# Coffee Talk Express



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Closed on Sundays & Stat Holidays

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# Dr Seuss Party At the Library





Chetwynd Public Library's morning programs (children from 0 – 5 years old) were challenged to read 1000 books with our Dr Seuss Reading Challenge. The Dr. Seuss reading challenge ran from February 4 – March 4th. Not only did the children succeed with their 1000 books read goal but beat the goal and read a total of 1,439

The children of the Lunch and Tales groups celebrated their accomplishments and Dr. Seuss birthday with lots of games, crafts and

cupcakes!

books!





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PH: 250.788.3422

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

FAX: 250.788.3405



Congrats to all of our Bingo winners! This week's card color is Green!



1 Line: \$2,000 2 Lines: \$3,000 Picture Frame: \$5,000 Blackout: \$15,000

# **Hutterites are coming** Friday, March 15th at 9am to the Hart Hi-Way Laundromat with

# Chickens

\*FOR BIG AMOUNTS, PLEASE PRE-ORDER\* .788.2567

# **FREE BEGINNER** COMPUTER LESSONS

AT THE **PINE VALLEY SENIORS HALL** 

**WEDNESDAYS AND FRIDAYS 7-9PM FOR THE MONTH OF APRIL** 

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

7000lbs, needs lights done, \$3000 Canadian Tire, like new, \$200. Please OBO Call 250-788-6604

Cement mixer mounted on a trailer, heavy duty unit, electric or gas driven. rubber, new injectors, high pressure \$900 OBO. Call 250-788-6604

1988 4 cylinder Chevy, runs excellent, excavator. \$400 OBO. Please call 250-401-1210

inch, like new, \$800 OBO. Power belt mileage, 3 sets of tires, two sets on 5 gallon compressor, 3 horse power, rims, asking \$13,000 OBO. Please good shape, \$100 OBO, Please call 250-782-5553 or 250-219-4171

Ford Ranger club cab 4x4 w/ canopy, standard only 117,000kms; mint \$6,990, 1989 F250 4x4 w/ canopy, 302 motor, standard \$2,100. Various 1st aid units, 4x4 ambulance and gear excluding SCBA's, 4 head gas monitors; satellite phones all in pelican cases. call 250-788-3868

FOR SALE BIG Truck tires and rims for sale (8) 11R245 Trailer tires with 75% tread \$130.00 each (6) 11r24.5 Bridgestone spares on Alcan aluminum rims \$300 each (2) 385 Bridgestone tires with 75% tread. \$300 each Phone 250-788-6777 or 250-788-5015

2009 Chevy Cheyanne 1500 pickup 4X4, new transmission, tires, front end, interior excellent condition, v-8 engine, gas 5.31 crew cab. 217,000km\$13,800. leveling kit w/ 5000lb air bags call 250-878-1647 or 250-878-2817

90% tread. 30.-06 savage model 110 w/ accessories asking \$475 call John 250-782-3996 or 250-219-4334

16' Flat deck trailer, tandem axels Pressure washer, 1800 psi, bought at call 250-401-7160

> 2006 Ford F 350 Super Duty, new 38" oil pump, cooler, heavy duty bush bar, \$22,000 OBO or partial trade for

Call 250-788-6604

Pulin pro electric start snow blower, 27 2010 Toyota Matrix standard, low call 250-788-2049

2012 Argo on track, very little use, 2006 Jeep Liberty 4x4 \$4,950, 2006 \$16,500. 2005 Argo 8 wheeler \$6,500 both in storage last 5 years. 1999 International tandem water truck 3,500 gallon has brand new engine \$24,500 . 2017 John Deere tractor as new only 46 hrs. 55hp diesel 4 cyl. PTO 3pt hitch but no front end loader new cost 40,000 asking \$24,900 call 250-788-3868

> Caravan sto+go seats, 7 passenger, 132,000km. asking \$10,400 call 250-788-5905

> 2007 Chev Stock front bumper. Came off Chev 1 ton truck. Lights, wiring and brackets included. Asking \$495.00 obo

call 250-788-3925

Selling a 2003 Oldsmobile Green Alero.\$1000.00, automatic, 243,000 kms, in good running condition, winter tires new windshield, brakes/rotors done, battery replaced a 4 Arctic Claw tires 215-75RM \$200 year ago. needs some work. Please call Diane @ 250 782-1972

> 2011 BMW 328x1- steering wheel and seat warmer, new winter tires, 2 sets of rims 160,00km asking \$10,000 call 250-788-2223

# FOR RENT

Three bedroom home for rent in Aspen Place. Available early January. Will consider renting by the room. Call Julie @ 250-401-1985 for more info.

2 bdrm home for rent. Lockable 4 season toy storage. Gas and certified woodstove. Additional storage in attached addition. Large driveway, small starter greenhouse. trails from your backyard for hiking, fishing, or hunting sledding or quading, To view or get an application, please call Randy:778-766-5000 or email: NB Customs@outlook.com

Bachelor suite for rent, utilities- cable and internet included. good location, snow removal and yard maintenance incld \$1250/month.

Please call 250-784-5085

3 rooms for rent in Tumbler, bathrooms, tv, pool table, use of kitchen call 250-242-5888

What do you have to trade? Dodge Bed/Sitting room for rent, own entrance, T.V and internet, own bathroom, laundry, NO kitchen. Available on January 1st. Please call 250-788-3577

> Bachelor suite for rent, all utilities incld & internet and TV inlcd. in Chetwynd \$1250 call 250- 784- 5085

ComParrot

Can you spot 12 differences between these pictures?





Solution: 1. Bellows on musical instrument are different. 2. Girl's coat is shorter. 3. Tie on curtain appears. 4. Bottom of toadstool is colored in. 5. Pocket on boy's shirt is colored in. 6. Extra writing on boy's note. 7. Wire on floodlight has moved. 8. Patch on curtain has moved. 9. Musical note has moved. 10. Boy's hat is faller. 11. Curtain is longer. 12. Meckline on girl's shirt is lower.



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# MISCELLANEOUS

Gorgeous vintage string of pearls, strung with silk, 14k gold clasp 66 pearls with stunning luster \$300. Beautiful solid 14k gold cross and chain. Purchased many years ago from Lothar Triebel \$300. Solid 14k gold wedding band \$150. Text 250-329-5482

Nikon d7000 digital camera, comes with Nikon dx AF-5 Nikkor 18-105mm lens, Great starter lens, carrying case and tripod \$1200 call Bruce 604-795-0232

Home theatre system bluetooth hd5.1, 2500watt/mp4/hdmi/hdtv/ 6 spkrs. android LED smart projector v-550. New in box, would make a great gift \$500. Please call 250-788-3868

Frabill speed shak 2 man  $\,$  ice shelter \$200 obo/ 1 man fish trap ice shelter \$200 obo call 250 788 2390  $\,$ 

Paintball guns and accessories for sale call 250-783-5454

Firewood- dry spruce and pine \$230 call 250-983-9702

Firewood 200\$ for a cord of pine delivered. Phone 250 874 0644

Posturematic adjustable bed 38"X80" super single with massage mode \$450. call 250-788-5235

Used Shaw satellite tv equipment for sale, cables, dishes, receivers, 200' coax cable. call Henry for more info 250-788-2606

Chocolate brown couch w/ attached cushions, no damage \$200. Glider chair & stool solid maple, new cover, no damage \$175 call 250-788-5655

la-Z-boy good clean cond, 2 reclining sofas seats 9, love seats, 42" TV like new(5 years old) will take best offer. must sell call 250-788-2606, 780-897-0730

Massive wood stove for sale. 3' 8" in length, new never used, very heavy. Call 250-719-6142.

Washer and dryer for sale, please call 250-788-3951.

Queensize bed, Sealy mattress w/box spring, \$300-\$400. Call 403-891-9471

Brand new 32" flat t.v. HDMI Cords and everything included, 1 week old. \$275 OBO. Never been used brand new dvd + blueray player, \$75 OBO. Please call 250-788-6502 or 250-556-9300

Women's medium Royal Distributing snowmobile jacket and bib, black with yellow call 519-808-9769

Unused 500gal west steel dbl wall fuel tank, new was \$3,400, asking \$2,400. mega trapping gear, traps, boxes, baits, tools, boards. call 250-788-3868

Quick and affordable snow removal with snowblower. Call 250-719-3923

For Hire- 328D JohnDeere skidsteer + operator, fully licensed and insured. In or out of town call 250-788-6604 for rates

Blazeking, dual fans, brass door, top cover, 5" of pipe + top stove adapter for pipe \$2800. New 14' cf deep freeze 6 months old \$300 call 250-788-6625.

Handyman looking for work call Edgar 250-874-0170

Royal Purple Princess Diana Ty Bear with authenticity paper Asking \$10,000 to view call 250 788-5198

Carport for sale + JBC surround sound call 250-788-9781 or 250-401-8095



#### NODEDIENTS

10 oz frozen spinach, thawed and squeezed dry

1 12-oz jar roasted red peppers, drained, patted dry and chopped

1/2 cup panko breadcrumbs

¼ cup grated Parmesan

¼ tsp smoked paprika

Kosher salt and freshly ground black pepper

4 small chicken breasts (about 8 oz each)

2 Tbsp olive oil

1 shallot, grated or chopped

1/4 cup dry white wine

1 cup chicken broth

1 Tbsp unsalted butter, cold

Chopped fresh parsley, for garnish

#### DIRECTIONS

- 1. Preheat the oven to 425°F.
- Mix together the spinach, peppers, breadcrumbs, Parmesan, smoked paprika
   1/4 teaspoon salt and a few grinds of pepper in a small bowl. Set aside.
- 3. Butterfly the chicken: Holding your knife parallel to the cutting board, slice a breast through the middle, stopping about 1/2-inch short of the other side. Open the breast up like a book and flatten it with your palm. Place between two pieces of plastic wrap and pound with a meat mallet to a little less than 1/2-inch thick.
  Repeat with the remaining heasts.
- 4. Divide the spinach mixture into four portions and place a portion in the center of each breast. Roll the breasts tightly around the filling and secure with kitchen twine. Sprinkle all over with salt and pepper.
- 5. Heat the oil in a large, oven-safe skillet over medium-high heat. Add the roll-ups and cook until golden brown on all sides, about 6 minutes. Transfer the skillet to the oven and cook until an instant-read thermometer inserted into the center of the filling registers 160°F, another 6 to 8 minutes.
- 6. Transfer the roll-ups to a cutting board and cover loosely with foil. Return the skillet to the stovetop over medium heat (be careful, the handle will be very hot). Add the shallots and cook until softened, stirring, about 1 minute. Add the wine and boil until reduced by half, 1 to 2 minutes. Add the chicken broth; boil until reduced by half, about 3 minutes. Off the heat, whisk in the butter and season with salt and pepper.
- 7. Cut away the twine and slice the chicken into 1-inch rounds. Serve with the pan sauce and sprinkle with parsley.

**Phones** 





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# PROPERTY

Three bedroom modular home on two serviced lots in Tumbler Ridge, nice

Found: Key found for GM with faub. Seeking a 3+ bedroom place for rent Found in the Dokkie sub. Pick up at the March 1st. Must be pet friendly for place, good location, price \$120.000, open to offers and trades. Please call 250-401-1127

3 bedroom mobile home for sale. Text only please 250-874-0655

Two adjoining industrial lots for sale in Chetwynd Industrial Park. 3.4 acres. Phone: 250-788-3563

Beautiful modern Chetwynd house for sale.3 bdrm/3baths with a lrg fourth bedroom . Low heating bills. Landscaped and fenced with vehicle gate into back yard. Single garage. Many custom features. Separate finished basement. The basement can provide excellent revenue as a B&B. Asking \$429,000 call 250-788-6808

# PETS/LIVESTOCK

Moving and need to re-home young singing cockatiel bird. Comes with cage and food \$100 obo. please Call 778-868-4131

1.5 yrs old male brothers. Need to go together \$500 obo Call 250-401-8142

# OST & FOUND

Pencil Box.

Lost: Black Sony phone with red case. Please call 250-401-1676 or bring to The Pencil Box.

Lost: ladies navy blue wallet with FOX Wanted: Nikken hand magnets(balls) emblem, has sentimental value. Lost on with/without case call 250-788-3307 Feb 1st. If found please call 780-617-6262

2004.5 Polaris 500 Sportsman Quad \$2200. Call 250-782-5026

1992 18.5ft searay skiboat, V6 chev, ex load trailer, new rubber, very good condition. \$6500 OBO. Please call 250-788-6604

Polaris 700 quad, 4x4, good condition, comes with brand new snow blade. \$2800 OBO. Call 250-788-6604

Skidoos-3-tundra II's trapper style 2006 apec1000cc \$4,400, 2006 tundra 300cc \$4,400 (both stored last 9 years) call 250-788-3868

2006 Arctic Cat M7, \$4000 OBO, 2 purebred Red Bone Coon Hounds: excellent condition, Please text or call 250-601-0221

> 2006 500 Forma Quad \$3,800, 2400 km. excellent shape, front windshield, back seat rest and winch. call 250-878-2817

> 2007 Arctic Cat Jaguar 1057cc skidoo with only 1,100 kms \$2900. call 250-788-3868

# WANTED

two smaller indoor dogs. We have amazing references. Long term rental preferred. Hoping to have a garage. (No previous tenants with cats due to children's allergies.) call Natasha @ 1-780-507-9475

wanted- 2" to 3 1/2" x 8 foot pine or tamerack rails for log furniture project e m a i l george georgetdedge@gmail.com

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

Wanted: a dual cassette player in good shape call Alvin 250-788-8153

Looking for full sized comfy couch in good condition from non- smoking home, willing to pay up to \$300 please call 604-719-4139

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

Wanted: Looking for yr around live-in position with Hydro- off grid country place with people environmentally caring (chemical free living and recycle). Experienced in country style living and wood heat. I can do child care work, light housekeeping, cooking, yard work, organic gardening. For replies: i.c331@yahoo.ca









# **HELP WANTED** YOUNG'S MILLS (1980) LTD **NOW HIRING Student Shop Labourer** Must have mechanical interests. 4 weekdays after school and most Saturdays

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**HELP WANTED** YOUNG'S MILLS

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Box 1295, Chetwynd BC V0C 1J Please email resumes to hr@kpaoilfieldservices.c



# IT'S NATURAL SO IT'S SAFE, RIGHT?



We've all seen claims like "100 per cent natural" or "all-natural ingredients" splashed across a variety of products. Sometimes the word "green" or "organic" may be added as well. But are "green" or "natural" products actually safer to use?

Just because a product is natural, green or organic doesn't mean it doesn't have risks. They are still made up of chemicals, just ones

produced by nature instead of humans. But nature produces plenty of chemicals that can harm us if we're exposed to too much of them.

Often, natural ingredients are no different than synthetic ones in how they work or what risks they pose. In fact, a synthetic substance that mimics a natural one can sometimes provide a purer ingredient that can make a product safer for use.

Some tips on how to prevent exposure to chemicals in the home, whether they are natural or not, include:

- Read the label and follow all instructions before use.
- Lock up your chemicals to keep them out of reach of children and pets.
- Dispose of household chemical products the right way. Check with your municipality to learn how and where.
- · Ventilate your home.

The Chemicals Management Plan is a Government of Canada initiative aimed at reducing the risks posed by chemicals to our health and the environment. As part of the plan, Health Canada has launched the Healthy Home campaign to provide people with easy-to-understand and useful tips to properly manage chemicals and other environmental hazards around the home.

We would like to express our heartfelt thanks to all friends and family for helping us celebrate the life of Brett Forsyth.

We appreciate your love and support at this difficult time

To Richard, Sandy and staff at Reynars, we thank you for your caring support and helping us to prepare.

Thanks to friends and family who sent flowers, food, cards and stopped by to visit.

A thank you to the Chetwynd Shared Ministry Church for organizing and providing the lunch together with Canfor, friends and family.

For those donating to Kallie's Trust Fund, it is much appreciated.

Forever grateful, Aubrey, Janet, Chelsea and Kallie

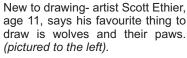
# 'EXPLORING ART' CHILDREN'S ART GALA 2019























This year was the 6th annual Exploring Art Children's Art Gala. The Chetwynd Public Library and the Chetwynd Arts Council team up, year after year, to showcase our community's up and coming artists.

What began simply as an idea to expand fine arts in Chetwynd quickly became a program that helps focus on creativity through self expression and confidence. The Free program has been running with financial support from the Chetwynd Arts Council as well as the Chetwynd Public Library and helps kids explore many different art styles.

This showcase features pieces from over 50 artists, aged 0-12. Some pieces were just on display and others were for sale. Some were from kids participating in the program and others were submitted by kids not in the exploring arts program but who simply enjoy creating art.

These pieces will only be on display for so long so make your way to the art gallery in the same building as the Fire department weekdays to see some great local youth artwork.

Kelsey Roberts, Reporter Coffee Talk Express

# HOROSCOPE

# ARIES (Mar. 21-April 20)

It might be time to do some of those chores at home. You can get into clothing, hairstyle, and attitude. You will find it easy to learn and excel. Friends and relatives can give you good advice.

Your lucky day this week will be Saturday.

### **TAURUS** (Apr. 21- May 21)

Be sure to take care of the needs of youngsters. It will be all around you. Trying to deal with your mate will be unproductive and possibly hurtful. This is not the best time to take a risk, to gamble or spend money you really can't afford to part with.

Your lucky day this week will be Thursday.

### **GEMINI** (May 22-June 21)

You need time to put your house in order and sort out what you are going to do about your personal direction. Don't point your finger unjustly at others. Your devotion will be persuasive. Look into career choices and courses being offered.

Your lucky day this week will be Saturday.

## CANCER (June 22-July 22)

Don't overspend on friends or children. You're in the mood to spend money. Be careful that you don't overextend yourself. Discord may arise with someone you're close to.

Your lucky day this week will be Monday.

# **LEO** (July 23-Aug 22)

Get involved in physical activities that will stimulate you. You should get into programs that will enhance your appearance and help you to be the best that you can. Inharmonious situations at home may be extremely upsetting for you this week. Do not let them blow situations out of proportion.

Your lucky day this week will be Sunday.

### VIRGO (Aug. 23 - Sept. 23)

relatives. Look to a close friend for advice. Networking will be a necessity. You will accomplish the most through organization.

Your lucky day this week will be Wednesday.

### LIBRA (Sept. 24 -Oct. 23)

Don't make financial contributions in order to impress others. Be sure to weight loss programs or go out and change your image with a new look in organize events that will keep the children busy. A lack of support and negativity have been the main problems. Stay mellow.

Your lucky day this week will be Monday.

# **SCORPIO** (Oct. 24 - Nov. 22)

Accept the inevitable, and opportunities for advancement will follow. You need to mingle with people who can spark enthusiasm and confidence in you. You are best to be accommodating for the time being. Sudden romantic infatuations won't be lasting. Pursue outdoor activities or any physical exertion.

Your lucky day this week will be Friday.

# SAGITTARIUS (Nov. 23 -Dec. 21)

Set aside any decisions regarding your personal life this week. Nothing can be resolved if you don't want to talk about it. There could be disappointment regarding investments. The locks, stove, gas, or electric wires may not be secure.

Your lucky day this week will be Monday.

## CAPRICORN (Dec 22.- Jan. 20)

You must try to lay your cards on the table. Talk to your mate and tell them how you feel. For best results get out of the office and do your job en route. You can ask for favours and get sound advice from close friends or relatives. Use discretion in your dealings and refrain from making verbal promises of any kind.

Your lucky day this week will be Tuesday.

# AQUARIUS (Jan. 21 -Feb. 19)

Changes regarding family members will set you off. You need to get out if you want to meet potential partners. Keep on your toes when dealing with others. You will enjoy lavish forms of entertainment and should consider making arrangements early.

Your lucky day this week will be Sunday.

### PISCES (Feb. 20-Mar. 20)

If you haven't already, don't be afraid to start your own small business on Deception and doubts may surround your involvement with friends and the side. You may find that you are a little lucky this week. Try not to allow superiors or those in a higher position to take advantage of you. Try to curb your tongue and let others at least get a word in.

Your lucky day this week will be Monday.



