

# Coffee Talk Express



Tuesday February 11, 2020

**The Lion Inn**  
**250-788-9990** & Suites  
 Weekly & monthly rates available  
 thelionsuite.com 5132 46th Ave



Dawson Creek Realty  
**Chetwynd Branch**  
**250 788 9909**

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JODIE ETHIER

MYRA GRODZUIK

250 788 5168

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250 788 5043

250 788 6365

## Curb Your Cabin Fever 'Escape the Cold'

Chetwynd Community Arts Council held their annual "Cabin Fever" art exhibit this past Friday at the Chetwynd Arts & Cultural Gallery, located beside Chetwynd's Fire Dept. This year's theme had a tropical vibe.

The gallery was fittingly decorated with palms and everyone got lei'd coming through the door.

On top of the creative decor, adult guests were invited to have a glass of wine and enjoy a fruit and cheese platter. The ladies on the Arts Council always do a fantastic job adding a hint of class and allure to the gala openings!



The night didn't conclude with just looking at art, guests were asked to join in the fun with a paint and sip orchestrated by Julia Nelson. A simple sunset and two palms came together step by step, with the help of Julia's instructions and the power of wine.

Arts Council also took this opportunity to speak on behalf of the outdoor society about next weekend's beer drinking, cross country ski event- the "Brew- Ski" which is taking place next weekend at Chetwynd's Community forest, about 7 km towards Moberly Lake.

This exhibit features a few fantastic pieces of canvas art from Avis Russell, who does a great job capturing the beauty of scenery art (pictures seen inside paper). The gallery is open for the remainder of February where you can see Avis's art as well as many other pieces showcased. Like Chetwynd Community Arts Council's Facebook page to keep updated on future gala's, sip and paints, upcoming exhibits and "Home Routes" concerts.

Kelsey Roberts- Reporter, Coffee Talk Express

**I.D.A.**  
**Little Prairie Pharmacy**  
**Now Open!!**  
**Hours:**  
**Monday - Saturday**  
**9am - 6pm**  
**Services:**  
 Medication reviews  
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 Blister packaging  
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 NOW PROCESSING PRESCRIPTIONS  
 AND ACCEPTING PRESCRIPTION TRANSFERS  
**5016 50th Avenue**  
**Ph: 250-788-1060**  
**Fax: 1-833-909-2074**

## Chetwynd 3 day forecast

Wed 12 Feb	Thu 13 Feb	Fri 14 Feb
-4°C	2°C	-1°C
Cloudy	Sunny	Sunny

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**Bingo Prizes:**

**1 Line: \$400 2 Lines: \$800**  
**Picture Frame: \$1,600**  
**Blackout: \$4,000**

Chetwynd Communications Society  
 #2, 4612 N. Access Road, Chetwynd, BC  
 Phone: 250-788-9452  
 BC Gaming Event Licence #120616  
 "Every Thursday at 7:00 PM on CHET TV"  
 Know your limit, play within it. 19+  
 For Help: 1-888-795-6111 or  
 www.bcresponsiblegambling.ca



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**HIWAY FRONTAGE**

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**250 788 3638**

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

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

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

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

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

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

'06 GMC Duramax diesel, white,  
 automatic, 4x4, new tires, new brakes,  
 flat deck 374,000km good shape  
 PRICE DROP \$8000 now \$5000  
 call 250-801-8308 or 250-317-3567

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  
 \$250.00 for a set of 4, 250-788-5123

2010 Kia Forte SX 63,750km winter  
 tires, new battery \$4900 obo call 250-  
 788-2614

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

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

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. 250-  
 401-7215

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

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

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

2017 John Deere tractor 55 hp 4x4  
 unused \$19,900, 250-788-3868

07 Dodge Ram 2500 4x4 4 door short  
 box 5.9 l cummins, 244,000 kms  
 excellent shape Vancouver vehicle.  
 \$14,900 call 250-788-3868

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. Fairly  
 quiet for a studded tire. \$200 OBO for  
 the set. (819) 446-5960 call or text.

## FOR RENT

2 bedroom 1bootroom mobile for rent.  
 \$1200/month+utilities+dmage (\$600)  
 one small pet. 2 vehicle parking 250-  
 401-1200

3 bedroom furnished house, Lone  
 Prairie, some amenities. Call 250-788-  
 3123

Bachelor apartment for rent call 250-  
 401-8570

1 furnished bedroom for rent shared  
 accom, utilities included + wifi. weekly  
 or monthly call for more details  
 250-874-0488

Room for rent, own bathroom TV, Wifi,  
 Qn bed. Quiet and Clean. Call 250-788-  
 3577

3 Bedroom unfurnished mobile 8 mins  
 from town call 250-874-0655

Quiet room for rent. Weekly or monthly  
 basis call 250-788-5905

For rent- private bedroom with cable,  
 wifi, washer/dryer and fridge. call 250-  
 401-8814

3 bdrm unfurnished mobile in Aspen  
 trailer park \$1100/ month utlts not incld  
 call 250-401-1985

Workers and contractors- 1 bdrm fully  
 furnished apartment includes  
 wifi/cable, all utlts \$1400/m call 250-  
 788-5198

2 bedroom mobile in Pinewood mobile  
 home park. Washer ,dryer, fridge, stove,  
 utility room, no pets, no smoking.  
 Available Feb 15. call 250-788-5202

2 bedroom across from Moberly golf  
 course, 5 appliances, all inclusive, heat,  
 hydro, wifi, satellite available march 16,  
 security deposit required- 250-788-  
 6339

3 bedroom house across from Moberly  
 golf course all inclusive heat, hydro,  
 wifi, satellite, tv, available April 1st 250-  
 788-6339

**ComParrot**  
 by Bonnie J. Malcolm

**Can you spot 12 differences between these pictures?**



Solution: 1. Man's finger is hidden. 2. Cat's whisker is hidden. 3. Bird's tail feather is missing. 4. Pattern on man's sleeve is wider. 5. Musical note has moved. 6. Bird's belly is colored in. 7. Opening in leaves above cat has moved. 8. Branch beside cat is reversed. 9. Branch above birds is wider. 10. Cat's tail is different. 11. Branch beside cat is reversed. 12. Branch above birds is wider.



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## MISCELLANEOUS

Large metal water trough \$200, round bale feeder \$200, 4 large chicken feeders \$50 each 250-788-2805

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

Magneto for Lincoln SA 200 welder \$150 working condition 250-788-9408 or 5948

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

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

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

Electric wood splitter with stand \$225 generator 2800watt Subaru engine \$400 call 250 401-8940

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

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

Firewood- 200\$ a cord, \$150 for long box pickup load call 250- 874-0644

Hay for sale, 1100lb. no rain, alfalfa mix hay. \$50.00 per bale. Cow feed/bedding \$15.00 per bale. can deliver. 250-788-9229

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 bpxes \$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

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

18 cubic feet fridge for sale \$100 call 250-401-1108

1200w car/truck amplifier, wall mounted television, 5 16 inch mud/snow tires with rims Call Edgar 250-874-0170

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

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

## 3 car sounds you should never ignore

In many cases, the first indication that there's something wrong with your car is a strange sound. Here are three types of noises that could indicate there's a problem.

### 1. SQUEALING

If it comes from your engine bay, a high-pitched squealing sound could indicate that there's a worn out or loose belt. On the other hand, if the noise emanates from the wheels, it may mean that there's a problem with your brakes or bearings. An issue with the brakes may also present itself with a grinding sound.

### 2. GRINDING OR CRUNCHING

These sounds, especially when they come from under the hood, can be caused by a whole host of issues. A complete inspection may be necessary to pinpoint the origin of the noise.

### 3. RATTLING OR KNOCKING

This could be caused by something as simple as a rock caught in the wheels or may be an indication that something is

seriously wrong with your car. If the noise persists, get a mechanic to take a look at it.

If you regularly listen to music while you drive, you may miss the telltale sounds of a car problem. At least once a month, turn off the radio while driving in order to listen carefully to the noises your car makes. If you hear anything out of the ordinary, have it checked by a professional.



## Chetwynd and District Rec Centre

### Arena Concession Request for Proposals

The Chetwynd and District Rec Centre is inviting proposals from individuals, groups, organizations, and/or businesses for the operation of the facility concession and the provision of catering services for the period of April 1, 2020 to March 31, 2024.

All applicants must provide a business management plan that includes:

- Budget
- Safe Food Plan to be approved by the Health Authority
- Sample menu selection with prices
- Proposed hours of operation
- Catering activity plan
- Record of past performance
- References

Any other information that may be pertinent to a successful operation Viewing of the facilities is required prior to submitting any proposal and further contract specifications and requirements are available to bidders at time of viewing. Contact Steve McLain by phone at 250-788-2214 or by email at [smclain@gochetwynd.com](mailto:smclain@gochetwynd.com) for an appointment to view the facilities and to view and pick up contract documents.

**Proposals should be submitted to:**

**"Chetwynd and District Rec Centre Concession Proposal", ATTN: Steve McLain, Director of Recreation for the District of Chetwynd, 4552 North Access Road, Chetwynd, BC, V0C 1J0.**

Deadline for receipt of proposals is 2:00 pm, local time, March 1, 2020. The Peace River Regional District and the District of Chetwynd reserves the right to reject any and all proposals for any reason, or to accept any proposal received which the Peace River Regional District and the District of Chetwynd, in their unrestricted discretion deems most advantageous to their selves. The greatest or any proposal may not necessarily be accepted.



# SURERUS PLACE

**Little Prairie Haven - Independent Living**

### RENT INCLUDES:

- Hydro and heating
- Lunch and dinner
- Weekly housekeeping
- Weekly flat linen laundry
- Social and recreational activities
- 24 hour Lifeline emergency response

Check out our new website @ [chetwyndseniorshousing.ca](http://chetwyndseniorshousing.ca)

**For Vacancies Call 250-788-3736**



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## PROPERTY

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

Three bedroom modular home on two serviced lots in Tumbler Ridge nice place good location price \$99000 call or text for more info @250 401 1127

Home and acreage on Sukunka River, 3 bed 2 bath 1520sq ft. on 63 acres. 5 outbuildings including huge shop. 1/2 mile of river front. call 250-401-3298

4.8 acre treed lot 2km west of Chetwynd on Kurjata rd. front and back access, natural gas and power at edge of property, 50' untested well \$89,000 call or text 780-830-6320, 780-538-9685

For sale 3 bedroom house on 5 acres, with shop, located on Guillet rd. For more info contact 250-719-7376 Please leave a msg \$200,000

3 bdrm/ 2 bath 2010 16x80 mobile on .08 acres in Progress. Completely fenced, 2400 gallon water tank \$204,900 call 250 843 7086 for more info.

0.9 Acres of cleared land on 53rd avenue in Chetwynd, services included. Call 250-788-5319

Completely rebuilt log home 20 mins from Chetwynd. 2 Bed one bath, very well maintained. A must see for outdoor recreational user, \$180,000 call 250-491-8142 to view

4 bedroom 8 year old home with many extras. on 6 acres on Long rd. close to Little Prairie Elementary. \$458,000 a must see call 250-788-5198

## LOST & FOUND

Lost set of Ford keys by A&W or Home Hardware call 250-788-3577

Lost: wallet at A&W or co-op cardlock, call 780-830-6171

Lost set of Dodge keys with fob and other key please return to pencil box.

Lost grey and white cat, from Aspen trailer park answers to Lucky, tattooed ear. call 250-401-7509

Lost Iphone 8 in black otterbox between legion and 711 call 250-788-6282

Found: One Touch diabetes test. found near thrift store, claim at the Pencil Box

## 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

2011 Yamaha Grizzly limited edition used very little with 2011 marathon aluminum trailer \$6,500 obo 250-788-2563

Arctic Cat Jaguar Z1 1153cc skidoo 4 stroke with reverse- short track, asking \$2500 obo new drive belt and new book on machine. '05 550 2 stroke skidoo excellent shape, with reverse- short track, asking \$2500 call 250-401-7215

## WANTED

Looking for someone to watch my 9 year old daughter for 2 weeks out of every month while I'm at work from 2:45-7pm call 250-556-4184

Looking for a 2-4 bdrm furnished rental. Jan 15 or Feb 1st. call Troy 250-219-0903

Seeking long term live in position in a country setting, for more information call Rachel Sunday-thursday 530-630pm at 250-788-2482.... also seeking inexpensive women's sheep-coat size 8 or full size sheep-wool lining

Wanted: 11L - 16" Implement tires for tractor, one or pair call 250-719-4967

Looking for a clean and quiet suite. cat friendly, unfurnished, non smoking under \$950 . Young professional- quiet and respectful. call or text 250-216-2252

## PETS/LIVESTOCK

Black and White female cat, needs a loving home. Extremely friendly and cuddly. Just over 1 year, her name is Pebbles. Call 250-874-7453

Need to rehome 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

1 white intact alpaca, Free 250-788-2805

## PINE VALLEY SENIORS

### Weekly Activities

ALL 55+ WELCOME

### CARPET BOWLING

THURSDAYS 1:30PM

AT THE PINE VALLEY SENIORS HALL

PICKLEBALL WEDNESDAYS 6:00PM - 8:00PM

AT CHETWYND REC CENTRE

SATURDAYS

CRIB 1:00PM

WHIST 7:00pm



250-788-2307

For more info & hall rental call Bernice

## LEGION EVENTS

Thursdays 5-9pm - Fri/Sat 5-10PM  
Open Wednesday's Again

FAMILY BURGER NIGHT  
Cancelled February 13th



Karaoke

February 22nd

9pm- 1am

NO MINORS

BOARD ROOM & HALL RENTALS

CALL Vickie: 250-788-6449

or call the Lounge at 250-788-9258

PINE VALLEY SENIORS  
**HALL RENTAL**  
For more info & hall rental call Bernice  
**250-788-2307**

## HELP WANTED

YOUNG'S MILLS  
(1980) LTD



Log Truck  
Driver

Lowbedding experience an asset  
Health/Dental/Pension provided

Fax: 250-788-2848

Email: [resume@youngsmills.com](mailto:resume@youngsmills.com)  
Camp Accommodations Available

SERVICING CHETWYND • TUMBLER RIDGE • DAWSON CREEK



Licensed and Insured  
**OAKENPRIDE VENTURES LTD**  
**250-788-5351**

**250-788-2938** 24 hour answering service  
Cell: **250-788-5070**  
Specializing in Oilfield Fresh Water Delivery Services  
**CHETWYND**  
FRESH WATER (201l)

**MCKEE** VACUUM TRUCK SERVICES LTD  
Septic & Oilfield Services  
Cell: **250-788-5070**





# REGIONAL DISTRICT HIGHLIGHTS

Issue 1 | February 7, 2020

## In the Spotlight



### 2020 Financial Plan

The Peace River Regional District is currently in the process of finalizing the 2020 annual financial plan / operating budget.

#### What is a Financial Plan?

The annual Financial Plan is a budget planning process that covers the ongoing work and activities of the PRRD, as well as the execution of strategic priorities and initiatives set by the PRRD Board. Financial plans are the result of a thorough strategic, corporate, and financial planning process that begins in May of the previous year. Service planning drives the financial planning process and looks at the necessary information to evaluate the overall needs of the PRRD, new initiatives, proposed services, and implications for the budget and financial plan.

Financial planning is done in four-year cycles, which allows the PRRD to budget for ongoing operational costs and services for residents as well as plan for long-term, capital projects that will support the sustainable development and growth of the region.

**Special PRRD Budget Meeting**  
February 26, 2020

Watch [prrd.bc.ca](http://prrd.bc.ca) for more updates on the PRRD 2020 Financial Plan!

Next PRRD  
Board  
Meetings:

February 13, 2020  
10:00am | Dawson Creek

February 27, 2020  
10:00am | Dawson Creek

To view board schedules  
and minutes visit:  
[prrd.bc.ca](http://prrd.bc.ca)

Peace River Regional  
District Official Page



### Electoral Area Roundtable Meetings

Electoral Area Directors for areas B, D, and E will be holding Roundtable Meetings this spring!

#### What is a Roundtable Meeting?

A roundtable meeting is an opportunity to meet your Electoral Area Director in your community! Get updates and ask questions about projects and activities of the Peace River Regional District, and share your thoughts or ideas on community issues important to you!

#### Dates this Spring:

##### Electoral Area B:

- Goodlow - February 24
- Cecil Lake - February 24
- Rose Prairie - March 9
- Buick Creek - April 6

##### Electoral Area D:

- Pouce Coupe - March 3
- Rolla - March 10
- Farmington - March 31
- Tomslake - April 7

##### Electoral Area E:

- Moberly Lake - March 19

Watch your mailbox and online for more information!



### Agriculture Challenges Survey

Thank you to everyone who participated in the Agriculture Challenges 2019 survey to help tell the story of agriculture in the Peace. A report with the findings was presented to the PRRD Board at the January 23rd Board Meeting.

**132** Surveys  
Received

**108,361** Total Acres Planted in  
2019 by Respondents

The Peace River Regional District will continue to advocate Minister Popham to visit the region and work together towards solutions for the Agriculture Industry.



### Connectivity Needs Assessment

Access to internet (connectivity) benefits rural and remote communities. The Canadian Radio-television and Telecommunications Commission (CRTC) recently set minimum standards for internet speed in rural areas to help make sure rural residents get the same opportunities as other Canadians.

The Peace River Regional District (PRRD) has hired Valo Networks and Canadian Fiber Optics Corporation to complete a connectivity needs assessment for the electoral areas of the PRRD. This includes making an inventory of existing networks, mapping locations of existing fiber, and identifying areas where there is no service.

Find out more at [prrd.bc.ca/engage/regional-connectivity-needs-assessment](http://prrd.bc.ca/engage/regional-connectivity-needs-assessment)



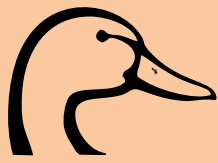
### Support for STARS Air Ambulance

At the January 9th Board Meeting, Brenda Farnden and Greg Gogan from STARS (Shock Trauma Air Rescue Service) presented their annual update to the Board. The PRRD has supported STARS for over 13 years, with STARS attending a total of 170 calls in the Peace Region since 2007, as well as additional missions in other areas of Northern BC.

Thank you STARS for helping keep PRRD residents safe!



diverse. vast. abundant.



**DUCKS  
UNLIMITED**

**ANNUAL BANQUET  
& FUNDRAISER**

**March 6th 2020  
at the Cottonwood Hall**

**TICKETS \$50**

**available at Lonestar Sporting Goods  
& Ray Huscroft 250-788-2779**

**JOIN US FOR AN EVENING OF FUN**

**PRESENT TRUTH  
PRESENTS**

**FAT, SICK AND NEARLY DEAD  
A JOE CROSS FILM**

The personal journey of two extremely overweight men with life debilitating diseases who decide that it's time to make a change in lifestyle, or die.

This is an epic journey to get well. What emerges is nothing short of amazing. This is truly an inspiring story of healing and human connection.

Chetwynd Public Library

Tuesday, February 11th  
6:15 P.M.

Faye Asleson Room

**OPEN TO THE PUBLIC**

More pictures from Chetwynd Community Arts Council Gala Opening





## ARE YOUR SOAP, SHAMPOO AND COSMETICS SAFE?

Soap, moisturizing creams, shampoo, deodorant and cosmetics are a part of everyone's life. Without thinking twice, most of us use these products every single day. Most are safe, but they can sometimes cause health problems, like allergic reactions and skin irritation.

By thinking twice and following these tips, we can protect ourselves and those around us:

Check the container for safety information, including hazard symbols.

Always read and follow directions carefully. Misuse of a product can lead to problems like rashes, burns or eye damage.

Don't spray cosmetics near a flame or source of heat. This can cause fires or explosions.

Keep cosmetic products out of the reach of children. If a child swallows a cosmetic, contact the nearest poison control centre. You can find the number on the first page of your telephone book or call 411.

Most cosmetics contain preservatives. These important ingredients help keep bacteria from growing in the product.

Keep your cosmetics clean by washing your hands before putting on makeup. Avoid sharing makeup and do not add water or saliva to dilute it.

Keep cosmetics in a dry area, away from direct heat and sunlight.

Do not use a cosmetic if it changes in smell, colour or texture.

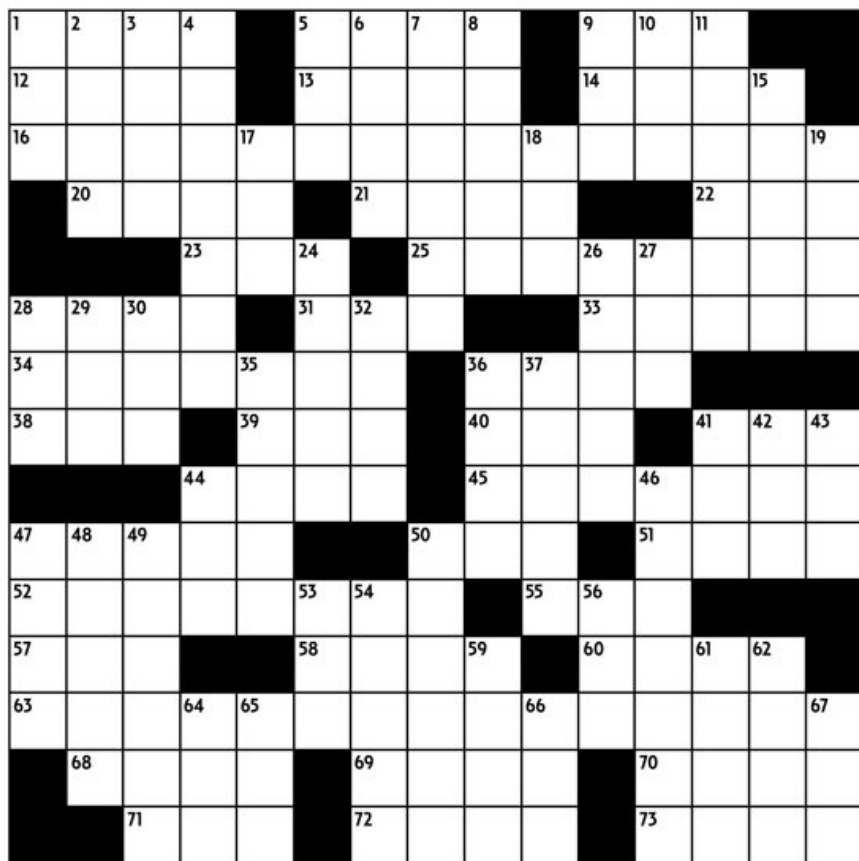
A product labelled "hypoallergenic" can still cause allergic reactions. Hypoallergenic simply means that the product is less likely to cause allergic reactions.

Be careful of unrealistic or exaggerated manufacturer claims on any product, especially if they suggest major or permanent changes to your body or skin structure. If the product has a therapeutic effect on your body, like treating a disorder or skin condition, it is considered a drug or natural health product and should have a Drug Identification Number (DIN) or a Natural Health Product Number (NPN) on the label.

If you've had a health or safety issue relating to cosmetics, report it to Health Canada. Find more information at [canada.ca/healthy-home](http://canada.ca/healthy-home).



# CROSSWORD



### ACROSS

1. Dump
5. \_\_\_\_\_ Club, Costco competitor
9. With 56 Down, full of college spirit
12. Langston Hughes poem
13. One, in math
14. Many
16. Strive
20. Rhythmic flow
21. Skew
22. "Ulalume" poet
23. I, in German
25. Strive
28. Halloween attire
31. Cholera
33. Helps a crook
34. Strive
36. Charlie Brown expression
38. Whitman College's Harper \_\_\_\_\_ Theatre
39. Primate
40. Not the favored drink in Walla Walla wine bars
41. \_\_\_\_\_ Paulo, Brazil
44. Greek Amor
45. Strive
47. Org. that facilitates pet adoption
50. "Two Tickets to \_\_\_\_\_ Strike," episode of *Maverick* featuring Whitman alumnus Adam West '51
51. Whitman College's \_\_\_\_\_ Campus Center
52. Strive
55. Important historical period
57. 1040 agcy.
58. Iridescent gem
60. Berry said to have anti-aging properties
63. Strive
68. Honoree's place
69. "Oh, dear!"
70. Half of the hip hop duo Gangrene
71. Vinyl records, for short
72. Extravagant promotion
73. Whitman alumnus \_\_\_\_\_ Crocker '71, career ambassador, the highest rank in the Foreign Service

### DOWN

1. Federal Judge \_\_\_\_\_ Robert '69, recipient of a 2017 honorary degree from his alma mater, Whitman
2. Slanted type (abbr.)
3. Marvel Comics character based on Norse mythology
4. Resembling a pedal digit
5. Tahoe or Expedition
6. From the start
7. Oasis, often
8. Foam lead-in
9. The "few" in Churchill's "Never in the field of human conflict was so much owed by so many to so few."
10. TV alien
11. Bird named for its trisyllabic "oop-oop-oop" call
15. What to catch in southeast Washington
17. And other things (abbr.)
18. Agcy. concerned with acid rain and greenhouse gas
19. Vietnamese holidays
24. Third largest land mammal, for short
26. Become darker, perhaps
27. Common wts.
28. Capt.'s superior
29. \_\_\_\_\_ Z (including everything)
30. Messy home
32. Hwys.
35. French politician murdered in his bath
36. Contest for Whittie cyclist Mara Abbott '08
37. Unaccompanied
41. Grasp
42. Folk rock singer DiFranco
43. Uneven
44. Italian novelist and semiotician Umberto
46. A Walla Walla farmer might use it
47. Label on used merchandise
48. Tatter
49. Go \_\_\_\_\_: become extremely angry or violent
50. Cheapjack
53. Crazy, in French
54. The "O" in TV's OWN
56. See 9 Across
59. Lacking firmness
61. Wan
62. Island in the Hebrides or a college in New Rochelle
64. Nickname for lyricist E. Y. Harburg, who wrote "Over the Rainbow"
65. CIA predecessor
66. "Golly!"
67. Hollande refusal



Valentine's Day  
**Sweet Heart**  
**Steak Dinner**  
**& Dance**



Music by  
5StarDJ

February 14, 2020  
 at the  
**Royal Canadian Legion**  
 Dinner served 6:00- 8:00  
 Dance Starts at 9

**Price \$25** (for dinner and dance)  
 Tickets Available at Pharmachoice  
 and the Royal Canadian Legion Lounge

Dance Open to Public After 9pm  
 for \$10 at the door

**no minors**

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**HaHa!**

Q. Why aren't dogs  
 good dancers?

A. Because they have  
 two left feet!



**HaHa!**

## Beelyne Executive Services Ltd.

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**closed for lunch 12-1**

**5208 N Access Rd, Chetwynd, BC  
 250.788.3638**

While shopping for a bathroom scale, I found one that tracks not only weight but also body fat, bone mass, and water percentage. I nixed that one in favour of a low-tech model. As I told the salesperson, "I don't need to be depressed four ways; one is quite enough."

**HaHa!**

## Why having a pet is good for your health

Did you know that sharing your home with a pet is good for your health? Here's why.

### THEY REDUCE STRESS

Spending time with a pet can decrease stress and slow your heart rate. In addition, some studies indicate that pet owners with Alzheimer's are less likely to suffer from fear and anxiety than those who don't have animals.

### THEY EASE SYMPTOMS OF DEPRESSION

Studies indicate that animal therapy can mitigate symptoms of depression, an-

xiety and post-traumatic stress disorder (PTSD). In general, owning a pet has been shown to elevate levels of oxytocin and other feel-good chemicals in the brain.

### THEY KEEP YOU ACTIVE

Dog owners who walk their canine companions regularly are more likely to be physically fit than people who don't have dogs. Furthermore, seniors who walk their dogs walk quicker than those who don't.

### THEY MAY PREVENT ALLERGIES

Some studies indicate that children who share their home with a dog or cat in the first year of life have a decreased risk of developing allergies or asthma.

In addition to these health benefits, owning a pet can also help lessen feelings of loneliness. In particular, owning a dog can help foster social interactions and be an effective way to combat social isolation.



# Cannabis

HEALTH AND LIFESTYLE

## Travelling with cannabis: a guide for Canadians

If you're planning a trip to another province or country, you may be wondering whether you can bring a small amount of marijuana for personal use or whether you'll be able to bring home cannabis products you bought during your travels. Here's what you need to know.

### WITHIN CANADA

Since cannabis is legal throughout the country, you can cross provincial lines with your personal stash without a problem. That is, as long as you're of legal age and don't have more than 30 grams of dried cannabis in your possession.

### INTERNATIONALLY

Whether you're travelling to or from a place

where cannabis is legal, you can't carry it across the Canadian border. This restriction applies both to recreational and medical cannabis and to any form of the substance.



Note, for instance, that even if you're entering the United States through a state where marijuana is legal, security checkpoints are under federal jurisdiction, meaning you can't have cannabis in your possession.

Failing to respect federal regulations could prevent you from entering the country you want to visit, now and in the future.

For more information, consult [canada.ca/cannabis](http://canada.ca/cannabis).