

# Coffee Talk Express



Tuesday April 28, 2020

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## Relief for British Columbians on the Horizon

Temporary relief is on the way for British Columbians whose ability to work has been affected by COVID-19, with applications for the \$1,000 B.C. Emergency Benefit for Workers (BCEBW) opening on May 1, 2020.

"This benefit is further help for British Columbians who are worried about paying their bills and making ends meet during the COVID-19 pandemic," said Carole James, Minister of Finance. "During these uncertain times, we want to get through this together by helping displaced workers support themselves and their families."

The BCEBW is a one-time, tax-free \$1,000 payment for British Columbians whose ability to work has been affected as a result of the COVID-19 pandemic. Most people who are eligible for the new federal Canada Emergency Response Benefit (CERB) are also eligible for the BCEBW, including those who have run out of employment insurance (EI) benefits and subsequently qualify for the CERB.

To be eligible for the BCEBW, people must:

- have been a resident of British Columbia on March 15, 2020;
- meet the eligibility requirements for the CERB;
- have been approved for the CERB, even if they have not received a benefit yet;
- be at least 15 years old on the date of application;
- have filed, or agree to file, a 2019 B.C. income tax return; and
- not be receiving provincial income assistance or disability assistance.

Starting May 1, applications can be made online, at any time, and a link to the application portal will be available at: [www.gov.bc.ca/workerbenefit](http://www.gov.bc.ca/workerbenefit)

Also starting May 1, people can call 778 309-4630 or toll-free within B.C. at 1 855 955-3545, Monday to Friday from 8:30 a.m. to 4:30 p.m. (Pacific time) for general support or questions. Applications over the phone will begin on May 4.

Payments will start to go out within days of application. While there may be minor delays during the initial surge, government staff will be working to quickly process payments.

The benefit is part of the Province's \$5-billion COVID-19 Action Plan to provide income supports, tax relief and direct funding for people and businesses, and to support the services people count on.

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*Continued inside*



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# Feelin' Fit with Elaine

Over the years as a Fitness coach, I have learned that if you want to make a change in life, doing it one step at a time is the best approach. A quote by Creighton Abrams states, "When eating an elephant, take one bite at a time." This quote always reminds me to break things down into manageable steps, which can help keep me from feeling overwhelmed. Whether it's the desire to quit smoking, learning to eat better, or starting to exercise to improve your health, you are much more likely to succeed if set your mind to it; you set realistic goals, and hold yourself accountable.

How to get started?!?

1. **Commit yourself!** This commitment should be in writing and should be read every morning.
2. **Set a realistic goal with benchmarks.** Start slow and work into it, logging your weekly progress.
3. **Make yourself accountable!** Buddy system! Doing with a friend makes it fun/easier

I believe that if you follow this philosophy, you WILL achieve your goals!

Thank-You  
Elaine



Question? What leafy plant is grown in abundance in the sandy plains of southern Ontario?



## Chetwynd and District Rec Centre Table Supply Request for Quotes

The District of Chetwynd is inviting quotes for the supply of the following goods to the Chetwynd & District Rec Centre:

- Twenty (20) round tables, at 5 (5) feet in diameter, commercial grade impact resistant, polyethylene or ABS plastic, with heavy duty, powder coated steel frame and locking, folding legs
- One (1) dolly or cart suitable for 5 (5) feet in diameter round tables
- Three hundred (300), black, commercial grade, padded folding chairs, minimum 18 gauge powder coated steel frame, double riveted cross braces, and three hundred (300) pound capacity; with sufficient storage dollies or carts for storage
- All quotes must be complete and include all applicable product specifications, taxes, freight, delivery, and other related costs.

Contact Steve McLain at 250-788-2214 or by email at

[smclain@gochetwynd.com](mailto:smclain@gochetwynd.com)

**Deadline for receipt of quotes is 2:00pm, local time May 1, 2020**

The District of Chetwynd reserves the right to reject any and all quotes for any reason or to accept any quote received; which the District of Chetwynd, in their unrestricted discretion, deems most advantageous to their selves. The greatest of any quote may not necessarily be accepted

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Email: [classifieds@coffeetalkexpress.com](mailto:classifieds@coffeetalkexpress.com)

## MISCELLANEOUS

LG G4 cell phone \$80.00 250-719-7158

Husqvarna 343 R heavy duty trimmer like new condition \$500 (2 blades, wire-string cassette, harness, manual) Linda 788-2944.

Single bed complete with bedstead, mattress and box spring \$100 OBO. 788-2944

Hauling wood, \$130.00 a load or \$165.00 split. 250-401-8991

Ten inch kicker bassworks box. huge mono Kenwood amp just rebuilt. mid tweet combo and 4 channel amp. Cheap. Text 250-618-6165

11 firewood chainsaws for sale, various sizes 250-401-1859

Red potatoes \$25 for 5 gallons call 250-788-2205

Christensen Arms Mega burnt bronze/green \$1400. .300 win mag comes with scope rings. Vortex Viper Rifle Scope 3.5 - 10x50 dead-hold BDC \$200. Vortex Viper HS-T Rifle scope 4 - 16x44 VMR-1(MOA) \$300 call 250-788-5478

4 Goodyear Ranger 265 16 18 all season MS tires. \$300.00 Call 250-783-1343

Oak Kitchen cabinets. \$1000. Linda, 250-788-2944.

Homelite track snowblower, 25" 8 hp fabric cab \$350 obo 250-788-2181

1200 watt amplifier, and a wall mounted tv, call 250-874-0170.

Firewood- \$150 a pickup, \$225 split call 250-556-4419

Hay for sale approx 1200lbs round bales, \$40 - \$70 depending on quality. Located 80 km from Chetwynd Jackfish lake rd. text tor call 250-262-9092

Vintage yellow glow maid wood burning cookstove with stove pipe \$900 call 250-317-3567 or 250-801-8308

Double Bed \$75, Microwave Stand \$50, Winegard Tripod, new \$50, Decorative Coat Rack \$20 250-788-5582

Antique Organ., \$1000.00 OBO , Water cooler (5gal) & 50.00 OBO Linda 250-788-2944

Fisher price baby swing \$50.00 obo, antique sewing machine \$125.00, step 2 desks (age 2-5) \$10.00 each, MEC bunting suit (winter suit) blue \$30.00 obo, Koalakin baby carrier \$40.00 obo. call or text 250-401-7091

Indoor/outdoor lights-3 boxes \$5 ea. outdoor lights red, 3 boxes \$5 ea. 2 sets of outdoor lights unopened red \$5 ea. Pinecone lights 10ft. LED. brand new crockpot \$30 call 250-788-9781

Jackson classic figure skates size 5 like new condition used 1 season \$100. figure skates Size 5 1/2 \$50 call 250-788-9445

308 Savage for sale comes with Bushnell scope and two clips. Only used for target practice. Must have proof of PAL call 250-556-4087

22 cal. cement/steel pin gun comes with case, supplies \$125.00 obo, 303 British rifle \$300.00 obo 250-261-0804

New laminate, leather top chair and rocker \$150 each 226-388-9277

5x5 round hay bales, mixed hay, NH solid core, approx 1000lbs \$60 each, can load, Pouce Coupe call 250-719-4967

### Ripen Tomatoes Easily

Don't leave tomatoes to ripen in a sunny window, as sunlight quickly deteriorates them. Warmth, not light, ripens tomatoes. The best spot to place them is on top of the refrigerator.



### Chetwynd and District Rec Centre 2020 Indoor Playground Request for Quotes

#### Request for Quotes

The Chetwynd and District Rec Centre is requesting qualified proponents to submit their quote for the design, supply, and installation of an indoor playground; meeting the specified minimum criteria.

Full quote packages are available on request by contacting Steve McLain at 250-788-2214, or by email at [smclain@gochetwynd.com](mailto:smclain@gochetwynd.com)

Quotes must be clearly marked **2020 Indoor Playground** and be delivered to: Steve McLain by email at [smclain@gochetwynd.com](mailto:smclain@gochetwynd.com), by fax at 250-788-2219, or by mail at:

Recreation Centre  
4552 North Access Road  
PO Box 757  
Chetwynd, BC  
V0C 1J0

**Deadline for receipt of quotes is 2:00 pm, local time, May 15, 2020.**

The Chetwynd and District Rec Centre reserves the right to reject any and all Quotes for any reason, to waive defects in any bid, or to accept any Quote received; which the Chetwynd and District Rec Centre, in their unrestricted discretion, deems most advantageous to themselves. The greatest or any Quote may not necessarily be accepted.

**REMEMBER CERB** Payments will have to be paid back if you choose not to work

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

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

4 Bridgestone Blizzak tires 245/60 r-18 very low mileage 250-788-2511

16' Car hauler in good condition call 250-788-3342

Good year Wrangler 265/70/r17, \$250 for a set of 4, 250-788-5123

2013 Kia Rio 141,000km 6 speed, navy, runs excellent asking \$6300 call 250-788-2628

4 Toyota 16" rims 5 bolt pattern \$150, 4 mud&snow tires 215/60/r16 \$100 call 250-401-1454

5 - 16" tires & rims. call 250-874-0170

Under hood fuel filter 6.7L Dodge \$50.00 obo, EFI live programmer came off 6.7L dodge, can be set for any diesel \$300.00 obo, turbo for 2014 dodge \$1000.00 obo, Resse drop in 5th wheel hitch for dodge \$1000.00 obo, 5 tires 235/80/1 10 ply 1duratr, 2 general, 2 firestone \$150.00, Hub caps for 2014 dodge ram dully 1 front, 2 rear \$50.00 each, Marine Manifolds and risers with gaskets for V8 chevy \$250.00 obo, Yamaha 700 triple mountain max snowmobile. call for price 250-261-0804

2006 Western Star logging truck, Tri drive MXS Cat deleted to single turbo, 18 speed trans, 46,000 pound 4:30 raio diff with locks, rear sleeper, ready for work. 2001 Superior hayrack log trailer with 4 packages, 3 are exte 9'6 bunks, comes with wrappers, and chinchies \$6500.00 for both 250-788-5163

2017 Rav 4 6 speed trans awd. 2.5ltr 4 cyl engine. 40,200km warranty. winters on rims, like new \$24,900 250-788-9229

4 Goodyear LT 275/65 R18 \$800

4 225/65 R17, Continental Car Tires, Decent Shape \$200. Call 250-467-2060

1994 Chevy Blazer for parts, 2004 Mazda 6 4 door, 1997 F-150 supercab longbox v6 5 speed standard. 250-401-7215

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

Snow tires 185/60/r15, fairly new \$300 call 250-782-3996

M/S 225/75/r16 Cooper tires on rims \$200 obo 40% tread 250-401-1210

2002 Freightliner with 3406 b mechanical cat engine. Has just over 1000 hrs, 18sp trans with 46,000lb Rockwell 4 way locking diffs \$15,000 Call Duane 250-788-5163

4 Hankook Winter iPike studded tires for sale. Size 195 65 R15. Used 3/4 of a season. Lots of tread left. \$200 OBO for the set. (819) 446-5960 call or text.

2013 Kia Rio, 147km, 6 speed, nice cond, navy. \$5500 call 250-783-1343

1994 Chevy 1/2 ton RWD for parts, no papers, has a good 350 engine. 2001 Ford Focus for parts only free must haul away. Call or text 604-343-9201

1975 Ford (approx 5 ton) farm dump truck with grain box + interchangeable flat deck \$2,900

16.5 ft Arctic gravel truck box with high lift tailgate + hoist. Very good shape \$14,000. 3 ambulances f350 4x4s. 2 Sundowner first aid units 250-788-3868

1 Truck bed to fit 1/2ton FORD Contact for more info 250-788-6802

4 Goodyear LT 275 /65 R18 tires for sale, asking \$600, Call 250 467 2060

## REC VEHICLES

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

1987 Tundra skidoo 280cc long track works well / runs well \$3000

700cc Summit skidoo, great shape approx 2003 \$2,900 call 250-788-3868

2003 Argo 8 wheeler roll bars, top windshield, very low hours, \$6,500 call 250-788-3868

Arctic Cat Jaguar Z1 1153cc skidoo 4 stroke with reverse-short track, asking \$2500 obo new drive belt and new book on machine. call 250-401-7215

Brand new tandem axel quad trailer \$2400 obo 250-401-1210

2013 Yamaha Striker 1200 cruiser. very low km beautiful shape \$11,000 obo call 250-787-0320

2012 30' Zinger 5th Wheel, Mint condition, stored under roof, leather furniture, hid-a-bed, lots of storage \$20 000 obo call 250-788-5040

## PETS/LIVESTOCK

Need to re-home 4 year old spayed female cat, sweet cat, great mouser, perfect for farm or barn. will send with a free bag of food. Loved dearly and currently at the Chetwynd vet hospital in kennel. Call 250-556-4087

4 female tri colour Pembroke Welsh Corgis to re-home. Beautiful girls! comes de-wormed and first set of shots. call or text 250-783-0878 \$1200 obo

Looking to re-home our American Eskimo Mini. She is 16yrs old, has vision issues and hearing loss. Comes with all her own toys, bed, leashes and food. Please call Shari 604-786-0514

1 Wether \$100, 1 Male Goat \$150 & 5 Bred Females, soon to have babies \$300 Call 250-788-3951

Can we uninstall 2020 and reinstall it?

I think it has a VIRUS

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## TEC TALK WITH LEIF The Users File System

Windows has a pretty clear cut file system hierarchy that has remained relatively the same throughout it's iterations. On a generic installation, your Root directory will most often be labelled "C:". Under this directory we can find various folders, Windows (containing operating system files used by Windows), Program Files (Programs installed are stored here), Users (all User content for each individual user account set up under Windows can be found here).

When you create a User account, it's associated folder can be found within "C:\Users", and many of the files you download or create while using that account will be found within your User folder. For instance, files downloaded while browsing online will typically default to the C:\Users\Example\Downloads folder (replacing "Example" with your user account name). When you save a document you are working on in a productivity application (Such as Microsoft Word or Excel), they default to the C:\Users\Example\Documents folder. From here, it's not difficult to guess where Pictures, Videos and Music will be located/saved.

Creating your own folders within these folders is an excellent way to keep your files organized and reduce clutter. It's a good idea to periodically check your Downloads folder and remove old files or transfer to more appropriate folders (pdf's and word documents to Documents folder, downloaded pictures to pictures folder, etc).

Knowing where your important files are stored makes backing them up a lot easier, pop in a USB stick, and copy your C:\Users\Example\Pictures folder to the USB stick and melt away your worry. Of course, it's a good idea to know just how much storage those files will take up. If you right-click a file or folder, you will see the option "Properties", this dialog will give you a good amount of information on the file or folder such as when it was created, the last time it was modified, it's access permissions, as well as how much space it takes up. With the knowledge of how much space your file or folder takes up, you can then make an educated decision on which external storage device to purchase.



**CHETWYND FOREST INDUSTRIES**  
A DIVISION OF WEST FRASER MILLS LTD.

**During this COVID-19 emergency there continues to be extra effort made by the people in our community. Whether you work in one of our grocery stores, pharmacies, gas bars or other essential service or you are a municipal employee, healthcare professional, or front-line emergency service provider, you all deserve an extra special thank you.**

**Our sincerest thanks for your tireless effort and commitment to the residents of Chetwynd.**

***The employees and Staff of Chetwynd Forest Industries***

*Continued from front page*

The action plan builds on the federal government's COVID-19 Economic Response Plan and delivers there key supports for people, including:

enhancing the B.C. Climate Action Tax Credit to provide up to \$218 per adult and up to \$64 per child in July 2020;  
introducing a rental supplement of \$300 per month for eligible households with no dependents and \$500 per month for eligible households with dependents;  
providing an emergency \$300 per month for the next three months to individuals receiving income assistance or disability assistance and who are not eligible for EI or the CERB;  
freezing all B.C. student loan repayments, interest free, until Sept. 30, 2020;  
halting all evictions due to non-payment of rent for the duration of this emergency;  
delaying several tax filing and payment deadlines for income tax, the employer health tax, provincial sales tax, municipal and regional district tax, motor fuel tax, carbon tax and tobacco tax;  
reducing the school property tax rate for commercial properties to achieve an average 25% reduction in the total property tax bill for most businesses; and  
changing the Employment Standards Act to ensure immediate job-protected unpaid leave for workers affected by COVID-19, so they can stay home as needed.

#### Modern Day Marriage Vows

1. Do you promise not to ask for help finding things that are right in front of your face?
2. Are you willing to be hit in the middle of the night if snoring too loudly/
3. Do you promise not to criticize her driving, even if it takes her 27 tries to parallel park?
4. Do you promise not to say, "You never told me that" when in fact, she did tell you that multiple times?
5. Do you promise to kill all the gross bugs?
6. Do you promise to share your french fries, even though she didn't want any?
7. Do you promise to never question the amount of shoes, purses, or blankets brought into your home, no matter how many she already has?

#### Prince George RCMP Seeking Missing Man

Police are requesting help from the public in locating a man that has not been seen in approximately three weeks.



53-year-old Stephen Brett Dobson of Prince George was reported missing April 22. Dobson was last seen on Monday, April 6th and last spoken to on Friday, April 10.

Stephen Brett Dobson can be described as: Caucasian Male, 183 cm (6'0"), Greying short buzzed hair, possibly with a goatee, Brown eyes. Dobson is associated with a white Dodge D-350 pick-up truck bearing BC license plate Ef2464.

If you have any information about Stephen Brett Dobson or where he might be or where the vehicle is, please contact the Prince George RCMP at (250)561-3300.

If Dobson is located, please immediately contact the RCMP

Birdie birdie in the sky  
laid a turdie in my eye.  
If cows could fly I'd have  
a cow pie in my eye

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MLA Mike Bernier  
103B 1100 Alaska Ave  
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YOUR HANDS  
and  
Keep practicing  
SOCIAL  
DISTANCING**

*We're in this together*

<http://www.facebook.com/MikeBernierBC/>



Yellow butter, purple jelly, red jam, black bread.

Spread it thick, say it quick!

Yellow butter, purple jelly, red jam, black bread.

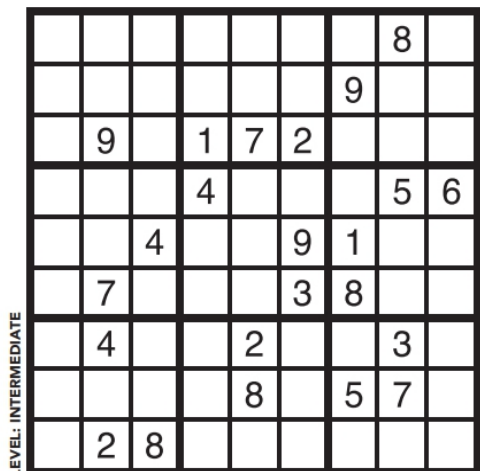
Spread it thicker, say it quicker!

Yellow butter, purple jelly, red jam, black bread.

Don't eat with your mouth full

# SUDOKU

PUZZLE NO. 764



## HOW TO PLAY:

Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: you must not repeat the numbers 1 through 9 in the same line, column or 3x3 box.

ANSWER TO PUZZLE NO. 764

6	1	4	7	3	9	8	2	5
2	2	2	1	8	4	5	7	2
8	3	6	1	2	2	5	6	7
4	6	8	3	9	2	5	2	1
3	2	1	7	5	4	4	8	9
9	5	8	1	1	8	1	2	3
5	4	5	3	2	3	4	4	5
7	2	1	7	2	3	8	4	5
1	4	5	7	3	6	9	2	8

- 1. Wear a helmet** In the event of an accident, wearing a helmet greatly reduces your chances of suffering a serious head injury. Make sure that your helmet fits well and that the straps sit snugly against the sides of your face and under your chin.
- 2. Inspect your bicycle** A well-performing and properly maintained bike is safer than one that's run down and needs work. Regularly check the following before hitting the road:

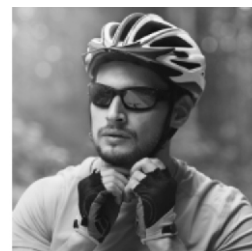
- Tire pressure
- The condition of the spokes
- The alignment of the wheels and the forks
- The tautness of the chain
- The functioning of the brakes.

Only ride bikes that are the appropriate size. Ensure that the seat and handlebars are set at the right height.

- 3. Make yourself visible** If you cycle at night or when visibility is limited, make sure your bike is equipped with a white front light, a red rear light or reflector, white reflective tape on the front forks and red reflective tape on the rear forks. As an extra precaution, consider wearing reflective clothing and equipping your bike with vertical and horizontal safety flags.

- 4. Make yourself hear** Bikes are extremely quiet, so it's important to always announce your presence to other cyclists and pedestrians. Use a bell, horn or your voice to indicate that you're passing or approaching.

- 5. Communicate your intentions** Know the hand signals for turning and stopping and always use them when changing lanes, making a turn or coming to a stop. This is for the benefit of motorists and other cyclists. Moreover, make sure to do a shoulder check before signalling and another one just before turning.



- 6. Remain alert**

**WAREHOUSE LIENS ACT**  
whereas, Sean Gregory Hingley is indebted to Robert's Towing and Recovery for tow on October 15, 2019 and storage of a 2007 Chevrolet Silverado Pickup Blue VIN ending in 560046. There is an amount due and owing of \$3,706.17 up to April 1, 2020 plus any additional costs of storage, seizure and sale. Notice is hereby given that on the 6th day of May 2020 or thereafter, the said vehicle will be sold. For more information: Roberts Towing and Recovery 6233 Wildmare Road, Chetwynd BC 250-788-9194. Closing date for bids May 6th, 2020 at 5pm

## 6 tips for safe cycling

Biking on city streets presents dangers to cyclists, motorists and pedestrians alike. To ensure everyone's safety, here are six guidelines bicyclists should follow.