

# Coffee Talk Express



Tuesday August 20, 2019

**The Lion Inn**  
 250-788-9990 & Suites  
 Weekly & monthly rates available  
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ALMA WALTER DAN GRODZUIK JODIE ETHIER MYRA GRODZUIK

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**MYRA GRODZUIK**

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 Dawson Creek Realty Chetwynd Branch  
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## A 4-Year Old Boy Who Went Missing Near Mackenzie, B.C Has Been Found "Safe and Sound" After Spending 30 Hours in The Bush.

Cpl. Madonna Saunderson, media spokeswoman for the RCMP's North District, told News "He has been found safe and sound and been reunited with his mom," It was wet in the region overnight and temperatures dipped to single-digits Celsius. The boy was taken to hospital for a medical examination but is said to be nothing more than cold dehydrated and hungry. The 4 year old Hazard-Benoit was sleeping in a van on Saturday while on an outing with his mother and her friend, who were picking berries at Lions Lake, 170 kilometres north of Prince George. George Hazard-Benoit was spotted early Sunday evening by an RCMP aircraft. The aircraft, which had not been involved in the search earlier in the day due to weather, then alerted an RCMP dog handler on the ground and the boy was located by the tracker dog. According to search and rescue crews, his mother was 10 metres away from him harvesting berries, when she returned to the van, the boy was gone. That was at 12:30 p.m. on Saturday. His father, Kristopher Benoit, who is separated from the child's mother and has primary custody, said he was notified at 4 p.m. that his son was missing in the bush. Police and search and rescue teams from Mackenzie, Prince George, Fort St. John, Fort St. James and Chetwynd all joined the search for the boy, along with police dog services and air support. Over 300 volunteers gathered to assist in the search, and with the help of search and rescue teams and volunteers, this little boy was thankfully found safe and sound.

- Kelsey Roberts, Reporter, Coffee Talk Express

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**A5 High Impact**  
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## BC Coroners Service Reports Decrease in Illicit Drug Toxicity Deaths

The BC Coroners Service reports that the amount of illicit drug deaths has gone down in the province. According to the Coroner's report, in June 2019, there were 73 suspected illicit drug toxicity deaths, which is a 35% decrease from the number of deaths in June 2018 and a 15% decrease from May 2019. The Coroners Service also reports that during the first half of this year, there were 538 deaths due to illicit drugs, which is a decrease of approximately 30% from the same time period in 2018.



The report also notes that in four out of every five illicit drug toxicity deaths in 2018 and 2019, fentanyl was detected. Additionally, no deaths were reported at supervised consumption sites or drug overdose prevention sites.

- Article Courtesy of Peace FM

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anywhere in town?  
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a place without delivery?

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**Pick up & Delivery Services** text or call  
**250.788.6608**

Sunday-Thursday 11am-9pm | Friday & Saturday 11am-11pm



## District of Chetwynd

has the following job openings:

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Please visit our website at [www.gochetwynd.com](http://www.gochetwynd.com)  
or contact Deanne Way at 250-401-4105 or  
[Dway@gochetwynd.com](mailto:Dway@gochetwynd.com) for more information.

Stone Creek Ventures Ltd.

## WANTED IMMEDIATELY EXPERIENCED LOGGING TRUCK DRIVER

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

PINE VALLEY SENIORS

## HALL RENTAL

For more info & hall rental call Bernice

**250-788-2307**

*Haha!*

What do you call an  
alligator detective?

*Haha!*  
- an invest-i-gator

## Beelyne Executive Services Ltd.

### SUMMER HOURS

Starting JULY 2nd

Monday to Thursday 9am to 4pm  
closed Fridays

5208 N Access Rd, Chetwynd, BC  
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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

1995 Dodge 3/4 ton 4x4, v-10, bush bumper, lifted, runs good, needs some tlc. \$800 obo. call 250-788-1830

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

1994 Chevy 4x4 3/4 ton. 5 speed comes with canopy \$1500. call 250-788-8804

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 pkge, 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. 4 225/50r/17 winter tires new low profile and 4 265/75516 Goodyear wranglers on chrome mags for 3/4 ton Chevy. 250-401-7215

1943 9N Ford Tractor \$2300 obo. call 250-788-2635

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

## FOR RENT

Room for rent \$650 a month, available immediately- right in Chetwynd. Call 778-675-1604

Furnished room for rent in downtown Chetwynd. Includes utilities, internet and cable. Shared common areas. Call Julie for more info @250-401-1985

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

1 Bedroom basement suite - utlts incld available September 1st call Wayne 250-219-8550

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

House for rent in Lone Prairie call 250-788-3123

2 bedroom mobile for rent in Aspen, or rent to own with down payment call 250-847-0655

## ComParrot

by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Cummertbund is shorter. 2. Lace on wedding dress is missing. 3. Part of cake ornament is missing. 4. Tie on heart banner is missing. 5. Flower in bouquet is colored in. 6. Center of bow tie is colored in. 7. Flower in girl's hair is missing. 8. Design on tablecloth has moved. 9. Heart has moved. 10. Groom's coat is longer. 11. Ribbon on bouquet is longer. 12. Streamer is longer.

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## MISCELLANEOUS

Mossburg 30-06 with scope \$100. Savage .22, missing mag \$20. Short barrel 12ga mag fed \$50. text 250-401-7513. Must have PAL

Wine making equipment- carboys, pails, bottles, racks, corker \$200 obo or will trade. call 250-788-5591

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 phoenix - 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

Lots of Kitchen catering supplies, crock pots, warming centres, dishes, cutlery, hotdog machine, napkin holders, salt and pepper shakers - enough supplies for a twenty men camp. will sell individually and or as a unit - call or text 250-401-1147

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

12 gauge shotgun, double barrel side by side call Ray 250-788-9243

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

Square hay bales. Call 250-788-5494

3 saddles for sale. One older roping saddle, one kids saddle in excellent condition, and one English jumping saddle in excellent condition. Call or text 250-401-8647.

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

New Cosco carseat (4-22lbs) asking \$50 was \$220. Medical bed very good condition massages head + feet and raises \$4400 new asking \$500. 6 drawer white dresser matching night table \$35 for both. call 250-601-0104

Lazyboy couch hideabed good condition \$350 obo call 250-788-5591



## Free hospitality training

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## PROPERTY

Renovated three bedroom mobile for sale \$18,000 Home is on a rented lot. Call 250-874-0655

3 bdrm new, unfinished house on 5 acres, 1 bdrm finished cabin off Jackfish Rd. on Clark Dr for more info. Call 250-788-6625

Recently renoed 5 bedroom 3 bath house on 1 acre. Master has walk-in closet and ensuite. 2 bdrm and 1 bath in the basement. \$340,000. Call 250-556-4409

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

## PETS/LIVESTOCK

3 male Bengal kittens for sale, almost 4 months old. \$300 each. Call or text (403)466-9367

Baby billy goats- withered. ready to go end of August. call 250-788-4840

Outdoor kittens to give away, 7 weeks old, grey colours. call or text 250-788-5848 or 780-552-3903

2 yr old Himalayan female cat, quiet home preferred. call 250-401-8708

12 fresh water tetra fish for free 250-788-5721

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

## LOST & FOUND

Back pack found on Canada Day at Spirit Park- ID and other items inside. Please come to the Pencil Box to retrieve.

Found: Dodge key with small bag attached in Scotia bank parking lot. Can be picked up at the Pencil Box

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

## REC VEHICLES

Polaris Quad for sale 2004.5, 500 Sportsman. Was asking \$2200, will negotiate. call DC 250-782-5026

2006 Kustom Koach 37' 5th Wheel trailer, excellent cond, can be used for living, walk around Qn size bed, large slide out closet, full size shower, super slide in living area, stainless appliances. \$24,000 OBO. Call or text 250-263-7949 or 250-261-0804, located Moberly Lake area, delivery can be arranged.

2012 5th wheel Crossroad Zinger 30", Qn bed, leather pullout, one super slide, stored inside through winter, lots of storage, electric jacks, mint condition asking \$19,900 OBO. 250-788-5040

1998 5th wheel- Triple E Topaz touring edition 27.5' long with a slide out and air. Excellent condition \$15,000 call 250-788-2131

04 660 grizzly excellent running condition 7200km \$4500. 250 874 065

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 48" 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

## WANTED

Wanted: '93 - '97 Ford F250, must have automatic transmission. Old time typewriter. Call 250-719-6142

Wanted: clean fill, approx 3 truck loads. Call 226-388-9277

Wanted: Top soil for garden. Call 250-788-3316

WANTED: logging truck load of firewood snags. Call Vic @ 250-783-5535 or 250-783-0744.

Wanted: roommate, pinewood trailer park. Can be reached after 6 250-401-7980

Wanted: free lilac shoots or perennial divisions 250-788-9931

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 to rent 2 bdrm furnished house or apt. for Oct 1 until spring 2020. Non smokers, no pets, mature 780-910-1460

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

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## RIDDLE ME THIS?!

Three playing cards in a row. Can you name them with these clues? There is a two to the right of a king. A diamond will be found to the left of a spade. An ace is to the left of a heart. A heart is to the left of a spade. Now, identify all three cards.

Answer: Ace of Diamonds, King of Hearts, Two of Spades.

250-788-2938 24 hour answering service

Cell: 250-788-5070

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**MCKEE VACUUM TRUCK SERVICES LTD**

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## Twin Sisters Native Plants Nursery

2118 N. Highway 29, PO Box 298  
Moberly Lake, BC V0C 1X0  
Ph (250)-788-2244



### Job Posting: Temporary Greenhouse Workers

Packing/Shipping Workers needed for Twin Sisters Native Plants Nursery located at Moberly Lake B.C.

This is a two week position starting **September 3rd to 13th, 2019**. Hours of work will be 7:00 am to 3:30pm, Monday to Friday.

The packing duties are, pack up the seedlings/plugs into bundles and put them into boxes to be shipped.  
This posting will **remain open until Aug 30, 2019 at 3:30 pm**.

**TO APPLY:** Call 250-788-2244 or apply in person at **Twin Sisters Nursery**. Please call or stop by Twin Sisters Native Plants Nursery between the hours of 7 am and 3:30 pm

## Royal Canadian **Legion**

Looking for a Part-time  
**BARTENDER**  
Must have 'Serving it Right'

E-mail resume attn. Karen to  
rcl258chet@hotmail.com.



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more than books



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## LEGION EVENTS

Thursdays 5-9pm - Fri/Sat 5-10PM  
Closed Wednesday for Summer

## FAMILY BURGER NIGHT

Thursdays  
5:30 - 8:00pm  
Everyone Welcome



## Karaoke Returns

Sept 13th, 9pm-1am

no cover, no minors

## BOARD ROOM & HALL RENTALS

CALL Karen: 250-788-5582 or  
Vickie: 250-788-6449

## PINE VALLEY SENIORS ACTIVITIES



AT THE PINE VALLEY SENIORS HALL

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WEDNESDAYS  
6:00PM - 8:00PM  
At the curling rink  
in the

Chetwynd Rec Centre

### CARPET BOWLING

TUESDAYS 1:30PM

### SATURDAY

CRIB 1:00PM WHIST 7:00pm



For more info & hall rental call Bernice  
**250-788-2307**



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Peter Marino! Every weekday from  
10-2pm!!

Chetwynd 94.5  
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# CROSSWORD



## ACROSS

1. Renowned fighter
4. Min. part
7. Purple flower
12. Flee
13. Nest egg letters
14. Innocent
15. Food service
17. Fork features
18. Fling
19. Renter
20. Chicago trains
22. Chair
23. Intolerant of delay
26. Carpet
29. Hawaiian necklace
30. Entertain
31. Compass pt.
32. Lass's friend
33. Thin ray of light (2 wds.)
35. Wooden fasteners
36. \_\_\_\_ Diego
37. On fire
40. Moved smoothly
43. Heidi's cousin
44. Not indoors
47. Doctrine
48. To and \_\_\_\_
49. Visualize
50. Stockholm resident
51. Explosive inits.
52. Roofing goo

## DOWN

1. Curved doorway
2. Hawaiian cookout
3. Fearless
4. Knight's title
5. Browning's "before"
6. Motor vehicle
7. Aardvarks
8. Canonized person
9. Songstress \_\_\_\_ Turner
10. Equal
11. Musical symbol
16. \_\_\_\_ Fitzgerald
19. High-strung
21. Chess tie
22. Author Dr. \_\_\_\_
23. Unwell
24. "Oh, give \_\_\_\_ home..." (2 wds.)
25. Likeness
26. Sign up again
27. UN member
28. Ruby, e.g.
34. Game fish
35. Whittled down
37. Performs onstage
38. Went by plane
39. Rural road
41. Notion
42. Gentle creature
44. Frequently, in verse
45. Vase
46. Young child



### ARIES (Mar. 21-April 20)

Get back down to earth and to basics. Cultural activities open your eyes to new ways of doing things. Sit tight. Things aren't as bad as they appear. Problems with in-laws may cause friction in your personal relationship.

Your lucky day this week will be Sunday.

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

Try to visit friends or relatives you don't get to see often. Discord may arise with someone you're close to. Try to keep your cool; you may be a tad frazzled by all the rushing around. Don't try to twist things around so that they sound more enticing.

Your lucky day this week will be Sunday.

### GEMINI (May 22-June 21)

You should look into making some physical changes, such as new hair color or toning up your body. You should avoid getting involved in the personal problems of colleagues. You should get out and meet new people this week. You are best to keep your cash in a safe place.

Your lucky day this week will be Sunday.

### CANCER (June 22-July 22)

Don't take advantage of your expense account. Make changes that will heighten your appeal. Don't hesitate to talk to your partner about rekindling your relationship. You should get involved with activities that can be enjoyed by both young and old alike.

Your lucky day this week will be Tuesday.

### LEO (July 23-Aug 22)

Children will be of major concern if you haven't kept the lines of communication open. Avoid purchasing expensive items. You will have to control the way you feel. Changes could be overwhelming.

Your lucky day this week will be Monday.

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

Travel will be favourable. It's doubtful anyone will try to stand in your way or cut you off at the pass this week. You'll communicate easily and develop new friendships. You can make profitable investments if you purchase an art object for your home.

Your lucky day this week will be Tuesday.

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

Put financial speculation with family members or friends on the back burner for now. You can make new friends who could turn into intimate connections if you join clubs or take creative courses. Don't get involved in joint ventures. You can make money but not through harebrained schemes or gambling.

Your lucky day this week will be Thursday.

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

Do your own thing. Curb or cut out that bad habit you've been meaning to do something about. You can beautify your surroundings by renovating or redecorating. Knowledge can be acquired if you listen.

Your lucky day this week will be Friday.

### SAGITTARIUS (Nov. 23-Dec. 21)

You can develop your creative talents if you take the time to practice your art. Residential moves will be favourable, and larger quarters the most probable direction. You must not allow them to force you to rush. Do not jump to conclusions concerning your romantic partner.

Your lucky day this week will be Tuesday.

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

Don't try to get even without having all the facts. Enlist coworkers in order to get the job done on time. Family outings should include visiting friends or relatives. You can clear up important legalities and sign contracts this week.

Your lucky day this week will be Thursday.

### AQUARIUS (Jan. 21 -Feb. 19)

Don't gossip. Don't bother getting even; they'll make themselves look bad. You will have the stamina and the know how to raise your earning power. Your lack of attention may have been a factor.

Your lucky day this week will be Thursday.

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

You will be extremely receptive to new and progressive methods at work. The knowledge you have will enhance your reputation. You could lose money or precious belongings if you aren't careful. Trying to deal with your mate will be unproductive and possibly hurtful.

Your lucky day this week will be Tuesday.

### 3 BIG HOME DÉCOR TRENDS FOR FALL 2019

This time of year isn't just about books and backpacks – it's also about giving your interiors an update. Here's a look at the top trends this autumn and how to try them at home to create beautiful rooms you will love.

**Rich, luxurious spaces.** After years of the cool, restrained style of minimalism, we are now embracing maximalism with interiors that are bold and dramatic. This trend means spaces that are warmer and richer, as we move to surround ourselves with our favourite things and mix and match elements and aesthetics. Think deep jewel-tones for wall colours and furnishings and layers of cozy, natural fabrics and materials.

**Bold and artistic pieces.** Similarity is out and incorporating unique, interesting items that tell a story and bring out your own personality is in. This means opting for more handcrafted or statement pieces that create visual interest and are anything but bland and boring. Get the look at home by letting your creativity shine with furniture and décor that inspire you or you've always wanted to try, like a traditional clawfoot tub, luxe canopy bed or one-of-a-kind rustic tables made from reclaimed wood.

**Conscious consumption.** Forget buying something without a second thought as to where and how it was produced. Today it's all about ethical and intentional shopping for items that are sustainable and well-made. When it comes to fluffy duvets, blankets and pillows, it's never been easier to find locally sourced, humane and ethical down. Look for the Downmark label on products, a Canadian non-profit that certifies strict quality standards and ethical harvesting practices. Find a list of member manufacturers and where to find their products at [downmark.org](http://downmark.org).



**NEED A HAND GETTING ORGANIZED FOR THE NEW SCHOOL YEAR? FOLLOW THIS CHECKLIST TO MAKE SURE YOU DON'T FORGET ANYTHING.**

- Review all documents provided by the school.
- Buy everything on the school supply list.
  - Buy comfortable shoes, rain boots, winter boots and a range of clothing for all weather conditions.
  - Invest in a sturdy backpack and lunch box.
  - Label your children's belongings.
  - If your children walk to school, walk with them a few times so they know the way.
  - If they take the bus, show them where the bus stop is.
  - Display the school calendar prominently on the refrigerator, for instance.
  - Sign up for an after-school daycare service if needed.
  - Set up doctor's appointments before the school year begins.
  - Inform the school about any allergies or medical conditions they should be aware of.
  - Change bedtimes and wake-up times at least a week before school begins.
  - Get in the habit of preparing lunches, backpacks and clothing the night before.
  - Plan for a slower morning on the first day as rushing may prove to be stressful for you and your children.



Remember, the start of a new school year doesn't have to be hectic if you prepare yourself and your children ahead of time.



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## 3 WAYS TO SUPPORT A LOVED ONE WITH MENTAL ILLNESS

Faced with a loved one with mental illness, family members are often searching for what they can do to help and support their loved ones.

Fortunately, Dr. Randall White, medical director of Vancouver Community Mental Health Services, has some tips for people in this position.

Find out what medical information you can access. Generally, patients have a right to keep their medical information private. But if a person becomes certified under the B.C. Provincial Mental Health Act, then medical staff can typically share some details with family members to assist in treatment.

Communicate that you care and want to help. Let your loved one know that you're there to be supportive. Keep conversations positive. Sometimes a person may act in a way that compromises their relationships, but it's important to continue to let them know that you are there to help. Families are a crucial support in helping a patient succeed in maintaining their wellness.

Be willing to set boundaries. At some point your loved one may begin to exhibit behaviours or thoughts that are too challenging for you to manage or understand. You can still let them know you care, but setting boundaries is important in helping you continue providing support. Find ways to build your own support system through supportive family members, mental health counselling or a local support group. By helping yourself, you can better help your loved one.

B.C. Schizophrenia Society provides tips, courses, workshops and support to family members as they determine the best way to help their loved ones. Find out more at [bcss.org](http://bcss.org).

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# Saulteau First Nations

**Saulteau First Nations is currently looking to fill the two following positions:**

## **Tenant Relations Officer (Full-time Permanent Position)**

The Tenant Relations Officer is responsible for establishing and maintaining positive relations and communications between SFN Tenants and the SFN housing Department. The TRO ensures that all tenants are adequately accommodated within the guidelines of the SFN housing policy.

The Tenant Relations Officer would be tasked with responsibilities such as:

- Assist and support Saulteau members who are tenants with an understanding of the housing policy, the tenant agreement, and the responsibility of the Nation and the Tenant
- Assisting with the completion of, intake, and processing of applications for housing; this includes entering applications into a software program
- Receiving and processing applications for tenancy
- Identify and allocate units to approved applicants when units are available
- Maintain tenant files by ensuring that all documents pertinent to the house and tenant are filed accordingly
- Work closely with Finance department on payroll deductions, rental arrears agreements, and invoicing
- Ensure rent receipts are collected and organized in a timely manner
- Ensure tenants maintain compliance with SFN housing policy
- Daily communication with maintenance department to ensure housing issues are addressed in a timely manner

## **Homemaker (Full-time Temporary Position)**

The purpose of the Homemaker is to ensure personal cleanliness, household needs, and services are available to clients who have been assessed by the Home and Community Care Program as having these needs.

Following the home care schedule set forth by the supervisor, the homemaker would be tasked with responsibilities such as:

- Vacuuming, sweeping, and mopping floors
- General cleaning of kitchen surfaces and appliances
- Washing dishes
- Cleaning and sanitizing bathrooms, including toilets
- Tidying and organizing rooms
- Wash walls (not higher than your reach)
- Wash windows
- Monthly deep cleaning of appliances and cupboards
- Removing garbage and recycling
- Laundry

**For more information regarding either of these positions please contact [HR@saulteau.com](mailto:HR@saulteau.com) or by calling 1-236-364-2007**

The hours of work will be eight (8) hours per day, Monday to Thursday, from 8:00 AM to 4:30 PM each workday. SFN remuneration includes a group benefits package including a pension plan for full-time permanent employees.

**Deadline to submit applications is Friday August 23<sup>rd</sup>**

Please submit resumes to [HR@saulteau.com](mailto:HR@saulteau.com) or by calling 1-236-364-2007

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