

Up the Cariboo
ENDERS, LIVINGSTON AND SALLEY

WILLIAMS
BIRCHWATER/WILLIAMS

dary Betty Frank
FRANK AND BIRCHWATER

BLE OR NOTHING
CHRISTENSEN

EDITED BY SAGE BIRCHWATER - VOL. 1

TRANSMONTANUS 2

WID SAGE BIRCHWATER

ULKATCHO FOOD AND MEDICINE PLANTS

the
stew

ISSUE 5.1 | JANUARY 2014 | FREE

the
Book issue

Sage
Birchwater
Featured Artist
Pages 4 & 5

STAN NAVRATIL AND SAGE BIRCHWATER
HARRIS & SAGE BIRCHWATER

hear



On the Cover:

Sage Birchwater, our artist of the month, has been incredibly prolific in the last few years, as both a writer and an editor. The photo on our January cover shows a sampling of his work.

You can find out more about Sage and his work on pages 4 and 5.

The Stew Magazine celebrates the written word

So this is the 'Book' issue, the first issue of the New Year.

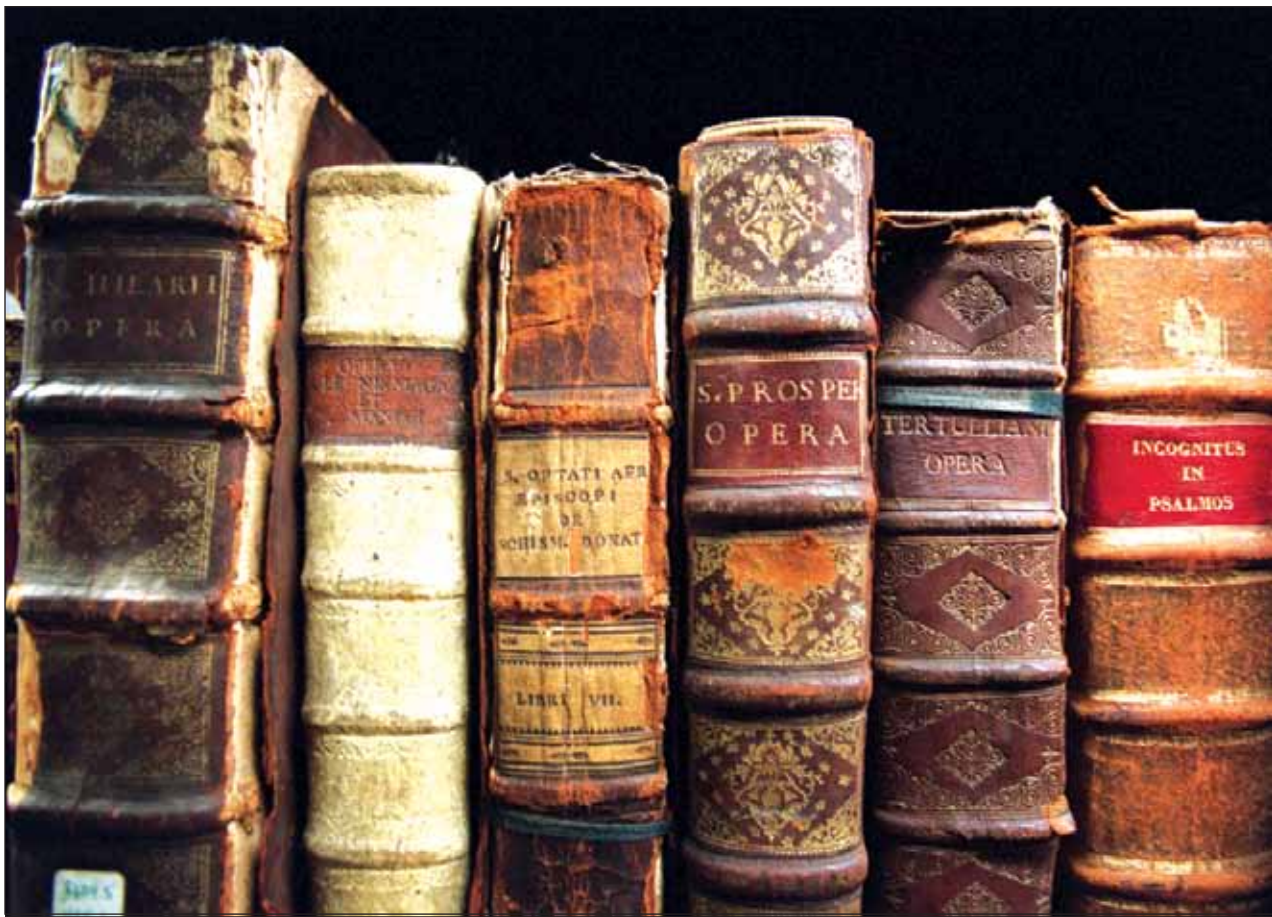
Some of our writers wanted to do the year in retrospect. I on the other hand want to talk about the history of the book and how we also use the word 'book' in many aspects of our life.

I know in the course of a day in our businesses we use the word book many times. I will book the client an appointment, we will book the tuxedo for the grad or wedding, Christa will go to her computer and do our books or book-keeping and our 19-year-old employee will "book it out of here" at the end of the day.

There are people who know you like a book. The Police might throw the book at you. An event might be one for the books. You can make a bet by seeing a bookie, buy raffle tickets in a book and win a game of bridge by playing a book. That's a lot of book references.

I've been told that the English language is easy to learn but hard to learn properly. It's no wonder with multiple meanings for the same word in many instances.

So where does the word come from? Most of the dictionaries online agree that it comes from old English and before that Germanic. The word "buch" means a document or a charter. This later evolves into a collection of documents which techni-



cally is what we have today.

Since the dawn of humankind we have wanted to leave a legacy of our short time on earth. Before the written word was created we drew pictures that would tell the story of events happening around us. Then man started using these pictures to form a written language which eventually formed into characters.

This is a very simplistic history of writing and I know I have left a lot out. We wrote on everything, cave walls, rocks, and the ground. Eventually after realizing these objects couldn't be moved or were very hard to move, we

started to write on lighter items, engraving on stone tablets and scratching into metal sheets.

These items were still not a practical way of carrying our story around. We began looking for lighter things to write on. Depending on where in the world your ancestors are from, they started writing on different mediums. If you have Asian decent your forefathers used and still sometimes today use shells, bone, silk and rice paper. If you are Middle Eastern papyrus was used. The Romans wrote on wax tablets and the Greeks wrote on parchment, which was carefully made

from the skins of animals. If your ancestors were indigenous to North or South America they were writing on tree bark either whole or pounded flat.

What is obvious here is that it doesn't matter what your heritage is, all humans have wanted to write. Early libraries showed up about three thousand years ago and have been in existence since.

Up until 1440 when Gutenberg invented the printing press, books were made and written by hand. Around the 12th century paper came to Europe from Asia and books started to be made in a regular (paper) and a premium (parchment) edition.

As of 2010, according to Google, who has decided to catalog the world collection of books, there have been 129,864,880 books written. If you speed read one a day that would take you over 355,000 years to read them all. Well thats not going to happen. What about reading all the books in a library? The library of congress has 32 million books. That would only take us a hundred thousand years.

Just out of curiosity I

googled how many books there were in an average library. The figure they came up with is about 10,000 books. Based on the size of Williams Lake or Quesnel I would say our libraries carry between five to seven thousand books and 100 Mile House is probably half that size.

Now if we say our libraries have 5,000 books that will take us just under 14 years if we read just one a day. The only problem with that is the book inventory is constantly changing so that seems to me to be a lifelong hobby.

When Christa and I first took over *The Stew* I visited the library to meet our librarian and ask her if she would like to write about books for us. I hadn't been to a library in years and thought with the internet and the use of e-books there might not be anyone there, but was I ever wrong. Our local libraries are some of the busiest places in our three cities.

On that note, and with this also being literacy month, grab a cup of your favorite beverage, grab a bound group of pages and escape into the realm of the written word.

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ingredients



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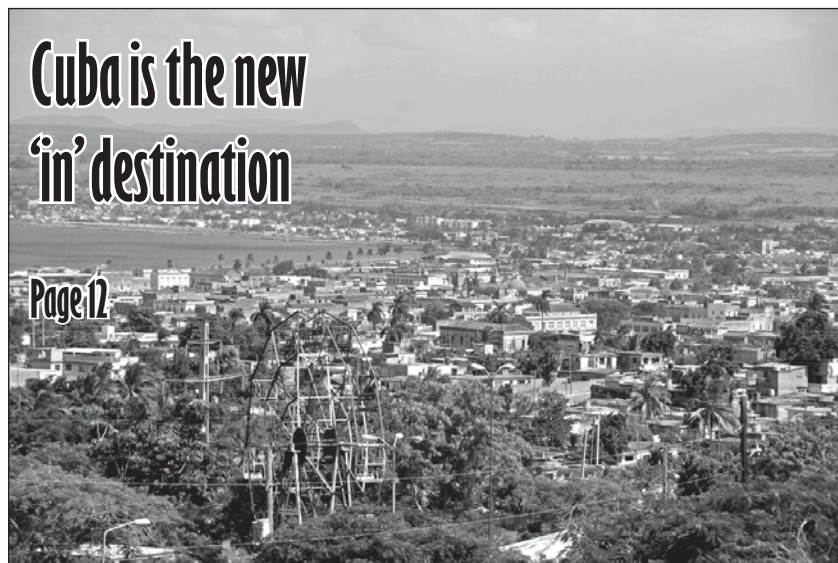
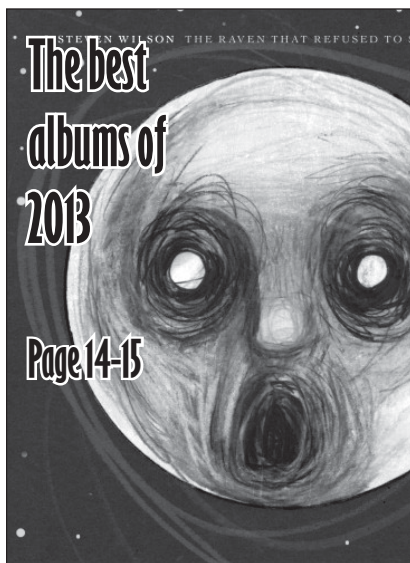
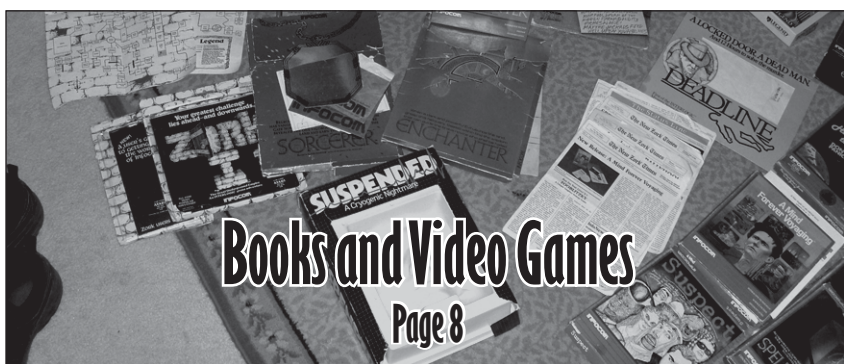
Calories 0

% Daily Value*

Books, manuals, instructions, letters, and
billboards, like it or not we are surrounded.

Make a New Year's resolution to read
something new.

Ingredients: This month's Stew was compiled from a lot of book sources and fun facts about books. Sometimes getting a chance to read seems like a luxury, other times it is out of necessity. This month was a fun issue for thinking up new ways books can be discovered and how much they can impact your life.



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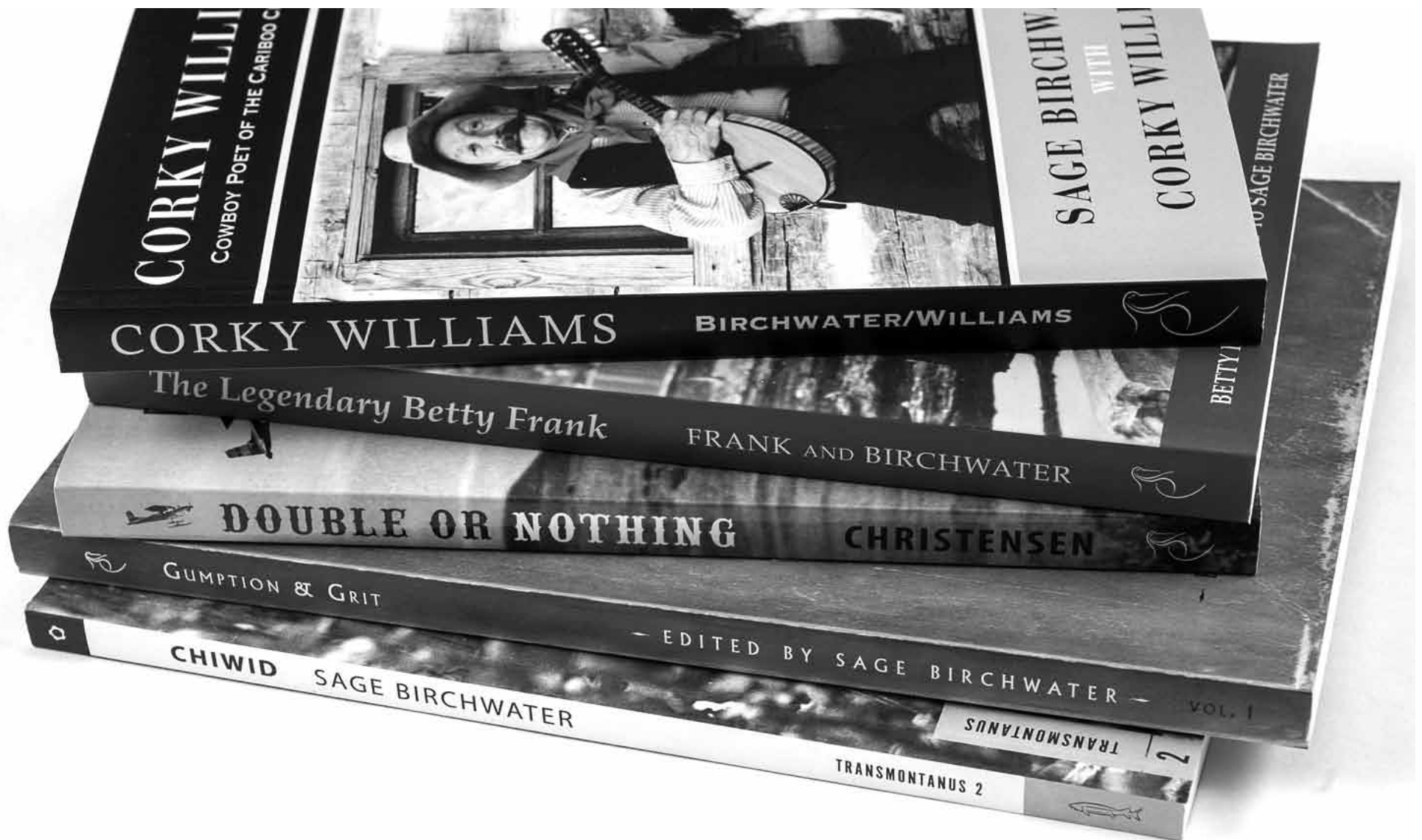
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flavour of the month



CRAIG SMITH PHOTO
A MAN OF MANY WORDS ► Author and editor Sage Birchwater is our artist of the month.

flavour of the month



Sage Birchwater chronicles the Cariboo Chilcotin

What a huge honour to write an article that features such an accomplished writer and amazing artist of word. Sage Birchwater is our artist of the month. Sage has deep roots here in the Cariboo Chilcotin that go back for over 40 years.

Born in Victoria, Sage found himself leaving his pursuit of knowledge through formal education at the University of Victoria to follow his adventurous side and pursue a different kind of knowledge here.

After hitchhiking his way to town with a friend Sage spent time working on a humanitarian level, he started a crisis line, youth hostel, and a food co-op. Working with people seemed to be a passion that would lead him down a future path of being a listening ear for people's stories.

For that next few years Sage spent time working as a court worker, opening a drop in center for first nation street people, and doing a variety of other odds and ends.

Sage spent some time liv-

ing in a commune out in the Miocene area, before buying a trap line out near Tatla Lake where, with his partners, he still has ownership. Along with trapping, Sage's passion for people and writing started to come together. He started his writing career with a small 'how to' Magazine out in the Chilcotin writing about roofing and tanning.

Sage got his start with the Tribune after being passionately opposed to a resolution passed by City council and writing a letter to the editor. Dianna French, the Tribune publisher at the time, published the letter and asked Sage to write a 'Backwoods Comment' column. From there Sage began to cover events and was given a camera for editorials that he still has today.

Well on his way, Sage started to freelance across the Chilcotin. On his travels and with reputation preceding him, Jimmy Stillas the chief of the Ulkatcho Indian Band liked his style and writing so much that



he invited Sage to write about the Ulkatcho people which became his first three books.

With a writing career well on its way and an established relationship with the Chilcotin people Sage was awarded

a grant to research and write for two years. The culmination of his research resulted in the book *Chiwid*, used in University curriculum, and now in its fifth edition.

The Hoof Print series of books for the Chilcotin Sage coordinated and edited, he has also worked with Stan Navratil on the Williams Lake 75th Anniversary book, and Chris Harris on *Fly Over BC Chilcotin Coast*.

In 2001 Sage moved into Williams Lake where he worked for the Tribune again as a fill-in which evolved into a long-term relationship where he was an instrumental voice in the Tribune until 2009. During this time Sage started to write articles for *Lived Experiences* a literary journal from the mountains of BC that is published out of Lillooet.

Sage's main focus in writing is Biographies, it seems to combine both a passion for people with an art for writing. Some of Sage's biographies include D'Arcy Christianson, Betty

Frank, and Corky Williams, for which he just finished a tour to promote.

Sage has a new project in the works about Extraordinary Men which will be similar to the book *Gumption and Grit*. He also wants to write an autobiography documenting the history of the people from the Tatla area.

Sage has two children who live in the Okanagan and seven grandchildren. This very talented writer is an extraordinary man with so much knowledge and passion. His collection of work is a compilation of history, roots, and real life.

At the age of twenty Sage made the decision to retire so that when the time came he would have plenty of practice. To Sage the definition of retirement is "getting up and doing every day what you want". Ever since, Sage has lived his life just that way.

You can find Sage's books at the local book store or you can e-mail him sagebirchwater@shaw.ca.

Wespeak

Expand your knowledge through a vast selection of books.

Information is power, and books are the best way to get it

This issue of The Stew is all about books, and not just the physical book, but how books make you feel.

When I go into a book store and start to look around, it is the most amazing feeling. There is so much knowledge inside of just four walls and all I have to do is open a book and start to read. It has been said that knowledge is power, and that is so true. The more I read the more I want to know, and everything that I know and learn gives me the confidence to go further and find out more.

I finished my first degree last year, and I say first because I know that there are probably a lot more to come as time and money will allow. But I remember that my most favorite part of going to school was probably opening my new text books for the first time and feeling the rush that came with feeling the smooth pages, the smell, and, yes, the

anticipation of being able to highlight and make notes in them. For the longest time I couldn't bring myself to desecrate the book by underlining and highlighting, but after a while the sheer joy of finding a thought that I couldn't bear to forget helped me find the courage to make my mark.

Finishing university was probably the hardest when it came time for the next semester to start and I didn't need any books. I took up reading for entertainment instead, which is fine, but its not the same as reading text books with the rush that comes from finding new information that opens up a new world. It's funny because I found that the more that I learned the more I knew that I didn't know, and the more that I wanted to learn.

Books can be that powerful connection for people to not only learning new stuff but to also escape to another

place and find peace, enjoyment, and excitement in the characters that seem to come to life in the book. Sometimes I find that I get so involved in the lives of the characters in a book that when the book is finished I find myself almost grieving the loss of those connections that I felt to them while reading.

History is full of stories that tell of times and places where books were forbidden or restricted to certain people or even destroyed. It makes me stop and think about how much power, liberation, and knowledge that a book could contain that it would become so threatening.

Today the ability to access books has even grown to great and grander lengths in that not only do we have libraries and book stores but we also have the ability to download books and have virtual libraries. Craig is addicted to his virtual books and e-reader

but I have to say that there is nothing quite like cracking a book open for the first time and feeling the pages between my fingers and having the feeling of control. I don't need power, battery life, or any other form of technology to enjoy my book. And when the next ice age comes, my books will keep us a lot warmer than burning his iPad. Though, hopefully it never comes to that.

As times change and life gets busier, I hope that everyone takes just a moment to stop and remember just how much a good book has to offer and then get out there and read. even if it's on an iPad. Being that January is typically a very cold month my suggestion is to curl up by the fire with a good book and allow the winter months to melt away inside. For all of the snow birds that go south this winter, while sitting in the sun, think of us and enjoy

your own winter reading list.

I guarantee that there is a book out there for everyone and that even if it's just a bathroom humour book, it will bring you a smile and a little piece of joy. For others, finding the right book might take a bit more time, maybe a favorite TV show has a book — there is everything from Duck Dynasty books to cooking and self-help.

As January is, for many people, the month for New Year's resolutions, maybe it's time to pick up a book and see what others have done or have to say on your resolution. I can guarantee that a book store will have a whole section on whatever it is that you are wanting to improve or change for the new year.

So in honour of The Stew's book issue, pick up a book and see where it leads you and what kind of entertainment or knowledge you will derive from it. Happy reading!

Wishing You a
Wonderful New Year!

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Some of this year's best books

It's that time of year when we start making lists and looking at lists. A favourite list for literary fiction enthusiasts is the Annual New York Times 10 Best Books, which is divided between five fiction and five nonfiction selections. Here are the fictional choices for 2013, which are all available in the CRDL.



The Flamethrowers (2013)

By Rachel Kushner

In Kushner's second novel, radical politics, avant-garde art, and motorcycle racing all spring to life in a luminous novel of the 1970s, in which a young woman moves to New York to become an artist, only to wind up involved in the revolutionary protest movement that shook Italy in those years. Fellow novelist Lauren Groff notes, "Every so often, you'll come across a book that burns so hot and bright it'll sear a shadow on your vision." The Flamethrowers is one of those books.



The Goldfinch (2013)

By Donna Tartt

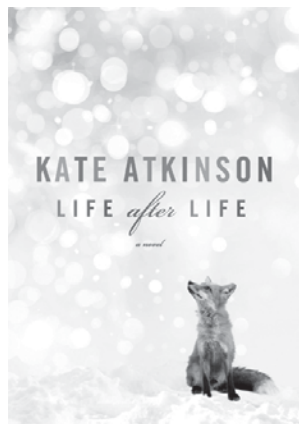
Tartt's powerful third novel, after *The Secret History* and *The Little Friend*,



*A favourite list
for literary fiction
enthusiasts is the
Annual New York*

*Times 10 Best Books, which is
divided between five fiction and
five nonfiction. Here are the fic-
tional choices for 2013.*

explores the path of Theo Decker, who emerges from a terrorist bombing motherless but in possession of a prized Dutch painting. The novel is teeming with incident and inhabited with vivid characters. As Stephen King acclaims, "The Goldfinch is a rarity that comes along perhaps half a dozen times per decade, a smartly written literary novel that connects with the heart as well as the mind."



Life After Life (2013)

By Kate Atkinson

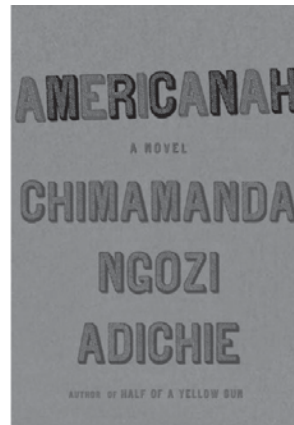
Atkinson is one of the most consistently great contemporary writers around. *Life After Life* is a wildly inventive novel about Ursula Todd, born

in 1910 and doomed to die and be reborn over and over again. She drowns, falls off a roof, and is beaten to death by an abusive husband, but is always reborn back into the same loving family, sometimes with the knowledge that allows her to escape past poor decisions, sometimes not. Author Gillian Flynn's praise couldn't be higher: "Kate Atkinson is a marvel. There aren't enough breathless adjectives to describe *Life After Life*: Dazzling, witty, moving, joyful, mournful, profound. Wildly inventive, deeply felt. Hilarious. Humane. Simply put: It's one of the best novels I've read this century."

Americanah (2013)

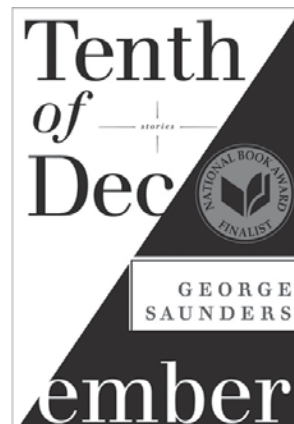
By Chimamanda Ngozi Adichie

Shifting between gentle and acerbic, Adichie's third novel takes on the comedy and tragedy of American race relations from the perspective of a young, smart, irreverent Nigerian immigrant, Ifemelu, who seems to have everything a Nigerian immigrant in America



could desire, but the culture shock, hardships, and racism she's endured have left her feeling like she has "cement in her soul."

As Ruth Franklin reviews, *Americanah*, "which combines perfectly calibrated social satire and heartfelt emotion, stands with *Invisible Man* and *The Bluest Eye* as a defining work about the experience of being black in America."



The Tenth of December

By George Saunders

Saunders, a self-identified disciple of Twain and Vonnegut, weaves a collection of stories that swerve from the deadpan to the flat-out demented: Prisoners are force-fed mood-altering drugs; ordinary saps cling to delusions of grandeur; third-world women, held aloft on surgical wire, become the latest in bourgeois lawn ornaments. Beneath the comedy, though, Saunders writing is brimming with profound empathy.

Acclaimed novelist Zadie Smith believes, "Not since Twain has America produced a satirist this funny."



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Sound Bites

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Even Stephen King's work has been translated into a video game — The Dark Half was released in 1992.

Video games have long been connected to books

It might be hard to remember because of how cinematic they've become in recent years, but video games have had a powerful connection to the written word almost since the very start.

Some of the earliest popular video games were referred to as "interactive fiction" — stories that unfolded on your computer screen like a novel, where you could dictate the outcome. You could explore virtual worlds with the ease of the English language, as if you were dwelling inside the novel itself. Games like *Zork*, *Deadline*, and *Planetfall* made a company called Infocom famous, but perhaps their best known game was not an inspiration but a direct adaptation — Hitchhiker's Guide to the Galaxy is one of the best known text adventures, a game crafted by the novel's author himself, Douglas Adams (you can actually still play this online).

Maybe it was the way cultures of science-fiction and fantasy overlapped with the culture of video games, but novels quickly became a go-to source of inspiration for game designers. Over the years we've seen games that have explored the worlds of writers like Raymond E. Feist, Frank Herbert, Robert Jordan, Jules Verne, J. R. R. Tolkien,



Gaming Life

By Todd Sullivan

George R. R. Martin, and many, many more.

Mind you, it's not all about games based on the written word. This relationship goes the other way as well. There have been plenty of words written about video games too, particularly words that help gamers solve problems and complete quests.

Game guides (and, for those less noble, collections of cheat codes) have been around just about as long as the games themselves. Nintendo Power magazine was a monthly publication that ran from 1987 until 2012 for almost no other reason than to spread strategies and tips for playing Nintendo's video games.

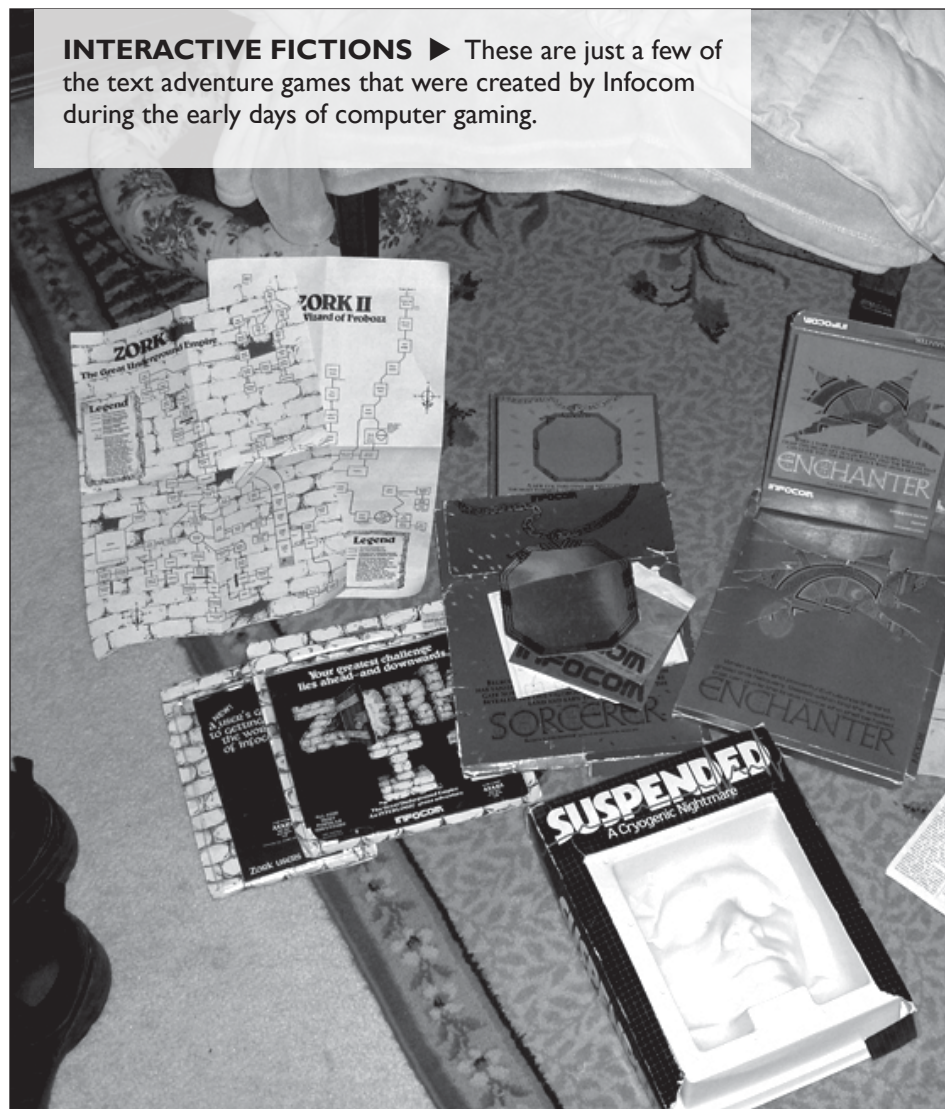
Printed game guides aren't quite as popular as they once were, a fact made clear when Nintendo Power closed their doors last year, but companies like Prima and Brady Games are still pumping them out on a fairly regular basis. For

most players, though, the Internet has replaced the printed word as the go-to spot for game strategies and cheats. And I can attest that there's something fantastic about instant gratification when you're stuck on a particularly nasty boss-fight.

As an avid reader, I do get a little disappointed sometimes to see that more and more games are embracing cinematics over literacy. But then I remember that there's a fine selection of independent games that aren't afraid to splash a lot of words around, and I go play one of those instead.

So what's coming out this month? Not a lot, unfortunately — it's traditionally a bit dead in the months following Christmas. But let's see what we can scrape up from the bottom of the barrel.

Metal Gear Rising Revengeance hits PCs on **January 4**. I haven't tried the console version of this yet, and I'm probably more excited about about



INTERACTIVE FICTIONS ▶ These are just a few of the text adventure games that were created by Infocom during the early days of computer gaming.

the arrival of MGS 5, but I'm sure there'll be a few people excited about this.

Assassin's Creed Liberation hits the Playstation Network on **January 14**, then arrives for PCs on **January 15**. It's coming to the Xbox 360 too, but it's currently only listed as TBA at the moment.

Tomb Raider: Definitive Edition comes to the Xbox One and Playstation

4 on **January 28**, providing a slightly more high-def version of last year's hit game.

Other notable releases: *Might & Magic X: Legacy* (01-23), *Dragon Ball Z: Battle of Z* (01-28), *Broken Age* (TBA), *Halo: Spartan Assault* (TBA)

What have I been playing lately? I'm still pushing my way through *Grand Theft Auto V*, but

I've also been dabbling occasionally in *Lego Marvel Superheroes*, because I am a serious comic book nerd. Don't even get me started on the games I've picked up during Steam's Holiday Sale.

What have you been playing lately? What awesome new games did you get for Christmas? Send me an email at todd@thestew.ca.

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3:30 pm Quesnel Arena

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5:00 pm 250-992-9143

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8:30 am

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10:00 am Williams Lake
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January 1, Polar Bear
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noon

Ladies' Singing - Williams
Lake January 3, 10, 17,
24, 31 @ 7:30pm St Peters
Anglican Church

Potato House Calendar
January 4, 2014 @8:30 am

Family Fun Day Bull Mountain January 5, 2014 @ 9:00 am Bull Mountain

Free Skates Williams Lake
January 5, 2014@ 2:30 pm
Cariboo Memorial Complex

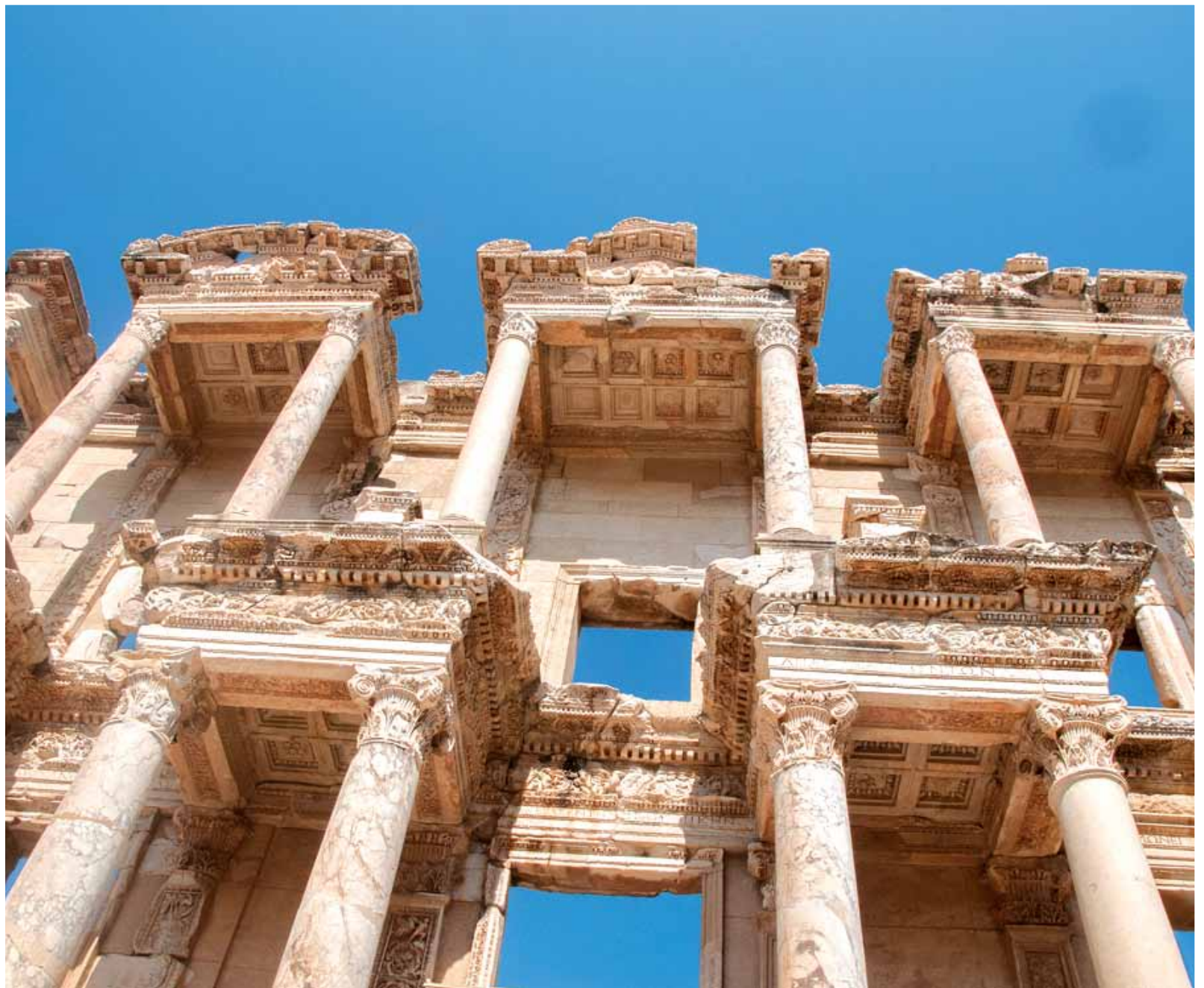
Cariboo Challenge Sled Dog
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January 11 Tomahawks
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TITLE	STREET DATE
Don Jon	30-Dec
Angel of the Skies	7-Jan
Arctic Air - Season 2	7-Jan
Closed Circuit	7-Jan
Duck Dynasty - Season 4	7-Jan
I'm So Excited	7-Jan
Lifeguard, The	7-Jan
Runner Runner	7-Jan
Sound of Music, The – Live!	7-Jan
Thanks For Sharing	7-Jan
Tiger Eyes	7-Jan
We Are What We Are	7-Jan
20 Feet From Stardom	14-Jan
A Single Shot	14-Jan
A.C.O.D (Adult Children of Divorce)	14-Jan
Adventures in the Sin Bin	14-Jan
Aqua Tales	14-Jan
Ass Backwards	14-Jan
Blue Caprice	14-Jan
Carrie (2013)	14-Jan
Enough Said	14-Jan
Frozen, The	14-Jan
Fruitvale Station	14-Jan
Khumba	14-Jan
Lee Daniels' The Butler	14-Jan
Parkland	14-Jan
Riddick	14-Jan
Spectacular Now, The	14-Jan
Underdogs	14-Jan
Universe, The - A Whole New Dimension 3D	14-Jan
You're Next	14-Jan
A Gangster's Tale	21-Jan
Bad Milo	21-Jan
Blue Jasmine	21-Jan
Captain Philipps	21-Jan
Dead Before Dawn	21-Jan
In A World	21-Jan
Machete Kills	21-Jan
A Pony Tale	28-Jan
Bonnie and Clyde	28-Jan
Cloudy with a Chance of Meatballs 2	28-Jan
Downton Abbey - Season 4	28-Jan
Fifth Estate, The	28-Jan
Jackass Presents: Bad Grandpa	28-Jan
Night Train to Lisbon	28-Jan
Rush	28-Jan
Violet & Daisy	28-Jan

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It's a big world out there! Buy a book about an exotic place and then put it on your travel wish list

Cuba is the new 'in' destination for travellers

BY SYLVIA RASHBROOK

Many times we wonder where we would like to spend our vacation time.

If it is a sunny destination you're thinking of, why not explore Cuba?

Immaculate, white, sandy beaches; lush, green hills; dramatic rain forests and waterfalls; vibrant cities, a lot of history, and salsa rhythm; these all describe Cuba very well.

If you are an active tourist you might want to visit the historical Cities of Havana and Varadero.

This is Cuban history at its finest. If you like vintage cars, especially the vintage American cars, then you can walk in these beauties in Havana. Can you imagine being placed

into 1960s traffic?

You will also find the vibrant Cuban culture with their salsa rhythms and dancing in Havana and Varadero, and you can participate in the salsa rhythm dance yourself if you wish. You can even find dance lessons. Jazz is a prominent form of music heard on the streets everywhere.

Santiago de Cuba is not far behind with its powerful history. As a city of Afro-Caribbean culture and of Cuba's political and artistic history, Santiago de Cuba is a lively, colourful place. Here is where you find pastel-covered buildings and where you can visit grand cathedrals.

If you like the countryside, you can observe horses and carts carrying food and water to



and from the markets. You can partake in harvested products such as

pineapple, mango, guava, melons, and sugar cane. You can purchase these products at your leisure. Just imagine sipping a freshly brewed cup of espresso from the famous Cuban coffee beans. And let's not forget having a Cuban cigar with it.

The relaxing vacationer will enjoy the peaceful, white, sandy beaches and the lavish, natural environment in Cayo Santa Maria where you will find many excellent resorts. The service is exceptional. The Staff treat you as family and will go the 'extra mile' to keep you happy. Their personal-

ized service makes you feel very special and well appreciated.

Overall the beaches of Cuba are like something out of a dream where you can soak up the sun on white sand and dip into the warm, turquoise water of the Caribbean.

In the evenings enjoy the famous Mojito Cocktail that even Hemingway, during his time in Cuba, enjoyed while being entertained by the rhythmic music of the Samba and Salsa.

My husband and I recently returned from our first trip to Cuba that we booked through All-Ways Travel. We

enjoyed our stay immensely at the Melia Buenavista, an adult-only Hotel and Resort. Our butlers took very good care of us by making our wedding anniversary very special. They surprised us with various treats.

On a day trip we took to Santa Clara we were allowed to visit a cigar manufacturing plant. The essence was powerful smelling of strong tobacco. It was a worthwhile experience.

The very kind staff working for the Historical Railway invited my husband to join them in the locomotive for a short trip to the sugar cane plant where we were shown around the historical plant. He gladly accepted the ride and fulfilled his childhood dream of being an engineer.

Our trip to Cuba holds many memorable moments. It is a trip I would highly recommend that everyone take. It is also a great way to get through a cold Canadian winter, just stretch out on the beach with a good book and soak up the sun.

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There are a variety of cookbooks out for all ages, from kids to gourmet, or try something thing new and create your own new recipe

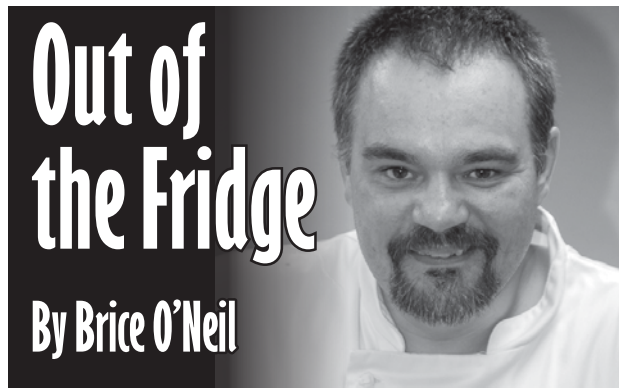
If you want to cook, skip the recipes, get a sous chef

A few things immediately happen when someone asks me about books. Often, I just kinda stare blankly at them and say something like, “I don’t read books. Too many words. Excuse me, but I need to cook this.” Then I look around the room for something to cook.

Or I’ll say, “Yea, I just finished Forrest Griffins *Got Fight?* for the fourth time.” (And by the way, do yourself a favour and read one of his books... they’re worth the effort.) Then I get a weird look from them and they say something like, “Don’t you read cookbooks?” Hmhhhh...The only cookbooks I’ve read since graduating culinary arts in 2004 are books *written* by cooks, *not* books full of recipes.

Anthony Bourdain’s *Kitchen Confidential* is the best book I have ever read — an entire book written by a cook and not a single darn recipe. Genius! (Again, pick this one up).

Now don’t get me wrong. I own at least 75



cookbooks, all full, page after page, of recipes and food porn. Google ‘food porn’ if you don’t know what that means. Actually on second thought don’t. Don’t do that. I will explain.

Food porn is beautiful pictures of food, amazing dishes cooked to absolute perfection by chefs much better than me. And sure, I’ve read them and even memorized a few of the recipes, but at this point in my life I don’t need to read and study recipes unless I’m baking. But that’s a different column.

To me books are meant for enjoyment, to allow an escape from the reality of life, and since I cook for

living, it’s not something I spend my free time reading about.

Here is an example of me reading a recipe.

1. ½ cup butter
2. 1 cup of...oh my God, remember that fight on Saturday. That was good fight!
3. One litre of...I wonder if monkeys dream and if they do, do they dream about being people?

So you see, recipe books pose a problem for me. On the flipside, a lot of people ask me for my recipes and I usually give them up easily. The most common request is for my bread pudding recipe. But since we have a readership of over



10,000, it would take too long to track you all down and kill you. So instead, today I’m gonna share my Borscht recipe with you.

First thing you do is get your Sous Chef to cut up three gigantic cans of (cooked) beets. If you don’t know what a Sous Chef is, it is the person the Chef has decided to make his second in command. A noble position in which they do exactly what the Chef asks and

they do it well.

If you are not a Chef, hire one and call him or her Sous or Paul or whatever and make them do all kinds of stuff you don’t want to.

Now fire a brick (pound) of butter in your soup pot, add some onion that your Sous Chef diced. Cook until soft and then add some shredded cabbage, dill, garlic and pinch of salt. Cook that awhile, then change

CDs in your CD player, put on, um, try Pantera. That’s good soup music.

Oh Wow! Your cabbage is nice and soft. Dump in the beets and their juice, a litre or so of vegetable stock, and bring to a boil. Tell your Sous to “Look busy” or you will fire them.

After an hour or so on a simmer, add about a cup of white vinegar and stir it all up. Voila! Borscht. Easy eh?

Books can help to tighten the bonds of a family

BY DAWN WALL

Reading is one of my passions. Whenever I have a spare minute, or even when I should be doing other things, I can be found curled up with my book. Books have always been (and still are today) my place to go for information, for support, for escape from my reality, and for a safe place to explore new approaches and ideas. In this age of computers, electronic games, and TV, sometimes we forget the value of books and reading. I love the smell and feel of books, the act of turning pages, so I have not yet been enticed over to an e-reader.

There has been much research done and information published

regarding the importance of exposing children to books early in their life. This early exposure to the sound and pattern of language has been shown to have a great impact on a child’s success in school. No matter what subject area — science, art, math — understanding words and being able to read them is necessary for any kind of learning to occur. The act of turning the pages and following the words as they are read reinforces the left to right nature of our world, a prerequisite for the act of reading itself.

But for me the real impact that books have on children and adults is the relationship that develops between them while the act of reading occurs. To



For me the real impact that books have on children and adults is the relationship that develops between them while the act of reading occurs. To read a book to a child requires you to be with the child in that moment, not only physically but emotionally as well.

read a book to a child requires you to be with the child in that moment, not only physically but emotionally as well. You are physically touching as you share the adventure that is each page, and you are setting aside the rest of

your busy life to be with them alone. You are not only reading the words on the page, but you are part of the conversation, the emotions, and the experiences that the child shares while the story is read. The relationship and attach-

ment formed then will last throughout the child’s life.

I have been talking about young children but don’t let reading aloud end when your child can read for themselves. This magical closeness and relatedness continues and is

probably needed more as the child gets older. With older children, it is a time when physical closeness is okay, and it is a time to revisit the warm cuddles of baby and toddlerhood.

The importance of books was brought back into focus this year clearly for me by my children. My children, now adults, came home for Christmas. One of the things that we did on Christmas Eve was snuggle down together to read *Twas* the night before Christmas and we relished the reading the last page together: “Merry Christmas to all, and to all a good night!”

It had been a favorite thing for them to do in the past, and now even as adults they enjoyed reliving the moment together.

hear

Tone Soup's albums of the year

Well that's it. 2013 is gone. It's probably for the best. It was a year in which celebrity spectacle weighed more heavily in the media than any of the world-changing political, economic, or environmental news. And out of all that, I found myself with significantly less good new music at the end of this year than last. I still couldn't cut it down to a top ten so I managed to pull together another top 20. Here, without further ado, are the Top 20 Albums of 2013 as chosen by yours truly:

20. *Vengeance Falls* by Trivium

This is real American heavy metal! I've only been listening to this album for a month or so but it grabbed me from the instant I first pressed play and it sinks its claws in deeper every time I listen to it. These guys are always on top of their game and they're not stepping down here. *Vengeance Falls* debuted

at #15 on the Billboard Hot 200 chart and gets good reviews all around. Best song: 'Strife'

19. *The Diving Board* by Elton John

Best album by a senior musician. Who doesn't love a whole album full of piano ballads? The truffle sauce on top is that it's an Elton John album. *The Diving Board* is produced by T-Bone Burnett, who also produced *The Union* in 2010. The overall sound is quite similar to that of *The Union* (minus Leon Russell of course) as it harkens back to a more old school Elton sound. Best Song: 'Home Again'

18. *Surgical Steel* by Carcass

Comeback album of the year. With 17 years since their previous album, you'd think they'd mess it up somehow. Any other band away for that long usually does. But these guys are masters. These

songs are fresh and yet they don't feel like the band tried to modernize their sound as so many others have tried and failed. Carcass fans are devouring this bloody feast. Best song: 'A Congealed Clot of Blood'

17. *Loud Like Love* by Placebo

Alternative rock album of the year. Some didn't care for the cleaner, brighter Placebo, while others were happy to do away with the grit and grunge. I quite enjoyed this album and it has gotten me to dig deeper into the past catalogue of a band whose singles I've always loved but never paid quite enough attention to. Best song: 'Too Many Friends'

16. *Head Up High* by Morcheeba

Best album that sounds like my college years. It's groovy and funky and I just really like Morcheeba. While the album is new and fresh and awesome, I still can't help

but sing 'Sao Paulo' every time I hear 'Finally Found You' and then I'm singing it all afternoon because it's the last song on the album. Overlooking that minor detail, this album sounds like stellar new turn of the century trip hop. Best song: 'To The Grave'

15. *Arrows of Desire* by Matthew Good

Best album by a BC local. This guy knows how to make killer rock music that's hard hitting and packed with emotion. He dropped the horn experimentals of *Lights of Endangered Species* but it's still pretty melancholy. With titles like 'Via Dolorosa', 'So Close', 'Long Gone', 'Mutineering', 'Letters in Wartime', and more, there's not actually a happy song on the album. But it's damn good. Best song: 'Via Dolorosa'

14. *Damage* by Jimmy Eat World

Power pop album of the year. This is far more poppy

Tone Soup

By Jamie Horsley



than most things I normally choose to listen to, but it's just so good. It's an adult breakup album in a post punk / power pop style. It'll have you dancing and singing along with the choruses until you actually start listening to all the words in the verses. Then you won't be singing so happily anymore, and if you think about them too hard you might water down your own beer. The contrast between the sound and the lyrical content blows my mind every time. Best song: 'How'd You Have Me'

13. *Urban Animal* by Claude VonStroke

Acid house album of the year. You don't even need

to be on acid to enjoy this album but it might help. (I experienced this guy's live show at Shambhala 2012 and it blew my mind.) From the ridiculous breakdown of 'The Clapping Track' to the blips and bleeps of 'Plasma Jelly' *Urban Animal* is wild and loose. Best song: 'Dood'

12. *Deviation* by Thriftworks

Experimental electronic album of the year. Thriftworks is another name I was introduced to via Shambhala. The soundscapes this guy is capable of building consistently blow my mind. The album is downtempo and glitchy and groovy. Very cool. Best song: 'Terminally Chill'

It's a brand new year... Time to get organized!

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11. *Innocents* by Moby

Ambient electronic album of the year (with vocals). Moby gets some friends together to make some beautiful music, and it never steps far from his familiar style. Canadian vocalist Al Spx of Cold Specks does an utterly stunning job in 'A Case For Shame' as does Damien Jurado in 'Almost Home' and Inyang Bassey in 'Don't Love Me' while Moby does his own amazing thing in 'The Dogs.' Best song: 'Almost Home' featuring Damien Jurado

10. *The Afterman: Descension* by Coheed and Cambria

Best sequel. As I'm listening to this album again for the first time in a while I'm noticing two things. Firstly, these songs all rock! Secondly, as I look over what's already been on this list and look ahead to what's left, I notice there's a lot of really sad music here, and this is another example of that. If they hadn't put a happy song at the end of the album ('2's My Favourite 1'), this would also win the most depressing album of the year award — if you've been following the Afterman storyline. Best songs: 'Key Entity Extraction V: Sentry the Defiant,' 'Gravity's Union,' 'Iron Fist'

9. *Free the Universe* by Major Lazer

Dance album of the year. These songs hold up. And there's so many good remixes roaming around Internetland. The album was postponed a couple of times and an apologetic series of remix EPs were released for free via Facebook prior to the release of this album. Even after listening to pre-release remixes for two months and then listening to the album for a couple more and a slow steady trickle of remixes, I still enjoy it when I play it. It's full of dancehall and moom-

bahton beats and guest stars on every track. Best songs: 'Get Free' (featuring Amber of Dirty Projectors), 'Jet Blue Jet' (featuring Leftside, GTA, Razz & Biggy), 'Jessica' (featuring Ezra Koenig of Vampire Weekend)

8. *Welcome Oblivion* by How To Destroy Angels

Best debut album by a spin-off band. How To Destroy Angels is the A Perfect Circle to Nine Inch Nails' Tool. It's Trent Reznor with his wife, Mariqueen Maandig, on vocals and his friends Atticus Ross and Rob Sheridan. It's like Nine Inch Nails Light, and Mariqueen's voice is perfect for it. This is their first full album after releasing a couple of EPs. The first one had me concerned but the second EP contained a few songs that would be on the album and it lifted my spirits, but this album is awesome. There's a music video for 'Ice Age' that will draw you right into the song. This is everything I hoped this band would become, and you know they're not stopping here. Best songs: 'Ice Age,' 'Strings and Attractors,' 'Welcome Oblivion'

7. *Hesitation Marks* by Nine Inch Nails

Industrial album of the year. I wasn't overly thrilled with the first single, 'Came Back Haunted,' but then there were a couple more singles that were better and finally 'Everything' was released on NPR and it sounded like a rock song with pop hooks. Fans were not pleased. Even though the song was good, it wasn't what Nine Inch Nails was expected to do. But now *Hesitation Marks* is here and all the NIN fans can rest assured that Trent hasn't lost his touch. The lyrical content of the album is more paranoid than a conspiracy theorist with a Facebook account. Best songs: 'All Time Low,' 'Running,' 'Satellite'

6. *Pillowfight* by Pillowfight

Trip-hop album of the year. Big thanks to Kid Koala for introducing Emily Wells to Dan the Automator for this project. This is a little more modern and bright and poppy than the Morcheeba album but all these songs are funky and fun and Emily's voice is light and beautiful. I've been enjoying this album all year long. I had even given a copy to a friend and I know she's been enjoying it so I recently asked her what she thought of it and she said "It makes me feel powerful when I listen to it... It's the same feeling I get when I listen to Adele or Ani [DiFranco] or Lana Del Ray." Sweet. Thanks for the review, Lexi. Best songs: 'Get Down,' 'In the Afternoon,' 'Darlin' Darlin'

5. *Versions* by Zola Jesus

Remake of the year. All the songs on this album are remakes of past songs, many from her previous album, *Conatus*. J. G. Thirlwell arranged all the music and Mivos Quartet played it while Zola Jesus herself rerecorded all the vocals in a register we can all understand. She's trained as an opera singer, so on past albums her vocals are always belted out as opera singers do and it makes understanding the lyrics quite difficult. I've had my eye on her for a while now, and I think this is the most beautiful and most accessible album she's recorded yet. The fact that this treatment has been applied to the best songs in her back-catalogue make it that much better. This is such a beautiful album. Best songs: 'Sea Talk,' 'Hikikomori,' 'Vessel'

4. *Bye Bye 17* by Har Mar Superstar

Disco album of the year. This guy hides in the shadows of the media and I have no idea why. *Bye Bye 17* is full of perfectly recreated '60s do-wop and '70s disco sounds with over the top modern lyrics.

At the height of it all the Ron Jeremy-esque character croons, "Please don't make me hit you, I'm not your daddy. Why must your crazy love hurt me so badly?" over a familiar do-wop melody. Best Songs: 'Lady You Shot Me,' 'Please Don't Make Me Hit You,' 'Late Night Morning Light'



3. *Bosnian Rainbows* by Bosnian Rainbows

Best new artist. Omar Rodríguez-López was happy to be free of the weight of being in charge of every detail of a project when he gave up The Mars Volta and joined a more collaborative band to be guitarist for Bosnian Rainbows. Deantoni Parks came along from Volta as the rhythm section and they joined vocalist Teri Gender Bender, from Le Butcherettes, and Nicci Kasper on keyboards. They've got a kind of gothic art rock sound that Teri's voice and attitude lends themselves to wonderfully. And they play a hell of a live show. Best songs: 'I Cry For You,' 'The Eye Fell In Love,' 'Eli'



2. *Push the Sky Away* by Nick Cave and the Bad Seeds

Dark, brooding gothic album of the year. These are dark songs of an aging man mourning memories. There's a couple moments where he might come off as a creepy old man watching young girls on the beach. But when you look deeper you find, like most creepy old men staring blankly at young girls, he's remembering better times and just wishing he were younger. In 'Higgs Boson Blues' he recalls faint, surreal memories along his pilgrimage to Geneva. The songs all have a slow and mournful tone to them. The dark poetic lyrics and perfect musical accompaniment prove that Nick Cave and the Bad Seeds are true masters of their craft. Best songs: 'Waters Edge,' 'Higgs Boson Blues,' 'Mermaids'

1. *The Raven Who Refused to Sing (and Other Stories)* by Steven Wilson

Album of the friggin' year! Holy crap! Far above and beyond anything else this is the best album I've heard all year, and probably longer than that.



This phenomenal progressive rock album tells some of the saddest ghost stories you've ever heard. If you haven't checked this out yet, go look up 'The Raven Who Refused to Sing' on YouTube right now. Take a tissue. But 'The Watchmaker' is my favourite song. It's the song of a man in his old age mourning his wife after being in a lifelong relationship of convenience — that's powerful shit. Steven Wilson is the frontman of progressive rock band extraordinaire, Porcupine Tree, and often works with Mikael Akerfeldt (Opeth). This is his third solo album and was recorded with the touring band for his last solo, and it was engineered by the legendary Alan Parsons. Everyone should listen to this album. Anyone who appreciates good music will appreciate this. Incredible. I can't throw enough praise at this but I'm gonna stop now. Best songs: 'The Watchmaker,' 'The Raven Who Refused To Sing,' 'Drive Home'

Well that's the best of all the crap I listened to last year. If you disagree or agree strongly enough to let me know, drop me a line at tonesoup@thestew.ca or find us on Facebook.

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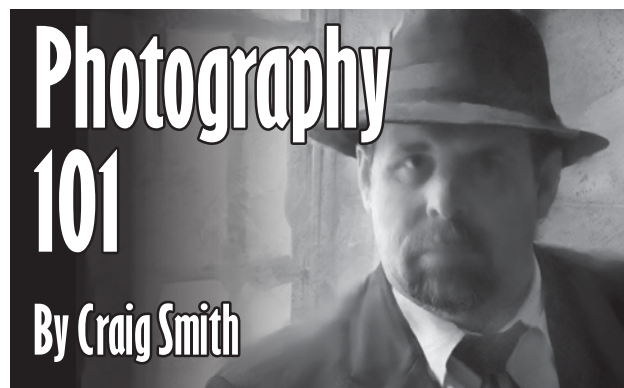
By the time you read this, Christmas will have passed and we might already be into the year 2014. Some of you will be sitting with a brand new camera that you received as a present from some incredibly thoughtful person in your life.

I thought when Christa and I acquired *The Stew* that one day I would resurrect my photography column and what better time than a brand new year.

Do you remember the anticipation of unwrapping your Christmas presents this year? I've noticed, listening to people, that when they are given a camera for a gift it's either the first or the last item that they get to unwrap. The first because then you can be taking pictures of the rest of Christmas or the last because it's probably the most expensive and the gifter wants to drag out the anticipation.

I think in my lifetime I've received a camera as a Christmas present about four times and every time I've been almost in tears.

My first camera was a Kodak 126 cartridge camera that used flash-cubes. I think I was 10. I photographed my grand-



parents that Christmas and my grandma used that picture for years in cards, etc. I think I even still have a copy of it.

This month's theme is about books, and the manual you get with a new camera is a huge book, not like the manual I received with that Kodak. It said, basically, put the film cartridge here, wind until it stops, then press this button. If

it's dark, use a flash cube. That was it.

Today's cameras have more buttons than a jet fighter and all you have to go by are the symbols and icons on the camera and a manual the size of *War and Peace*.

Let me spend a few minutes demystifying some of those icons for you so you can start to really enjoy the art that I've spent most of my life creating.

This month I want to go over the four modes of photography and how or why you would want to use them. Let start

off by saying that there are only four modes in which your camera operates. Anything other than what I'm describing is what we call a sub-mode.

The first mode is called Program and that is when the camera picks the shutter speed and the aperture size. The aperture is the size of the hole in the lens. There is also an Auto mode on some cameras but that is just Program mode, where the camera will also decide whether or not to use the flash. Both of these modes turn your new expensive SLR camera into a point and shoot.

The next mode is called Shutter Priority. In this mode you pick the shutter speed and the camera will pick the aperture. The next mode is Aperture Priority in which you choose the aperture and the camera now picks the shutter speed. The last mode is your Manual mode in which you pick everything. This isn't a mode to use when you are just learning, but as you get more proficient it's my mode of choice.

Now that you know what the modes control, get out and practice. It's way cheaper to practice getting good at photography now than it was when I started with film, saving my allowance to develop a roll.

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HOLIDAYS OF THE MONTH

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Enjoy today appreciating the value of the Thesaurus. If you haven't seen it in a while, take a moment to browse through it.

January 23 is National Handwriting Day

National Handwriting Day is an opportunity to reintroduce yourself to a pen or pencil and a piece of paper. In this day of computers, more and more information, notes, and letters are sent back and forth via a keyboard and cyberspace.

According to the Writing Instrument Manufacturers Association (WIMA) website "The purpose of National Handwriting Day is to alert the public to the importance of handwriting. According to WIMA, National Handwriting Day is a chance for all of us to re-explore the purity and power of handwriting."

Participate in National Handwriting Day by writing a note or letter to someone. Love letters are cool. Notes to people who are ill or incapacitated will be well received.

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Books vs Digital: Join the debate and tell us which you think is better by emailing craig@thestew.ca

The many mediums of the e-book industry

Whether you use an e-reader or a tablet, e-books are the future of reading



With the theme this month being *books*, I thought that there would be no better time to look at the growth of electronic books and the devices available for viewing them.

As my wife Christa will attest, I have a love affair with my iPad. I now actually have two. I went down to Vancouver to buy the very first iPad when it was introduced and I'm pretty sure that it was the first one in the North.

My second iPad is the one I now carry everywhere and it is the very latest one (the 2013 model, as they don't give them numbers anymore).

I do still buy real books, but unlike my wife I don't need the feel of the pages or the smell of the ink on paper. I read for the pleasure of reading regardless of the medium.

In my mind there are two ways of reading electronic books. They are tablets and e-readers. The largest category is tablets. It seems like every phone / computer company has now put out a tablet. I know I love mine. It has my schedule, carries my pictures, my music,

and my contacts. I can write notes and articles for *The Stew* on it, I can check the weather, post on Facebook, play a game, and even make a face to face phone call.

A Kindle, on the other hand, gives you the ability to read an electronic book... period.

The Kindle has a few very major advantages over tablets. For one, all you can do is read books... no distractions. The next is battery life as the Kindle will give you much more battery life than most tablets. The third, and, in my mind, the most important, is that you can read it in broad daylight.

I guess the last advantage would be price, as the Kindle is only about \$100 whereas the iPad is around \$600.

Not only is Kindle an e-reader, it is also an application that you can download to your tablet. Last year I bought and downloaded my first e-book from Amazon, which is the company that owns the Kindle.

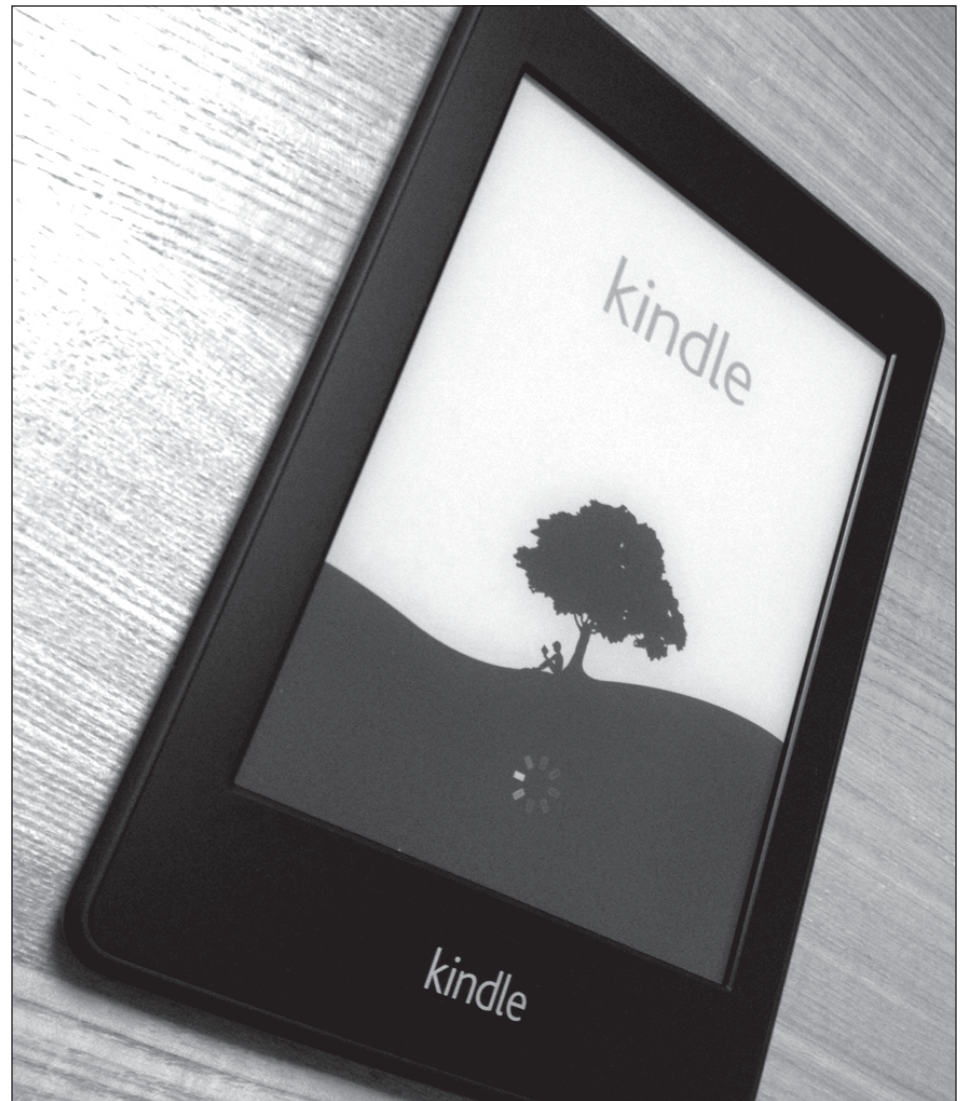
When the first Kindle came out I downloaded the application to my desktop computer and read the first e-book, which was a free short story by Stephen King. I thought it was kind of

cool but I would have to be at my desk to be able to read a book so that's kind of where it ended. That is until the iPad. I now have a small device that I can carry with me wherever I go and read.

I resisted buying the first book for a long time because of the special feelings my wife has for real books made out of paper.

As I am a photographer most of the books I wanted to buy had full colour pictures and that was something the Kindle e-reader just couldn't do. I was scanning Amazon's website and my eye caught an ad saying that Kindle was now an application you could download to the iPad and read books in full colour. I noticed the price for a book was a third less and justified trying the first one that way. After reading my first e-book I was hooked. How else can you carry a thousand books with you on vacation.

I love the fact that I can read books at night without a light ... can't do that with a real book, Mrs. Smith. My only problem with my iPad was the fact that in bright sunlight on the beach it's totally unreadable. I guess I'm looking for a boxing day sale on a real Kindle for bright day backup.



Halls Organics

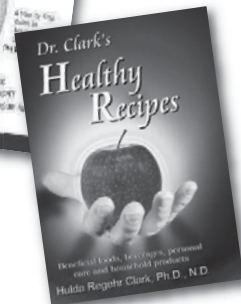
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Recipe

Tut On The Rocks
(lemon tea, makes 1 litre/quart)

Place 6 teaspoons of King Tut Lemonade into a teapot or heat resistant pitcher. Add 1 1/4 cups of freshly boiled water. Steep 5 minutes. Fill a serving pitcher to the quarter mark with cold water. Pour concentrated lemon infusion into your serving pitcher, straining the leaves. Add ice and top up with cold water. Garnish and sweeten to taste.





If your New Year's resolution is not to exercise, then why not try out Community Theatre?

Reading is the first part of acting

The books of theatre are the plays themselves, the scripts. A playwright is a special kind of author, one who only writes dialogue, with no explanation or exposition. The characters are defined not by description, but by what they say and what is said about them. Actions are, to a large degree, implied.

A typical script has some stage direction, but it is minimal, and some have none at all. Even a script that has extensive stage directions is subject to change; the movement of the actors is limited by the stage they are on, and subject to the interpretation of the director.

The difference between a play and a book is this lack of exposition — the author leaves the interpretation of the details up to the theatre group that performs the play. Different people could very easily have completely different interpretations of dialogue and the motivations and emotions behind it.

This can actually work to the play's favour: it is not bound to only what the playwright envisioned; every voice that reads and



Behind the Curtain

By Cathie Hamm

interprets adds a level of meaning. A fascinating exercise is to see different theatre groups do the same play and see what they come up with.

An equally interesting exercise is to see, or even take part in, a play reading or stage reading. This is exactly what it sounds like, a group gets together, different people take on different parts, and read the script in character. Even without physically acting out a play, the actor will become the character, bringing different tones and pacing of the dialogue that will bring life to the script. It suddenly becomes much different than what you may have interpreted reading it silently.

The Williams Lake Studio Theatre will have a script

reading night on January 17, with 10 to 15 minute readings done by local actors. Anyone is welcome to take part or just sit back and enjoy the show, free of charge at the Studio Theatre. Potential directors use this exercise to see if they like how a play sounds before they decide to pitch it for production next year.

The Theatre group is also open to reading plays just for the fun of it; if you have a play you want to hear part of, email us (wlstheatre@gmail.com) to arrange it. You might even decide to pitch it on play pitch night, February 10 at the Theatre. Again, anyone is welcome to watch the proceedings, which can be entertaining in their own right.

Director Shane Tollefson

presented the play Glengarry Glen Ross for both reading and pitching last year. It was selected to be on stage from January 29 to February 1 and from February 5 to 8. Now Shane and his cast and crew are in the middle of the task of making the script come alive. Each actor has taken a character described only by the dialogue, the words he says and those said about him, and made him three dimensional, filling in body language, emotion, and tone to fit those words.

Playwright David Mamet won a Pulitzer Prize for Glengarry Glen Ross in 1984. He is famous for his tense dialogue, and it is illustrated beautifully in this play. He also lets his characters speak brutally to each other; the play comes with a strong coarse language warning.

But, as Tollefson says, "That is how guys speak to each other."

The play and its dialogue are brutally honest, even as the characters deceive and manipulate each other. If you are not afraid of a powerful play with powerful dialogue, come see it at the theatre.

Make the most of your backpack

Something I usually do with my patients at the start of the school year is address the issue of backpacks and back health.

From experience with my own kids, I have found that by the second or third week the weight of their school backpacks is incredible, and this leads to sore backs and necks. Some of the things I address with parents are from the Chiropractic Association's recommendations for backpack safety.

Make sure your child's backpack weighs no more than five to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.

The backpack should



Adrenaline Fix

By Darren Smith

never hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.

A backpack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.

Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry — and the heavier the backpack will be.

Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.

Wide, padded straps are

very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.

The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter hand-out materials or workbooks.

An alternative might be a roller bag or a backpack with wheels, however, check with your child's school / teacher to see if it is approved, as some schools feel they clutter the hallways and have disallowed them.

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Quizno's
Safeway
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Super Suds Laundromat
Tim Horton's (on the Highway)
Tim Horton's (Downtown)

Want to be a drop-off destination for THE STEW Magazine?
Email aboutface@wlake.com

If your child seems unsteady or has trouble balancing while wearing his backpack, this is sign that it is too heavy. Wrist, arm, or leg injuries can result from children falling down due to overloaded packs, especially this time of year when ice and snow make for a slippery walk to school.

Research is still ongoing as to possible long-term effects of regular backpack use for kids; parents should keep an eye out for short-term effects of overloaded packs which can include

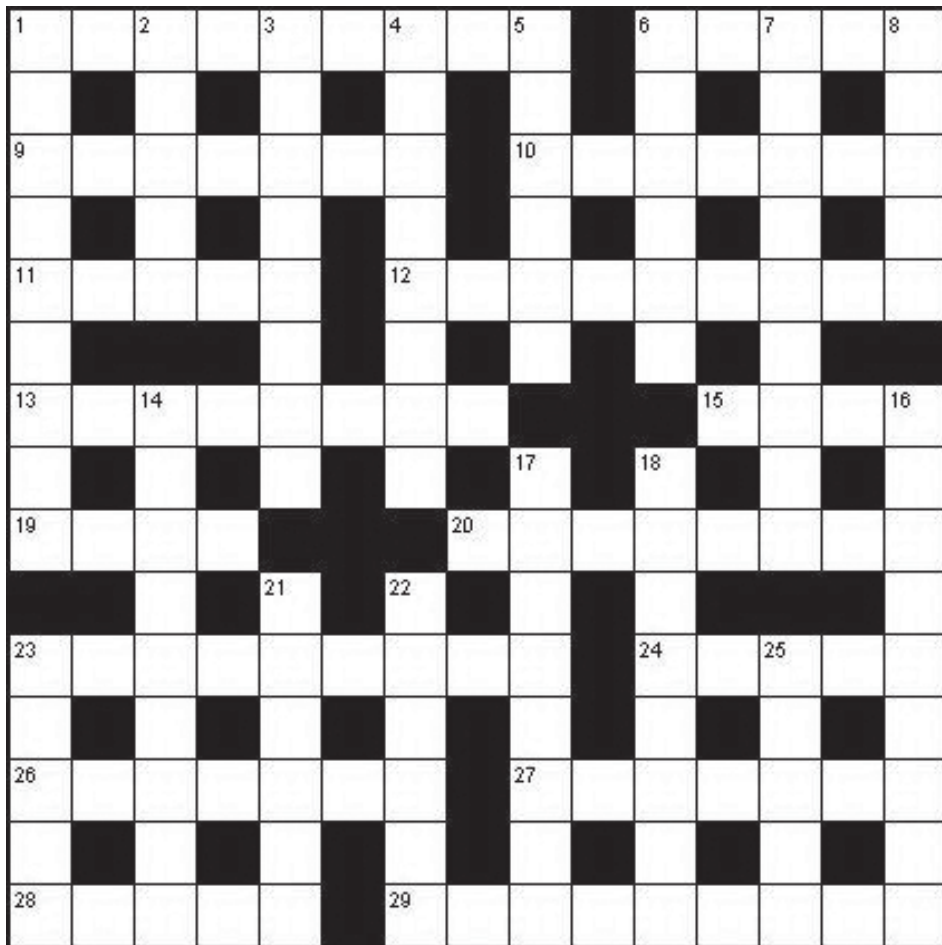
back, shoulder, and neck pain. Headaches and tingling hands may also be symptoms.

All the above recommendations apply to adult students too and of course, those of us that pack a laptop to work every day or people that take their work home with them in the form of files or other heavy items.

So, in the words of Sergeant Phil Esterhaus (Hill Street Blues for those of us old enough to remember), "Be careful out there."

do

*This month's crossword puzzle is brought to you by
the fine people at Bob Paterson Homes*



6 One draws up by home of 15 and 6 ac's (6)

7 Sources of heat in Heaven and Hell under which you won't bum (9)

8 Region in which King Alfred the First hid in a tree (5)

14 See 22

16 An essential tax, it is accepted in rising foreign currency (9)

17 Sleeper is angry with Oriental we hear (8)

18 Newspaper informant obtains nothing from downfall of 6 ac's (8)

21 Water rescue leaders endlessly try lifting up swimmer (6)

22,14 Is sane in half of brain? (2,4,5,4)

23 Bored with Old English writer? (5)

25 People of Kerala accepted currency (5)



X-Word Puzzle

ACROSS

1 Upper class deservin' to get the chop - that's not changed (9)

6 Originally Arthurian errant knight, resident of 6 dn (5)

9 Some writing that stands out (7)

10 Hermione, leaving island with bag, stupidly makes a bloomer (7)

11 Hearty desire to take on the unknown (5)

12 Streep performs with bad actor in "The Greatcoat" (9)

13 State airline gets capital backing (8)

15 Chief of 6 ac's is silent? (4)

19 Heartless trick by Venetian magistrate (4)

20 One fool to fool around endlessly - describes old Secondary system (8)

23 Unseats from steed with horn blast (9)

24 Not any sun on the 7th of March? (5)

26 Day boy takes on head of school for a thrill (7)

27 Some chapter ministers' final destinations (7)

28 Invest with bear right away (5)

29 Drinking den where the conversation flowed? (9)

DOWN

1 A French mistress isn't at all liked (9)

2 Kings and Queens having no love for old coins (5)

3 One of 15's attendants who went for a noted ride (8)

4 15's transport provided by Northern Irish, after mistake involving English (8)

5 Obligation involving a bit of effort gives rise to contention (6)

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