



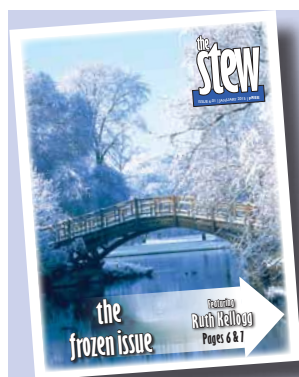
the stew

ISSUE 6.01 | JANUARY 2015 | FREE

the frozen issue

Featuring
Ruth Kellogg
Pages 6 & 7

hear

We want to hear from you! Email craig@thestew.ca

On the Cover:

Get off the couch and experience Winter; bundle up and go walking in a Winter wonderland! Take a moment to look around you – don't miss out on the magical frozen landscape. Breathtaking views, sparkling snow and ice formations; the beauty of Winter will take your breath away.

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Enjoy the winter to the fullest

BY CRAIG SMITH

When coming up with the theme for the month, I was actually thinking about my granddaughter watching the movie *Frozen* and also thought that there would be so many possibilities and ways to write about this topic. Since the movie came out, I have seen a multitude of children either wearing licensed product or singing the song. I even had a photo shoot before Christmas where a 2 and 4 year old were dressed up as the characters from the movie. They would not become animated for their session until I downloaded and played the theme song from the movie.

I think 'frozen' is embedded into my very being – I do not handle heat very well. When I was in the military I had issues with the work we did in hot climates but thrived during winter warfare exercises. I have been as far north as Inuvik and Tuktoyuktuk, have canoed in the Beaufort Sea, and have been out side during -40°C with a wind chill of -90°C. Now that was a little cold.

Reading my brother's Adrenaline Fix article brought back memories of the cold at Slave Lake, driving in the winter, making sure that you had a winter kit with you. My dad, being ex-military himself, was always talking about being prepared for any emergency, so with him in mind I'm going to give you a list of things you should have when you are travelling in the winter. Let's start with the basics: a small first aid kit, a shovel, jumper cables, a blanket and a bag of



kitty litter for traction. My mom always threw in water bottles and granola bars. If you want to go extreme, you can also add road flares, a tow rope, maps or a GPS, flashlight, whistle, camping candles and a fire extinguisher. I know that a few of the stores in the Cariboo actually sell the kits complete and it would make a wonderful gift for anyone who does any driving in the winter. I remember being up north at the scene of an accident in the middle of a blizzard when the road flare I lit couldn't be seen thirty feet away.

I think my heritage accounts for my dislike of the heat. I'm a half breed – half Scottish and half Swedish – so my ancestors have always lived in the colder climates. I'm not sure how much validity that holds though, as my

mother retired in Nevada and my father in Arizona for a while, although he did come back to Canada as far as Victoria. Part of the reason that I've lived in the Cariboo for over 25 years is that weather-wise, for me it's perfect. It's not too hot in the summer and contrary to what my wife thinks, it's not too cold in the winter.

If I could change anything about the weather, it would be to knock the year down to two abrupt seasons. Summer would be a nice 25-30 degrees; good for riding the motorcycle, camping and golfing. The second season would be winter with a constant temperature of -5 degrees, snow enough to ski, but not enough to cause accidents or problems driving. The in-between seasons where I end up waiting for some-

thing to happen always seem to be way too long. I would like overnight for warm weather to become frozen, and then frozen weather to become warm.

I find that life is way too short to not live every day to its fullest, and it's sad for me to see people hibernate during the winter months, waiting for spring. There are way too many things to do in the Cariboo in the winter to not take advantage of them. We have skiing, snowmobiling, snowshoeing, sledding, cross country skiing, and hockey just to name a few. My advice is to put on an extra sweater, a toque, and a scarf, and get out and enjoy a season that takes up almost half our year. Until next month, have fun in our frozen north, and stay warm and safe.

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Featuring
Ruth Kellogg

Pages 6 & 7

Nutrition Facts

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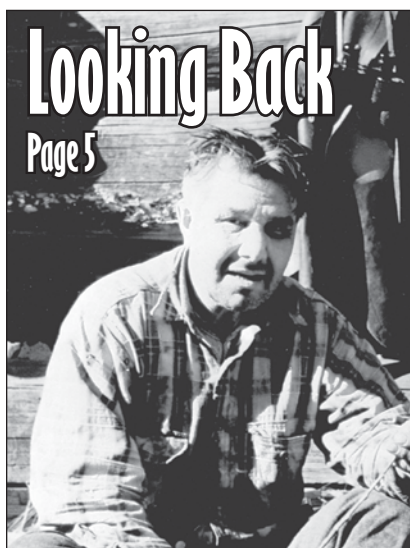
Amount Per Serving

Calories 0

% Daily Value*

The Frozen issue of The Stew is about the chill that sets into your bones and makes you feel like you just want to lay around by the fire, under a heating blanket, or in bed and sleep or read all day. It's about the hesitant feeling inside when you are scared to step outside of your comfort zone and try something new, and it's about being stuck in a place or in time.

This month's issue was put together with shivers and chattering teeth. As much as we all love to watch the beautiful snow falling through the air and resting on the branches of trees, we sought our inspiration from the feeling of being frozen. In Canada we are not strangers to the cold but it seems that every year we still have to acknowledge that we get cold and still wait expectantly for spring. While warming up, we also thought about how a state of frozen can affect other aspects of our lives and wanted to see what our writers would come up with through their lens. Happy New Year and stay warm.

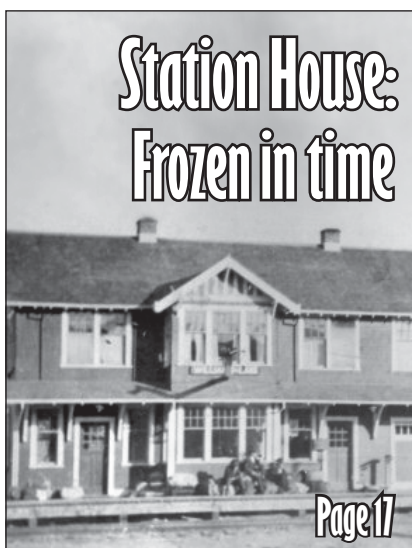


Looking Back
Page 5



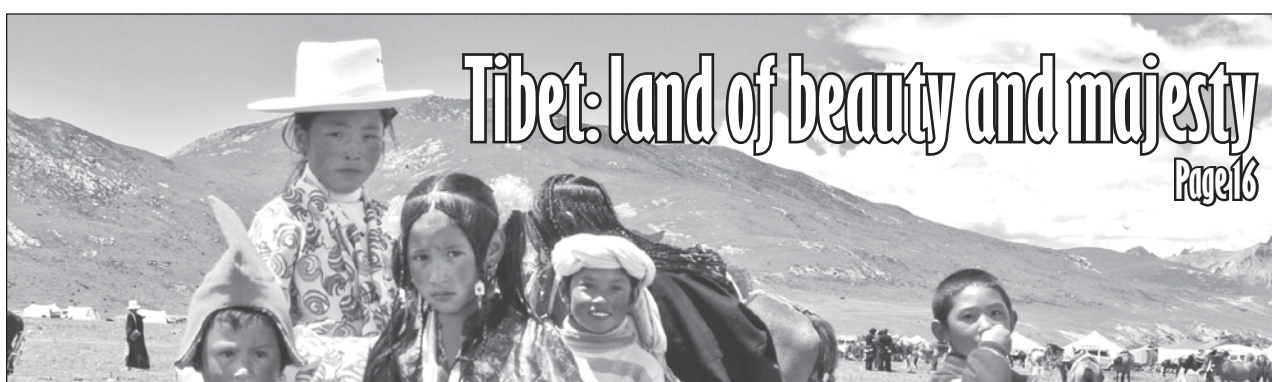
**Freezing your
beans off?**

Page 11



**Station House:
Frozen in time**

Page 17



Tibet: land of beauty and majesty
Page 16



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the stew
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hear

January 13 has been labeled the coldest day and month of the year in Britain, which holds the record for the most severe winter storm in history for this day.

Gerald Dester, first Riske Creek postmaster

It's not easy tracing genealogy back through time. At the turn of the last century the juxtaposition of cultures along the interface between European settlers and aboriginal inhabitants must have been profound.

The history and background of men who grew up in London, Edinburgh, Stockholm and Paris would have been unperceivable to aboriginals dipnetting salmon along the Chilcotin and Fraser Rivers. Similarly, it would have been difficult for these outriders from 'Mother Europe' to appreciate the sanctity of a people content with living a subsistent lifestyle in harmony with nature.

Yet with the preponderance of more European men and very few European women on the frontier, it didn't take long for the Cariboo Chilcotin gene pool to become mixed.

The Catholic Church can be thanked for keeping the genealogical record straight. Oblate priests went to great lengths to track down the paternity of white fathers responsible for Tsilhqot'in and Secwepemc children, and listing them on baptismal records.

That was the case of Gerald Dester, sire of Baptiste Dester of Kleena Kleene, Lottie Johnny Chell of Tl'etinqox, Isabel Davis of Australia, and Evelyn Dester of Vancouver.

Gerald Dester was a sea captain who came to Canada from Bath, England in 1883 to work on the Canadian Pacific Railway. Some speculate his image can be found in the series of photographs depicting the pounding of the last spike at Craigellachie in 1885.

Gerald got established at Riske Creek where he operated a store and trading post in partnership with Fred Becher. In

March 1892, he became the first postmaster of the "Chilcoten" Post Office at Riske Creek, and held that position for two years.

It is easy to surmise that Gerald struggled with his identity as a white man in a country devoid of the niceties of Britain. His feet were in two worlds, but he adapted to his circumstances by taking Jessie Peltwashaata, a Tsilhqot'in woman from Tl'etinqox, as his "country bride". He had two daughters with her; Isabel, born in 1889, and Lotti, born in 1894. Then Gerald left Jessie to marry a woman of his own European background, but their union was short-lived.

Caroline Magee was the daughter of British immigrants who had settled in New Westminster in 1861. She and Gerald were married in 1897, and she joined him in Riske Creek.

But Caroline wasn't happy there, and moved back to Vancouver before the birth of their daughter, Evelyn, on January 31, 1898, and she never returned.

Now Gerald was determined to do right by his Tsilhqot'in daughters, Isabel and Lottie. At the very least he wanted to give them a "proper" English education, so in November 1900, he took eleven-year-old Isabel back to England and left her with his family in Bath. He returned to Canada a year later with the intention of retrieving Lottie and bringing her to England as well, but that never happened. On November 8, 1902, Gerald died of pneumonia, and was buried at Alkali Lake.

Shortly before Gerald left for England with Isabel, however, he conceived a son with Yeleucy, a young Tsilhqot'in woman from Nemiah Valley. Baptiste Dester was born in August,



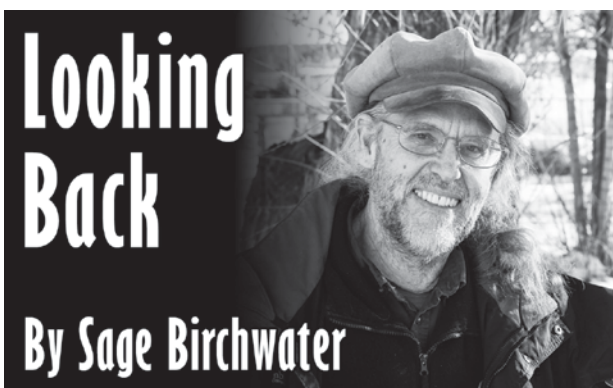
► Baptiste Dester & Clarence McKill, 1953



► Isabel Dester Davis



► Lottie Dester Chell



1901, while Gerald and Isabel were in England. Despite the Chilcotin's broad landscape, it was a small, sparsely populated community. Word-of-mouth traveled like wildfire, and that made it easy for Oblate priest, Father Francois Marie Thomas, to trace the identity of Baptiste's father. He entered Gerald's name on Baptiste's baptismal record.

When I arrived in the Cariboo Chilcotin in 1973, Baptiste Dester was a respected patriarch in the Kleena Kleene area. He had accomplished much in his 72 years, trapping all the way down the Klinaklini River to Knight Inlet with his father-in-law, Old George Turner, and raising his family of seven children with Lucy Dagg.

Though Baptiste was half-white, culturally he was Tsilhqot'in through and through. Like a number of aboriginal men at that time, he managed to obtain his "white rights" which entitled him to buy deeded property. He owned a couple of ranches; one at Clearwater Lake and

another down the Dean River near Cless Pocket.

When Baptiste passed away in the 1980s, his family was aware of who his father was, but knew very little else about the man. That all changed in November 2007 when the Dester Family held a reunion, and new light was shed on the family's genealogical past.

In their book *Chilcotin: Preserving Pioneer Memories*, the Witte sisters tell the amazing story of how Isabel and Lottie Dester were raised in two cultures, two worlds apart. Isabel got her "proper" British education but never married and never returned to the Chilcotin. Lottie grew up with their mother's people in the Chilcotin, married young to Johnny Chell, raised a large family, and never learned to read or write.

Isabel corresponded regularly over the years with her childhood friends, Hattie Hance Witte of Big Creek, and Hattie's brother, Rene Hance of Hanceville. They had grown up together at Hanceville where Gerald often left his daughters to play

with the children of Tom and Nellie Hance.

In her letters, Isabel always remembered to ask about Lottie and send love and greetings or a handkerchief, which Hattie always conscientiously delivered. Occasionally Lottie would come to the Wittes seeking news of Isabel and took pride in looking at her latest snapshots.

After the First World War Isabel changed her last name to Davis and immigrated to Australia. Though she dreamed of returning to the land of her birth to visit, she was unable to, and she remained 'Down Under' the rest of her life.

At the 2007 Dester Family reunion, the families of Baptiste and Lottie finally met up with the offspring of Evelyn Dester who they previously had never heard of before. By that time the Chilcotin Desters had 500 living descendants. Meanwhile Evelyn only had one daughter, Valery

Chambers, who arrived at the reunion with her son and daughter.

"I came from a family of two," she told the gathering of 200 who assembled for the event. "I didn't have a dad and never knew I had so many relatives. I just love finding all you people I'm related to."

It was Valery's son-in-law, John MacDonald, whose sleuthing through the internet triggered the reunion.

Josephine Gregg, daughter of Baptiste Dester, grew up knowing her Auntie Lottie and her large extended family. She also knew about her Aunt Isabel in Australia, though she never met her. But her biggest surprise was meeting her cousin Valery Chambers and learning about her Aunt Evelyn for the first time.

"I never knew I had another aunt. It was pretty interesting learning so much more about my grandfather."



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flavour of the month



CRAIG SMITH PHOTO
RUTH KELLOGG ► Malamute breeder, dog
trainer, photographer and bead artist

flavour of the month

Alaskan Malamutes and Ruth Kellogg

BY CHRISTA SMITH

The history of Dog Sledding is deeply rooted in Canadian History. Archaeological evidence shows unique evidence of dog harnesses as early as 1,000AD. This mode of transportation increased the ability of hunters to extend travel and cover more ground in less time. The use of sled dogs was also an intracil part of the fur trade and even played a role in the military during the seven years' war.

Today the state of Alaska officially recognizes mushing sled dogs as a sport. Teams can consist of 2, to 12 or more dogs, tied in pairs to a single towline that is attached to a sled. Sled drivers are referred to as Mushers.

There are several breeds of sled dogs. Some are bred for appearance as well as stamina and strength. Different breeds have different qualities like the ability to pull heavy loads or stamina for long expeditions. The Alaskan Malamute is very widely recognized as a sled dog breed and the Cariboo is home to a very dedicated and passionate breeder.

This month's feature is Ruth Kellogg. A local resident of the Cariboo and owner of Inharmony, her business of raising, training and breeding Alaskan Malamutes that started back in the mid-seventies. Over the years Ruth has continued to breed, import, educate and love many Malamutes, maintaining a core group of about 10 at a time. Now Ruth only breeds a very limited number of dogs and concentrates more on education, quality pups and only breeding for a specific dog for very carefully selected homes.

Aside from Ruth's Malamutes, her profes-

sion of the last forty years has been nursing, as a Registered Nurse specializing in the peri-operative field. Ruth has since retired and has refocused her career on professional writing. Ruth has been writing for a long time for publications such as Malamute Quarterly and Malamute Annual, and has also had articles published in: Dogs in Canada, Off Lead Magazine, Dog World Magazine, Japanese Kennel Club Magazine, and in the Alaskan Malamute Club of Canada's newsletter.

Ruth has also made her mark in the book industry, publishing her first book in 1989, *HAPPY DOG! Canine Behaviour and Basic Training*. Ruth published *Educating the Happy Dog!* and then her third book, an ebook and three DVD's in 2012, *Happy Dogs with Benevolent Leaders* which has been sold in six different counties so far.

Ruth has also spent many years teaching classes to clients about basic show handling and canine obedience. She has presented at seminars and taught agility and puppy classes. During her time as a member of the Cariboo Kennel Club, Ruth helped organize CGN evaluations and clicker training seminars as well as having served many years as Secretary.

Giving back to the community is something that both Ruth and her Alaskan Malamutes love to do. For many years, children waited patiently in line at the Winter Lights Light Up Event to have their photos taken with the sled dogs and their sled – attention that the dogs eagerly eat up and could be heard joyfully participating in. Ruth also uses the dogs for presentations to Day

Camp children, Kindergarten classes, and most recently the fundraiser put on by the Gendun Drubpa Buddhist Centre.

Countless hours are spent between Ruth and her faithful companions. "Listening to my Alaskan Malamutes and reflecting on what I am doing, or not doing, and trying to figure out how to reach their minds on my own" is how Ruth says she combines being self-taught with her education. She is told that her technique is unique, often precedes other training, and is being emulated by other dog trainers.

"Clicker training, which is operant conditioning using a marker signal, is a highly successful method of communication." Ruth explains that the verbal communication between dogs and humans is different. "The method of clicker training is a non-invasive method and safe for all involved; even assistance dogs are trained using clickers. Ruth and the dogs have competed in competitive obedience, Rally-O, agility and conformation shows.

Ruth's team of sled dogs are not racing dogs, but rather draft dogs which means that they have incredible endurance but slightly less speed over other types of teams. Sled dog teams are used less for work than in days past, but have now become more of a sport and leisure activity.

When not working with the dogs, Ruth enjoys photography and creating intricate beadwork. She is a woman of many talents. If you are interested to learn more about Ruth, her Malamutes, or her beading check out her website www.inharmonymalamutes.com.



Wespeak

Life is much easier when you 'chill out'.

Break free

BY CHRISTA SMITH

When I think about 'frozen' it's easy to recall the physical state that I am perpetually in for months over the winter, but the reality is that in life, frozen can be a state of being. Often I think that the only thing that prevents us from reaching our greatest potential is the internal state of frozen that sets our psychological limits. A fear of failure, a fear of stepping outside our comfort zone, and a real or perceived fear of consequences are just some of the reasons we stay frozen.

I am very fond of the saying, "what doesn't kill you, makes you stronger." I have said it to my kids and, more times than I care to remember, to myself. The strange thing is that the harder something is and the more energy

it takes to try it or do it, the greater the reward. It's kind of like the immobilizing fear that takes over when I have to stand up in front of a bunch of people and actually speak, or worse, have them looking at me. Well I can tell you that the fear that freezes my mind, tongue, and body feels like it will kill me. But here is where getting past it starts, with baby steps.

Over the years, it took facing the fear and attempting to try the unthinkable to finally lead me to not only stepping out of my comfort zone, but stepping out onto a stage, in costume and character, in front of a live audience. I realized that being held back by fear in a state of psychological frost was not what was going to save me, it was going to be the feeling

of accomplishment and freedom from facing that fear. At this point I have to pause and thank those who supported me and helped me break free with my first theatrical debut.

Looking back I wonder how many things, experiences, and opportunities I have missed in life due to being frozen. It's like the movie, *Yes Man* with Jim Carrey where he is forced to say 'yes' to everything, even the stuff he really does not want to do. He finds himself having the best time and experiencing life in a whole new way he never thought possible. What would happen if, with a certain consideration for safety and common sense, we said 'yes' more often, tried new things, took up new hobbies, expanded our horizons, and freed ourselves from the fear that



holds us back?

Thank goodness that history is full of people who said 'yes' and broke free of being frozen within limits and ideas. The world is not flat, and I bet we can thank a lot of explorers who literally froze half to death while trying to find the answers to the question 'what else is there out there?' To the researchers, explorers, scientists and every other person and profession that believed there was more and broke free; we thank

you.

And in the spirit of the theme, every kid out there who has to test the theory as to whether or not a tongue really will stick to a metal pole in the winter, we smile and know that there is a little part of them alive inside that is not frozen and will accomplish great things one day.

January is a chance to break free, from not only snow and ice, but from within ourselves as well. With New Year's resolu-

tions that may or may not last, it doesn't matter, because all we have to do is break the barriers that prevent us from achieving our goals, and say 'yes' to opportunity and life experiences. Don't let January freeze you literally or figuratively; it is a month of new beginnings and you never know where you will go; maybe Tibet...? (see the travel article) or on stage in front of a live audience...? (see the Behind the Curtain article) Happy New Year.

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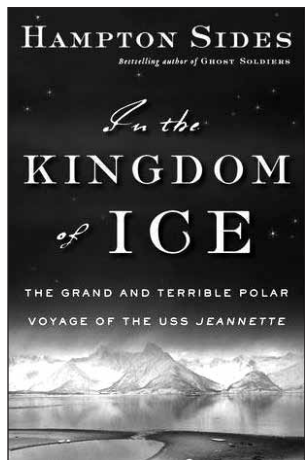
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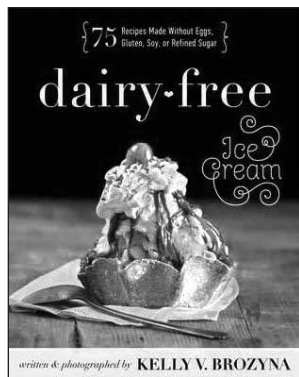
In the kingdom of ice: the grand and terrible polar voyage of the USS Jeannette (2014), Sides, Hampton

New York Times bestselling author Hampton Sides pens a compelling historical narrative encapsulating the wonder, intrigue and "Arctic Fever" surrounding the North Pole in the late nineteenth century. In the 1870s, James Gordon Bennett, the peculiar and tremendously wealthy owner of the New York Herald decided to fund a US naval expedition to the North Pole, and a young officer, George Washington De Long, was hired as captain. On July 8, 1879, the USS Jeannette left from San Francisco, with De Long leading a team of 32 men deep into unexplored Arctic waters. After sailing into uncharted seas, the ship was soon trapped in pack ice. This marked the beginning of a truly harrowing tale: rushing water, breaking boards, a ship abandoned less than one hour before it sank, and a crew of young men stranded a thousand miles North of Siberia with barely any supplies.

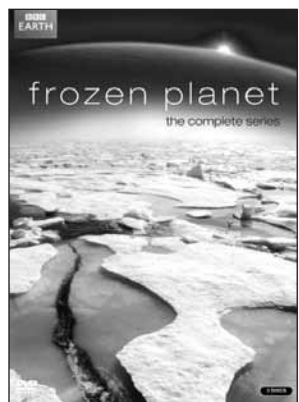
"First-rate polar history and adventure narrative... wonderfully evocative... Sides vividly recounts the horrors [of the voyage]. In the Kingdom of Ice is a harrowing story, well told." –The New York Times Book Review

Dairy-free ice cream: 75 recipes made without eggs, gluten, soy, or refined sugar (2014), Brozyna, Kelly V.

Don't let cold and



frightful weather prevent you from eating frozen delicious ice cream. Many people are claiming that living without dairy has improved their health. If you are living without dairy, would like to consume less, or are just generally interested in tasty frozen desserts, Dairy-Free Ice Cream is worth checking out. The cookbook provides recipes for dozens of classic and favourite ice cream flavors, with all the dairy, gluten, grains, soy, preservatives and refined sugar left out. Delicious recipes, paired with gorgeous photographs, and all the info you need to start making your own dairy-free ice cream (including ice cream cakes, sandwiches, and sundaes!).



Frozen planet: the complete series (2012) [DVD]

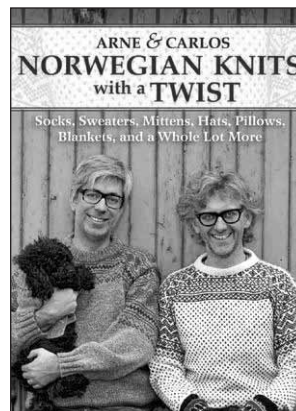
This exceptional production meets the expectations set forth by previous BBC nature productions (Planet Earth, Human Planet and Wild Pacific) and proves that even in places where the sun's warmth is absent half the year, life still thrives. The seven episodes, narrated, of course, by David Attenborough, focus on two of the most inaccessible and harsh places on



the planet, the Arctic and Antarctica. Attention is paid to the most popular Arctic animals – seals, penguins, beluga whales, and polar bears – but also to lesser known Arctic inhabitants, like caterpillars (that freeze in the winter and thaw in the spring), minke whales, narwhals, wolves and sea birds. There is spectacular footage of the aurora borealis, caribou in mass migration, and magnificent shots of the landscape that defy human description.

"You knew what to expect before you switched on the telly. Extraordinary footage of natural wonders overlaid with swelling strings and that marvellous knowledgeable whisper. At first glance, Frozen Planet, the latest epic David Attenborough documentary series on BBC One, is nothing new; what it is, however, is brilliant." –The Telegraph

Norwegian Knits with a Twist: Socks, Sweaters, Mittens, Hats, Pillows, Blankets, and a Whole Lot More (2014), Nerjordet, Arne ; Zachrisson, Carlos



When it's freezing outside, it's a good time to get knitting. In this collection of designs, the hugely popular knitwear "rock stars" Arne Nerjordet and Carlos Zachrisson share great projects for dozens of knitted items – including socks, sweaters, mittens, blankets, cowls, wrist and leg warmers, and more. Traditional Norwegian patterns are paired with fresh, innovative, and fashionable twists. Detailed step-by-step instructions are included for every pattern. This is a great volume to inspire a new younger demographic who are picking up needles, and learning from their parents and grandparents.



Christa Smith
Publisher & Editor
christa@ccrproductions.ca



Craig Smith
Publisher & Sales Manager
craig@thestew.ca



Joan Oliver
Advertising and Sales
sales@thestew.ca



Renée Lozeau
Ad Design, Layout & Prepress
Centre Stage



Todd Sullivan
Gaming Life
todd@thestew.ca



Brice O'Neill
Out of the Fridge



Darren Smith
Adrenaline Fix



Gina Mawson
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Jack Simpson
Cariboo Water



Isaac Steward
The Coffee Press

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do

The average snowflake has a top speed of 1.7 meters per second.

Frozen in happily ever after

The Disney Movie "Frozen" is a hit in our house; well, with one little member in particular. She sings the songs, she dressed up as Elsa for Halloween, and can probably repeat the dialogue verbatim. As an adult, and as a woman working in the anti-violence sector, I really liked Frozen.

Frozen takes the traditional Disney theme of "girl meets Prince when he rescues her, they look into each other's eyes, and they live Happily Ever After" and twists the plot to make Disney meet reality. One of the lines in the movie still cracks me up, "You got engaged after knowing someone for one day?" Very tongue-in-cheek for Disney, considering that they are responsible for decades and generations of sending the message that girls need to meet

and be rescued by Prince Charming to live happily ever after.

Frozen also looks at how some relationships could end up going very badly. Prince Hans, the charming, handsome, too perfect prince in the movie, ends up not being that charming. In reality, Prince Hans chose Princess Anna because of what he could gain from marrying her – his ultimate goal was gaining the throne in the Kingdom – and he did not care what he had to do to get there. When Princess Anna needs "true love's kiss" to save her life (she thinks) he creepily leans in and says, "If only someone really did love you Anna," and leaves her to die.

Anna had been so swept up in her fairy tale idealization of romance that she was completely taken in by Hans. He

was all about power and control, which is what we know motivates men who are abusive. When Anna saw him for who he was, it was quite a startling revelation. No one is perfect, and just like in the movie, if someone seems to be too perfect, to charming, too everything, the person is more than likely too good to be true.

The reality is that you can never really fully know another person. We know what other people let us know about them. People become very good at hiding things, especially things they know would not make them an appealing life partner. An abusive partner never, ever starts out that way or they would never hook anyone into a relationship. Rather, they pour on the charm and smoothly enmesh themselves into a person's life by saying

all the right things and by deceptively seeking ways to bond with the person they are focusing their efforts on.

Abuse happens in all races, all income brackets, all education levels, all across the board and violence against women happens far too frequently. Most men are not abusive and are good and loving members of society, but the few that aren't have an incredible impact on women, children, families and the community. The message about violence against women needs to get out. This year alone in BC we saw 20 women die at the hands of domestic violence, one man killed by an abusive ex-partner, and one man who killed himself after killing his partner.

It happens in our community on a daily basis. If you think it doesn't you

You, Me and We

By Gina Mawson



are kidding yourself. So how can we, as a caring community, make a difference? Become more educated. Stand against sexism and de-humanization of women; when you hear it happening say, "That's not cool," or, "That's not funny." Learn how to spot the signs of domestic violence. And most importantly, if you suspect someone is being abused, don't sit back and watch it happen; call the police, ask if someone needs help; step in when someone is acting inappropriately and offer assistance if it is safe to do so. Be more than a

bystander – be someone who makes a difference.

Most violence happens behind closed doors, but there are ways to spot abuse. Violence can happen in the form of physical, financial, verbal, emotional, spiritual, and psychological abuse which could be sexism, intimidation and threats, sexual coercion, isolation, using children, and extreme jealousy. If you suspect someone is experiencing this let them know there is help available to them or call the Women's Contact Society at 250-392-4118 for more information.

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*A single snowstorm can drop 40 million tons of snow,
carrying the energy equivalent of 120 atom bombs.*

Freezing your beans off?

The Coffee Press

By Isaac Steward



In a super fast paced world where everybody thinks everything should be faster than it already is, we find the ramifications of our impatient society displayed across a wide variety of industry. The coffee industry is not untouched in this respect and has been the victim of far too many schemes to improve, enhance, accelerate, simplify etc.

Instant coffee was invented and patented in 1890 by David Strang. The process typically involves freeze drying or spray drying brewed coffee. The attempt here was to reduce cost to ship the product, extend the shelf life and speed up the preparation of the beverage. I think we can all agree how successful that process was in capturing the splendour of coffee...

Pre-ground coffee is another attempt at reducing the "hassle" in the process of preparing the beverage but prematurely

exposes the oils inside the bean to an environment that breaks down the bean almost immediately!

As I reflect on the time of year, I think of our association with coffee as a nice warm beverage to embellish with eggnog, pumpkin spice or some other flavour to really set the mood of the season. It is so strange to think of its origins in hot, humid hills where it never drops below freezing... EVER. Speaking of freezing, I should mention something I have likely said before, but it is a good reminder to NOT freeze your coffee beans in an effort to keep them fresh. Putting coffee beans in a freezer creates unwanted moisture and is best avoided. Freshness is achieved through a sealed glass, stainless steel or ceramic container that is kept at room temperature and away from sunlight. If



you somehow happened upon the deal of a century and needed to keep 10 lbs of coffee as fresh as possible, you could put them in a vacuum sealed plastic bag and freeze them to slow any aging process. However, once you open the bag, you would not want to put it back into the freezer.

SO, I suggest giving away coffee if you end up with a surplus!

How about this for an idea?! Since you are reading this, I'd like to give you an opportunity to give feedback and WIN something. Answer the following question for your chance to win a free bag of coffee or tea from

Dancing Goat Coffee Co:

What is your favourite holiday season coffee drink?

Send your answer along with your name and phone number to feedback@thestew.ca and reference "The Coffee Press" column in your subject.

Happy New Year!

Local Art Inspires

January's art show and sale at the Gecko Tree features Nikki Keyes.

Nikki's art has shown previously in conjunction with the Vagina Monologues art show connected to the plays in Greeley, Colorado. These pieces focused on women's bodies and women's rights.

Nikki has also contributed pieces to the Station House Gallery Reconciliation art show on Indigenous rights and the interconnect-edness between environment and humans. Some of the pieces from that collection are also featured in this Gecko Tree art show. Nikki says, "I create art with the intention of changing reality. There is power in art and creativity. I hope these pieces bring power to the disempowered."

Bring a friend, stay for lunch, browse the new Gecko Gift Shop, and enjoy Nikki's unique art pieces on display January 6-31. The Gecko Tree will be closed for the month of February.

Interested in having a show and sale of your own? Call Beatrix Linde, curator for the Gecko Tree 250-440-5759.

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Harbin, China has one of the biggest ice sculpture festivals in the world.

Heating up the stage

BY CHRIS HUTTON
OF WILLIAMS LAKE
STUDIO THEATRE

Its dark, I'm alone and it is cold. I'm wearing a polyester suit, and I'm still cold. In this moment, in this darkness, it dawns on me that I have never given much thought to what the R-value of a stage curtain is. Specifically, the heavy velvet affair that separates the upper and lower stages of the Williams Lake Studio Theatre in Glendale. It became obvious to me last January just how well this curtain can act as an insulator while waiting for the start of Act II in "Glengarry Glen Ross." It's not surprising, really. The theatre sits in a wooden box, perched on a slight rise, in the middle of a school yard, and it was -40°C outside. All the lights, heat ducts, and the audience are on the other side of this curtain.

Ok, I'm not really alone; one co-actor is on the other side of the set, and others are waiting in the wings for their entrances. Curtains up! (or out, rather) and the heat of the dialog in this show and well, the ACTUAL heat from the other side of the curtain, the lights and everything else, and we're off – shouting lines, and stifling laughs at



little mistakes and inside jokes. This 45 minutes of going back and forth with these people will lead to recounting of stories and memories for years to come.

That's what theatre has come to mean to me. A coming-in from the cold. I found a warmth in being a part of making people happy, or sad, or hysterical, or disgusted, or any of the other feelings we seem to feel less in the dead of winter. As much as we all like to get outside, there are times when the word "frozen" is an understatement in the Cariboo, so we stay inside. There are good friends in this town that I see only six months a year. Every March, I'll see these friends at a barbecue, or a party, and we'll say, "Haven't seen you in a while. How was your winter?"

This doesn't happen with theatre people. We have a show to put on.

If you're frozen – from being stuck inside, building an unhealthy relationship with Netflix, or from too many dog walks; if you need a new challenge for your mind and your soul in the crush of winter; if you just haven't thought of a New Year's resolution yet, then come to the auditions Sunday, January 4 and Tuesday, January 6 at 7pm in the boardroom, upstairs in the Kornak and Hamm Building. We are holding auditions for "Still Stands the House", and "Garage Sale", both by Gwen Pharis Ringwood (the founder of this Theatre Society). You don't have to read for a part if you decide not to, but if you show up I doubt you'll be able to resist taking a crack at it. And there are many other ways to support this local art group with your time.

Now, maybe you're saying, "But I don't know anything about theatre,

and I'm the kind of person that needs to know what I'm getting into," I've got the perfect solution for you; go see a show about community theatre. Think of it this way: If you were trying to decide whether to go to college or not, you might consider watching "Old School," or for you

baby boomers, "Animal House." These movies are set in college, but they have a subplot; a conflict for the characters to overcome (in both cases, it's trying to save the fraternity; a charitable cause, if ever!)

Maybe a good experience for the cautious and/or anxious theatre prospect would be a show about community theatre where we look at how those characters would react to and handle the most stressful situation that could arise. What's the worst thing that could happen in a show? Forgetting your lines? It happens – talk about frozen!

Only two people in the audience? Pfft, at WLST, we call this "the second Thursday"!

Double murder in the theatre? Ding, ding, ding! Ok, this almost NEVER happens, but it might put your mind at ease. If we can handle double murder, we can handle anything! Luckily, the WORLD PREMIERE "Die Theatrically" by Mat Kelly is playing January 14 to 17 and January 21 to 24 at the Glendale Theatre. Show times are 8:00pm sharp, doors open at 7:30pm, and tickets are available at AboutFace Photography and the Open Book.



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Play

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

WILLIAMS LAKE & AREA

January 2,9,16,23,30
Winter Market, upper level Boitanio Mall, Fridays 11-6pm

January 2,9,16,23,30
Magic Friday Nights, Adventure Games 2nd Ave S, 5pm

January 3,10,17,24,31
Warhammer and Tabletop Games, Adventure Games 2nd Ave S, Saturdays all day

January 4,11,18,25
Morning Magic Sundays, Adventure Games 2nd Ave S, 10am

January 4,11,18,25
Game Night Sundays, Adventure Games 2nd Ave S, 6pm

January 5 Senior's Bingo, upper level Boitanio Mall 1pm



January 8 Grant Proposal Writing Workshop, Central Cariboo Arts Centre, 6-9pm

January 8,15,22,29
Pokemon Thursdays, Adventure Games 2nd Ave S, 3:45pm

January 8,15,22,29
Busted Remedy Jam Thurs. 9:30pm OV Pub

January 13,27 Film Club, Gibraltar Rm 7pm

January 20,27 Beginner Adult Pottery Class, Central Cariboo Arts Centre, 6pm-9pm

January 21 Laughopolis Comedy Tour, Williams Lake Evangelical Free Church, Cost: \$15.00, Family Price: \$49.00, Contact: 250-392-2843

January 31-February 1
1st Annual Winter Carnival, activities for all ages, Boitanio Park 10am-3pm

QUESNEL & AREA

January 3 RCMA Open Mic Night at the Occidental, 8-11pm

January 8 RCMA Karaoke at the Occidental, 7-10pm

January 9-10 Yeti, live music at the Occidental, 8pm

January 10 Quesnel Kangaroos vs Lac La Hache Tomahawks, Quesnel Twin Arenas, 7:30-10pm, \$10 adults/\$8 seniors/\$5 kids 10 & under

January 11 Hallis Lake/Cariboo Ski, Cross Country Ski Open House,

Hallis Lake, Hydraulic Road, 10am-4pm

January 12 Quesnel Live Arts: Wolak Donnelly Duo, Chuck Mobley Theatre, 7:30-9pm, Tickets \$25 (\$20 Seniors & Students)

January 14 Quesnel Chamber Board Meeting, Chamber of Commerce, 11am-12:30pm

January 16 Soupbone, live blues music at the Occidental, 8pm

January 18 Big Dog Comedy at the Occidental 8-10pm

January 22 Laughopolis Comedy Tour, North-

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January 22 Kieran
Strange, live music at the
Occidental, 8pm

January 22-25 Gold
Rush Trail Sled Dog Mail
Run, 9am-5pm, Contact
250-992-2730

January 23 The
Chevys, live music at the
Occidental, 8pm

January 28 Burlesque
at the Occidental, 8pm

January 31 Troll Tele-
fest, Troll Mountain Ski
Resort, 9am-5pm

January 31 Big Dog
Comedy at the Occiden-
tal, 8-10pm

100 MILE HOUSE & AREA

January 1 Tim Hor-
ton's Free Skate, South
Cariboo Rec Centre,
2-4pm

January 2,23,30 Blind
Curling, Curling Rink,
9:30am

January 4,25 LLH
League, Curling Rink,
2pm

January 6,13,20,27
Mixed League Curling,
Curling Rink, 7pm

January 7,14,21,28
Drop-In Curling, Curling
Rink, 11am and 1pm

January 8,15,22,29
Ladies League Curling,
Curling Rink, 6&8pm

January 8,15,22,29
Farmers Market, Parkside
Art Gallery, 10am-2pm

January 8,15,22,29 Full
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Thursday evenings in Lac
La Hache. Info contact
Shauna: jtpassion@
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January 9 Cariboo
Challenge Family Fun
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activities and draw, Birch
Ave 5-9pm

January 10-11 Cariboo
Challenge Sled Dog Races,
108 Heritage site, contact
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January 14-16 100 Mile
Men's Curling Bonspiel,
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February 5-7 The Art
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Arts Society, Tickets avail-
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Left Behind
Life After Beth
No Good Deed
The Guest
The Skeleton Twins

JANUARY 13th

A Walk Among the Tombstones
Bad Turn Worse
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Duck Commander - Before the Dynasty
Gone Girl
Honeymoon
Housebound
Jimi - All is By My Side
Love is Strange
Men Women & Children
Nightlights (2012)
Stonehearst Asylum
The Scorpion King 4 - Quest For Power
The Two Faces of January

JANUARY 20th

Annabelle
Life's a Breeze
Lucy
Rudderless
The Boxtrolls
The Drop (2014)
Tusk
White Bird in a Blizzard
Wolves

JANUARY 27th

Breathe In
Downton Abbey - Season 5
Fury
Open Windows
Reach Me
The Book of Life
The Color of Time
The Judge
The Remaining
The Waiter (2010)

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Tibet: land of beauty and majesty

BY CHRISTIANE KLEIN
OF ALL-WAYS TRAVEL

Lhasa is rightly one of the most featured and dreamt-about cities in the world. Not only because of its high altitude at 3650 meters, which means remoteness and limited accessibility, but also because of its over 1000 years of cultural and spiritual history. This leaves an impressive heritage that has helped to create the Tibetan religion.

In Tibetan Language Lhasa means the Holy Land or the Buddha Land. Lhasa is the political, economic and cultural center of Tibet. It is situated in the south central part of the region on the north bank of the Kyichu River in a mountain-fringed valley.

You can reach Lhasa on a direct flight to Nepal or via Mainland China. If you decide to fly in to Nepal you would have to take the one-hour Trans-Himalayan flight that will take you over Everest (8,848m), Kanchenjunga (8,536m) and other Himalayan peaks and glaciers. If you decide to reach Lhasa via mainland China you can take the world's highest train route to Lhasa.

While in Lhasa you can visit the beautiful Potala and Norbulinka Palaces. Built in the 17th Century, Potala Palace provides amazing views of the entire city and houses as well as the private quarters of the Dalai Lama. Norbulinka Palace is the summer residence of the Dalai Lama and has what is considered

the largest man-made garden in Tibet.

Also on your sightseeing tour thru Lhasa, visit Drepung Monastery, built in the 14th Century and believed to have sheltered over 10,000 monks throughout its history. The history, culture and religious beliefs of the Tibetan people are strongly concentrated and centered in this Monastery. Jokhang Temple is another important sacred site of Tibetan Buddhism.

The best time to travel to Lhasa is between March and October. Because the city is located at such a high altitude, it is recommended to be prepared before starting your travels. Due to the large differences in temperature during any given day, warm clothes should be taken to keep away the cold. However, Lhasa also receives a great deal of sunshine; sunglasses, sunscreen and a sunhat are also important to have in your luggage.

It is also recommended to get plenty of rest for the remainder of the day in order to minimize altitude sickness.

While in Tibet take a scenic drive to Gyantse approximately 5-6 hours away from Lhasa and stop to enjoy the beauty of the Yamdrok Tso (Turquoise Lake) one of the three largest sacred lakes in Tibet.

Driving across the Karo La Pass you will enjoy views of huge glaciers before you reach Gyantse. In Gyantse you can visit the Khumbum Stupa. The Buddhist believe (according to the Gendun Drubpa website) that a Stupa is a holy monument in the Buddhist tradition that contains many sacred objects such as statues, texts, and relics of highly realized masters. The shape of the Stupa represents the fully enlightened qualities of the Buddha's mind. Each aspect of a Stupa symbolically reveals how one's

mind can be purified and developed, finally reaching full enlightenment.

Upon your further travels towards the Mount Everest Base Camp you might want to stop in Shigatse, the second largest city in Tibet, and visit the Tasghilunpo Monastery which holds a historical and cultural importance as it was founded by Gendun Drubpa, the first Dalai Lama in 1447.

To reach the Mount Everest Base Camp you can take the road to Rongbuk. The Rongbuk Monastery is located at the foot of the mighty Everest and is the highest Monastery in the world. Please remember to take enough time to rest in order to avoid altitude sickness.

A drive of approximately 9-10 hours will take you finally to the Everest Base Camp (5250m). On the way to the camp you can enjoy spectacular views of tall

mountains like Cho Oyu with its 8201m height and Shishapangma with a height of 8013m, and of course the mighty Mount Everest (8848m). Once you arrive, you can take a 16km roundtrip tour around the Everest Base Camp. Base Camp itself is dry and barren but the view of Everest is more than compensation.

It is always recommended to do a tour like this with a local guide to stay safe.

On rare occasions, due to bad weather or political riots, the local government may close down the road to the Everest Base Camp for safety reasons and without notice.

I hope you enjoyed our little written trip to Tibet and Mount Everest and if you have any questions please come in and see us at ALL-WAYS Travel. Until next time I would like to wish everybody a happy, successful, and healthy New Year.

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Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat.

Station House building: frozen in time

“ The Gallery Society began as a grassroots movement by local arts supporters to promote local artists and artisans and to provide arts education.

BY DIANE TOOP
& RENÉE LOZEAU

The Station House building at the bottom of Oliver Street in Williams Lake could be straight from the pages of a history book. Almost as if frozen in time, the outward appearance of this building hasn't changed significantly since its early beginnings. The building, now housing the Station House Gallery and Gift Shop, will be 95 years old this year. Williams Lake's oldest public building, it became an official "Registered Heritage Building" in 2011.

Early Beginnings

The historic BC Rail Station House building was completed in 1920 as a #3 regular Station House. All of Williams Lake's supplies were brought in by rail and the Station House was the focus of social and business activities for many years.

In 1961 the local Chamber of Commerce stated that the Station House was a 'blot on the landscape' and wrote to the Pacific Great Eastern Company to ask that they consider replacing the then 40-year-old building. This of course, did not happen (thankfully), but the building continued to deteriorate.

Rescue & Renewal

The Station House Gallery Society began as a grassroots movement by local arts supporters. Their desire was to promote local artists and artisans and to provide arts education. The Society will celebrate its 34th anniversary this year.

Preserving the old BC Rail station house fit into the group's mandate and would provide the group with the necessary space to accomplish their goal, so they took over the building and renovated it. The main floor of the Gallery and Gift Shop opened in 1982 and the upstairs gallery debuted in 1983. Since that time the Society has maintained the building and landscaped the grounds. In 2014, the generous donors, society fundraising, and many donated hours and supplies allowed the Society to refresh the exterior of the building.

The 2015 Season

The Station House Gift Shop's shelves are always stocked with fine locally made artisan products and the Gallery's walls are likewise graced with works from local artists. The 2015 Season in the Gallery will commence Febru-

► 1920s



► 2014



ary 6-28 with the "Four from 100" group show. Four artists from 100 Mile House share a body of work represent-

ing the heart of BC's interior (works by Tom Godin, Lianne Heales, Kathy Crawshay, and Susan Kruse).

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Do you use your cash or do you apply for an RRSP Loan?

(If you can't afford to contribute and have to take out a loan, can you afford the loan payments?)

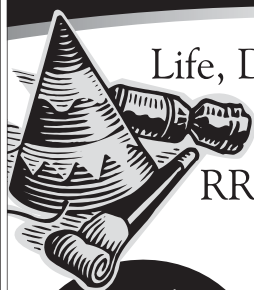
When do you contribute to an RRSP?

A lot of people think that RRSP season is the time to contribute to their RRSP for the year (between November and February of the new year).

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Out of the frying pan, into the fire

Cooks have a colourful language, describing not only situations but places. For example, "in the weeds," which means you have a ton of orders and are having a hard time catching up. Terms such as "fire" which means hurry the heck up, as in "I need that steak. Fire!" There is also "on fire" which can mean that everyone is doing well, everything is going the way it should be going, and it can also mean that one of your staff is literally on fire.

We have terms for various places in the kitchen, like "the pit" which means the dishwashing area, and the "walk-in" which is a giant walk-in fridge where many private conversations and other private liaisons have taken place. Considering that restaurants are staffed with primarily young people, I'll let your imagination do the work. Some restaurants have a walk-in freezer which is affectionately referred to as the "scream locker" or the



"the scream." This well-insulated freezing cold box is a welcome relief from the extreme heat of the kitchens. We call it a scream locker because the insulation is so good, that just like in space, no one can hear you scream. So if you've had an extraordinarily tough moment, a Chef would seclude himself in the screamer and do just that, while the sweat is freezing to his back. A few moments later he emerges with the now-frozen sweat melting and a calmer demeanour. This has always been my favorite part of a kitchen because being a Chef you have to remain calm "on

the line." When all hell is breaking loose, when everything is "on fire", you are in "the weeds" deep and you've managed to pull yourself and your staff out of this precarious situation, it's often very therapeutic to just go somewhere quiet and scream.

How to roast the perfect turkey: Find a turkey, preferably thawed. Spend the money and buy a grade "A" butter basted if possible. Put it in a large roasting pan with a rack. Remove the gut bag and neck. Season liberally with salt and pepper, being sure to season the cavity. Stuff the cavity with 2 whole apples and half a lemon. Fire that baby in a 350° oven for about two hours for a 7-9 pounder. Now lower the temperature to 325° and baste the turkey

with the pan drippings. Cook for another 1.5 to 2 hours and then use a probe thermometer in the thickest part of the thigh until it reaches approximately 175°. You do not want to go over 175° because of carry-over cooking. The temperature will actually continue to rise for another half hour. Take it out of the oven and rest it for at least 35 to 40 minutes while you prepare your gravy, and have a glass of wine and talk to your guests. Do not cut it until then. Remove the skin from the breast, place it on a cooking sheet lined with foil, and fire it into a 375° oven for about 15 minutes and you will have great turkey crackling. Then using the breast bone as a guide, slice your knife along the bone until the breast is free. Repeat on other side. Remove the legs, thighs and wings. Set it aside. Slice the breast meat about a quarter inch thick and stack it on a plate. Take the apples, slice in quarters and eat one. Good isn't it? Hope you had a Merry Christmas and enjoy more turkey. See Brice at New World Coffee for more great food.



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hear

'Brain freeze' results when cold touches the roof of your mouth. This is where a nerve center connecting blood vessels to the brain is located. When cold touches this area they dilate, causing an instant headache.

Anahim Lake winter

A SHORT STORY BY
KATE MCDONOUGH

It so happened that in August, 1968, my husband Mike and I rolled into Anahim Lake in our 1954 red Ford pickup with all our belongings and a dog, broke and 25 years old. There began our adventure into true winter.

Settled at Helmer Christiansen's ranch and fishing resort, Mike worked as a ranch-hand, while I learned to chop wood, light fires, cook on a woodstove, and wash clothes by hand. We lived in a resort cabin made of boards on the outside, and cardboard on the inside. There was an "Air-tight" wood heater whose lid lifted and banged when the fire was really roaring, no running water or electricity, and no insulation in the walls.

As winter set in, the lake in front of our cabin froze, crackling, popping, and moaning. I skated while Mike fed cows. It got colder, and colder, so cold your nostril hairs froze. It snowed three feet, more than we had ever seen. The outhouse began to look like fairyland, with frosted cobwebs glistening and sparkling all around the throne. It soon was too cold to bear more than a few minutes outside, which required total cover up of every square inch of skin. "Sun-dogs" appeared as luminous ghosts in the sharp blue sky beside the sun. We loved it all.

The temperature dropped to 72 degrees below zero Fahrenheit, and the world was extremely frozen, the lake ice five feet thick. Chop-

ping water holes for the cattle and ourselves was interesting: chopping a platform to stand on while chopping the rest of the way through to water. Frost three feet high covered the walls of our cabin on the inside. Our mattress had sprouted a glacier under the bed. Waking up to sheets and blankets frozen around your face was sobering. A trip to the outhouse became a pilgrimage to the wonders of nature, as it was possible to hear your breath tinkle and fall as it froze. The frost patterns on the insides of the windows were works of art. We actually began to grow hair in our ears, a common thing among those exposed to extreme cold, apparently. I'm sure my nose hair grew also.

We gloried in the magnificence, wrote



letters and in journals, stoked fires, ate a lot of moose meat, and got to know the neighbors, who were welcoming mentors for two green-horns from Kansas. The temperature never rose above forty below for six weeks. We stayed close to home most of the time. Lighting a fire in stovepipes placed under a truck or tractor

sometimes resulted in the thing starting, but mostly the team of horses pulling to jump-start it worked better. Almost all the ranch work in those days was done with horses, including putting up hay.

It was like stepping back in time, when the West was still wild.

So yes, we were frozen, but our spirits were warm and light. Our daughter was born less than a year later.

A shock to the system

A SHORT STORY BY
HEIDI ARMSTRONG

She'd lived there for 15 years and we decided a long time ago it would be best for me to visit in the fall. I'd tried June, July, August and even September, but the 80-90 degree temperature made me very uncomfortable, especially when I wanted to spend some time playing with little Jack. My daughter had become accustomed to the hot weather after her 15 years, and Jack, of course was

native to San Diego, so didn't mind the heat at all and was quite happy to wear a hat whenever he was outside.

I've never been able to take a lot of heat. I always say I have too much insulation, but I felt that way even when I was young, with much less insulation. Maybe it has to do with my coloring as a red-head, or maybe because of severe sunburns I suffered through. I remember being plastered in cream, over the burns and blisters, and I can almost

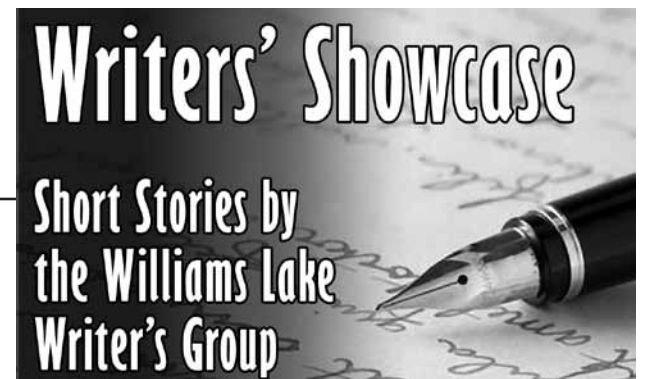
smell the Noxzema as I sit here thinking about it. I really can't blame anyone but myself for the sunburns I got as a young adult – I certainly knew better.

This year, I'd be there for Halloween. That way, I could enjoy the pumpkin patches, walks and seeing the sights without constantly wiping my forehead and feeling irritated.

I was taking the bus from home to Abbotsford and would fly out of there after visiting with family

for a day or two. I had everything worked out – I hadn't put my summer clothes away yet, so I packed about 10 pairs of capris, and several light tops. I left my heavier jacket at Mom's since I knew I wouldn't need it until I got back. I wore black slacks for the flight and a lighter jacket – what a mistake that was! I ended up changing planes in LA, and walking to another terminal to catch my connecting flight. I definitely was sweltering, I actually wondered if I was going to make it!

I did make it and once I got there enjoyed two wonderful weeks, being quite comfortable for the most part. I had no idea however the evenings would be so chilly. I even had to ask for another blanket. How could it be so hot during the day and so cool at night? I commented on how hot I was at one point and a family member said, "Hot? This is a cool winter day!"



I didn't say much but thought he should make a trip to Canada to find out what a cool winter day really feels like.

Well, when the time came for me to return home, I wasn't going to make the mistake of being too hot again. I had a layover in Calgary, but wouldn't be leaving the airport, so I knew I'd be alright. I was, but as I looked around, I saw was the only person wearing summer clothes. Everyone else had pants, parkas, scarves and mittens. I'm sure I was quite the sight in sandals and capris, and I have to admit my toes were a little cold.

Mom was picking me up in Abbotsford, and I never thought to ask her to bring my jacket until it was too late. I tried sending a text, but Mom had already left for the airport. If I thought I looked out of place sitting in the Calgary airport, I

looked totally outlandish in Abbotsford. It was cold, windy, raining, and me without a proper jacket!

I went from sunny 70+ degrees in San Diego to minus 5 in less than a day. It was quite the shock for someone who didn't like heat! I was frozen, and stayed frozen all the way home to Mom's.

I love how the seasons change here in Canada, and I wouldn't want to live with what felt like one season year round. The older I get, the more I seem to mind the heat. I think I have things all figured out though – when we retire, we can live in San Diego during our winters, and Dawson Creek during our summers. My daughter lives there and for the most part there's always a breeze. I'm not sure that my husband would agree to that plan, but I think it would be great!



read

Delivering Hope

Donations to the Salvation Army help to deliver HOPE to those in need. Every year the Salvation Army fills a need at Christmas, and this year was no exception. Bells rang out as the kettle campaign was in full swing. Thank you to those who donated their time manning the kettles and to those who helped fill the kettles. Truly a community effort!

The Salvation Army in Williams Lake served 2,009 meals in November, and 698 meals up to mid-December. Many helping hands, countless volunteer hours, generous food and toy drives throughout the community made a brighter Christmas for many families in need.

With your support, we will continue making a difference in the Cariboo. Perhaps volunteering in your community will be at the top of your list of New Year's resolutions! It is fun and rewarding, give it a try!

Our very best wishes to all for a healthy, happy 2015.

Drop-In Centre Flooded

During those few days of very warm weather the second week of December in Williams Lake, the drop-in centre across the street from the Thrift Store was flooded. Damage was extensive and the centre will be shut down indefinitely. The kitchen will continue to serve breakfast (9 to 9:45am) and lunch (noon to 12:45pm). For more information, or to find out how you can help, please call Captains Isobel or Ben Lippers 250-392-2423.



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.



January is Reach
a Reader month

Literacy, the invisible barrier

BY JANETTE MOLLER OF
CARIBOO CHILCOTIN
PARTNERS FOR LITERACY

To be literate means that you have the ability to understand what you read and have the skills to communicate and engage with others. One who is literate has the confidence to go through life's experiences – initiating opportunities at work, at home and in the community.

Low literacy is not an appealing topic to discuss and can often be an uncomfortable one. Those that can read and are educated often find it hard to believe that many adults have challenges with literacy. To be literate is something that many of us take for granted. Unfortunately, millions of

adult Canadians struggle with literacy barriers. 40% of adults in BC do not have the skills they need to read the newspaper, or even read a map.

Low literacy among adults is the cause of many problems. Often, there is a social stigma that goes along with low literacy skills. One can be embarrassed and go to great lengths to hide their lack of skills. Can you imagine how it must feel to not be able to read simple things such as signs, maps, and a menu, let alone the newspaper or prescription instructions? Those who struggle on a daily basis don't speak out for themselves. They are frequently trapped by feelings of guilt and low self-esteem; they often

work hard to hide this weakness. They don't know who to turn to, or who to ask for help. This makes them "invisible", and yes, overlooked.

Yes – literacy is an invisible obstacle; those of us who are literate have forgotten how it feels to struggle with reading and may not see it. We may ignore it and hope it goes away. Those that are faced with literacy barriers often hide it and find ways to compensate. Canadians with the "invisible literacy barrier" face difficulties undertaking the basic tools for living. They have difficulty with their personal enjoyment, self-awareness, the ability to communicate, obtaining and sustaining employment, improving their health and wellbeing, and contributing to their community.

'What can we do' is the question? We can all become lifelong learners

and encourage others to become lifelong learners. We must provide support to family and community members. Read to your children; 15 minutes every day will make a difference. If possible volunteer your time to a literacy program in the community and speak out in support of literacy programs.

We can help – PAL is a volunteer tutoring program. Volunteers are trained to be volunteer tutors for adults who want to improve their reading, writing, and numeracy skills. We tutor emerging readers and writers; provide support for adults in training programs, and everything in between. The PAL program provides a valuable informal learning environment that is totally focused on learner needs. Contact Cariboo Chilcotin Partners for Literacy 250-392-8161 for more information about the PAL program.

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Ice can increase the weight of branches by 30 times.

Prepare for emergency: hypothermia prevention

Adrenaline Fix

By Darren Smith

I don't like being cold, however, I hate being hot even more. At least if you are cold, you can usually add more clothing. When the thermostat goes up, you can only remove so much before you are likely to get arrested for indecent exposure.

We all say things like, "I'm freezing" or "my toes are frozen" but more than likely, in the literal sense of frozen, you were a few steps away from that. I have been frozen, literally. A long time ago, in a galaxy far, far away, in a place called Alberta, I did what every kid in my graduation class that did not go to University did; I worked in the oil field. That life lesson made me realize that I didn't want to do that kind of work for very long.

One cold winter's day, it was -40°C with a -90°C wind-chill. We arrived at our rig, geared up with our cold weather clothes in our nice warm doghouse, and set out to get the rig's engine running. Even with block heaters, we needed to use a propane torch to heat the oil via the oil pans, otherwise

the diesel engines would be trying to turn over with oil the consistency of molasses. Back in the late 80s, the lightweight but warm clothing was either too expensive for me or unavailable, so I had on so many thick layers that I looked like the Michelin Man. As I lay under my rig with my torch, wondering why I was there, our driller came over and said we were shutting down for the day due to the cold.

I happily turned my torch off and tried to get up but I was frozen to the ground. Everyone else was already getting changed for our drive back to camp and I was stuck. I was probably out there only an extra 2-3 minutes but with the wind-chill, it felt like forever. I finally got myself free and rushed into the warmth of the doghouse. Everyone was staring at my face when I got in there. Half of my nose and cheek, the windward side while I was lying on the ground, was white. I was actually frozen. Well, technically, I had *frostnip*, but nonetheless, it can



lead to a more serious thermal injury called *chilblains*, and eventually, *frostbite*.

That long winded story was intended as an introduction to cold injuries and hypothermia. In BC, the weather can be just as cold as Alberta and with all the outdoor activities people do, you need to be prepared. Anything can happen, and the better your preparations, the better your chance of survival should something severe happen.

I could go into treatment but that would be way too long, so here are some easy preventa-

tive measures in case of emergency:

Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.

Adequate clothing and blankets to keep you warm. Even if you are only driving between Williams Lake and 150 Mile, throw a few blankets in your car in case of a break down or you have an accident.

When out enjoying Mother Nature in extreme cold conditions,

always **keep a watch on your companions** and instruct them to do the same for you. If the skin turns white, it's time to head back to town or find shelter to re-warm.

Have a good family communication plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in

case of an emergency.

Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

The cold is nothing to mess around with – trust me, I have been frozen – and not just the time that I tried licking the frost off the metal rail at my parents' house.

Winter Haiku

I wake, reluctant;
Too cold to get out of bed
But I need to pee.



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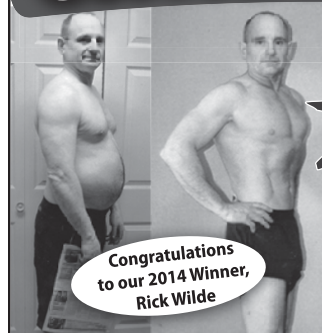
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Frozen memories

“

...neither one wanted to repeat the incident of 1941 when they were

9, when one fell through the 'frozen' pond, and the other had to rescue him. When they were boys, they always had fun together, and it was always around this pond.

A SHORT STORY

The two men sat in the only thing keeping them warm from the harsh winds outside – an ice fishing shelter that they had bought a lifetime ago. A hobby that they had shared together since they were young kids, mostly to get out of having to be around their young siblings.

As the years went by the men had started to grow apart, but every year on the same day in late January, they would meet at their old watering hole and go fishing. A chance to fill each other in, and get back to where they always were, best friends.

Stumbling onto this hobby didn't come by accident, but was something



that their fathers used to do with them. You see, these two friends were friends before they were born; their fathers met on

the rugby team in high school.

It was a tradition for them. Every year, no matter how far they got in life, and regardless of whether or not they spoke to each other, they would always meet on this day. And every day for the last 82 years, that is exactly what they did.

They talked, probably more to each other than they have done with many other people in their lives. Men aren't always talkers, but these two, in the privacy of their ice fishing hut, felt that they could talk.

The topics didn't differ much over the years. They mostly talked about women, jobs, houses, and kids/grandkids. It didn't really matter what the topic was. The main idea of the fishing was just to be able to get away from the craziness of life. At least that was what it was about in the old days, now it was more about making sure the other one was alive.

They were getting old. But they always managed to make their way back to the hut. Every year. It was something about their pond – it was like old faithful, always frozen in January. Which was good for them, because neither

Tasty Tidbits

By Paige Knights-Smith



one wanted to repeat the incident of 1941 when they were 9, when one fell through the 'frozen' pond, and the other had to rescue him.

When they were boys, they always had fun together, and it was always around this pond. Even though they had fun in the summer, it was the winter time that was the best. There was hockey, on their makeshift ice rink that they helped build with their dads, and there was the ice shack. There was always competition with them, they were like brothers as well as friends. Catching the bigger fish always determined who was buying drinks that night.

Neither felt like there wouldn't be another year between them, even as the years went by, nor when their hair became grey; this year it was no different. This year was mostly about the brand

new grandkids, a little boy and a little girl. Grinning away, they held their small fishing rods and relaxed in the shack.

But now it was the year after. Another year had gone by and this time the two men weren't out on their frozen pond, in their little shack, grasping their ice fishing rods, best friends and brothers, two guys fishing every year just because they could, a tradition of sorts that neither friend felt the need to give up.

This year there was only one. One friend out of two, and he sat there. On his chair with his ice fishing rod, waiting for the biggest fish to catch. A tradition that he would never give up. He was by himself, but he wasn't alone, because today he wasn't here for himself. Out on this frozen pond, he was out there for the both of them.

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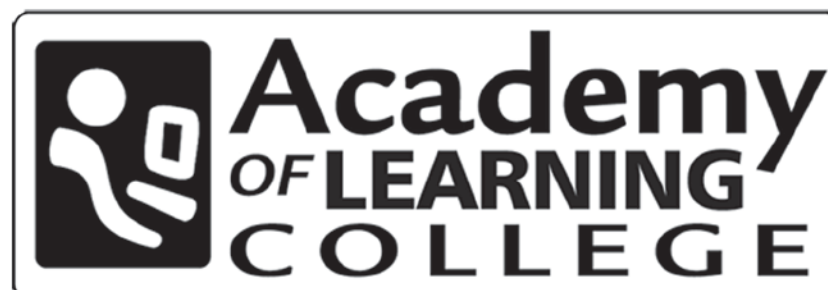
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January 25, 1924, the first Winter Olympic Games begin in Chamonix, France.

THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

January 21st National Hugging Day

What a great day! This is an opportunity to give and to receive. Give a hug, and you automatically receive one in return. Sure, someone might not hug back. But, how often does that happen!?

Hugs are loving. Hugs are therapeutic. Hugs are caring. Hugs are celebratory. Hugs make you feel good inside. Have you ever received a hug from someone who didn't care? I didn't think so. That's proof positive that you're loved and cared about.

January 23rd National Pie Day

The American Pie Council created this day simply to celebrate the pie.

National Pie Day is a special day that is set aside to bake and cook all of your favorite pies. On this day, you are also encouraged to bake a few new pie recipes. And most importantly, it's a day to eat pies!



Winter carnival in the works

BY CHRISTA SMITH

"Williams Lake will be hosting a winter carnival January 31 and February 1 in what is hoped to be an annual event" say Darrick Boyes, who is one of the founders and planners in this winter event. The idea formed as a result from ideas generated from a group called Williams Lake Speak Up on Facebook. Group members noted that other communities have winter carnivals so why not Williams Lake? They thought about what could be done to make things more exciting during the winter months and what could bring all of the people together. The ideas

grew and committees formed.

The mission statement explains what is intended and what this event means to accomplish. "The Williams Lake Winter Carnival will be a weekend of affordable fun and entertainment organized by volunteers to bring the people of our community together to celebrate in a welcoming atmosphere. Our mandate is to organize an annual community party with events to appeal to residents of all ages – from tots to grandparents. We are working hard to achieve this in the form of a first class event for all families."

The Winter Carnival

will be held Saturday, January 31st and Sunday, February 1st, 2015 from 10am to 3pm at Boitanio Park.

The plan for the family events this year in Boitanio Park include igloo building, sledding, snow ball throwing contests, cross-country skiing, face painting, sleigh rides and snowshoeing. Public ice skating will be available at the Cariboo recreation complex from 1 to 2:30pm both days. Our local First Nations will be participating on several levels including the Teepee event and other traditional events. The Winter Carnival committee hopes to host an exciting family event.

The group of organizers support life-long literacy and have now even partnered with Family Fest in the Gibraltar Room on February 1st.

As is the case for most organizations, this event is being put together and run completely by volunteers. It is a lot of planning and organizing and they can use all of the support that the community can provide to make this a sustainable, and truly great community-wide family event.

If you are able to help with any of the events, please contact the Event Volunteer Coordinator, Vonna Underhill, at (250) 267-1757 or vonna1@telus.net.

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Medieval superstitions regarding January 1st were very significant regarding prosperity for the year ahead.

Hard water, part deux – fly line ‘issues’

As I mentioned last month, ‘Hard Water’ is the time to be doing your equipment maintenance. Along with the cleaning process, there is a golden opportunity to closely inspect your lines for signs of degradation.

Fly lines are what take most of the abuse in fly fishing. They get dirty from gunk floating on the water surface, they get wrapped around bushes and trees on the river’s edge and although many will deny it has ever happened, lines get wrapped around boats and those infamous propellers! But mostly they slide through rod guides a gazillion times a season (if you’re lucky).

My most graphic and self-inflicted destruction of a fly line was 25+ years ago when I utterly failed to recognize the cause of some pretty severe dragging of the line through my rod guides. When the dragging finally became too bad that it overcame my blatant ignorance and lack of observation, I found that the dirty, gritty fly line had worn a groove in the tip-top guide and the sharp edges of the groove in the metal were peeling the PVC coating off my virtually brand new floating line!! Lesson: Clean your lines, about every 4-5 fishing days. (The cleaning process is explained in my November 2014 column)

During the maintenance process as you’re stripping the line off the reel, slide the line through the tips of your thumb and finger, see if you can feel any radial cracks in the line, pay particular attention to the “front end” of the line – the first fifty or sixty feet or so – the most used part of a fly line. Radial cracking is a sign that the line is near ‘The End’ of its life. There is no lasting, effective repair. Yes,



you can stretch it, then apply adhesive products like Marine Goop, Seal-All or Aquaseal to the cracks, then release the tension and carefully wipe the excess off the line, BUT, be aware that the ‘fix’ will last only a week or so. Cracks in the PVC coatings of floating lines render the ‘floating’ designation useless – water seeps into the inner core and the line sinks.

Best Ways to Keep Fly Lines Performing:

1. PURCHASE A GOOD QUALITY, DURABLE FLY LINE IN THE FIRST PLACE. Until a couple of years ago, most brands of fly lines were similar, except for the design of their weight forward tapers and lines were “personal preference”. As far as durability was concerned, Scientific Anglers (SA) and Cortland were probably the best-known for longevity of service. There has been a radical change in that market scenario. About 7 years ago SA introduced a “Sharkskin” line; a line that was textured like fish scales. Performance (line speed during casting) was increased and friction was reduced substantially, BUT the lines were noisy and abrasive when stripping in line, as well as expensive! Fast-forward 4 years; SA Sharkskin is now “4th generation”; quieter, less abrasive and still casts like a rocket. There is a new line out that modified the attributes of Sharkskin and created “Mastery Textured”

lines, a mid-priced, high quality fly line from SA that has a surface similar to a golf ball. Less friction = less wear (longer lasting, faster line speeds). No magic, just great innovation. My PERSONAL belief is that the advancements in technology by SA have rendered smooth fly lines “out of date”. To put it in perspective; buying another smooth line is like buying a new horse & buggy for a cross-country trip. It’s “kewl” and “traditional”, but seriously considering the performance and durability of Sharkskin and Mastery Textured, things will quickly become extremely tedious.

2. MAINTAIN YOUR LINES ON A REGULAR BASIS THROUGHOUT THE SEASON. During the “open water” season, water surfaces are inundated with material that can and will stick to fly lines; pollen, dust, organic slime (that traps dust, algae, bird feces and who knows what else!), it all adheres to the lines creating drag and in many cases will turn your line into a rasping metal file, destroying the smooth surface of your rod guides.

Clean your lines every 6 full fishing days with a mild solution of warm water and one drop of dishwasher liquid in a clean cloth, grip the cloth firmly (I just fold the line in the cloth and apply weight with my foot) and pull the front 60-70’ through. Repeat with cool, clean water on a clean cloth.

Seal the ends of any



lines that you have snipped off (while replacing knotted leader joins or braided loops), by dipping the open end into a drop of Aquaseal or Marine Goop or some other waterproof adhesive.

3. INSPECT YOUR ROD GUIDES AND FLY REEL SURFACES FOR ABRASION POINTS. Quick and easy, just remember to do it! Run your fingertip

around the inside of the rod guides looking for abrasive edges or sharp points. If you find them, get them changed. A tiptop change is easy, anyone can do it, and other rod guides take some expertise so as not to damage the rod blank. Also check the running surfaces of your reel, outward facing surfaces with wear spots should be visible. Scored surfaces on a reel can be

repaired with a thin coat of rod epoxy (during the “hard water” season, as this stuff takes up to 48 hours to cure “hard”).

Enjoy puttering and messing with your “stuff” and try to stay sane until ice-off!

Drop-In Fly Tying Night, Wednesday 7-9pm at TRU Room 1307.

Fishing questions? Just ask. Email Jack at feedback@thestew.ca

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SPP

Winter is not a season, it's an occupation. ~Sinclair Lewis

Take a virtual vacation

I'm writing this in Kamloops, where I'm having a hard time getting my head around this month's theme of 'Frozen'. Don't get me wrong, it's chilly here, and we've had a short period with some pretty low temperatures. But at the moment, there isn't much snow left on the ground because it's all melted away in some unseasonably warm weather. At least I hear it was unseasonable – this is only my second winter here, so I'm not really sure what the norm is.

Winter is a nice time of year to play video games. The chilly air outside means that you're not as inclined to go out and experience the great outdoors. Better to stick close to home, close to the fire, and maybe fire up some entertainment on your home computer or video games system. And one of the benefits in the fantasy of video games is being able to place yourself in environments that might be an improvement over your existing one. So let's take a virtual staycation and check out some of the tropical destinations that we can find in the world of gaming.

Dead Island and its follow up *Dead Island: Riptide* provide a pretty great chance to get away from home and shake off the bitter, winter chill at a beautiful island resort. It's just unfortunate that the island resort also happens

to be overrun with zombies. Thankfully, there's plenty of items scattered around that can be used as improvised weapons to keep those zombies at bay.

If you prefer a tropical getaway with fewer zombies and more automatic weapons, maybe give *Far Cry 3* a try. It's set on a great big, beautiful island with plenty to do, lots of weapons and vehicles at your disposal, and only roving gangs of crazed, violent locals standing between you and a good time.

Maybe exploring a tropical setting isn't so much your thing. Maybe you'd prefer to be in charge of one, handling governmental policy, creating your community building by building, and even dealing with your political adversaries in the traditional, back-stabbing sort of way. The *Tropico* series might be more your speed (think of *SimCity* by way of a crazed, despotic, dictator).

And then, of course, there's *The Sims* – the franchise based around making your little virtual people live their little virtual lives almost exactly as if you were living your own actual life. Except with a more clearly defined set of goals. *The Sims 4* may have just dropped, so it's still fairly fresh and hasn't seen any expansion pack action, but previous versions have all brought some sort of vacation destination to the game (*The Sims: Vacation*, *The Sims 2: Bon Voyage*, and *The Sims 3: Island Paradise*).

Now as for new releases, January seems like a month that's dedicated to some awesome blasts from the past, with a good handful of remake titles on the horizon.

Let's start with *Resident Evil HD Remastered*, a high-definition take on the spooky classic that pretty much started the survival horror genre. It arrives for Xbox 360,



Xbox One, Playstation 3, Playstation 4, and PC on January 20.

One of the greatest games of all time (and I'm not even joking here) gets the remake treatment on January 27 when *Grim Fandango: Remastered* arrives for Playstation 4, Playstation Vita, PC, Mac, and Linux platforms. Seriously, if you've never played this game before, this is your chance to experience one of the true classics of the genre. And if you have played it before, I'm sure you're itching to give it another spin (I know I am).

Reaching even further into the past is *Heroes of Might and Magic III: HD Edition* coming to PC, Android, and iOS platforms on January 29. The original version of this game was one of the first PC strategy titles that I really fell in love with, and I'm curious to find out more about this one.

Oh, and I have to mention just one more new release, even though it's not a remake. *Saint's Row: Gat out of Hell* hits shelves for Xbox 360, Xbox One, Playstation

3, Playstation 4, and PC on January. This series, which started off as not much more than a mid-dling *Grand Theft Auto* clone has really grown into something magical, with each release striving to be crazier and more over-the-top than the last. Following the destruction of the Earth in *Saint's Row IV* I wasn't sure where they could go next. I guess a journey to hell is the only thing that makes sense.

Other notable releases: *Citizens of Earth* (01-20); *Dying Light* (01-27); *Dynasty Warriors 8 Empires* (01-27); *Life Is strange* (01-30)

What have I been playing lately? Started a new game of *Fallout: New Vegas* for some reason. Been working my way through *Warlords of Draenor*. Started playing *Minecraft* again, on a shared world with an old friend who doesn't live nearby.

What have you been playing lately? It's the New Year! Get any cool gaming swag for Christmas? Let me know all about it!



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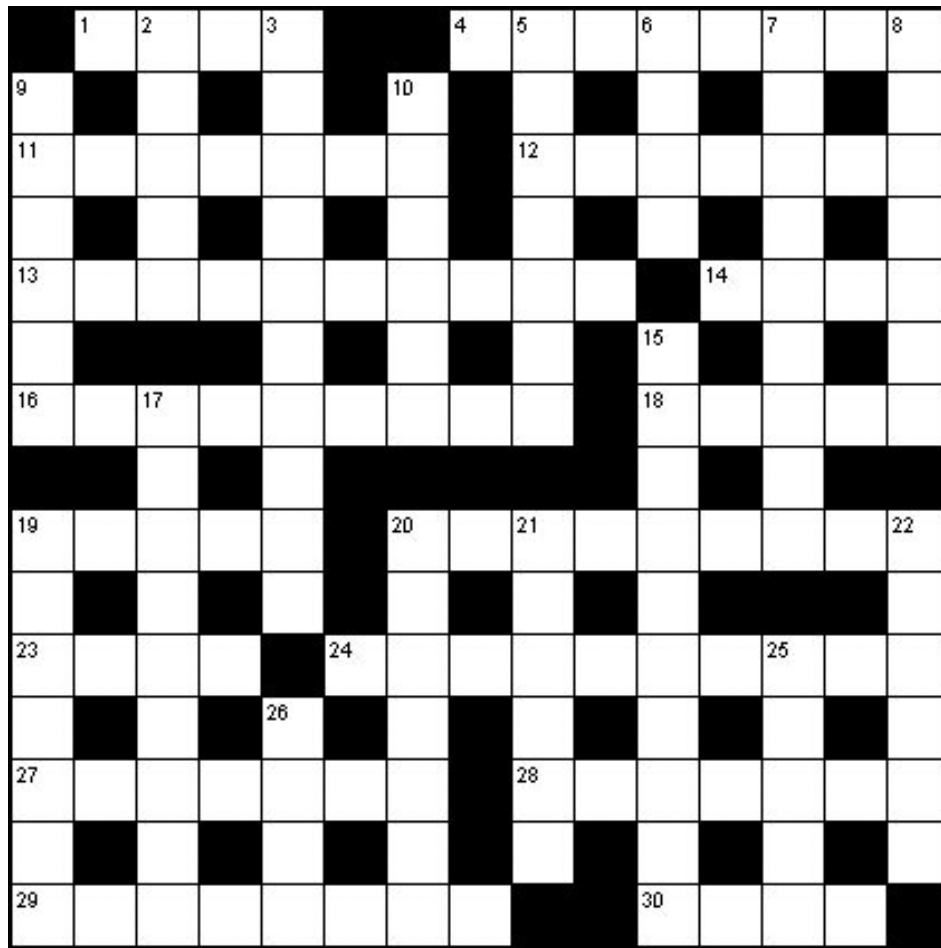
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X-Word Puzzle

ACROSS

- 1 She's a princess, knocking one out... (4)
4 ...without equal, a Lady captivating student (8)
11 To make things even worse, shortly told to leave Prague? (7)
12 Charterhouse gives this person hours working? (7)
13 Wonderful poet gets round America (10)
14 Relative married a scholar (4)
16 Stick around to run a cleric's office (9)
18 One comes in to join later for free (5)
19 Artist has to make pop still? (5)
20 Plenty of rabbits doing



the foxtrot? (9)

23 Extremely light (4)

24 Tart works on voice

that's alluring (10)

27 Funny article on Dynasty entertains us (7)

28 They say you need two for this business (7)

29 Giving barman gratu-

ity, about a pound, when having a few drinks (8)

30 What you buy at auction can be a good deal (4)

DOWN

2 Turkey's ready a second before salesman turns up (5)

3 In the most undesirable circumstances, hot water's off and temperature's lowest (2,3,5)

5 Make plastic tubing perhaps for export, with constant diameter inside (7)

6 Hearing several choirs could be bore (4)

7 Cheer England's openers doubling up to take catch at start of Test (9)

8 Superficial ruler of the waves? (7)

9 Using some telecom apparatus, it shows how families interact in the community (6)

10 Speech problem

displayed by a sovereign, inter alia (6)

15 Pair given medical training based on 12 (10)

17 Dancing fairy quietly descends – it's sweet (5-4)

19 Innocent daughter's upbringing initially tempted pervert (7)

20 It triggers an immune response against dope (7)

21 Girl from college missing crucial broadcast (6)

22 Waugh, Steve, stumped out by a woman? (6)

25 It's not appropriate to sleep during sex (5)

26 Drown perhaps in US river (4)



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