chin, on their lips, near their temples, along their tails and in their ears. These glands release pheromones, which cats use to mark their territory. If a cat rubs itself all over your furniture and walls, it's saying that those things are the property of kitty.

Bunting may be a show of dominance over other felines in the house, or it may be a way for the cat to feel more comfortable at home.

If your kitty doesn't like to show their face when you have visitors, they may rub their scent around the house once the strangers have gone. Bunting allows them to reclaim the house and feel calmer.

But what about when a cat rubs itself on you? Do they consider you their property as well? The answer depends on your relationship with the kitty in question.

Cats often rub themselves on newcomers to their home. If they do this, it's to gather the intruder's scent and find out more about them. However, if they bunt against their human companions, it's a sign of affection and that they consider you a part of their family.



# Free Classifieds

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## PROPERTY

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

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

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

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

## PETS/LIVESTOCK

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

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

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

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

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

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

## LOST & FOUND

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

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

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

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

## REC VEHICLES

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

10ft aluminum boat, wide beam 4"8" with anchor + chain, flip up wheels and two paddles, safety ball with long rope. 9.5hp Evinrude motor with gas tank 50lb oil mik. asking \$1200 call 250-788-2482

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

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

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

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

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

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

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

## WANTED

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

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

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

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

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

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

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

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

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

Looking for part time labourers call 250-401-8814

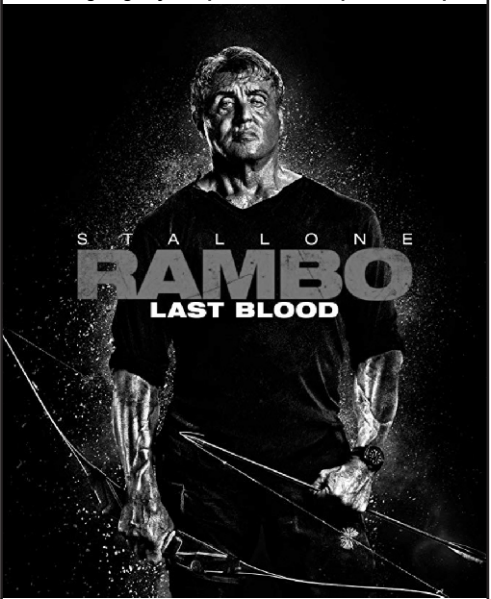
Looking for a housekeeper to help out with duties including food prep, approx 5 hrs 1-2 times a week. \$40/hr. must be reliable and trustworthy. call to apply 250-826-9461

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

**THE REX**  
250-788-3580  
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**FEATURE PRESENTATION**

**14A** Fri, Sat, Sun, Mon  
**Sept 27, 28, 29, 30** 1h29m  
Showing Nightly at 8pm - Doors Open at 7:30pm



Rambo must confront his past and unearth his ruthless combat skills to exact revenge in a final mission.

**Cast:** Sylvester Stallone, Paz Vega, Yvette Monreal



Red, yellow, orange, brown-  
Leaves are falling all around

See them dance  
In the cool, Fall air.

Rake them and pile them  
And bag them with care

**Q: What do you get when you drop a pumpkin?**  
**A: Squash.**

**Q: What do you get when you divide the circumference of your jack-o-lantern by its diameter?**  
**A: Pumpkin Pi.**

**HAHA!!**

**Q: What did one leaf say to another?**  
**A: I'm falling for you.**

**HAHA!!**

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# Notice to the Public

## Permissive Tax Exemptions



**District of Chetwynd**

**\*\*\* Please take note that pursuant to Division 7, Section 224 Permissive Exemptions of the Community Charter, The District of Chetwynd will be considering Bylaw No. Cited as Tax Exemption Bylaw No. 1103,2019 for the purpose of granting permissive property tax exemptions for the year 2020, for the following properties :**

	Organization	Civic Address	Legal Description	Reason for Exemption	Estimate of Exemption		
					2020	2021	2022
a.)	The Church of J.C. of Latter Day Saints	5117 - 43A Street	Lot 1, Plan: PGP29072 DL # 482	Building for Public Worship	\$ 2,604.08	\$ 2,656.16	\$ 2,709.28
b.)	Church of the Nazarene	4908 - 47 Street	Lot 18, Plan: PGP10186 DL # 1814	Building for Public Worship	\$ 865.37	\$ 882.68	\$ 900.34
c.)	The Chetwynd Congregation of Jehovah's C/O Trustees	4380 Access Road N.	Lot 2, Plan: PGP29072 DL # 482	Building for Public Worship	\$ 4,156.18	\$ 4,239.30	\$ 4,324.09
d.)	Pentecostal Assemblies of Canada	4212 - 53 Avenue	Lot 16, DL # 482 Plan: PGP10202	Building for Public Worship	\$ 2,473.68	\$ 2,523.16	\$ 2,573.62
e.)	Chetwynd Shared Ministry Society	5200 Hillside Avenue	Lot 1, Plan: PGP24825 DL # 398	Building for Public Worship	\$ 512.62	\$ 522.87	\$ 533.33
f.)	Roman Catholic Episcopal Corporation	4300 - 51A Avenue	Block D, DL # 482 Plan: PGP18501. 20172, 27784, 29072 & PGP 35575	Building for Public Worship	\$ 2,628.66	\$ 2,681.23	\$ 2,734.86
g.)	Chetwynd Temple Society	5025 - 5029 - 47 Avenue	Block 3, DL # 398 Plan: PGP11989	Building for Public Worship	\$ 516.62	\$ 526.95	\$ 537.49
h.)	Chetwynd Fellowship Baptists Church	4817 53 Street NW	Block 2, DL # 398 Plan: PGP15224	Building for Public Worship	\$ 2,457.51	\$ 2,506.66	\$ 2,556.79
i.)	Little Prairie Christian Fellowship	4720 Nicholson Road	Block E, DL # 1814 Plan : PGP8869	Building for Public Worship	\$ 1,911.07	\$ 1,949.29	\$ 1,988.28
a.)	Tansi Friendship Center Society	5301 S. Access Road	Lot 4, Block 3, DL # 398 Plan: PGP9154	Used exclusively for charitable or philanthropic purposes	\$ 797.46	\$ 813.41	\$ 829.68
b.)	Tansi Friendship Center Society	5101 S. Access Road	Lot 1, DL # 398 Plan: PGP37406	Used exclusively for charitable or philanthropic purposes	\$ 2,799.03	\$ 2,855.01	\$ 2,912.11
c.)	Chetwynd Senior Citizens Housing Society	5109 49th St. SW	Lot 94, Plan PGP24719	Used for Seniors Housing	\$ 1,648.72	\$ 1,681.70	\$ 1,715.33
d.)	Provincial Rental Housing Corporation, Surerus Place	5353 - 47 Avenue	Lot 1, DL # 398 Plan: PGP17255	Used for Seniors Housing	\$ 7,779.54	\$ 7,935.13	\$ 8,093.83
e.)	Chetwynd (BC/Yukon Commanding) RCL # 258	4421 Veterans Way	Lot 11, DL 482 Plan: PGP10927	Used exclusively for charitable or philanthropic purposes	\$ 908.85	\$ 927.02	\$ 945.56

## Pencil Box Stationery YOUR ONE STOP OFFICE SHOP!

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OFFICE SPACE FOR RENT - HIWAY FRONTAGE  
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Please email resumes to  
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shooks@telus.net Chetwynd, BC

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• Skidder Operator  
• Labourer

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Camp Accommodations Available

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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](mailto:careers@conumacoal.com)  
Not all applicants will be contacted.

### 3 Thanksgiving traditions you'll want to adopt

Thanksgiving is a low-key holiday that's rife with traditions, most of which involve food and football. But if you're looking to embellish the way you and your family celebrate the occasion, consider adopting one of these three activities.

**1. Go on a fall hike.** Once the turkey's in the oven, work up an appetite with a family walk. It can involve a simple jaunt around the block or a full-on trek through the woods.

Keep the kids entertained by having them collect branches, leaves and pinecones. Encourage them to create a unique centerpiece or Thanksgiving wreath when they arrive back home.



**2. Add to the family cookbook.** Many families have traditional holiday recipes. Write them all down so that they don't get lost.

Invite older kids to type and print the recipes and place them in a binder. Once the cookbook has been compiled, make it a point to add one new recipe every year.

**3. Create a family quiz.** A few weeks before Thanksgiving, send everyone attending your celebration a questionnaire. Ask your guests to share their favourite food, their bucket-list travel destination and what they're thankful for.

During the meal, see who can guess what the others answered. The winner gets bragging rights until next year.

#### DID YOU KNOW?

Though American Thanksgiving famously began in 1621, it was first celebrated by Europeans in Canada more than 40 years earlier. In 1578, Martin Frobisher and his crew made it safely through the Northwest Passage and arrived on Baffin Island. They celebrated their safe arrival with a meal of salt beef, biscuits and mushy peas followed by prayers of thanks.

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# Employment Opportunities

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

*The Lion Inn  
& Suites*



**Now Hiring**  
Part Time  
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250-401-8570

Stone Creek Ventures Ltd.  
**WANTED IMMEDIATELY**  
**EXPERIENCED LOGGING**  
**TRUCK DRIVER**  
BENEFIT PACKAGE  
Please send resume with driver's abstract  
to [stonecreekventures@hotmail.com](mailto:stonecreekventures@hotmail.com).  
Call Troy at (250) 788-5062  
or Travis at (250) 788-6388



**NORTHERN OASIS  
CARWASH**  
is now hiring!  
**PART-TIME**  
positions available  
for day & evening  
For more information CALL:  
**250-788-5455**  
**Apply In Person**  
**@ the carwash**

**Mamic Transport Limited**   
**LABOURERS NEEDED**  
to start immediately  
Must have own transportation  
and accommodations  
Call 250 788 5261  
for more information



**Riverhouse  
Restaurant**  
**NOW HIRING**  
**Servers, Bartenders  
& Cooks**  
Apply in person with resume

**Chetwynd IGA**



**IS NOW HIRING!**

- 1 Produce Clerk- Full Time
- 1 Produce/Grocer - Full Time
- 1 Grocery Clerk - Full Time
- 2 Cashiers - Part Time Student Position

Applicants must be reliable, conscientious,  
be able to multi task, work days, evenings  
and weekends. Have exceptional  
customer service skills and lift up to 50lbs.

Please drop off your resume in person to  
the office with what position you're  
interested in.



Road Maintenance (South Peace) Inc.

**Now Hiring**  
**PLOW TRUCK OPERATORS**

JOIN OUR FORCES – BECOME A SNOWFIGHTER.  
Argo is seeking experienced truck drivers for the  
Dawson Creek, Mile 22, Progress, Chetwynd, Tumbler  
Ridge, Honeymoon Creek, and Mount Lemoray Areas.  
Seasonal, full-time. Minimum Class 3 DL with air.  
Please visit our website at <https://argoroads.ca/jobs/> to  
upload your Resume and current National Driver  
Abstract and include the location you are applying for.  
Applicants may also submit Resumes and National  
Driver Abstract by email to  
[argosouthpeace@argoroads.ca](mailto:argosouthpeace@argoroads.ca).



PEACE RIVER REGIONAL DISTRICT

## Notice of Public Hearing

West Peace Fringe Area Official Community Plan Bylaw No. 2312, 2018

### When:

Wednesday, October 2  
2019 7pm

### Where:

Chetwynd & District  
Recreation Centre,  
Spruce Room

4552 North Access Road  
Chetwynd B.C

### For More Information:

Contact:  
Development Services  
Tel: 250-784-3200  
Toll Free: 1-800-670-7773  
Email: prrd.dc@prrd.bc.ca



prrd.bc.ca | f

### DRAFT West Peace Fringe Area Official Community Plan (OCP)

The Peace River Regional District is hosting a Public Hearing to discuss the Draft West Peace Fringe Area Official Community Plan (OCP) and would like your input!

An OCP guides and informs decisions about land use management, community development and planning. An OCP is a visionary and future-oriented policy document that contains goals, objectives and strategies to help move communities closer towards their vision. The document will inform the Regional District how to make decisions, including but not limited to, housing, businesses, industry, and agricultural uses.

If you live in the surrounding area of the District of Chetwynd:

- Dokkie
- Wildmare
- Wabi Hill
- Jackfish Lake
- Twidwell Bend
- Moberly Lake
- Big Lake
- Bond Siding

Your property may be affected with these proposed changes.

This is the last opportunity for the public to comment of the Draft West Peace Fringe Area Official Community Plan.

The PRRD looks forward to seeing you at the Public Hearing.

This notice is in general form only. Relevant background documents are available online at prrd.bc.ca on the West Peace Fringe Area Engage! Page or may be inspected from Monday through Friday, excluding holidays, between the hours of 8:30am – 4:30pm at the PRRD Dawson Creek office (1981 Alaska Avenue, Dawson Creek, BC) or 8:30am – Noon and 1:00pm – 4:30pm at the PRRD Fort St. John office (9505-100<sup>th</sup> Street, Fort St. John, BC).

Written comments or concerns accepted.

The holding of this public hearing has been delegated to the Director of Electoral Area E.

Shawn Dahlen, Chief Administrative Officer

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6390 CAMPBELL RD. CHETWYND, BC



## OPEN HOUSE VIEWING

A ONE OF A KIND, FALL IN LOVE WITH, LINDELL HOME LOCATED ON AGERAGE JUST MINUTES FROM TOWN....

This A frame style home has 4 bedrooms, 3 full baths, a detached garage w/office, daylight basement, carport w/large deck, out-door hot tub and so much more! Located only 6 minutes from town on 4.9 acres this home has a spring fed well with LOTS of water year-round. The property location and house design allow for huge breath- taking views of the surrounding mountains and valley!! The fully renovated kitchen features an island and counters with quartz tops, custom "to the ceiling" cabinets, a large farm-style fireclay sink.

High ceilings, wood beams and finishing though-out the house make for a chalet feel. The master suite boasts an amazing full marble shower w/ spa fixture and jacuzzi tub. Upstairs you will find 2 bedrooms, a fully renovated bathroom and sunny loft area. The finished basement has 1 bedroom and full bath, the utility room has a dual forced (wood/gas) stove, water softener/filtration system and additional generator electricity supply should BC Hydro feed ever go down. A large deck built last summer faces the valley and is a great place for relaxing or entertaining. There is a fenced yard & garden, playhouse with sandbox area great for the kids. Come fall in love with this gem in the country only minutes from town!



SEPTEMBER 28-29, 2019

\*Doors Open from 12 – 5pm\*

(West of Chetwynd on Campbell Rd.)

Refreshments will be served



To book a viewing outside OPEN HOUSE scheduling  
Please call (250) 788-5638 or (250) 401-8404 or contact us at t.l.mosher@live .ca

# AB CRAFT SUPPLIES WORKSHOPS

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wood projects available for purchase: Pumpkins, Frames, Yardzee, Scrabble Tiles, Signboards, etc. Also available: Canvas pillows + inserts * Watch for more Workshops and Projects to be added*		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Please call or stop in to book your workshop! 250-788-3376 3794 OLD HART WABI ROAD	



# District of Chetwynd

## Proposed Zoning Amendment Bylaw No. 1100, 2019

### NOTICE OF PUBLIC HEARING

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

**Date: October 7, 2019**

**Time: 4:00 p.m.**

**Place: Council Chambers**

- 1) Proposed Zoning Amendment Bylaw No. 1100, 2019 to change the zoning from Multiple Family Residential – Low Density – RM1 to Highway Commercial - C2 Highway on the subject property known as **District Lot 1908, Peace River District, Except Plans 14984 and 28257 (5100 Nicholson Road).**

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

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

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

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

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

Dated this 17<sup>th</sup> day of September, 2019  
Carol Newsom, Corporate Officer

## 3 Tips to Encourage Wellness In Your Home

Fall weather means fewer vacations and getting back into a regular routine. One way to combat the daily stressors these changes might bring is by ensuring your home is a space for rest and relaxation. Here are some tips to inspire health and wellness in your home:

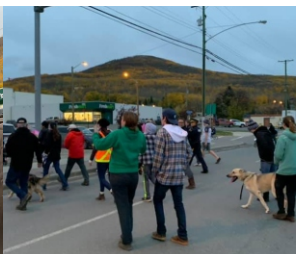
**Design cozy nooks and spaces.** Even the tiniest of homes can carve out a zone or two dedicated to quiet contemplation. Whether it's a comfy chair or spare bedroom, try to find a spot with plenty of natural light and air flow. Load it up with soft blankets and cushy throw pillows to create a space for a deep power nap, curling up with a good book or engaging with your favourite hobby, like crafting.

**Manage stress creatively.** Exercise, sleep and eating well are essential for handling stress, but it's also important to discover what other activities uniquely help you unwind. For example, extroverts often feel re-energized by socializing with friends. Others can feel restored by zoning out with their headphones on.

**Minimize social media time.** Did you know that people who don't sleep with a phone in their room get better quality rest? Being mindful about where, when and how often you use social media is essential for managing stress and maintaining a sense of well-being. Create guidelines for the whole household to follow and be sure to set a good example for your kids by following them yourself.



## Suicide Awareness Walk and BBQ



"I'm overwhelmed by our communities support for our Suicide Awareness Walk and BBQ this evening" Said event coordinator Charla Brazeau.

The community joined together this past Wednesday, September 25<sup>th</sup>, to bring awareness to this tragic act that so many face and deal with the aftermath of, everyday.

This event was organized by Tansi, Northern Health and BC Ambulance as well as being supported by Chetwynd RCMP- Here are a few pictures of this successful event



Pictures from "Chetwynd helping Chetwynd" Facebook page



# Thanksgiving

Celebrate this year with a Free Turkey!

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

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



Winner will be announced on Friday, October 11

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



# CROSSWORD



## ACROSS

1. "The Greatest"
4. Sis's sib
7. Sings alone
12. Time unit (abbr.)
13. Yet, poetically
14. Got out of bed
15. Gardening implement
16. Ready for use
18. Cave dweller
20. Singer Willie \_\_\_\_
21. US natives
25. Matrimonial
26. Gentle
30. Outer limit
31. Immerse briefly
33. Rod's companion
34. Loch \_\_\_\_ monster
35. High military rank
37. Saint Paul's state
39. Mob scene participant
43. Snaky shape
44. Removed clothing
47. Have
50. Scram!
51. Edgar Allan \_\_\_\_
52. Baseball's \_\_\_\_ Gehrig
53. Small pastries
54. In addition to
55. Male child

## DOWN

1. Fire residue
2. MGM lion
3. Polar water formations
4. Get lost! (2 wds.)
5. Race an engine
6. "\_\_\_\_ Clear Day..." (2 wds.)
7. \_\_\_\_ tax
8. By mouth
9. Tennis shots
10. Capital of Norway
11. Perceived
17. Country hotel
19. Zodiac ram
21. Prayer word
22. Produced
23. Heel
24. Straighten
26. Curl
27. Spray cans
28. Steak, e.g.
29. Jazz great \_\_\_\_ Fitzgerald
32. Cage
36. Required
37. Convenes
38. Tax org.
39. Iron oxide
40. Peruvian native
41. Aroma
42. Horse's gait
45. Health resort
46. Billion years
48. Romance
49. Convent resident