



NEW HOURS

MON - SAT: 5PM - 9:30PM Closed on Sundays & Statutory Holidays 250-788-2755







MAN SENTENCED IN 2012 HEDLEY CONCERT BEATING DEATH

A man has been sentenced in a 2012 beating death that took place at a Hedley concert in Dawson Creek. Levi Morris, who was 21 years old at the time, was charged with manslaughter in January 2016, four years after 28 year old Jason Foster died of injuries received during the show at the Encana Events Centre.

As reported by the Dawson Creek Mirror, Morris has been sentenced to 1 year in prison after pleading guilty on May 7th. According to an agreed statement of facts, at the show, which took place on February 14th, 2012, Foster's cousin spilled beer on a member of Morris' party, and a fight ensued after an apology was not received. Morris and Foster were not initially involved in the incident. Morris believed that Foster grabbed him when he tried to intervene, and the two fought. Foster was knocked unconscious, and died in hospital the following day. Morris and two other suspects were arrested later that night, but no charges were laid at that time.

The Dawson Creek mirror reported that the judge stated that this incident appeared to be out of character for Morris, and the incident was triggered by a trivial matter.

Courtesy of Peace FM

JEN JENKINS ELIMINATED FROM MASTERCHEF CANADA



Dawson Creek's Jen Jenkins has been eliminated from the show Master Chef Canada. The 28 year old is the sixth chef to be cut from the competition. On the May 15th episode, Jenkins' team lost the first challenge, forcing the four team members to compete in a pressure test challenge that required them to prepare oysters in three different ways. Jenkins has been accepted into the Stratford Chefs School and will be moving to Ontario this year to complete her studies.

Courtesy of Peace FM





ROYAL LEPAGE

Donate your proceeds go to local Women's Shelter!

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HELP WANTED

ADMINISTRATIVE CLERK

FULL-TIME/PART-TIME MONDAY to FRIDAY

Health/Dental/Pension Plan Provided



Please Email Resumes To: info@chetwyndrm.ca

-AB Craft Supplies Ltd-

- Helium for balloons Crafts
 - Scrapbooking Supplies - Kids toys
- Scrapbooking classes monthly Open Mon Fri 8am 5pm Check us out on Facebook!

3794 Old Hart Wabi Road 250-788-3376



DISTRICT OF CHETWYND

LOAD RESTRICTIONS 2018

The District of Chetwynd wishes to notify the public that the following load restrictions will be in effect immediately.

100% Legal Axle Loading is permitted:

- North Access Road (business area)
- South Access Road (business area)
- Nicholson Road
- Industrial park

All other Municipal streets and roads are restricted to 70% of Legal Loading.

The District thanks you for your cooperation in their efforts to minimize the damage to our streets and roads during this spring thaw.

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VEHICLES/PARTS/FARM EQUIP./HEAVY EQUIP.

Call 250-788-2446 or 250-401-3200

2001 Ford F150 4.6l, auto, 4x4 crew cab short box w/canopy. Needs engine work. 250-788-3900

2013 Sante Fe Sport SE 2.0L turbo. Leather interior with lots of extras. 74,000km. \$22,500. Call 250-401-3251

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

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

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

2007 Ford F-150 XL 4x4, long box \$3000; 2002 Isuzu rodeo 4x4 \$1500. BC registered. Call 587-597-6877

2007 Tridem low km; 2004 Doepker Hayrack trailer with many extras. Call 250-788-9762

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

Two 2002 Ford pickup trucks, 4x4, standard, motors are good, good body, 4 spd, \$3000 for both firm. Call 250-788-3969

1973 Ford 2000 tractor with bucket. Runs on gas, and runs well. Asking \$3500. Call Alvin at 250-788-8153

250-788-2312

3 winter Yokohama 15" tires and rims. 15 bolt. 1 spare tire and rim on 03' Cavalier. Lots of tread left. 1 set of 4 mags and tires, lots of tread, 255/60R15, Nokian/core racing mags. Asking \$600 for all. Call 250-401-6151 OBO.

Truxedo box cover to fit long box on Ford, \$225. PCM to fit 2001 Ford diesel, \$450. Stainless steel brake hose for 01' F3504x4,\$100. Call 250-467-2060

4 17" Steel rims, 5 bolt holes 2 3/4" center hole. Fits Jeep Wrangler and some Dodge vehicles. \$40 for all 4. Call 250-788-6808

1990 Ford mustang 2.31. In great shape. Call or text 250-401-1768

Driveway scrapper/grader 12' wide. Call 250-401-8647 Call 250-788-2253

rto. deck with cat head. Tool boxes, great farm truck, ready to work. \$7000 OBO. 250-783-5535

2 lawn tractors, Husqvarna \$600, and Yardworks \$1000. Call 250-401-8647

Topper for Dodge short box 1/2 ton information call 250-788-6881 truck or 3/4 ton, 2000 or older, good condition. 3 - 17" chrome rims with Room for rent in Chetwynd, shared condition. 250-242-5888

1984 Chevy S10 w/canopy. Can be driven or used for parts. Call after 4pm 250-788-2795

1998 1500 Chevy pick up, 2 wheel drive, excellent condition. Inspected in cable and washer/dryer. Call Julie at Alberta and BC registered. Asking 250-401-1985 \$2300. Camper' long. Asking \$800. Call John at 250-219-4171. No Sunday Fully furnished 2 room suite with own calls please.

FOR RENT

4 like new 215/65R17 winter tires on 1996 Arctic Tridem pole trailer, Room for rent in Wabi for the end of rims, fits Jeep/Chrysler, \$400 firm. completely rebuilt, sandblasted & May. Private residence located 5 painted; 1999 Doepker Super B logger, minutes from Chetwynd. Access to a rebuilt. Call 250-788-5720 or shared kitchen, laundry and other living space. Has hot tub, room for parking and toys. Will consider outside dog, and space for a horse may be available at an extra cost. Will consider part rent and part help with finishing small reno job if you're handy. Half months due at time of move in for \$1000. Call 250-788-5042

> Camper/trailer space available. Daily/weekly/monthly. Includes power and parking. 2km west of town. Call 250-401-1103

2400 sq. ft, 3 bdrm house. Newly

Beautiful 1500 sq ft, 3 bdrm house on acreage. Private location close to town. Available immediately for longterm lease. No pets. \$1600/mo plus utilities.

3 bdrm, w/d, 2 baths house in Rodoe 1984 Kenworth 400 cummins 15 spd Sub. For more information please call 250-536-8072

> 3 rooms for rent in Tumbler ridge. Use of pool table. Call 250-242-2888

Furnished 2 bdrm suite. Utilities, satellite and internet included. For more

tires, 8 bolt for dodge 3/4 ton. Good common areas. Utilities included, internet & cable. Rent month to month but will do weekly rentals. Call Julie for more information at 250-401-1985

> 3 bdrm, 1 bath house in downtown Chetwynd. Includes utilities, internet, 250-401-1985

> washer and dryer. Quiet location downtown Chetwynd. Now available. Call 250-788-6842 or 250-788-3853

ComParrots Can you spot 12 differences between these pictures?





Solution: 1. Leaf under flower box is missing. 2. Mountain peak is missing. 3. Leaf appears in giraffe's mouth. 4. Eyebrow is missing. 5. Bottom of flower is colored in. 6. Open apace appears in leaves. 7. Knothole is colored in. 8. Bush behind house is missing. 5. Bottom of flower is colored in. 6. Dower is different. 11. Spot on giraffe's neck is taller. 12. Giraffe's mouth is different.



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MISCELLANEOUS

12 oil paintings by Judy Carlson. Will accept reasonable offers. Call 250-788-3252

Handgun 9 1/2 barrel, Ruger, single shot, 2 cylinders. Magnum long riffle. Call 250-788-6625

Energy XL-26 speakers, Sony turntable w/usb. Yamaha r-s3000 amp, comes with approx 90 lps. All like new. Asking \$600. Call 250-242-4819

Bowflex Xtreme 2SE weight system, comes with mat, instructional video and poster. Asking \$200 OBO. Call 250-788-2328

5 Tri light table lamps. \$30 ea. Call 250-788-3252

Fresh crop of new hay bales, \$5.00ea. Excellent horse feed, brome, timothy and alfalfa. Call Jed 250-788-9421 or call Jere 250-788-2944

Singer Treadle sewing machine antique heads for parts. Make an offer. Please call 250-788-2944

Used 12,000lb 4 post hoist with rolling jacks, \$3000. Used tilt head tire machine, \$15,000. Used 14x14' overhead door with electric opener, \$1000. Please call Don 250-788-9599 or 250-788-5100

Snow blower 108cc 24", like new. Asking \$650. Call 250-788-1941

New and used hanging baskets, 10" to 16" with handles. Pots, 2 1/2" to 19" new in boxes. Miscellaneous dish gardens, ovals, inserts and trays. Call Jere or Linda Franklin 250-788-2944

Set of Funk and Wagnall's Encyclopedia. used on amazon \$535, asking \$250. Please call 250-788-3252

Beautiful desk, like new. \$250 OBO. Call 250-719-6126

Wooden framed chicken/turkey plucker. Used a few times and in good shape. Regular \$550, asking \$300. 48 eggs digital clear temperature control advance hatching eggs incubator for chicken and duck eggs. Used twice. Comes with extra rack. asking \$150. Call 250-317-3567

Yamaha organ \$550 OBO. 1 Irg electric Takamine guitar with tuner built in, c/w case, strap and guitar floor stand. \$800 firm. 1 small acoustic Denver guitar w/strap \$250. Call 250-788-3341

850 cfm mobile compressor. Good condition. 3306 cat ready to work. \$8000 OBO. 250-783-5535

Husqvorna drt 900h Rototiller with Honda engine, very little used, \$800. Call 250-788-5494

250 gallon fuel tank with electric pump. Call 250-242-2888

2 house doors to give away. Call 250-261-3133

2 tables, 1 lrg with leaf, \$100. 1 small table with 2 chairs. \$50. Table saw \$60. Call 250-788-8109

Various circuit breakers, enough for a large home. Siemens. Make an offer. Call 250-788-6808

Stihl power saw 18" bar, like new. Asking \$250 OBO. Call 250-219-1087

Solid wood hutch, glass doors, glass shelving with beautiful wood detailed carving. Purchased in December 2017. Brand new. Asking \$1000. Please call 250-788-8809

2 lawn tractor. Yard machine and Husqvarna, both in good condition. Open to offers. Call 250-401-8647 ACTRESS
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PROPERTY

door garage, carport. Call Henry 250-788-2606

renovated with new appliances. Lrg back yard. \$247,000. Call 250-401-1425

cabin. Call 250-788-6625

5301 44A Ave Chetwynd. 4 Bdrm, 2.5 bath. Corner lot on a quiet dead end road close to Mt. Badly trails. Fully renovated upstairs with an open concept kitchen, dining room and living room. Master bdrm includes a 2pc bath, walk in closet. \$310,000. Call 250-788-5982 to view.

Property situated on the city limits of Dawson Creek. 4 bdrm, 2 full baths, open concept kitchen, w/d, dining room, living room with all stainless steel appliances. Utilities are natural gas, hydro and city 2007 Yamaha, 1100 custom. CW sewer. Cistern for water. Asking \$379,000. Open to offers. Call Paul 250-784-4668 or melling 8@hotmail.com

3 bdrm mobile in Tumbler Ridge. Please call 250-401-1127

3 bdrm, 2 full baths fully furnished basement with own door. Nice area in town, very private. Call 250-788-3577

PETS/LIVESTOCK

Standard female Poodle, black with white on chest and chin. Born Jan, 29, 2018. Comes with first shots/Vet check, located in Prince George. Willing to deliver to Chetwynd. Please call or text 250-617-7094

Puppies ready for their forever home. Adoption available in mid May. 4 boys, 3 girls. Mom is a Pitbull Mastiff - Dad is a Bear dog. \$250 a pup w/1st shots. Please contact 250-556-4076

4 month old black lab puppy. \$300 Call 520-467-9813

Yellow/green mix Canaries. 2018 hatch. Male \$60, female \$30. Text or call 250-788-6935

LOST & FOUND

bdrms, 2 baths, 24x28 double parking lot on Sat Jan 20, all my ID Lincoln, Hobart, Miller, etc. Call inside. Reward offered. Please call 250-874-0630

> Would like it back if found. Was a 250-788-8819 Christmas gift. Call 250-788-9781

Partially finished house on 5 acres with Lost: Orange and white Tabby cat with 2 small dogs looking to swap houses short ears. Last seen Feb 5. He may be in the Little Prairie area. Call 250-788-9445

VEHICLES

2007 30' Gooseneck fifth wheel trailer. 3 7000lb axels low profile 21000lb gvw rear ramps. Call Don 250-788-9599 or 250-788-5100

1977 Ford Vangaurd Motorhome, 19', runs good, low mileage, stove, fridge and furnace works, \$3000. Please call 250-783-5535

removable windshield. Saddle bags, luggage rack and sissy bar. Asking \$5200. Text or call 250-719-6126

2009 Yamaha Rhino. 700 side by side 2,450km, 330 hrs, winch, extra tires. Good condition. Asking \$7800.

1998 Okanagan Camper 8'x9" Bath, Wanted: Looking for an old used shower, everything works. Asking washing machine. Please call \$4800. Call 250-759-4923

1986 16' travel trailer, excellent PT babysitter for 7 year old needed. 2 condition. Call 250-788-3834

2008 Kawasaki 750 4x4, atv good condition. Rubber is great. Asking Wanted: Lawn tractor for reasonable \$3200. Call 250-242-5888

1984 Honda Goldwind aspencade motorcycle. Comes with mustang saddle seat. New motor 1 yr old. Missing battery cover plate. Rums great. \$2000 firm. Also motorcycle cargo trailer used last year, \$500. Call 250-788-3639. Please leave a message.

2000 GMC 2500 ext cab, short box. Wanted: Urgent! Need a live-in 302280km, runs good, power locks, after market rims. \$2200 OBO. Please call 250-503-6099

38' Travel supreme MH diesel. Class A. 350 HP cummins, 6 speed Allison transmission, 8000 Onan generator. Sunscreen, 4 slides. Well maintained. Asking \$79,000 or OBO. For more information call 250-780-3011

1996 17' Larson Boat and trailer. 100 horse outboard. \$1800. If there is no answer please leave message. Call 250-788-1928 or 250-788-1111

WANTED

2 storey house on Centurion Crescent, 3 Lost: Black wallet lost in Super Valu Wanted: Portable gas welder. Ken 250-467-2401

Wanted: 1 ltr to spare of fresh goat's 3 bdrm 1 bath home in Crown Sub. Fully Lost: Black scarf, shiny with fringes. milk. Must be delivered in town. Call

> Wanted: Male in Tumbler Ridge with with someone in Fort St John or Dawson Creek on rotation bases. Call 250-242-5742

> Wanted: 12-16' flat deck trailer. Call 250-219-8201

> Wanted: Old 3 point hitch disc from the 50s or 60s. In working cond-ition or not. Please call Bob 250-788-2954

> Waned: 1997 Dodge Dakota inside door panel with power door and window locks or a cheap 1997 Dodge Dakota SLT as parts truck that has driver side inside door panel. Call 250-242-7069

> Wanted: Men's size wheelchair in good condition. Call 250-788-2498

250-261-3133

weeks on, 2 weeks off. From 5:20am - 8 am. Call or text 250-556-4184

price. Please call 250-788-7809

Wanted: Someone to pull or haul 3 axel pup home from Chetwynd to west Kootneys or Okanagan. Price negotiable. Please email me at kevinsutherland11@icloud.com or call 250-226-7202

position as soon as possible in exchange mainly for room and board. I can do work as a caregiver, doing housesitting/keeping, cooking, cleaning, yard work, organic gardening. Work environment has to be drug-free, eco-friendly and love children, as I may at later date have a child along with me. I do not work on Saturdays and I don't drive. I am non-smk., nondrk. and kind and reliable in nature, hoping for a long term position. References can be given upon request. Any serious job offers please forward to: j.c331@yahoo.ca

Wanted: Someone to help with yard /farm work. Please call if interested 250-788-9762

CHETWYND ELECTRIC EELS SWIM CLUB

May 22nd, 2018 6:30pm **Pomeroy Banquet Room**

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Royal Canadian Legion

Monday May 21, 7:00PM Legion Lounge

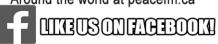
All members attending will be entered to win a free burger



Airing this week on CHET TV. My Pioneering Life! Wednesday at 8:30pm & Saturday at 2:30pm!



Listen to the Bannock Hour with Theresa Gladue every Sunday at 7pm! Listen at 94.5 in Chetwynd 104.1 in Dawson Around the world at peacefm.ca



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PO Box 45 Moberly Lake BC V0C 1X0 Phone: (250) 788-7916 Fax:(250) 788-7918

Employment Opportunities

4Evergreen Resources LP (4EG: a Saulteau First Nations' owned medium sized civil construction company) is currently looking to hire 1 (one) certified Construction Safety Officer.

Construction Safety Officer Job Title:

Safety Manager **Reports To:**

Job Purpose

We are currently seeking self-motivated, certified National Construction Safety Officers (NCSO's) who will be responsible for the supervising, implementing and enforcing of the safe day-to-day project operations and activities of our workers and subcontractors. The successful candidates will work directly with our management team and clients to ensure all projects will be completed safely and successfully to scope and budgets.

Duties and Responsibilities

- 1. Oversee the daily implementation and enforcement of all applicable safety programs, policies, procedures and regulatory
- 2. Provide safety coaching, mentoring, training of safety programs and site orientations of workers and subcontractors;
- 3. Perform regular inspections and audits of activities and practices;
- Collaborate with managers and clients to monitor compliance and identify and mitigate safety issues;
- Maintain and file accurate documents, records and reports with company, clients and regulatory agencies as required; and
- Use and continually develop leadership skills.

Qualifications

- Be a certified National Construction Safety Officer (NCSO), OHS Diploma preferred;
- In depth knowledge of BC Occupational Health & Safety Regulations;
- Experienced in development, implementation and enforcement of health, safety and environmental (HSE) policies and procedures:
- Possess current, valid safety certificates (OFA Level 1 minimum, WHMIS 2015, TDG, H2S Alive, Ground Disturbance Level 2, Oilfield Driver Awareness.

Construction Safety Training Systems, Pipeline Construction Safety Training and S-100 (Fire Suppression)):

- Be diligent, detail oriented and be of an analytical mindset;
- Have excellent oral and written communication and advisory skills;
- Proficient in MS Office;
- Ability to ensure and maintain corporate records and confidentiality;
- Ability to solve problems, make effective decisions, resolve conflicts and manage time effectively;
- Be willing and available to submit to, perform and pass pre-employment drug and alcohol (D&A) testing;
- Possess a current, valid Driver's License and clean Driver's Abstract;
- Pass and provide a Criminal Records Check; and
- Be willing to travel to/from and stay in camp as may be required.

To Apply

Please submit resume and cover letter by 4:00 PM MST on May 31th, 2018 to:

4Evergreen Resources LP Attention: Safety Manager PO Box 45 Moberly Lake BC V0C 1X0 Phone: (250) 788-7916

Fax: (250) 788-7918

Or to:

abarrett@4eg.ca



Conuma Coal Resources has immediate openings for qualified candidates with a demonstrated history of strong safety performance and dependability to join our team in an exciting start-up of our Brule Mine and Willow Creek plant site.

HEAVY DUTY MECHANICS (uncertified/journeyman) ELECTRICIANS MILLWRIGHTS INDUSTRIAL HYGIENEST

Conuma Coal provides competitive wages and benefits.

No camp facilities are available

Applicants with prior or active Mine Rescue Certification will receive strong consideration.

Please send resumes to: careers@conumacoal.com

Not all applicants will be contacted.

GARAGE SALE

SAT MAY 19 9AM - 2PM 5109 43 STR RODEO SUB

SAT, MAY 19 8AM - 4PM 5575 MOBERLY LAKE RD SOUTH MOBERLY LAKE

SAT MAY 19 & SAT MAY 26 9AM - 1PM 4817 52 AVE (near airport)

> SAT MAY 26 & SUN MAY 27 ALL DAY STARTS 9AM 5116 43 STR RODEO SUB

LARGE MOVING GARAGE SALE SAT MAY 26 8AM - 5PM 3217 JACKFISH LAKE RD (at the flag on the left) Rain or Shine

MULTI YARD SALES MOBERLY LAKE SAT JUNE 2 & SUN JUNE 3 5328 LAKEVIEW SUB, 2012 LAKEVIEW SUB 5352 LAKEVIEW SUB, 5403 LAKEVIEW SUB 2502 HWY 29, 2477 HWY 29,

(across from CrowFeathers) Everything under the sun More info call 250-556-4202

MEET THE MAYOR

MAY 18, 2018

The North Central Local Government Association (NCLGA), an association of all local governments from 100 Mile north and from the Pacific to the Alberta border, just completed its annual convention in the Northern Rockies Regional Municipality, Fort Nelson (FN), the farthest north local government in the NCLGA. It's a lovely drive to FN up the historic Alaska Highway with its magnificent, wide-withdrawing vistas, and with the Northern Rockies standing boldly in the close background for much of the trip. At six hours from Chetwynd, the cruise is well worth your time if you have the time to spend. And FN, hard hit by the downturn in natural gas and the loss of its sawmill and plywood mill is still a beautiful and welcoming community with a stunning civic centre.

A funny thing happened on the way to the great north. We stopped for a rest break at a to-be-unnamed location. Noticing that the gasoline price was 164.9 per litre we said, "Wow, if it is 164.9 here, what will it be in FN? We'd better fill up here." Well, you guessed right this time. Gas price in FN: 149.9.

High on the interest of the delegates and generating significant discussion was the looming crisis of the caribou recovery initiatives of the Federal and Provincial Governments that will affect to some degree the entire NCLGA region. The District of Chetwynd proposed an amendment to a motion already on the table that requires the NCLGA to strongly urge the Federal and Provincial Governments to give community health and viability high priority when pursuing the worthy objective of recovering the Southern and Central Mountain Caribou and to strongly urge the Federal and Provincial Governments to engage in *real consultation* with all affected communities before announcing decisions on actions that will affect our ability to survive as communities. From where I was sitting the vote appeared to be unanimous in support of the resolution and the amendment.

Another resolution put forward by the District of Chetwynd and the Peace River Regional District (PRRD) dealt with mitigation of flood danger. We are asking for changes to the regulations that now restrict access to stream beds without a months-long-with-uncertain-results application process to gain permission.

We who live here know that the streams that wreak so much havoc in a heavy-and-prolonged rainstorm are frequently dry for weeks at a time. Our request is to be able to enter the streams without a prohibitive application process during these prolonged dry-bed events to do flood mitigation work such as removal of excess gravel and other obstructions to water flow.

We are not asking for carte blanche access. We are assuming that guidelines and best practices would be developed which we would follow in our pre-emptive flood mitigation work. But we want this change to regulations soon because we know that the next storm is coming just as surely as death and taxes. Incidentally, highway repairs following the 2016 flood cost the province, that's you and me, approximately 200 million dollars. Put that little sum beside the 2.5 million the PRRD received from the Provincial Government, and for which we are truly grateful, to tidy up the stream beds following the flood to get some measure of how far we will go to restore damage that, in many cases, could have been prevented or reduced.

I assumed that this proposal was a no-brainer at the NCLGA Convention, that delegates would recognize immediately its need and value. Never assume anything. One delegate proposed an amendment that would have eviscerated (cut the guts out of) the intent of the proposal and I had to speak vigorously in opposition to the amendment.

The resolution passed in FN, though it was not at all certain, but we still have the battle at the Union of British Columbia Municipalities (UBCM) in September and that battle will not be easy.

Oh, by the way, this NCLGA experience should remind us of an ancient proverb: "Do not boast about tomorrow, for you do not know what a day may bring." So let's keep our ammunition dry and our gas tanks full in preparation for UBCM.

Merlin Nichols, Mayor



OFFICE SUPERVISOR CHETWYND CARDLOCK

- Must provide excellent customer service
- Oversee daily procedures and staff
- Complete daily administrative duties
- Willingness to perform other duties

If you are interested please send resume to Debra Smith at d.smith@dawsonco-op.com

250.782.4858

Minimum grade 12 required, Experience supervising required





Too much sugar in the diet is linked to cognitive and brain deficits. Two new papers, both deriving data from the long-running Framingham Heart Study, bear this out. One study finds that sugary drinks are linked to pre-clinical Alzheimer's disease: Poor memory and

reduced brain volume in certain areas. The other study finds that artificial sweeteners aren't much better—they're linked to a greater risk of stroke and of dementia.

One to two sugary drinks per day was associated with 1.6 years of brain aging; more than two drinks per day was associated with two extra years of aging. For memory, one to two, and greater than two, sugary drinks per day corresponded to 5.8 and 11 years of brain aging, respectively.

The one study showed participants who drank at least one artificially sweetened drink per day were three times as likely to develop stroke and almost three times as likely to develop Alzheimer's disease.



KELSEY'S CHRONICLE

What you need to know about Ticks

There has been huge increase in winter ticks, or moose ticks, in the Peace Region in the last few years. In 2016 it was determined that 73% of Peace Region moose were infested with ticks. Ticks will cause the moose and other game to lose the majority of their fur. An infected moose can carry an average of 32,000 ticks but it can go as high as 100,000. This is unfortunate for hunters who have come across tapeworms and cysts in the infected moose, essentially leaving the animal inedible.

In BC there are 20 species of ticks, but only 3 are interested in humans. Wood ticks hang out in open rocky areas but are apparently only as far north as Williams lake, so around here there not much need to worry. Ticks are beginning to spread at a rapid rate in Eastern Canada so we can probably expect the same around here in the next decade. The Western Black Legged Tick prefers warm, moist environments and are usually found in the lower BC regions around the Fraser River and west onto Vancouver Island. Regardless of the danger of ticks to humans in our area, people travel the province in the spring and summer months and should be aware of ticks and the medical issues that can happen if you encounter one of these attached to your skin.

Most common ticks attach to three hosts in their life. The first two hosts will usually be a small rodent or animal and the third host is usually the attempt to attach to a human. Their plans can be thwarted by simply being aware of them and protecting yourself. Tuck in all of your clothing, including pants into socks (a delightful look) and get yourself into the habit of sporadically checking yourself during the day. The use of insect repellant containing DEET sprayed on your pant legs can also help keep them at bay.

One thing to note: Ticks DO NOT JUMP or FLY, and DO NOT fall from trees. They are hidden in the grass or rocks and attach to a passing pant leg, or shoelace.

Lyme disease, caused by ticks, has been on the rise since 2009, when only 144 cases were detected in Canada. That number rose to over 1400 cases in 2017. Lyme disease is only one of a few potentially life threatening diseases that should be eradicated by a health care professional asap.

If you notice a tick bite (usually accompanied by a red bullseye on the skin and other symptoms listed below) or have a tick attached to you, seek medical attention immediately. Many wives tales float around about the best way to remove a tick with the use of burning cigarettes, gasoline or other odd tricks. Im not going to give you directions on removing a tick because everything on the interweb contradicts itself. So for that, you're on your own to find the best way to remove it. Additionally if you do notice a fever, headache, muscle or joint pain, or a skin rash after a hike in the woods, check yourself thoroughly and get yourself to the doctor. Severe cases have even brought on paralysis.

Spring and summer are the most likely months you could encounter these little bugs with big appetites; don't give them a chance by protecting yourself with repellants, tucking in clothing and checking your pets and children often. You could even throw a little Brad Paisley on and check your partner, too...

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Coffee Talk Express Phone: 250-788-3422 Fax: 250-788-3405 Website: www.coffeetalkexpress.com May 18, 2018



Request for Quotation

May 10, 2018

The District of Chetwynd is seeking persons interested in providing quotations for the supply of the following goods or services. All quoted prices must be complete and must include all taxes, material, delivery, labour, and any other associated charges or fees.

- The provision of two (2) pre-built sheds; delivered and installed at the Chetwynd and District Recreation Centre.
- One (1) new commercial natural gas range, the same or equivalent to, a Garland Model G60-4G36RR.
- Clean up and vapour barrier installation in the Arena crawlspace area.
- All interested vendors must have the appropriate WorkSafeBC and insurance coverage, as well as an applicable level of relevant experience.
- All quotations must be received by 4:30 PM (MST), May 25, 2018.

For detailed specifications or to arrange a site visit, contact Randy Rusjan at rrusjan@gochewtwynd.com, Steve McLain at smclain@gochetwynd.com, or phone 250-788-2214



PLEASE EXCUSE OUR MESS THANK YOU FOR YOUR PATIENCE **AS WE UPDATE OUR STORE.**

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Thank you
-

The Pencil Box/Coffee Talk Express



Chetwynd Society For Community Living's

8th Annual Health Blitz

Children 0-6 years of age and their caregivers are invited to attend!!!

PRIZES

Snacks & Activities

Face Painting

Give your child a healthy start!!

child's development,

hands

neir futures are in your

Canvas Painting

Meet with other

parents and

caregivers in

Chetwynd

Free Family Event, helping all children succeed for life

Connect with program information, community resources, Northern Health, and **Early Years Professionals**

Photo Booth



Bouncy House

Emergency Vehicle Tour Story-Time 12pm & 1pm

Chetwynd Society Community Living

Wednesday, May 23, 2018 11-2pm

at the Chetwynd & District Rec Centre

(Curling Rink)



0957016 BC Ltd. o/a

Tim Hortons.

Is currently looking for 4 Food Service Supervisors Location: 4809- 51st Avenue, Chetwynd, B.C. V0C 1J0

Terms of Employment: Permanent, Full Time, Part Time, Shift, Weekend, Morning, Day, Night & Evening

Salary: \$13.95/hr + Benefits Start Date: ASAP

Experience: 1 year to less than 2 years Education: No degree, certificate or diploma

Please contact for job description How to Apply:

In Person: At above location By email: chetwyndtimhortons@gmail.com



the Pencil Box

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INFORMATION

Remuneration will be Contract Position based on results and percentage of funds acquired dependent on complexity of proposal.

For further information, please contact Estelle Lavis at 250-788-7264

Saulteau First Nations ATTN: HIRING COMMITTEE E: HR@saulteau.com

We thank all applicants for their interest, however, only those selected for an interview will be contacted. Preference will be given to persons of Aboriginal ancestry in the event of equal qualifications. Saulteau First Nations (SFN) is a section 10 band within the meaning of the Indian Act. The Band has been formed by the amalgamation of Dunne - Za, Cree, and Saulteau residents. This First Nations community is covered by Treaty 8. The community is located at the east end of Moberly Lake, which is about 100km southwest of Fort St. John on Highway 29. There is one reserve, East Moberly Lake No.169, spread over 3025.8 hectares.

SFN is currently accepting Expressions of Interest for Proposal Writers on Contract Basis.

The Proposal Writer will develop and prepare proposals to funders as requested by SFN and the contractor will advise SFN if they are available to perform the work and set their own schedule. The contractor will be paid a percentage of successful proposals. Able to set own hours as contractor.

Education and Training

- A sound knowledge of the community
- Good track record preparing successful proposals for various organizations
- Excellent computer skills

Qualifications

- Computer skills necessary
- Knowledge of the Saulteau culture and traditional practices is an asset.

SAULTEAU FIRST NATIONS

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Anniversary

David & Larissa Deron

Love you all,

Delia & Les Olson & Family

SURERUS PLACE

Is **NOW** Hiring for:

Cook (part-time) Duties will include cooking for our 12 residents, two meals a day (lunch and dinner). Plus other kitchen duties.

Contact <u>250-788-3736</u> or Email <u>surerusplace@eastlink.ca</u> your resume or for more information. Deadline May 25, 2018.



We understand the importance of community education. For your pre-planning information please feel free to drop in and visit with us in our family friendly atmosphere.



Since 1929

IN THE **HEART** OF OUR **COMMUNITIES**

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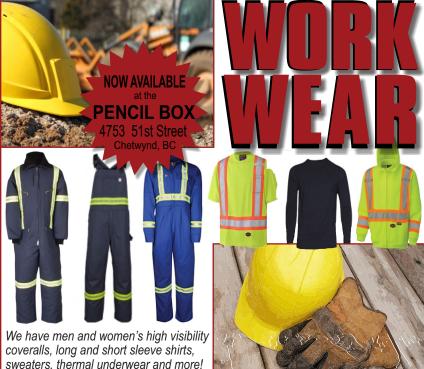














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