



# the stew

ISSUE 5.12 | DECEMBER 2014 | **FREE**

the  
light issue

Featuring WL Studio Theatre's  
**Curt Sprickerhoff**  
Pages 6 & 7



hear

We want to hear from you! Email [craig@thestew.ca](mailto:craig@thestew.ca)

# “Light”, a word of many meanings

BY CRAIG SMITH



## On the Cover:

The Northern Lights, also known as Aurora Borealis are truly magical and awe-inspiring.

## Deadline for advertising:

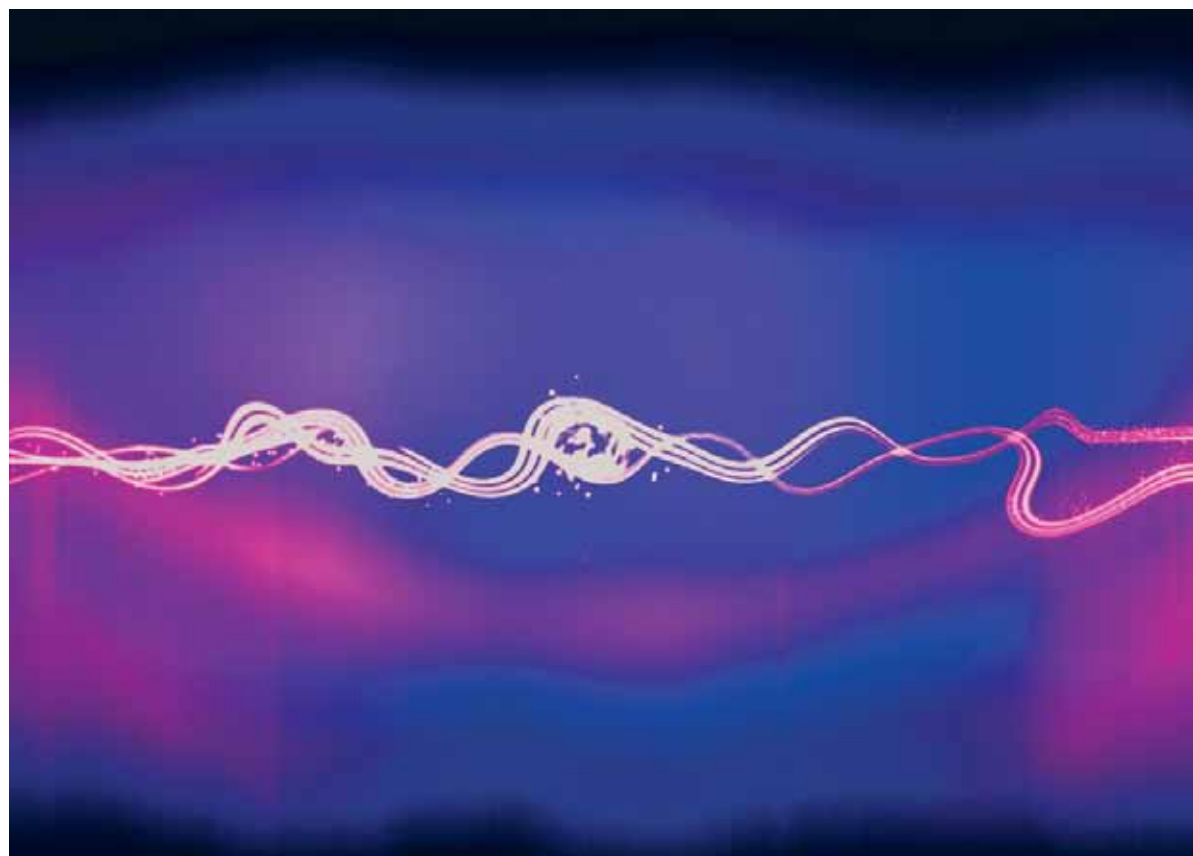
The deadline for advertising in the next month's issue of *The Stew Magazine* is the 21st of the current month. Contact us today to reserve your spot: 250-398-7446 or [craig@thestew.ca](mailto:craig@thestew.ca)

Light... electromagnetic radiation visible to the human eye that travels at 300,000 kilometers per second, but it is so much more than that. The word “light” can be used as a noun, a verb, an adjective and an adverb. How many other words can be used so many ways in the same sentence? “The light light lights.” No wonder the English language is confusing when it's not your first language.

The word has been used to also signify good and evil. In the movies the good guy is dressed in white, wears a light hat or rides a white horse, whereas the bad guy is wearing dark. Although they say, “Come to the dark side of the force,” in the *Star Wars* movies, they don't say come to the light side, but that they can sense the good in people. So from that, we get that light equals good. Although both the good guys and the bad guys use a light sabre.

We have light skinned and dark skinned humans but neither refers to good or bad and it's not really white or black, but more a millions shades, or as a fellow from Likely told me, vanilla to butterscotch and caramel to chocolate.

Not only is light good but it also describes weight. So in that context, we now have light and heavy. There is no quantitative measurement for light unless you are talking about boxing or some kind of martial arts. In that case its 130-136 pounds, but then you have the oxymoron of “light heavyweight”.



Next would be light as a measure of sound; for instance, “he is either light on his feet or walks with heavy footsteps.” We can make people aware by “bringing information to light”. Panes of glass are also called lights. We can use it to describe an amount; for instance, a “light snowfall,” “light work” or “light lunch.”

For most of my adult life I have been studying light in my photography profession. Photography comes from the ancient Greek words “photos” which means light and “graphe” which means drawing; so photography is drawing with light. We take a light-sensitive material and expose it to light and depending on the amount

of light exposed to different areas of the material, a picture will form. One of the coolest experiences I know is working in a darkroom, watching an image form on a piece of paper after you've exposed it. Unfortunately with the conversion to digital, that has become one of those things you just read about or see in a movie.

I have often heard people talking about good light or bad light, and sweet light or harsh light. Each time I teach a course, I tell my students that there is no such thing as bad light, it just depends on your vision for the image. Light and dark have to work in harmony. If all you have on your photograph is light, it's just a white

piece of paper, and if it's all dark then it's just a black piece of paper. The only way you will see any image is if you have a combination of light and dark, highlight and shadow.

As we enter the holiday season there will be a multitude of lights. Yes, I said ‘holiday’ because for some of our friends, it's Christmas and for some it's Hanukah. Lights will be everywhere for the next month, on trees and on houses, so take some time this season to drive around and see the holiday lights.

From the management and staff of The Stew Magazine, we wish you a safe a joyous holiday season and a very prosperous new year.

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# ingredients



Featuring  
**Curt Sprickerhoff**

Pages 6 & 7

## Nutrition Facts

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Servings Per Container 1

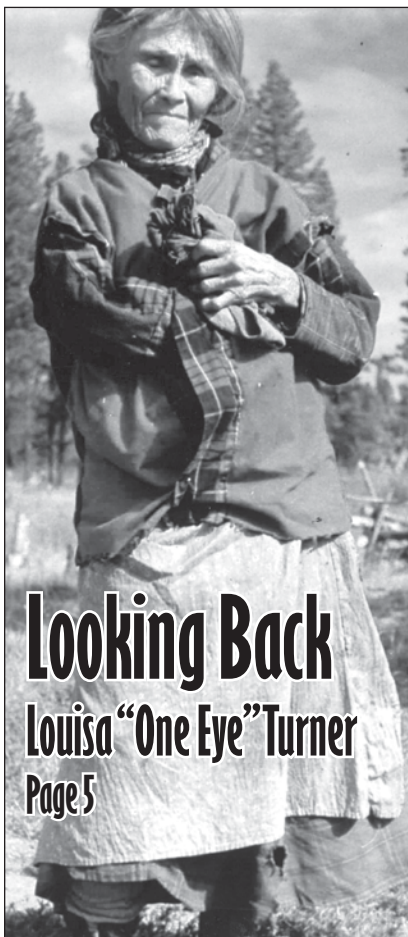
Amount Per Serving

Calories 0

% Daily Value\*

This issue of The Stew is brought to you with the warmest of wishes for a bright and cheery month. As December tends to largely focus on Christmas we want to spread a bit of light of our own. Whether you celebrate the holiday or not, we think that sharing light in the spirit of kindness and concern for our fellow man creates a sense of family and belonging and that's what the Cariboo is for us; family. So whether you hang Christmas lights, light a candle or just light up a room with a smile, we want to spread the light for the month of December.

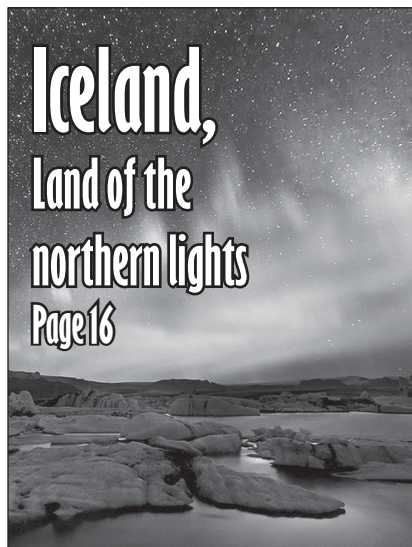
The inspiration for this issue of The Stew is the shorter Winter days, making the daylight we do receive that much more important. It is also hard to miss all the decorative holiday lights that brighten our long evenings. We are also always inspired by the light that shines through others that go out of their way to brighten our days and lend kind words.



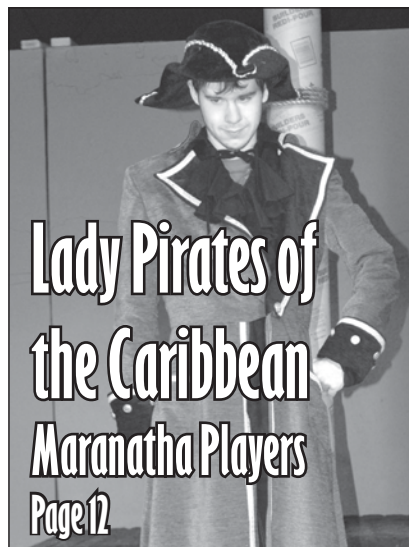
## Looking Back

Louisa "One Eye" Turner

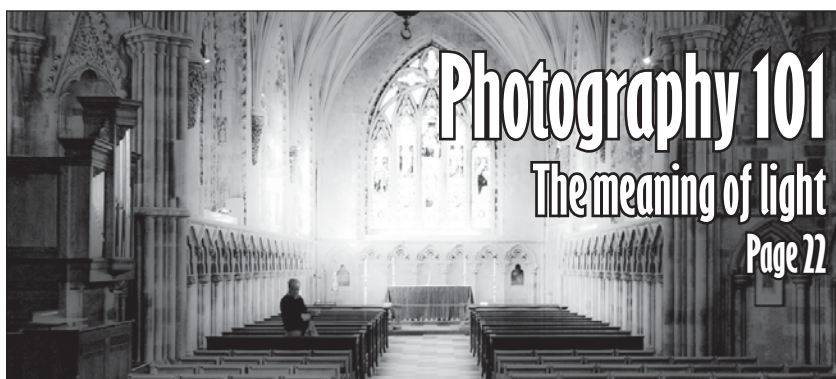
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Iceland,  
Land of the  
northern lights  
Page 16



Lady Pirates of  
the Caribbean  
Maranatha Players  
Page 12



## Photography 101

The meaning of light

Page 22

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# hear

## Louisa “One-Eye” Turner

Louisa One-Eye Turner was as much a legend in the lore of the Chilcotin as her white trapper husband, Old George Turner, reputed to be an outlaw from the American Wild West.

At a young age, Louisa suffered an infirmity when her right arm became paralyzed. It was a strange thing, says her granddaughter, Josephine Gregg, now 89.

Louisa and another young girl were sleeping in a tent beside the river when this stroke-like affliction hit both girls. But it only affected Louisa's right arm and no other part of her body. The other girl's arms and legs were okay, but one side of her face suffered a palsy-like paralysis.

Born in 1867, three years after the Chilcotin War, Louisa was raised in the Klinaklini River country of the West Chilcotin. Despite her shriveled right arm, she grew strong and capable in every other way. Using only her left hand, she tanned hides, sewed buckskin, saddled and rode horses, did domestic chores and even hunted one-handed.

“It was just like she had two arms,” says Josephine. “She tanned hides just like she had two hands. She taught me how to make a baby basket when I was a little girl. She would use her foot to hold down the willow branch. Step on it and cut it.”

Josephine remembers her grandmother making moccasins.

“She made moccasins just like she had two hands. She used the treadle sewing machine left-handed, and she used it good.”

One day while Josephine was watching Louisa sewing on the treadle machine, the needle went through her grandmother's hand.

“I was pretty small sitting beside her, and we got no medicine to put on her hand.”

Josephine's uncle,

Young George Turner, was also in the cabin drinking coffee, and had a pot of coffee brewing on the stove.

“He told me to get that coffee and pour it on my grandmother's hand, so I did. She healed up without a problem.”

Josephine grew up with her grandmother at Kleena Kleene, as her parents, Lucy Dagg and Baptiste Dester, were often away. They worked hard to make a living, and would be gone for weeks at a time trapping down the Klinaklini River or hunting in the mountains.

Lucy and Baptiste both had Tsilhqot'in mothers and absentee white fathers who had come from England. Though they were both raised as Tsilhqot'in, neither Lucy nor Baptiste were granted their aboriginal status. Baptiste officially obtained his “white” rights so he could own deeded land near Clearwater Lake. On the positive side Josephine wasn't forced to go to residential school like most other Tsilhqot'in children.

She is grateful she got to spend her formative years with her grandmother. Josephine only learned to speak English when her own children started going to school at Kleena Kleene.

“My grandmother told me everything. Sometimes she told me stories. She told me who is related to who. That's why I know everything. We don't know other Tsilhqot'in people at Kleena Kleene. There was nobody else around us except Charlie Ekks and his family.”

Louisa had several children before she met Old George Turner. She had a son, Timothy, with Baptiste Stillas from the Ulkatcho country north of Anahim Lake, and a couple of other sons adopted by Ulkatcho families before Josephine's mother, Lucy, was born.

Lucy's father was a nomadic Brit by the name

### Looking Back

By Sage Birchwater

of George Dagg, who created a legacy of half-siblings for Lucy across the Chilcotin landscape. Billy Dagg from Nemiah Valley and Celestine Dagg, who married Thomas Squinas of Anahim Lake, are two, but there were others.

When Old Turner and Louisa got together in the early 1900s, Lucy was still an infant and Timothy was a toddler. Together Old Turner and Louisa had two children, George Turner Junior and Mary Anne (Ross). Old Turner and Louisa stayed together for over fifty years.

Louisa and Old Turner traversed some of the most rugged territory in British Columbia: from the Chilcotin Plateau down the Klinaklini River to the coast, and up the North Fork of the Klinaklini to Knot Lakes and beyond that into the Atnarko and Bella Coola Valley.

Turner Lake, the source of the world-renowned Hunlin Falls which drops 300 metres into the Atnarko River was named after Old George Turner. More appropriately the name

could have been attributed to Mrs. George Turner, Louisa One-Eye. It was likely Louisa who showed Old Turner the precipitous route to the lake on horseback.

“My grandmother could ride a horse at full speed all the time,” Josephine states. “You can't beat her. She knew all the old foot trails and horse trails to Bella Coola. Showed Old Turner the way.”

As the late Paul St. Pierre would say, the chattering classes made light of Louisa's infirmity, giving her the nickname Sitkum Memaloost. In the Chinook dialect it roughly translates to “half-dead one side.”

Josephine isn't impressed by that name. She says her grandmother was anything but “half dead”.

“My grandmother could saddle a horse just like she's got two hands. Nothing to it. She set up a wall tent too. Just one hand. Nothing to it. When she was young she went hunting with a rifle. A shotgun too. When I knew her she no longer shot a gun, but she still

packed a rifle on her horse. I think she could have used it if she had to.”

Josephine remembers camping around the country with her grandmother and Old Turner trapping and hunting.

“We'd go fishing. I remember that.”

She says her grandmother's father was known as Chief One-Eye. One-Eye Lake is named after him.

“He had an Indian name, but I don't know what it was. I guess some white people come along and say, what's your name? I'm Chief One-Eye, he tell them. So everybody call him Chief One-Eye.”

Josephine says Louisa's mother came from the country north of Anahim Lake, and she spoke a different Athapaskan dialect than that spoken by the

Tsilhqot'in.

“I understood my grandmother. I talk to her lots. I didn't know she talked differently until I went to Tl'etinqox on the other side of Alexis Creek. They say, what kind of talk you talk? I felt pretty ashamed. I was kind of young. My grandmother talked in the language of her mom, but I didn't know anything about it.”

Louisa and Old George Turner were both in their late eighties when the school inspector from Williams Lake, Bill Mouat, got them to pose for pictures. The portrait of Louisa taken in June, 1954, is the only known image of her.

Louisa died in Chezacut a few years later and is buried next to her husband on the sidehill overlooking One-Eye Lake.



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# flavour of the month

CURT SPRICKERHOFF ► Actor and director with Williams Lake Studio Theatre

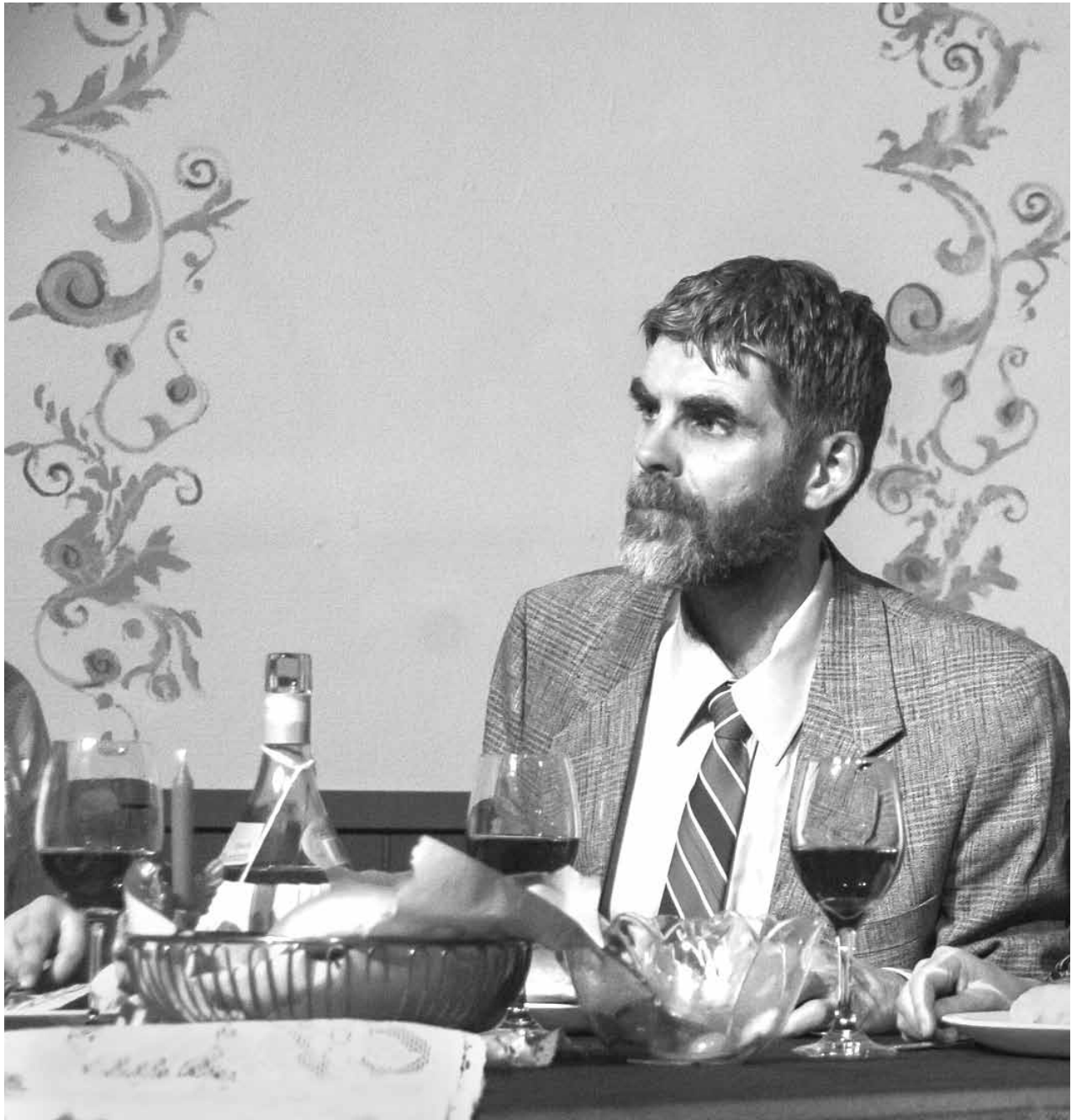
CRAIG SMITH PHOTO





# flavour of the month

"A day without sunshine is like, you know, night."  
~Steve Martin



## Bitten by the theatre bug

BY CHRISTA SMITH

Curt Sprickerhoff is this month's feature artist. Often referred to as a theatre guru, Curt harbours a wealth of lighting knowledge which makes him the perfect feature for the Lighting issue of the Stew. This year Curt celebrates his twentieth year with Williams Lake Studio Theatre. Over the last twenty years, Curt has been involved in over 80 live productions, attended every Zone Festival for the last fifteen years, and acted in 20-25 plays – he can't quite remember there have been so many.

Over his years of acting, Curt has played a variety of roles ranging from Handyman, Salesman, Police Offi-

cer, Hockey player, very Evil Bad Guy, Priest, and Ghost of Christmas Future, just to name a few. When asked what his most challenging role was, Curt recalls one of his roles had to have a sex change and he wanted to get it right, but feared the character may slip into caricature.

Having fun is what theatre is all about, and as Curt reminisces, he recalls the roles he found the most fun to play; one where he was a British Bobbie and another, a French Hockey Player. "I didn't think I could do an accent," he explains and that is where he finds the fun, wrapped in a challenge. "I kind of have a love-hate relationship with the Theatre," Curt says, "I immerse myself

so much in it that it becomes a bit stressful, but I always come back".

On top of his extensive acting career Curt has also directed six plays, the latest of which just saw the theatre into its sixtieth season with *The 39 Steps*, a dinner theatre that just finished a two week run at The Point Restaurant. Curt has designed lighting for ten plays. Curt's crew, John Walsh and Cathie Hamm, had many challenges with the design for *The 39 Steps*. The design had the lights going faster and slower with the train as well as in time with the music. The other lighting challenges that he saw with this play stemmed from the lack of power outlets in the facility. "We had to use a

40 year-old dimmer and plug, and unplug lights as the play progressed," Curt laughs as he recalls the moments of stress that are now just a humorous memory.

When it comes to theatre lighting, sometimes you have to get creative. Curt recalls the play *Honk* that was held a few years ago at TRU; there they were also short plugs and had to run cords up stairs and down halls. "We also used flashlights aimed at a disk ball for effect," Curt says. "Lighting creativity can be just about anything."

Curt's philosophy when it comes to the theatre is, "go for the biggest idea and the most impossible, and don't quit until you have to, or you run into roadblocks

which still give you better results than if you didn't try anyway".

Curt is not alone with his theatre bug – his whole family is involved with the theatre, with all of them in some plays. Curt and Sheryl-Lynn have been together for 29 years and have two children; Tara, 22, who attends the University of Carleton finishing a degree in Journalism, and Conlan, 19, who is at TRU in Kamloops.

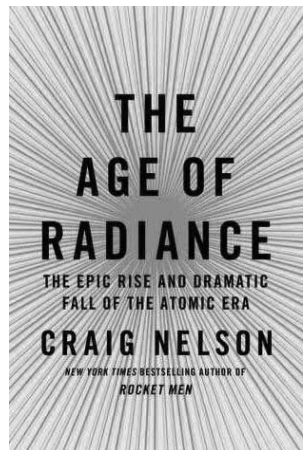
Curt was born and raised in Thunder Bay Ontario where he started out in college with accounting, but an opportunity out west brought him to Ft. Nelson where he worked at a plywood plant. This is where he met Sheryl-Lynn. After some time spend in Vic-

toria for schooling, Curt and Sheryl-Lynn moved to Williams Lake to be closer to family. Sheryl-Lynn became involved in the local theatre club where she helped out doing makeup and other stuff around the theatre. When *Of Mice and Men* did a casting call for the production and they were a man short, Curt got dragged to the auditions, and well, the rest is history – twenty years later and he's still going strong. There was no point in asking about Curt's plans for the future – the theatre bug has him firmly in its grasp and I am sure we will see many more years of Curt's involvement. Thanks Curt, for the last twenty years of creativity, hard work and great performances!



# read

## “Light” reading



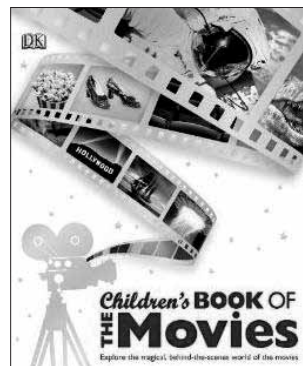
**The Age of Radiance: The Epic Rise and Dramatic Fall of the Atomic Era (2014)**

Nelson, Craig  
(Light, or visible light, is a very narrow range of electromagnetic radiation of a wavelength that is visible to the human eye, or 380–750 nm which equates to a frequency range of 790 to 400 THz respectively.)

Bestselling author, Craig Nelson (Rocket Men), brings us the first complete history of the Atomic Age in his immaculately researched book, *The Age of Radiance: The Epic Rise and Dramatic Fall of the Atomic Era*. Since the discovery of x-rays in the 1890s, and to the advent of nuclear power, Nelson brings to light the myriad historical characters implicated in the science and politics of radioactivity, including Marie and Pierre Curie, Albert Einstein, Niels Bohr, Franklin Roosevelt, J. Robert Oppenheimer, Harry Truman, Curtis LeMay, John F. Kennedy, and Mikhail Gorbachev, among others.

“A fascinating, information-rich new work... Filled with drama, vivid anecdotes, and breath-

taking scientific breakthroughs, this book is an engrossing, comprehensive history of the atomic age.” (Philadelphia Inquirer)



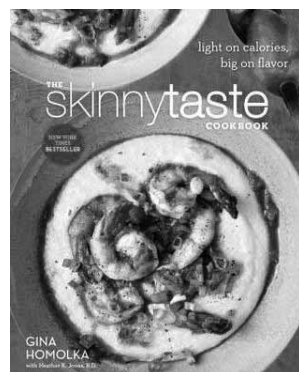
**Children's Book of the Movies: Explore the Magical, Behind-the-Scenes World of the Movies (2014)**

Baggaley, Ann  
Lights! Camera! Action! *Children's Book of the Movies* brings kids center stage to the magical, behind-the-scenes elements of the world of cinema and film-making. Kids will learn how film was invented, and how the process of creating movies works. This includes descriptions of all the jobs involved, and the tools and techniques that go into top-notch film-making, script-writing, stunts, CGI animation and special effects. Top stars, directors, and characters are showcased, and all the genres in film are explored, with tips on how kids can start capturing their own stories on camera. This is the perfect read for the young film buff in your life.

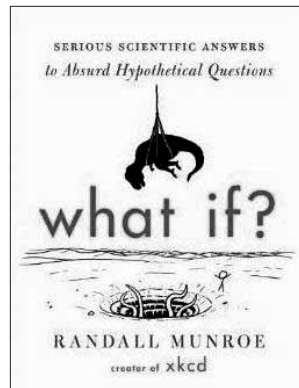
**The Skinnytaste Cookbook: Light on Calories, Big on Flavor (2014), Homolka, Gina**

If you haven't heard of Skinnytaste, it's the wildly successful blog created

by foodie Gina Homolka. Skinnytaste is famous for flavorful recipes that are low in calories and made from all-natural and easy-to-find ingredients. *The Skinnytaste Cookbook* brings together 125 new recipes and 25 favourites, including mouth-watering Creamy Chicken Fettuccine, satisfying make-ahead Western Omelet muffins, and Double

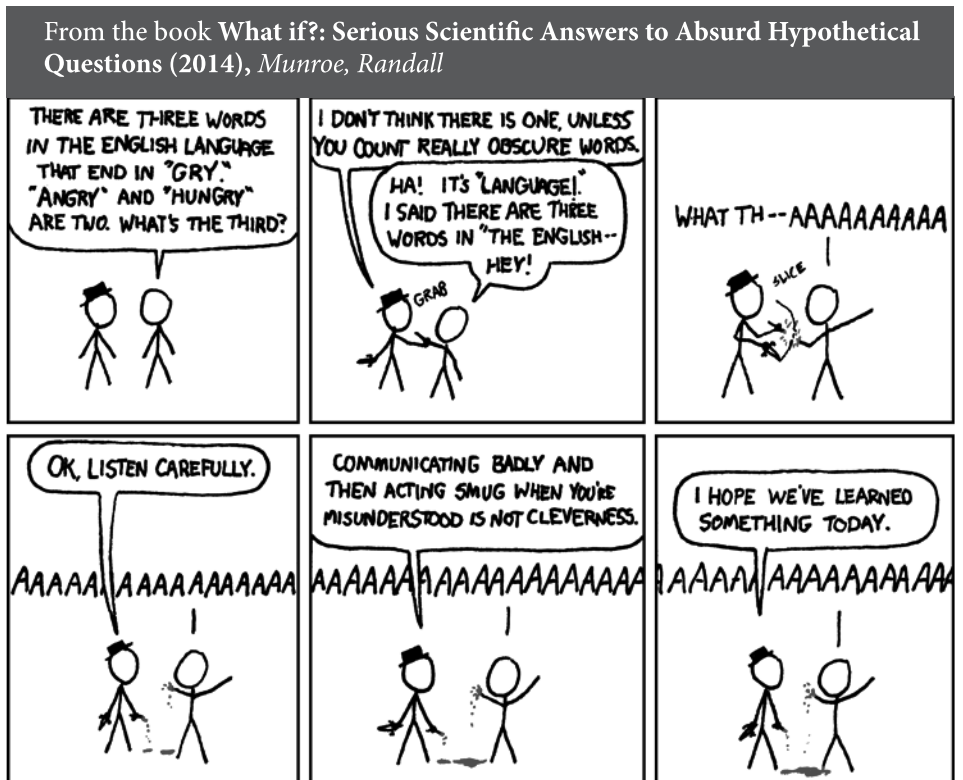


Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still thoroughly indulgent. Homolka was inspired to create Skinnytaste when she wanted to lose some post-baby weight, but was left unsatisfied by typical “weight loss” foods. Fast, appealing, and healthy. Excellent!



**What if?: Serious Scientific Answers to Absurd Hypothetical Questions (2014)**

Munroe, Randall  
Let's shed some light on absurd hypothetical

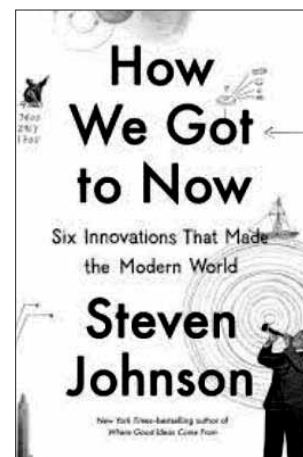


questions with humour and hard facts.

This hilarious volume heralds from Randall Munroe, the mastermind behind the popular webcomic, XKCD.com, which features Munroe's iconic stick-figure drawings about science and technology, language and love. Millions of people visit XKCD.com every week, and in this work, Munroe has set out to answer all the wacky questions they've been asking him. For instance, what if you tried to hit a baseball pitched at 90% of the speed of light? Munroe tackles hypothetical challenges ranging from the metaphysical to the scientific using science and reason, a wealth of resources and his trademark humour.

“By speaking the language of geeks... while

dealing with relationships and the meaning of a computer-centric life, XKCD has become required reading for techies across the world...” —The New York Times

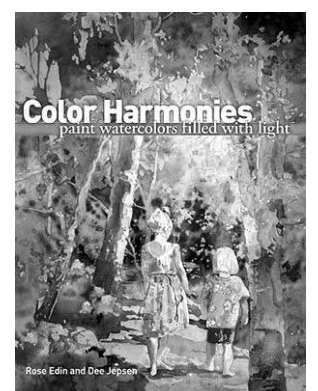


**How We Got to Now: Six Innovations that Made the Modern World (2014)**

Johnson, Steven  
Steven Johnson, the New York Times–best-selling author of *Where Good Ideas Come From* and *Everything Bad Is Good for You*, sheds light on the secret history behind the everyday objects of contemporary life in his new illustrated work, *How We Got to Now: Six Innovations that Made the Modern World*. In his signature style, Johnson fills the pages with astonishing

and unexpected stories of fortuitous discovery and brilliant errors, like the French publisher who invented the phonograph before Edison but forgot to include playback. This book is a companion to the six-part series that aired on PBS.

“Steven Johnson is a maven of the history of ideas... *How We Got to Now* is readable, entertaining, and a challenge to any jaded sensibility that has become inured to the everyday miracles all around us.” — The Guardian



**Color Harmonies: Paint Watercolors Filled with Light (2010)**

Edin, Rose  
Veteran workshop teacher and author, Edin Rose, reveals many simple secrets to creating watercolor paintings that sing, inspire, and achieve lively, luminous effects.

Rose explains and demonstrates how to use analogous colors and their complements to create paintings brimming with light and depth. This is a gorgeously presented book that highly recommended to the novice, intermediate or accomplished painter.

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# Wespeak

*"There is strong shadow where there is much light."  
~Johann Wolfgang*

## The era of enlightenment

BY CHRISTA SMITH

It all started with light, no matter what you believe in, whether it be the big bang theory or creation. Even our very existence as we are born is a 'coming into the light', in a very literal manner. Often the term is used as an expression; I see the light, enlighten me, and so on.

Throughout University I became enlightened about so many things that I didn't even know that I didn't know. So now I wonder how much more is there to know that I don't even know that I don't know. My point is that every time I learned about something I became a little more enlightened. There were some things I learned that I didn't want to know more about. I am perfectly happy letting others learn more about those subjects. There were also things that I don't know anything about; chemical reactions, mixing things to blow up, and so on. I am perfectly happy to read the warning labels and avoid those things. I'd rather learn about human behavior and what makes us tick.

The road to enlightenment for me is a quest for knowledge and information. I have no idea how much stuff there is still to learn. I think that there should be a list somewhere that people can choose like an 'a la carte' – "hmm that's something I want to know" and of course the list of recommended, and 'should knows'. Oh wait there is – its school. At a young age it's not so much a list of recommended learning as it is a list of 'cannot, should not, absolutely not, and must'. For very obvious safety reasons I can see why this is important, but as we get older do our choices increase or decrease? I remember very vividly as a teenager absolutely knowing that



I didn't need to know certain stuff. Now? Well, if I hadn't spent so much time assuring myself that I would never need to know it, I may not have to spend my time now, when I could be learning about the stuff I don't yet know I don't know, relearning or looking it up.

The enlightenment era in the 1700-1800s is defined in the encyclopedia as, "a time period in which cultural and social changes occurred emphasizing reason, analysis, and individualism, rather than traditional ways of thinking." We have been trying to be original and think outside the box for over four hundred years? What does this mean? That being nontraditional and original is actually just another box morphed from the very thing that we are trying not to be like? Mind boggling. How do we know, if we don't even know, that we don't know? And how do we know when we've gotten there? Have we been fooled into thinking that we are actually enlightened for over four hundred years? Did we reach our goal or does it change along with our context of life?

Every day is a journey to personal enlighten-

ment and it can be as small as seeing another perspective, or as big and deep as just knowing that the human quest for knowledge is at the very base of our survival. I think that the enlightenment era was just a realization that there is probably more to know than just what they knew they didn't know. I betcha that in the 1700s, they didn't even know that they didn't know about cyberspace, cell phones, and these weird virtual relationships that people create through a program

called Facebook. Just imagine what we don't know, about what we don't know in the next four hundred years.

My advice this month is to make a plan for the New Year and learn about something new. Find out about what you're missing. Kids, stay in school and pay attention. Adults, go back to school or just pick up a book. I can guarantee you will learn something if you look for it. May you all have a very enlightened December – Happy Holidays.

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**Christa Smith**  
Publisher & Editor  
[christa@ccrproductions.ca](mailto:christa@ccrproductions.ca)



**Craig Smith**  
Publisher & Sales Manager  
[craig@thestew.ca](mailto:craig@thestew.ca)



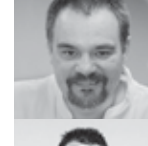
**Joan Oliver**  
Advertising and Sales  
[sales@thestew.ca](mailto:sales@thestew.ca)



**Renée Lozeau**  
Ad Design, Layout & Prepress  
Centre Stage



**Todd Sullivan**  
Gaming Life  
[todd@thestew.ca](mailto:todd@thestew.ca)



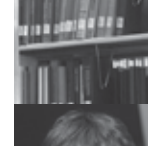
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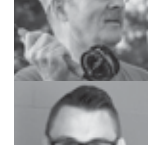
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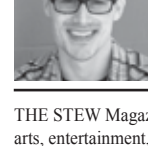
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The Coffee Press

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do

*"When you can't make them see the light, make them feel the heat."*  
~Ronald Reagan

# Remember to play in the light together

Photographers use light to create incredibly beautiful and often very memorable photographs. Often they choose just the right light to capture the mood they want to set in the photo, whether it is capturing an amazing piece of scenery or capturing the moment a couple begins their life together. It takes planning and forethought and often many shots to capture the perfect shot that evokes the emotional response the photographer wants to elicit.

As I look outside the window and watch the late afternoon sun shine on some of the last holdouts on the trees (that amazingly still have a bit of their original greenish hue) I realize just how much I love the light. At night one of my favorite things to do is find a nice

dark place to sit and watch the stars twinkle and the moon shine. And of course, we can't forget that light allows most things to flourish and grow.

The beginning of a relationship is a lot like enjoying the gentle play of light through the leaves. It's fun and happy and generally light-hearted. The purpose is generally to find enjoyment and companionship with another person. You're exploring and getting to know each other with excitement and joy and anticipation while deliberately keeping the mood easy going and low-impact.

At this stage, you're finding out the little things that make the other person tick and discovering what each other's interests are. And you usually see each other in

a 'rose-coloured glasses' kind of light. The other person's character and personality quirks are often seen as amusing and unique.

Once we reach that deeper level things can become less about lightness and excitement, and more about how you come together as a couple. Things become more serious and as time goes on it becomes so easy to let the big issues in life bog a relationship down. Not only that, but the cute little things the other person did that you thought was quirky and neat can start to seem like their fatal flaw.

What changes how we see each other? I am sure everyone has heard the saying that familiarity breeds contempt, and if we are not careful it can certainly become true. Along with that, we tend



to always be in a state of personal growth and fluctuation and that can skew how we look at each other. If we are not careful and intentional we can start to grow apart or feel like the relationship isn't working. In fact, we can start looking at each other in a rather critical light that is far from rose-coloured.

Granted, keeping on the rose-coloured glasses for any significant length of time is not such a great idea. It can lead to being in a dead-end relation-

ship with someone who is nothing like the person you idealize they are. That being said, finding a happy middle ground where you appreciate who the person is, accept their uniqueness with a sense of humour and compassion, and see them for who they are is an important part of maintaining a healthy relationship.

Just like the photographer puts effort into capturing that perfect moment, if we can have an idea of the relationship

we want and the mood we want to create to maintain that relationship, we can thoughtfully put effort in regularly to do just that. Find ways to keep creating the atmosphere that allowed you to relax and find a sense of joy and lightness with each other. Go back to the basics if you have to, and rediscover what makes each other smile together and apart.

That rediscovery will keep you focused on keeping each other a priority, especially in the midst of all the challenges the reality of life can throw at a couple. Get out there, find a way to watch the stars and the moon and laugh and talk and set aside the challenges for a while. They will always be there, but without taking that time, your relationship may not be. Remember to play in the light together!

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eat

*"How far that little candle throws his beams! So shines  
a good deed in a weary world." ~William Shakespeare*

## Coffee in a new light

### The Coffee Press

By Isaac Steward



If you haven't read the November Coffee Press column, do so before continuing!

...Now sailing across the Atlantic, de Clieu clutches his precious coffee tree tightly as he mixes with a somewhat jealous crew. One member managed to tear off a branch while trying to extract the plant from the soldier. If this wasn't bad enough, then came an attack from a pirate ship! Nearly sinking the boat, Gabriel thought his mission would be all for naught. Finally the pressure stopped; no more jealous crew, pirates were not in sight but nor was any weather. The skies became clear and the sun beat down with no hope of fresh rain! Gabriel was forced to share half of his water rations to keep the plant alive, nearly finishing himself.

At last in Martinique, the tree was placed under armed guard and protected while it bloomed and grew, spawning 18 million trees over the next 50 years!

One would think

that the story ends here and the spread of coffee to the new Americas is explained, but has it really reached the mainland yet? In 1727 Brazil decided they wanted a piece of the coffee market. They hire Lieutenant Colonel Francisco de Melo Palheta, who we will refer to as Romeo for the sake of brevity. (Writing his name is a serious time commitment) Presumably employed for his ability to devise a tactical plan of extraction, Romeo dismisses the idea of trying to retrieve seedlings from the heavily fortified coffee farm in French Guiana. His play? Woo the governors' wife. His plan pays off when he receives a token of her affection, a bouquet of flowers cleverly concealing the seedlings which would be the birth of the largest coffee-growing region in the WORLD!

Now, next time you sip a cup of that black gold, think of the adventure you can relive in every cup!

The transition of coffee from African and



Arabian beginnings moved not only the epicenter of its harvest, but it changed the drink altogether. Central and South America are well known for their production of coffees that are lighter and less bitter in taste. The fruity, nutty and citrusy accents that are so prevalent in the Central/South American coffees gave a whole new face to the industry. Brazilian-

grown coffee is extremely common within espresso blends because of that beautiful, brown froth called "crema" that it produces so well in a shot. Many of the modern growing practices were honed in the Americas. Sunlight is extremely important in the growth of coffee as with any plant, but too much light can be damaging. Many of the flavour notes in coffee

come from the trees that are grown alongside to provide shade; nut trees, citrus fruits, other cherry types, etc. Who would have thought that coffee could be so exciting?! Thankfully, I don't need a 9mm and military training to get my hands on some excellent coffee!

Merry Christmas, Isaac Steward of Dancing Goat Coffee Co.

### "Bringer of Joy" featured at the Gecko Tree

December's show and sale at the Gecko Tree Café starts November 20 and goes to December 24. The feature artist is Williams Lake's Beatrix Linde, purveyor of eclectic articles, and also known as Bringer of Joy mixed media artistry. She will present unique canvases with a combination of wool, silk, cotton fabric, paint and paper. Hand-stitched quilts and other original artistic items will surround you while you enjoy a spicy chai and a bowl of tasty soup!

Take time from your busy schedule, drop in and maybe even do a little Christmas shopping!

January 6 to 31, 2015, we look forward to featuring the artwork of an artist new to Williams Lake, Nikki Keyes.

If you are interested in having a show and sale of your own at the Gecko Tree Café, call Beatrix Linde, art curator for the Gecko 250-440-5759.

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# The Lady Pirates of the Caribbean

BY BECKY STRICKLAND

Pirates are about to take over the stage!! Who doesn't like a swashbuckling story full of pirates, mistaken identity and thievery at sea? The Maranatha Players, of Maranatha Christian School are working hard to put the finishing touches on this year's musical, "The Lady Pirates of the Caribbean", to be performed **December 4-6 and 11-13**.

So what is the musical about? Esmerelda and her band of lady pirates decide they must recover the Queen's chest of gold doubloons which has been stolen. The ladies feel justice must be dealt out to those who would steal money that was meant to feed the orphans of Parrot Isle. As Governor Don Juan and his overbearing niece Lu-

cretia welcome the ladies into their mansion, hilarity ensues. Not only must the ladies face Don Juan, but also the captured pirate Yoho Hokum and his crew. One wonders if the true thief will ever be brought to justice.

The production, "The Lady Pirates of the Caribbean", all began back in September when 26 students from grades 8-12 auditioned to be a part of the musical. Becky Strickland, the director, strongly believes if a student auditions, they become part of the show. "It takes great courage to step out on that stage, but even more to come and sing by yourself, in front of a panel," Becky said. Since auditions Becky and her students have met 3-4 times a week, working to learn lines, dance intricate choreography, and sing songs, some of which

are full of multiple-part harmony. The students give up anywhere from 6-12 hours a week, working to perfect what they have created. It is this dedication that leads to a show the school, the actors, their parents and the director can all be very proud of.

Actors are not the only ones busy preparing for the show. Costumes are being made by a number of volunteers. Before anything can be sewn, Becky along with Shelley Tazelaar go and pick patterns and fabric. From there Shelley helps to keep costumes organized, as well as taking on sewing some of the pieces herself. There are many hours required to make the great articles of clothing the students will wear for their two week production. Students will tell you their costumes are

an integral part of their characters. Sometimes it is a pair of shoes you are wearing, or sometimes a skirt one can turn dramatically in that makes a character truly come to life. Another group of students is busy creating the set for the play, with some building help from a couple of great parents. The students construct the stage, set up the flats and paint the scenery. They work hard to make details of the production come together. Lastly, we have lighting and sound. Val Hanet, who also produces the show, helps run our lights and works with students to train them on running sound. In our theatre space, which is also our school gym, the lights must be hung every year; another task Val takes on with the help of her husband Wayne. As one can see, there are



many hands needed to put on a production. This show will be a great chance for a family-friendly evening out. The production, "The Lady Pirates of the Caribbean" will be on stage December 4-6, 11&12 at 7:00 and December 13th at 1:00 and 8:00. Tickets are on sale at The Open Book; adults are \$10 and students and seniors are \$8.00. We hope to see you all at the show!!

The Maranatha Players proudly present  
the musical

# Lady Pirates of the Caribbean

Written by Craig Sodaro  
Music and Lyrics by Bill Francouer  
Directed by Becky Strickland

**ON STAGE**  
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Tickets on sale at:  
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## Shopping & Santa Hours

**December 2014**

| Sun   | Mon  | Tue   | Wed   | Thu   | Fri   | Sat  |
|---|--|---|---|---|---|--|
| New Photographer Lisa Anderson<br>Accepts Cash, Visa & MasterCard |  |   |   |   | <b>Nov. 28</b><br><b>BLACK FRIDAY</b><br>Open till 10pm<br>Santa 4 to 7 | <b>Nov 29</b><br>Open 9:30 to 5:30<br>Santa 12 to 3  |
| <b>Nov. 30</b><br>Open 12 to 5<br>Santa 12 to 3                   | <b>Dec. 1</b><br>Open 9:30 to 5:30<br><b>Seniors Bingo</b><br>at 1pm | <b>Dec. 2</b><br>Open 9:30 to 5:30                | <b>Dec. 3</b><br>Open 9:30 to 5:30                | <b>Dec. 4</b><br>Open 9:30 to 5:30<br>Santa 11:30 to 2:30 | <b>Dec. 5</b><br>Open 9:30 to 8<br>Santa 4 to 7                         | <b>Dec. 6</b><br>Open 9:30 to 5:30<br>Santa 12 to 3  |
| <b>Dec. 7</b><br>Open 12 to 5<br>Santa 12 to 3                    | <b>Dec. 8</b><br>Open 9:30 to 5:30                                   | <b>Dec. 9</b><br>Open 9:30 to 5:30                | <b>Dec. 10</b><br>Open 9:30 to 5:30               | <b>Dec. 11</b><br>Open 9:30 to 8<br>Santa 11:30 to 2:30   | <b>Dec. 12</b><br>Open 9:30 to 8<br>Santa 4 to 7                        | <b>Dec. 13</b><br>Open 9:30 to 5:30<br>Santa 12 to 3 |
| <b>Dec. 14</b><br>Open 10 to 5<br>Santa 12 to 3                   | <b>Dec. 15</b><br>Open 9:30 to 8                                     | <b>Dec. 16</b><br>Open 9:30 to 8                  | <b>Dec. 17</b><br>Open 9:30 to 8                  | <b>Dec. 18</b><br>Open 9:30 to 8<br>Santa 11:30 to 2:30   | <b>Dec. 19</b><br>Open 9:30 to 8<br>Santa 4 to 7                        | <b>Dec. 20</b><br>Open 9:30 to 5:30<br>Santa 12 to 3 |
| <b>Dec. 21</b><br>Open 10 to 5<br>Santa 12 to 3                   | <b>Dec. 22</b><br>Open 9:30 to 8<br>Santa 12 to 2                    | <b>Dec. 23</b><br>Open 9:30 to 8<br>Santa 12 to 2 | <b>Dec. 24</b><br>Open 9:30 to 4<br>Early closing | <b>Dec. 25</b><br><b>Christmas Day</b><br>Closed          | <b>Dec. 26</b><br><b>Boxing Day</b><br>Open 10 to 5 pm                  | <b>Dec. 27</b><br>Open 9:30 to 5:30                  |
| <b>Dec. 28</b><br>Open Noon to 4                                  | <b>Dec. 29</b><br>Open 9:30 to 5:30                                  | <b>Dec. 30</b><br>Open 9:30 to 5:30               | <b>Dec. 31</b><br>Open 9:30 to 4<br>Early Closing | <b>Jan. 1</b><br><b>New Years Day</b><br>Closed           | <b>Jan. 2</b><br><b>Wrestling Day</b><br>Open Noon to 5pm               | <b>Jan. 3</b><br>Open 9:30 to 5:30                   |





# Play



Dax



Christa & Craig



Joan



Renée



Alice

## Wishing You a Very Merry Christmas



Rachael



Amy



Curt



Ryan



Terry

Your guide to  
where to go and  
what to do for  
the month of  
December

the  
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MAGAZINE



# play

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## WILLIAMS LAKE & AREA

**December 1** Seniors' Bingo, upper Boitanio Mall

**December 1-10** Purple Ribbon Campaign, support the campaign, say no to violence, pick up your free ribbon at local businesses

**December 1-31** Station House Gallery Christmas Market, showcase of gifts made by local artisans at The Station House Gallery Mon.-Fri. 10-5, Sat. 9-5, Sun. 11-4

**December 1-31** Operation Red Nose, 9pm-2am, call 250-392-2222

**December 2** Banff Mountain Film Festival, Cariboo Memorial Complex 7pm

**December 3,10,17, 24,31** Toddlers Too 10:30-11am, 250-392-3630 or [wlake@cariboord.bc.ca](mailto:wlake@cariboord.bc.ca)

**December 3,10,17,24** Williams Lake Chess, free all ages, Library 3-5pm

**December 3,10,17, 31** 3064 Royal Canadian Army Cadets, Rocky Mountain Rangers 6:15-9pm Legion 139

**December 3,10,17,31** Playgroup, kids 1-5yrs and caregiver, 9-10:30am Wildwood School

**December 3,10,17,24, 31** Yu-Gi-Oh Wednesdays, Adventure Games 2nd Ave. S, 3:45pm

**December 4-6** The 2014 Cariboo Chilcotin Coast Tourism Association's Conference and AGM

**December 4,5,6,11, 12,13** Lady Pirates of the Caribbean musical, Maranatha school 7pm (except Dec.13; 1pm and 8pm), tickets available at the Open Book, \$8 students/seniors, \$10 adults.



**December 4,11,18** Playgroup kids age 1-5 and parent/caregiver 10-11:30am, Chilcotin Rd School

**December 4,11,18** Busted Remedy Jam Night, Thursdays 9:30pm OV Pub

**December 4,11,18** Pokemon Thursdays, Adventure Games 2nd Ave. S, 3:45pm

**December 5,12,19,26** All Ages Story Time, contact 250-392-3630 or [wlake@cariboord.bc.ca](mailto:wlake@cariboord.bc.ca) Fridays 10:30-11:15am

**December 5,12,19,26** Winter Market, upper Boitanio Mall, Fridays 11-6pm

**December 5,12,19,26** Friday Night Magic, Adventure Games, 2nd Ave. S, 5pm

**December 6** Film Club at the Gibraltar Room 2-4pm, \$9 public, \$8 members, \$6 students/seniors

**December 6** Annual Christmas Tea and Bake Sale, Museum 10am-2pm

**December 6,13,20,27** Warhammer & Tabletop Games, Adventure Games 2nd Ave. S, Saturdays all day

**December 7** Bluefins Home Fun Meet for all novices, super novices, and juniors 6:45-10am

**December 7** 2014 Memory Tree Celebration 3pm-4:30pm City Hall

**December 7,14,21,28** Sunday Morning Magic, Adventure Games 2nd Ave. S, 10am

**December 7,14,21,28** Sunday Game Night, Adventure Games, 2nd Ave. S, 6pm

**December 9** Banff Mtn Film Festival 7-9pm Cariboo Memorial Complex

**December 10** Baby & Me, 11:15- 11:40am, contact 250-392-3630 or [wlake@cariboord.bc.ca](mailto:wlake@cariboord.bc.ca)

**December 10** Tuba John's Christmas Concert, St. Andrews United Church 7:30pm

**December 14** Sing 'N Ring, free event 3-5pm St. Peter's Anglican Church

**December 15** Citizen Sessions with the Immigrant and Multicultural Services Society, free sessions on applying for citizenship and preparing for the test 9:30-11am

**December 16** Film Club, admission \$9 public, \$8 members, \$6 students/seniors, doors open 6:30pm, movie 7pm, Gibraltar Rm

**December 16** Christmas Wish Breakfast, Ramada Convention Ctr 6-10am, reservations 250-392-3321

**December 17** Citizen Sessions with the Immigrant and Multicultural Services Society, free sessions on applying for citizenship and preparing for the test 6:30-8pm

**December 23** Cariboo Camera Club, all ages, membership \$25/yr, TRU room 1321, 7-9pm

## QUESNEL & AREA

**December 2** Noosa, live band, The Occidental 8pm

**December 3** Foothills Brass Quintet, Chuck Mo-

bley Theatre 7:30pm-12am, tickets at Quesnel Music, KMax, Save-on Foods and the door \$25 (\$20 Seniors/Students)

**December 5** Small Town Love Christmas Party 6pm at The Occidental, tickets \$35

**December 6** O.A.P.O. Craft and Bake Sale, 10am-1pm Quesnel Golden Centre, tables \$10ea or 2/\$15

**December 6** Santa Parade, Reid St. 4:30pm

**December 6,13** Christmas Market, Rec Ctr 10-3

**December 7** Nazko Christmas Craft Sale 10am-3pm Nazko Valley Elementary School

**December 10** Quesnel Chamber Board Meeting 11am-12:30pm

**December 12** After Eight Christmas Concert, 7-8:30pm St. John's Anglican Church Hall, admission by Donation

**December 13** Earth Friendly Holiday Crafts, free admission, 1-4pm Nature Education and Resource Centre, West Fraser Timber Park

**December 13-15** Barkerville's Old Fashioned Victorian Christmas 10am-4pm Barkerville

**December 17** Rotary Club Super Bingo, 6-10pm Bingo Hall

Photo credit: Jill Greenberg

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**December 17** Bottoms Up Baring Burlesque, The Occidental 8pm

**December 21** Winter Solstice at Moose Meadow Farm, free, 6:30-9pm

**December 27** Quesnel Kangaroos vs Williams Lake Stampeders, 7:30-10pm Quesnel Twin Arenas, tickets at Fraser River GM \$10 adults, \$8 seniors, \$5 kids 10 & under

**December 31** New Years Eve Party, Curling Rink 6pm-1am, tickets at the Curling Centre Office, \$60 Includes dinner

## 100 MILE HOUSE & AREA

**December 1-23** Parkside Art Gallery Annual Christmas Bazaar, Mon.-Fri. 10-4, Sat. noon-4

**December 2,9,16,23,30** After School Program, children 5-8yrs, 3:30-4:30pm, 250-395-2332 or ohmllib@cariboord.bc.ca

**December 3,10,17,24,31** Toddler Time, new-borns-36mo 10-10:20am

**December 3,10,17,24,31** After School Program, 9-12yrs, 3:30-4:30pm, 250-395-2332 or ohmllib@cariboord.bc.ca

**December 4,5,6** From Me to You - A Christmas



Musical, Martin Exeter Hall, 7pm Thurs.-Sat. & Sat. 1pm, tickets at Donex, Dee Dee's & Village Hair \$15, \$10 kids 12 & under

**December 4,11,18** Full Contact Stick Fighting, Thursday evenings in Lac La Hache, contact jtpas-sion@outlook.com or visit www.coillmohr.com

**December 4,11,18** Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, Capt. Kevin Seal 250-395-1181 cadets2887@shaw.ca

**December 4,11,18** Pre-School Story Time 1:30-2:15pm, for kids age 3-5, contact 250-395-2332 or ohmllib@cariboord.bc.ca

**December 4,11,18** Bed Time Stories 6:30-6:55pm, all ages, contact 250-395-

2332 or mhmlib@cari-board.bc.ca

**December 4,11,18** Parkside Art Gallery Farmers Market 10am-2pm

**December 5** Bake and craft sale, silent auction and raffle, 11am-2pm Couth Cariboo Health Centre Cafeteria, donations appreciated

**December 7** Breakfast with Santa, 9am-12pm 108 Community Hall, registration required, contact Bev French 250-791-7206

**December 7** Eclectica Choir Christmas Concert, admission by donation, doors open 2pm

**December 7** Christmas Craft Sale at The Hills Health Ranch, proceeds to local charity

**December 11** Age-Friendly Rural BC Gathering, info on safe winter driving & making 100 mile more age-friendly, 10am-12pm Community Employment Services

**December 12** Hospice Memory Tree Lighting 250-395-7680

**December 13** Annual Community Christmas Dinner, 108 Community Hall, doors 5:30pm, dinner 6pm

**December 14** Louisiana Hayride Christmas Show, Martin Exeter Hall 2pm, tickets \$35 available at Donex, Pharmasave, 108 Super Market and 100 Mile Free Press

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*The flashlight was invented in 1898 by Joshua Lionel Cowen*

# Land of the northern lights – Iceland

BY CHRISTIANE KLEIN  
OF ALL-WAYS TRAVEL

Iceland is the place to go for an out-of-this-world nature experience, whether you travel in the wintertime to enjoy the Northern Lights, thought by the Vikings to be a reflection of their dead hero's shields as they sped towards Valhalla, or if you travel during the summertime to see the Midnight Sun.

The Northern Lights are one of nature's most awesome spectacles. The ever-shifting, glowing patterns of light twist and turn restlessly in the sky. They are created by electrically charged particles that make the air shine almost like a fluorescent light.

The climate in Iceland is tempered by the Gulf Stream. Summers are mild and winters rather cold. The powerful Aurora Borealis (Northern Lights) are best seen between November and February. In June and July there are nearly 24 hours of daylight in Reykjavik, while in the northern part of the country the sun barely sets at all.

Winds can be strong and gusty at times, and there is the occasional dust storm in the interior.

Snow is not as common

as the name of the country would seem to suggest.

It is only in the northern part of Iceland that skiing conditions are reasonably certain, and the air is clean and free of pollution.

Once upon a time, Iceland was known for its wild, rugged and colorful scenery. The land of fire and ice, and its other-worldly landscapes where black lava fields jar against red sulphur vents, boiling spurts of water exit the ground at great speed, and lush green valleys dotted with sheep roll away into the distance. Iceland was a country of fisherman and farmers.

Around the coastal regions, Iceland is a bustle of activity, particularly in the Capital City Reykjavik, where most of the population lives. Reykjavik is located on a bay, surrounded by mountains and in an area of geothermal hot springs which create a natural heating system and a pollution-free environment.

On the outskirts of the city you will find the Blue Lagoon, a patch of bright turquoise water in an otherwise dark lava field.

Small, brightly-colored coastal towns cluster around the coast. Orange mountains and bare wilderness broken by occasional hot springs,



waterfalls and glaciers spread across the island.

Iceland has something to offer everybody; if you like nature you can quietly watch the birds or whales, and the sports fan can ski, glacier skidoo or horseback ride.

Volcano tourism is big business in Iceland, with walking routes near the Eyjafallajokull Volcano, known also to surprise and throw the world of aviation in a chaos as in 2010. There are also helitours over it and scenic trips to nearby Hekla.

The whole of the central highland plateau of the island is beautiful, yet uninhabitable moonscape – so much so that the first American astronauts were

sent there for pre-mission training.

Eleven percent of the island is covered by three large glaciers. Iceland's highest and most extensive glacier is Vatnajökull; at 8,500 square kilometres (3,280 square miles), it is the largest in Europe and is now reported to be melting. Vatnajökull National Park, established in 2008, is Europe's largest National Park, encompassing its namesake glacier as well as volcanoes, waterfalls and wetland.

Something else to visit while you are in Iceland is Geysir. Until 1916, Geysir, located 125km (78 miles) Northeast of Reykjavik, was one of the World's

great Geysers, spouting water and steam 60-80m into the air at three-hourly intervals. Mysteriously it fell dormant and has come to life only once since then, in 1935. The smaller Strokkur Geyser nearby makes up for its big brother's silence by erupting every five to ten minutes.

The entire area is a geothermal park with belching mud pits, hissing steam vents, hot and cold springs, warm streams, and primitive plants.

Another point of interest is the golden waterfall, Gullfoss. Located just a few kilometers from Geysir, Gullfoss is the most dramatic section of the Hvita River (White River)

in Southern Iceland. In the midst of lush vegetation, white water thunders down a 32m drop in the narrow Canyon 70m deep and 2.5km long.

The land next to the waterfall was bought by the Icelandic Government to prevent foreign investors from turning it into a commercial site. The footpath is opened each morning by a local farmer to allow visitors to see the waterfall from a viewing platform.

I hope I have piqued your interest in visiting Iceland. If you need more information on this beautiful, nature-rich country, please do not hesitate to come in and see us at ALL-WAYS TRAVEL.

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# Light energy promotes cellular healing

In my profession, light is a big part of my practice. Not only does it make things easier to see in the office but it also provides pain-free therapy for patients with acute and chronic problems.

Cold Laser Therapy or Low-Level Laser Therapy (LLLT) is a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process to help eliminate pain and swelling, reduce spasms, and increase functionality.

Cold lasers are handheld devices used by providers and are usually the size of a flashlight. The laser is placed directly over the injured area for 30 seconds to several minutes, depending on the size of the area being treated and the dose provided by the cold laser unit. During this time, the photons of light

that are emitted from the laser pass through the skin layers (the dermis, epidermis, and the subcutaneous tissue or tissue fat under the skin) to a depth of 2 to 5 centimeters below the skin at 90mw and 830nm. These low wave forms do not cause heat like the type used for surgery, consequently avoiding tissue damage.

Once the light energy passes through the layers of skin and reaches the target area, it is absorbed and interacts with the light sensitive elements in the cell. This process is similar to photosynthesis in plants – sunlight is absorbed by plants and then converted to usable energy so that the plant can grow.

When human cells absorb this light energy, it initiates a series of events in the cell that is theorized to eventually result in normalizing damaged or

## Adrenaline Fix

By Darren Smith

injured tissue, a reduction in pain, inflammation, swelling, and an overall reduction in healing time by increasing intracellular metabolism.

Studies have shown that cold laser therapy can help with arthritis, fibromyalgia, tendonitis, back pain, carpal tunnel syndrome, and knee pain to name a few. However, most the studies have been done with small sample groups so most of the evidence to the efficacy of lasers is anecdotal.

The best thing (and worst thing) about low-level laser therapy is that you don't feel anything. For those that have an aversion to pain, there isn't any. However, some patients have the notion that if they don't feel anything, then there is no treatment effect.

In our drive through society, we want instant gratification. Since the light is said to cause the effect at the cellular level, there is no instant gratification of pain relief as the



cells reacting to the light need to cause another reaction and another reaction and so on.

Having seen positive results from low-level laser

treatment as an adjunct to the other forms of treatment I provide, anecdotal evidence, in my opinion, is good enough for me to continue to use it.

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# Christmas Shopping Tips

- Plan your Christmas budget
- Make a list – check it twice
- Eat before you shop and bring your water
- Bring cash (leave your credit card at home)
- Support local businesses
- Reduce impulse shopping
- Christmas is the time to give (not just to family but maybe to those in need)
- Homemade gifts are still the best
- Send your parcels early to reduce cost
- Remember to breathe!!!!
- Enjoy special moments with those you hold dear



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*From Adele and Lisa*

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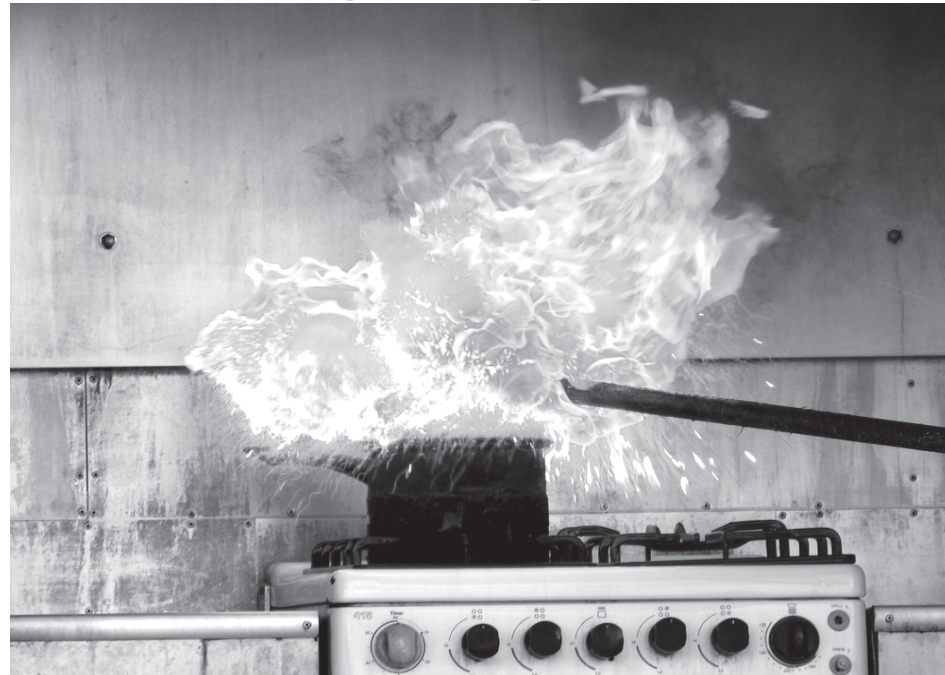
# eat

## Blazing kitchen light up

There is a lot of things a Chef could write about when it comes to light.

Lite Beer, light breakfast, a light snack, but I'm going to write about my personal favourite 'light'. The light emanating from the most beautiful thing I've ever witnessed.

I had just started my new job at a restaurant. I was hanging on his every word. I was after all his apprentice and he was the Chef. He took a frying pan, put it on the burner and turned it up high. He said, "You put a scoop of griddle-fry in the pan and let it get really hot. Then you take a handful of these carrots and celery that have been soaking in water and you throw them in the screaming hot griddle-fry." The next thing I knew an absolute wall of flames no less than six feet high by five feet across completely engulfed his entire station. Flames were licking the overhead exhaust, curling up and over actually scorching the roof. It took me a moment to catch my breath, not only from the excitement, but also from the lack of oxygen that the fire was now consuming. It was the most beautiful thing I'd ever seen, and I've watched both my kids being born. From that moment, I prayed every single ticket that came into the kitchen would have "ginger beef" written in giant block letters so we could repeat the perfor-



mance.

Since that moment, obviously there have been lots of orders for ginger beef and I was fortunate enough to cook many myself. I even got to show my own apprentices the absolute breathtaking moment when you light your entire kitchen on fire... on purpose. What an indescribable feeling, paramount to what I imagine being on the moon would be like. You will never replace or relive the feeling that you had the first time you see it. You might be saying to yourself, "Brice, what a great idea. You are a genius. I want to light my kitchen on fire." I would STRONGLY urge you to make sure you have a commercial-grade fire extinguisher and an overhead exhaust system... on second thought maybe you should just invite me over and I'll show you

*The lightest food you could eat is lettuce, averaging only a single calorie per leaf*

## Out of the Fridge

By Brice O'Neill



how it's done. After all, I am a professional.

So in the vein of lighting things on fire, I offer you my version of Bananas Foster. Take one banana and cut it in half lengthwise. Put 1/4 cup butter in a frying pan, turn pan on medium. Throw in about 1/2 cup brown sugar. Get that all melty. Add about 1/4 cup of dark corn syrup and get it all boily. DO NOT GET THIS ON YOUR SKIN. It is a burn you will not recover from. Carefully slide the bananas into the boily mixture and cook approximately 30 seconds. Turn the bananas over CAREFULLY unless you want to make a trip to the hospital. Wait another

30 seconds. Now the fun part. Lean back and add about 1/8 cup dark rum with one hand and as soon as it begins to boil hit it with some form of fire. BBQ lighters work great, but avoid using Bicks – they are too close. After the flames die down, pour this boiling, sugary banana goodness onto a plate, carefully. Wait a minute or so and drop on a scoop of your favourite vanilla ice cream. Voila! You have created my version of Bananas Foster and you owe me five bucks in royalty fees. Thanks for reading, until next time this is Brice O'Neill, email me at [info@newworldcoffee.ca](mailto:info@newworldcoffee.ca)

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# The magic of lights

A SHORT STORY BY  
LORIE WILSON

Probably few people today realize the magic of light when we live in cities constantly illuminated to some degree. But when you live 25 miles by wagon road from the nearest neighbour and there are no cars and no electric lights for miles the nights can be a solid black sometimes dimly illuminated by moon and starlight. These are some memories of my childhood spent on the homestead my parents had north of Tatla Lake in 1948. Most times we lived by candlelight, kerosene table lamps, and later we sometimes used naphtha gas lamps that seemed a modern marvel with the increased light they gave off. But when I think of light I am reminded

of the special time of Christmas.

My mother would nail up spruce bows in the corners of the log house and run red and green twisted crepe paper streamers from corner to corner. We would carefully unfold the red paper bells and hang them in the centre of the room. Tinsel was draped on the spruce bows. Day and night the light would sparkle off the decorations that gently twisted in the air.

I still remember the feeling of excitement as the Christmas tree was put up and all of us would help decorate it. On went the coloured glass balls, sparkly garlands, and then we would stand back and toss the strands of tinsel on the tree. We always put a handmade foil-covered star on the

top of the tree. This simple handmade decoration was to remind us of the true meaning of Christmas. To us this meant a time to share with family and friends by giving gifts and celebrating with music. Finally we attached the small white candles held on by metal clips. They had to be carefully placed so they would not burn the decorations or the tree. Then my mother would light the candles as we stood around watching the sparkle of the decorations and the soft glow of the candles. After we had admired the decorated tree, the candles would be snuffed out to be lit another evening.

Then there was the excitement of waiting for Christmas day when we would open the presents that Santa Claus had brought. I was fascinated

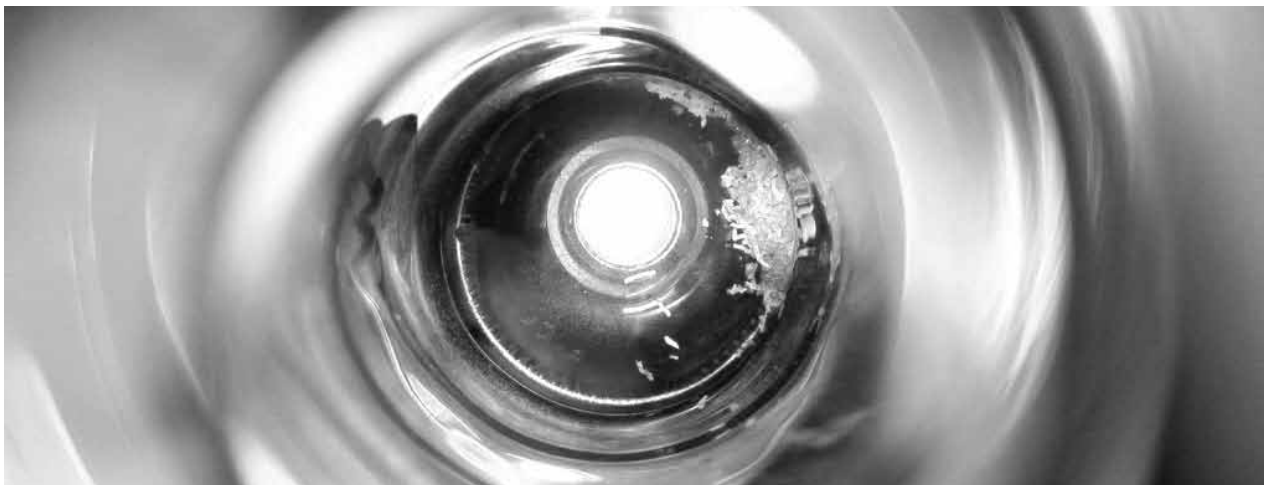


by Santa Claus. How magical it seemed that a jolly old man could fly through the air in a sleigh pulled by eight reindeer. My Dad once showed me deer tracks in the snow and said they were tracks of Santa's deer just waiting to go to work on Christmas Eve. For a couple of years I hid in the wood box behind the

kitchen stove hoping to see Santa Claus. In the morning I would wake up wondering if Santa had come because he would not come if he knew I was watching. Then I would see the brightly wrapped

presents under the tree and feel that all was right in the world. To this day I am reminded of the magic that I felt as a child when I see the brightly lit homes and trees in the cities at Christmas time.

# The day I saw the light



A SHORT STORY  
BY ANNE MOUTRAY

I was a very fussy person, no not about house-keeping, I would be quite happy living in a pig-sty – move over pigs. No, it was about my diet that I was so unrelentingly watchful. You see, I thought I knew all about the dangers of the dark world of foods: the trans-fats of processed goods, (I named the centre aisles of the grocery store, 'The Killing Fields'), the fats of red meat and pretty well any other colour of meat, nitrates in ham and not

to forget the cholesterol in butter and most of the rest of the dairy products. Yes sir, I was in the know. Eating was a pretty risky business. I shuddered as I watched my friends and my Mother gleefully eye their plates full of what I, in my wisdom, knew to be highly unhealthy foods. Surprising how much nourishment one can get out of a lettuce leaf.

My healthy, active, unrelentingly cheerful Mother on the other hand, was of the old school of eating. She was raised on an Irish

farm where there was a plentiful supply of eggs, cream, meat, butter and of course, potatoes. I wondered how they survived such a dangerous array. Those were the days of 'eat a little of every-

thing and not too much of anything'. Cholesterol had not been invented yet. This was the way in which my Mother ate in her youth and this was the way, in spite of my protestations, she quietly

insisted on continuing to eat in her old age. Each day she happily ate, in my opinion, a nice variety of very unhealthy foods.

One day, as a result of a broken wrist, I took my Mother to the hospital. While the doctor was putting her back together again, I complained to him about my Mother's highly unhealthy eating habits; how she was eating all the wrong things. The doctor, on looking at my mentally and physically healthy, rosy-cheeked, ninety-six year old Moth-

er, remarked, "Maybe she is eating all the right things."

I mentally slapped my forehead hard and thought, "What a stupid thing of me to say. Of course she has to be eating all the right things." And in that moment, I finally saw the light. Eat a little of everything, not too much of anything, work hard, ignore your daughter's advice, be careful crossing the street and you, like my Mother, will live to be one hundred.

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*"The light is so bright that all that remains is you and the darkness. You can feel the audience breathing. It's like holding a gun or standing on a precipice and knowing you must jump" ~Russell Brand*

# Learn to light up the stage



Each morning on the way to work I drive past the signboard at Cool Clear Water and look to see what tidbit of humour or wisdom awaits. This recent gem, "All of us light up a room; some upon entry, others while leaving," has had me thinking about how all entertainers must learn to light up the stage if they want to take their performance to the next level.

I wish I'd had a mentor in those early years to show me the ropes, to tell me what exactly was this thing called 'stage presence' that I heard so much about, and none of my teachers seemed able to give me a set of instructions for attaining it. The dictionary definition of stage presence is equally ambiguous; "the ability to command an audience with impressive style or manner."

After years of my own trial and error, and within

a number of different avenues of performance, I've discovered stage presence is a combination of quite a few things. The main reason it isn't so easily definable is because every performance situation, and every personality requires a slightly different way of approaching it.

Being exceptional on stage takes preparation and concerted effort, and remembering that first and foremost you are there to ENTERTAIN. Combining that elusive commodity of 'stage presence' with some tricks to become more at ease in front of a crowd will get you started.

**Practice, practice, and practice some more.** The key to being great on stage is being well-rehearsed, whatever your type of performance. If you're confident in your ability, you can relax and focus on these other ways to really shine on stage.



**Your image** is an important consideration if you want to be taken seriously – from your promotional materials to your onstage 'look'. A dance troupe with matching or coordinating costumes looks more professional, will be taken more seriously, and will look like a cohesive group; whereas a band should dress with their audience and genre in mind. Remember; if you are wearing the same thing on stage that you wore to the beach, your audience will see that you're not taking the per-

formance seriously, and neither will they. Wear something to separate yourself from other performers and make your show stand out.

**Confidence.** It doesn't always come naturally, but it can be improved with practice, and it's an important part of looking like you own the stage. You'll be more confident if you show up organized and well-rehearsed. Another trick is to pretend you're in front of an audience when practicing. This will prepare you mentally for acting and

moving in front of them. Have an idea of what you'd like to do before you go onstage, and try to practice it. Once you have practiced your performance and the way you'd like to come across to the audience, let go. Put on your 'game face' and become that 'larger than life' character you've been creating with every practice.

**Don't let them see you sweat.** Chances are, if you make a mistake while on stage, nobody will ever notice, UNLESS you draw attention to it! So keep smiling, keep going, and pretend like it was all part of your master plan.

**Engage the crowd.** Make your audience feel like part of the show, and encourage them to participate in some way. Look like you're having a good time and the effect will rub off on your audience.

**Music is a vessel for emotion.** Express yourself with emotion by becoming emotionally connected to the music. Have energy and care about what you are playing, singing, or dancing to. Show the crowd your emotion with your facial expressions, body language and movements, as well as with your performance.

**The audience has come to be entertained, so entertain them.** Don't just stand there – move around. Even the best musician, singer or magician won't hold the audience's attention if they're boring to watch. Be dramatic or energetic. And remember – every movement on stage must be bigger to have the same impact to your audience – be 'larger than life'.

**Learn when NOT to grab attention.** Sometimes it will be appropriate to let other performers take the spotlight, eg. stepping away from the front of the stage during someone else's solo. It's just as important to respect the other performers as it is to know how to reclaim the spotlight when it's your turn.

These tips will get you started on your path, and as you go, you'll begin to use your own personality to create your new ways to shine on stage. With a little practice, you'll be ready to take your performance to the next level and claim 'Centre Stage'!

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*Gels are pieces of colored plastic that can be slid over lights to bathe the stage in particular hues*

# Lighting by design

Light is an essential part of theatre for the obvious reason: the audience needs to see the performance. There is a standing joke amongst the Williams Lake Studio Theatre's lighting crews that we should just put glow tape on the actors, or even better, give the audience flashlights and they can just look at what they want to. It would save a lot of trouble.

Glow tape, if you are interested, is exactly what the name suggests: thick tape that absorbs light and will then glow in the dark for a few hours. If you arrive early enough for a show, you might catch a stage hand aiming a flashlight at parts of the set on stage: this is to "charge" the glow tape so it lasts for the performance. During a blackout in a performance, look for small glowing marks on stage (they are usually but not always hidden from the audience); they are there as guides for the actors and stage crew who have to move around in the dark.

Of course, a play doesn't have to be lit by stage lights. You could just use regular room lighting and let the play happen, but try to imagine the last play you saw being lit that way. Light emphasizes the action happening on stage. It sets the tone and often the location and even time of day of the scene, and it is often used to draw attention to or away from certain areas.

Lights, referred to as "fixtures", are placed to shine where the lighting designer chooses. The standard is to hang them from the ceiling, shining down at a 45 degree angle, although they may be placed anywhere. The basic setup is 45 degrees down, and a 45 degree angle to the side of the actor, so he or she will be lit by two lights, one on each side, with one "cool" and one "warm". In a "basic wash" of light,



## Behind the Curtain

By Cathie Hamm



*Lights and other technical areas of the theatre can be very interesting and a lot of fun.*

*The WL Studio Theatre is always willing to teach newcomers the ropes.*

the whole stage will be lit up with a series of cools all pointing one way, and warms the other way. This adds dimension; it emphasizes the actor's features, whereas a light shining straight onto an actor will make his or her features appear flat. As well, having different mixes of warm and cool mimics natural light better, and by adjusting the amounts of each, the lighting designer can suggest different types of light. For example, indoor light is warmer than outdoor, and night is cooler than day.

Warm and cool are achieved by changing the colour of the light. With older incandescent lights, we put gels, transparent coloured plastic, on the front of the fixture. (Newer LED lights can be changed and run by computer, but that is technology that your local community theatre can't afford.) Cools are simply blue gels, warms are amber or yellow. There are dozens of colours of gels, so that not only can you get the right cool and warm for your situation, you can add "specials", light of different tones to add further dimension. Those who saw "Urine-town, the Musical" would

have noticed the green that was used to light the ghosts. You may also have noticed that it was also used as a backlight in the general wash to help make the town a bit unworldly.

Fixtures will be placed behind the action and off to the sides to add depth to the general wash, or to emphasize certain areas or actions. They can also be used to create different spaces; if the stage needs to be three or four different places for different scenes in a play, light will help define those spaces. For instance, half the stage may be inside a house, a warm well lit area, while the other half may need to be outside, a cool shadowy area.



Obviously one area can be totally dark while another area is in use.

The lights are controlled by an operator in the back of the theatre, the "Lighting Tech". The fixtures themselves are plugged into a dimmer pack, which controls the power going to the fixture so it can be set at different levels. The dimmer is controlled by a console, an operating board; each light can be controlled individually, or any combination of them can be programmed together. With these tools, the Lighting Designer and Tech get the pleasure of controlling where the

audience's attention is focused, and setting the underlying mood for the play.

Lights and other technical areas of the theatre can be very interesting and a lot of fun. The WL Studio Theatre is always willing to teach newcomers the ropes. If you would like to be involved in any capacity, come to our next auditions, for "Still Stands the House" and "Garage Sale", on January 4th and 6th at

7:00PM at the Theatre in Glendale. Auditions are not only for actors, they are for anyone who is interested in helping, and are also open to anyone who just wants to watch.

If you just want to sit back and enjoy a show, come see "Die Theatrically" on January 14th to 17th and 21st to 24th at the Theatre. When you come, take a moment to look up and notice the lights.



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## Sharing and Caring in the Cariboo

With the holiday season rapidly approaching, it is a very busy time for the Salvation Army in the Cariboo! The annual Williams Lake Christmas Kettle Campaign successfully kicked off on November 15 with a Chill and Grill BBQ at Walmart. To keep this vital Campaign moving forward, many volunteers are needed. The kettle shifts are only 2 hours long, and ringing the bells for such a worthy cause is very rewarding! Want to make a difference in your community? Donating a couple of hours of your time to ring the bells is a great way to help the less fortunate of Williams Lake. Give it a try! (Call 250-392-1072 or 250-392-2423)

The work of the Salvation Army in Williams Lake is invaluable. In October, over 180 sat down to a beautiful Thanksgiving turkey dinner with all the trimmings! For the month of October, a total of 2,229 breakfasts and lunches were served.

The drop-in centre, downstairs across the street is busy preparing for the holiday season. Melissa is excited about adding another day to the craft centre for the month of December. On Monday and Friday, drop in to create Christmas tree decorations or a handmade Christmas gift. All materials are supplied, just bring your good ideas. If you have any questions about the variety of programs that are offered at the drop-in centre just ask Melissa who always has a friendly word, and a listening ear. And here again, volunteers are always welcome! The centre is open Monday to Friday, 9:00 am to 4:00 pm, closed noon to 1:00 pm.

Upstairs in the dining room Monday to Friday, Sabrina and gang prepare breakfast (9:00 am to 9:45 am) and lunch (noon to 12:45 pm), and once again, volunteers are welcome.

Perhaps your business is interested in sponsoring an "Adopt a Hamper/Family" which provides a family with a Christmas Dinner and a gift for each family member. Phone Sabrina 250-392-2429 for more details.

**Christmas Dinner will be served on December 25, 11:30 am to 1:30 pm** in the dining room. Call Sabrina 250-392-2429 if you have time to help set up, serve or clean up.

The Cariboo is fortunate to have such a caring, hardworking organization like the Salvation Army. Support Captains Ben and Isobel Lippers this holiday season, lend a helping hand and make a difference in your community!



**Williams Lake Worship** (267 Borland St.)

Sunday Worship 10:30am,  
fellowship coffee after church

Tuesday Bible Study 7-8pm

Tuesday Ready to Serve (children 7-12yrs)

**Quesnel Worship** (103-246 St. Laurent Ave.)

Church services held every Sunday at 11am,  
entrance at the back of the Thrift Store

**Quesnel Food Bank:** 374 McLean St.



*The intensity and quality of light people experience has an impact on psychological and physiological well-being, and day-to-day mood*



## The meaning of light

Since photography is all about light this is one of the easiest articles that I've written. When we talk about light photographically we have to consider two things; quantity and quality.

The first, quantity, is easy as it's measurable. It's the amount of light you have available. If you are taking pictures with available light, the big ball in the sky, it is dependent on what is between you and it. For instance clouds, dust, pollution, leaves, etc.

Quantity is measured by your camera's light meter, but be wary as your meter can be tricked by high contrast lighting situations. Your meter will

almost always think your scene is of average contrast so when it gets into high contrast situations such as snow or beaches it will not expose properly. Depending on what mode you are shooting in, your camera will either pick what it thinks is the proper exposure or will tell you what it thinks is right so you can set it.

Quality of light has many aspects. Let's start with direction. Light is either direct, meaning a straight line from the source, or indirect meaning there is something between the source and the subject. Another way of looking at it is by calling it hard or soft light.

## Photography 101

By Craig Smith



Hard light creates more defined shadows than soft light but contrary to what a lot of people think this does not mean good or bad light. I've always felt that there was no such thing as bad light unless of course you use the wrong light for the given situation. You don't want to use hard light for a glamour photo but if you are taking the portrait of an old man and want to show the years of wisdom in his face you would. The direction of light regardless of whether it is hard or soft is also a contributor to the quality of light. Depending on where the light is coming from it changes the mood of the image you are trying to convey. If you want a quick example of how that works, do what every kid does camping with a flashlight – hold it under your chin and turn it on.

The last aspect of quality I want to talk about this month is the colour temperature of light. Every light source has a different colour temperature. Our cameras have what we call a white balance control that if set properly will bring the colour back to what we consider to be daylight. Depending on what you want your image to look like you can play with the white balance. You can make the image cooler by moving the white balance towards the blue end and warmer by moving it towards the yellow side.

I have said many times over the span of my career that photographs start in your head and if what you capture matches that image then you've done it right. Until next month, happy holidays and happy shooting.

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# THE STEW MAGAZINE'S Monthly MIX



## HOLIDAYS OF THE MONTH

December 10 Human Rights Day

Human Rights Day, created by the United Nations, promotes awareness of the importance of Human Rights issues around the world. On this date in 1948, the UN General Assembly adopted the Universal Declaration of Human Rights. Each year, the UN establishes a new theme for the year.

Human rights is something we easily take for granted in the United States and Canada. Elsewhere, freedom and basic human rights are not a given.

December 21 National Flashlight Day

Don't be left in the dark on *National Flashlight Day*. Flick the switch, and you can put anything into your spotlight.

We'd like to shed a little light on this special day. It arrives on the Winter Solstice, which is both the shortest day, and longest night of the year. With all of those dark hours, your flashlight is apt to get a good workout.

You never know when you will need a flashlight. This is a good day to make sure you and your family know where the flashlights are. Test each flashlight to be sure the batteries are good.

## Bright light at the end of a long tunnel

### A SHORT STORY

I sat back from my computer, and sighed loudly. I was stuck, I had a deadline and I didn't even have an idea about what to write for this story. Looking around my room, I was trying to find inspiration, and instead of an idea coming to mind, there was still a blank page in front of me.

"What's the matter Sara?" my best friend Mia asked from my bed.

"I am stuck on this story idea," I sighed again still staring at my computer screen.

"Well what is your idea?"

"I don't have one."

"Oh," she shifted on the bed. "Well what does it have to be about?"

"Light," I answered turning to face her.

"Ah. Well that sounds interesting."

"Yeah I guess. But the topic leaves a lot in the air. There is nothing specific that I can think of right now."

"Oh, oh, I got it!" Mia smiled at me then leaned back on my bed. "You can use the line from the movie 'Idle Hands'."

I raised my eyebrows at her. "Oh?"

"You know, when Devon Sawa's character kills his friends and they were like 'well there was this bright light at the end of a long tunnel and we were like forget that... too far.' Mia giggled loudly.

"That could work," I laughed.

"Really?"

"No," I turned back to my blank page still laughing.

"Well," Mia got up

from my bed and walked over to the bean bag chair that was next to my computer desk. "I didn't think that bean bag chairs were still around."

"As far as I know they aren't really," I looked at her with a grin. "That was mine from when I was younger, I just found it a couple days ago."

"Anyway," Mia said trying to settle herself in the chair. "What do you want to write about?"

"I don't know. It's about light and I don't really want to sound corny."

"How about Angels?"

"I don't know if I believe in angels," I told her.

Her face changed slightly, "why not?"

"I don't know," I said honestly.

"Okay," she paused.

"How about ghosts?"

"What do ghosts have to do with light?"

"Uh duh, they glow."

"I guess that could work," I thought out loud. "But how would I make a good ghost story focused on light that doesn't sound dorky?"

"You could write a heartfelt story about a girl who is having issues over something major of some kind, and she gets consoled by a ghost," Mia suggested.

"I could..."

"But?"

"Have you ever read a story by me that is sappy?" I looked at her.

"True," she agreed.

"But you could always try. I mean not every story that you write needs to be about something serious. You could write something lighter-hearted."

"Like light?"

"Yeah, maybe a girl just

## Tasty Tidbits

By Paige Knights-Smith



needs some light to guide her in the right direction." Mia looked at me and smiled again.

"I don't know how," I confessed.

"Let's act it out then." Mia struggled to get out of the bean bag chair.

"Pretend that I am dead and a ghost, and I am surrounded by light and I am here to help you."

"Help me with what exactly?" I gave her a weird look.

"To help you with your story," she said. "Or maybe I am here to help you get over my death."

"No, I don't like it."

"Well Sara, you are going to have to come to terms with my death. I am okay, and you are going to be okay."

"I don't like this." A feeling of dread came over me. "You need to stop now."

"Sara?" My mom's voice came from the other side of my closed door.

I glared at Mia, and got up to open it. My mom's face was full of tears, and that awful feeling came over me again. "What's the matter mom?"

"Honey, it's about Mia." Her voice cracked. "There was an accident."

"What are you talking about, she is right here." I turned around to look at Mia. She wasn't there. "Come out Mia, this isn't funny anymore."

My mom wrapped her arms around me and held me tight. "Sara, Mia died. They lost her on the way to the hospital."

"No, no! What are you talking about?" I argued. "She was right here, I was just talking to her."

My legs gave out from under me and I fell to the

floor. My mom went with me, and held me for what seemed like hours. Tears didn't come right away. I was angry, hurt, and even more, I was confused.

Hours later, and I found myself staring at my empty computer screen again, feeling numb.

"It's okay you know." Mia's voice came from behind me.

"What the hell Mia?" "I told you earlier, I have come to help you." She smiled. I could see a glow around her.

"Help me with what?" Tears burned behind my eyes.

"With your story. Also to let you know that I am okay, and I will miss you."

"This is some sort of dream, isn't it?"

"I wish." She smiled again. "But it's going to be okay."

"When?"

"Eventually I guess. I am hoping you mourn me a little bit." Mia laughed.

"What happened Mia?"

"I wish I knew." She said. "But everything happens for a reason. It's a good story, and I am going to make an excellent main character."

I smiled. "Mia."

"Don't you dare forget me."

I choked back a sob. "Is there a Heaven?"

"Well, there was this bright light at the end of a long tunnel," I heard her voice go down to a laughing whisper, "and I was like forget that... too far."

I laughed until I started to cry again, and even though she was now gone, there was this glow about the room. And in that light, I knew Mia would always be there for me.

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An Australian family broke the Christmas lights world record with 502,165 twinkling bulbs and 50 km of wire used in their festive display

# The longest fly fishing season, 'Hard Water'

"Hard Water" officially begins when the edges of the lakes are frozen too far out to break a path to open water anymore. Or the air temperature is a steady -6°C at lake level and the line being retrieved stops dead, seized in a ball of solid ice in the guides.

So, you "pack it up", cursing the too-short season and the days you WEREN'T on the water due to "commitments". Sure, you may get to wave a stick at the end of the driveway, "just practicing", on the rare days the air temperature is above freezing, to the puzzled looks of neighbours (who just DON'T understand), but this is a poor substitute for being on the water.

HOW are you going to make it through until "ICE-OFF!!"??

Here are some practical suggestions to save your fly fishing soul through the winter and to make you a better, more productive person on the water next year:

1. The obvious: Tie some flies, search in books and online for new patterns for your applications, set up in "your corner" and get at it.

If you don't tie, learn how. We have in this area one of the most talented fly tyers in Western Canada and he is always looking to put on a winter course. Paul

Carnes is a master of teaching the art of tying, he learned from one of the original Kamloops fly fishing innovators, Mrs. Helen Peacock, said to be the creator of the original "Tom Thumb" dry fly.

IN ADDITION, throughout winter, I normally organize a drop-in fly tying night, one night a week for a couple of hours. This winter is no exception – beginning November 12th, join us 7-9pm in room 1307 courtesy of Thompson Rivers University.

2. "Winterize" your gear. (See the November issue of *The Stew* for photos and details) Take the lines off your reels, pull them through a cloth, moist with warm water and a drop of mild dish soap, then repeat with a cloth moist with clean water. Store your lines by hanging them in large loops from large pegs or around plastic clothes hangers. Store them in a dry sunshine-free spot in the basement or in a storage closet. I have a couple of bicycle rims that I wrap my lines on and hang up in my "man cave".

3. Take your reels apart, clean them with lubricant spray and put a tiny drop of synthetic oil on the moving parts, just a drop of light grease on the bearings. For any reels that have

cork disc drags (like Islander Reels), put a drop of synthetic oil on the cork face and smear it all around the face of the disk.

4. Fly line backing requires no maintenance to speak of, but I'm a bit fussy with my gear, so when I remove the line, I peel off a few yards of backing, just to see if it's damp. If it is, I put a few drops of methyl hydrate onto the backing that's wrapped on the spool to get rid of any moisture that may cause mould issues with the dacron backing.

5. Clean and wax your fly rods. I use any kind of furniture polish on a soft cloth and just clean all the sections and look for any nicks or fracturing of the finish that may indicate a possible breaking point under load. Winter is the time to replace warranty sections or replace rods, NOT after you needed them! You may decide to have a custom rod built, or even better, decide to build your very own, and "Hard Water" season is the time to do it. I know many rod builders (including myself), who don't even look at building until "Ice Over".

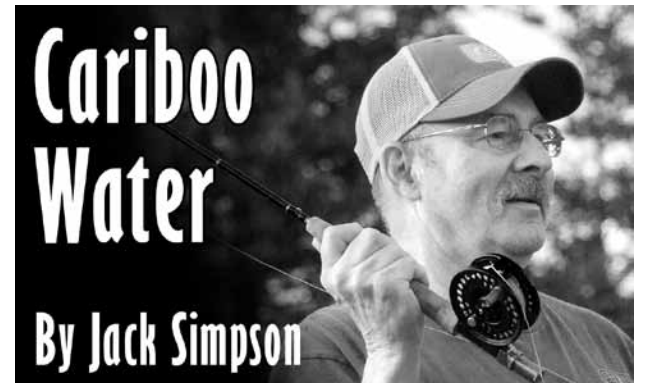
\*(Before putting rod sections together, take some soft candle wax and apply a thin coat to each of the male ferrules, so when assembling your rods, any dust

in the female ferrule will not scratch the finish and an extra bonus, the joins will never seize together and will never come loose during casting.)

Store your rods in that same dry place, out of the tubes (the tubes dry out and your rods don't stay damp).

6. Open up all of your fly boxes and stack them in a dry, warm place where there is a good flow of air (like a furnace room) so they dry out, which prevents the hooks from rusting. Spend an evening or two with a hook file or sharpening stone and touch up all your fly hooks, setting the flies aside that need replacing.

7. Go through all your spools of leader and tippet material and make a list of what



needs replacing. Ordinary monofilament material breaks down under UV light fairly rapidly (about 2 seasons) so you need to test the breaking strength regularly. Fluorocarbon will last substantially longer, even in sunlight. (Spools of leader and tippet material make great "stocking stuffers" so be sure and let Santa know.)

8. Clean, oil and sharpen your tools; pliers, forceps, nippers, knives, and retractable

gadget holders.

This is all called "puttering with gear" and serves an important purpose; it gets your gear all cleaned and ready, it allows you to stock up on "stuff" for the next season and best of all, it keeps your gear in top shape.

"You take care of your gear and your gear will take care of you."

Questions? I'm only too happy to answer any general fly fishing questions. Email [homewaters2011@gmail.com](mailto:homewaters2011@gmail.com)



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"May the light embrace you." ~Draenei, World of Warcraft

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# Games to light up your holiday

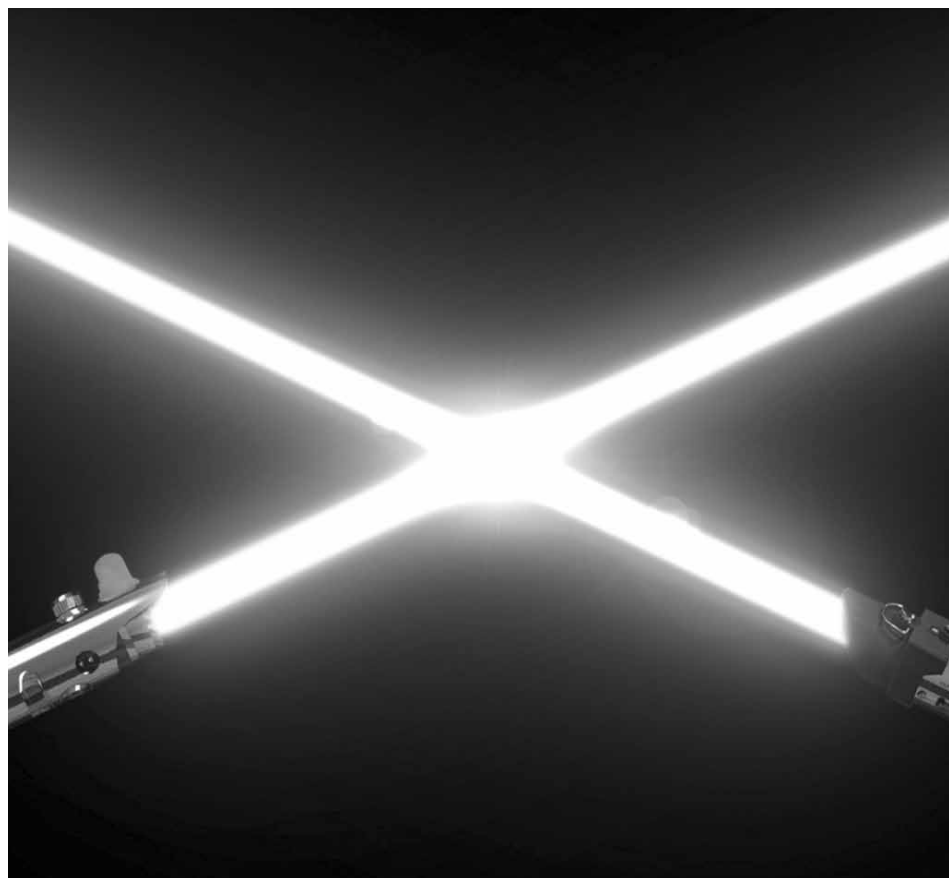
I don't think it's at all an exaggeration to say that without light, there would be no video games. Light, in fact, is the very building block that every video game, since the very first, has been built upon.

Long before there was 3D graphics, long before there was even colour, there were basic computer screens that were able to display even the most rudimentary of graphics based on a very simple system – based on which pixels on a screen were displaying light and which ones were not.

Of course it's way more complicated than that now. Now we live in a gaming world made up of millions of colours and 3D modelling and photorealistic textures and immersive environments. But, however complicated it gets, it still comes down to light. Without light hitting our eyes and being translated in our brains into signals that we can process, there wouldn't be any video games – or much else to look at either.

But there are some games that seem to be about light in more ways than most; where light seems to be part of the design, part of the aesthetic, something more than just the way that visual signals are delivered to your brain.

One of the earliest light-heavy games that I can remember was the arcade video game based on the movie *TRON*. Now, *TRON* the film had a very light-heavy aesthetic, and that translated nicely to the arcade game, which featured design elements inspired by the film. But not only that, the controller on the arcade tower itself also glowed with a faint blue light. Admittedly, this was probably as much an advertising decision as it was a design decision – the machine with the glowing controller is definitely going to stand out against the rest of the games in the arcade.



A more recent title that really pays around with light is a little game called *REZ*, which was originally released in Japan for the Dreamcast and Playstation 2 systems in 2001, and which later saw an HD release in North America on the Xbox 360.

To simply look at screen shots of *REZ*, you'll miss the beauty of the game. Sure, you can see the funky polygonal designs and the bright and exciting colours, but what you won't see is the interplay between pulsing, flashing graphics on the screen and the thumping, electronic soundtrack. As far as design goes, *REZ* is a pretty basic on-rails shooter, but it's the presentation that really captivates and makes it a title to remember.

Speaking of light, there isn't as much of it during the days as there used to be, as we count down the weeks to Christmas. November was the month for all of the big, triple-A titles to drop before Christmas, so the slate for December is looking a little light, but there are a few highlights coming this month.

December is a big month for massively



## Gaming Life

By Todd Sullivan

multiplayer online role-playing games that aren't *World of Warcraft*. The *Elder Scrolls Online* is scheduled to hit Playstation 4 and Xbox One this month (though no date has been confirmed as of this writing), and *Star Wars: The Old Republic* is seeing the release of its *Shadows of Revan* expansion on December 9 (just a reminder that the base game of *The Old Republic* is completely free to play, and is definitely worth taking for a spin for anyone who's a fan of the Star Wars universe).

The open-world racing game *The Crew* arrives for Playstation 4, Xbox One, Xbox 360, and PCs on December 2, allowing players to drive from one side of the United States to the other (and in only an hour and a half!). Players who prefer to do a different kind of exploring

can check out *Lara Croft and the Temple of Osiris* on December 9 when it arrives for Xbox One, Playstation 4, and PC.

**Other notable releases:** *Dead State* (12-04); *NES Remix Pack* (12-05); *Phoenix Wright: Ace Attorney Trilogy* (12-09); *Halo: Spartan Strike* (12-12); *Guilty Gear Xrd SIGN* (12-16)

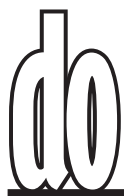
**What have I been playing lately?** *World of Warcraft*, baby! And apparently I'm not alone! Blizzard has revealed that their *WoW* subscriptions are up by almost 3 million following the release of *Warlords of Draenor*.

**What have you been playing lately?** What are you hoping to find under your tree for Christmas? What's your favorite holiday gaming memory? Let me know! Email me at [todd@thestew.ca](mailto:todd@thestew.ca)

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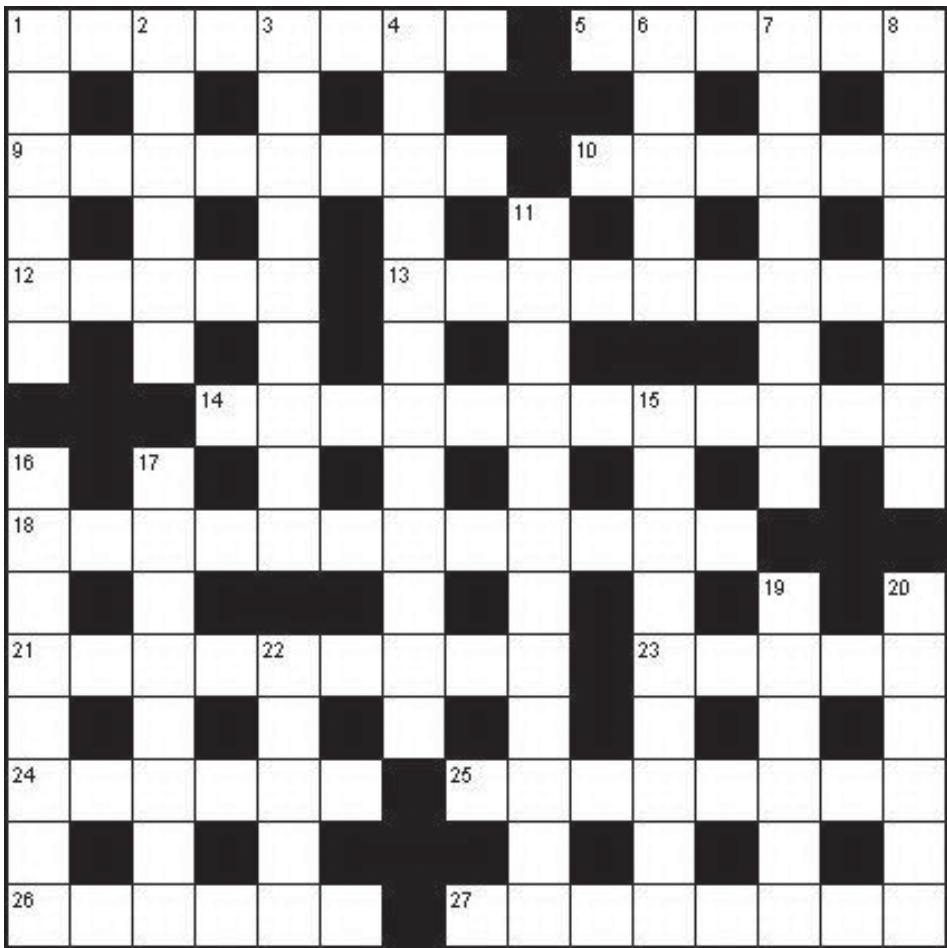


*This month's crossword is brought to you by the fine people at Bob Paterson Homes.*

# X-Word Puzzle

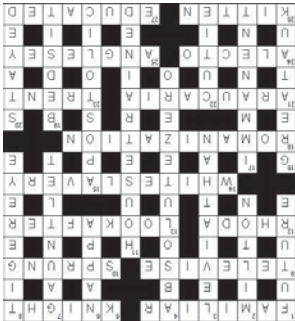
ACROSS

- 1 Well known member of the Pope's household (8)
- 5 Horseman or horse-man? (6)
- 9 Adjusted set to receive special live European broadcast (8)
- 10 It's removed from the jug and strained (6)
- 12 Basic part of education for Greeks originally denied to a woman? (5)
- 13 Care for a newspaper? The Observer is coming round (4,5)
- 14 Breaking the law is extremely immoral business (5,7)
- 18 Zone in European



- country converted into becoming Catholic (12)
- 21 Tree of gold featured in a church song (9)
- 23 After time, get lease from the Council (5)
- 24 Fury of a voter hav-

- ing no bounds (6)
- 25 Fifth century settler overturned agreement with part of Wales (8)
- 26 Perhaps young Persian family will accommodate abstinent bloke finally (6)
- 27 Taught English journalist about old money (8)
- DOWN**
- 1 Grammatically it could be perfect – it remains to be seen (6)
- 2 American university's about to cover Lake poet (6)
- 3 Valiant, he destroyed a sea monster (9)
- 4 It's very cool – OK! (8,4)
- 6 Steal Dad's sheepskin leather (5)
- 7 It's grim to allow this punishment (8)
- 8 Flashy vulgarian has to see this item of jewellery (5-3)
- 11 Such a boxer won't do business indoors? (5-7)
- 15 Preacher's office is held by a semi-Catholic (9)
- 16 Large killer whale said to be extinct creature (5,3)
- 17 Dwelling within a short distance, Ena gets up north on time (9)
- 19 Accommodation of qualified teacher's just the thing (6)
- 20 Remained sober during speech (6)
- 22 Smart girl quietly leaves football match (5)



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