

CRAIG SMITH PHOTO

the stew

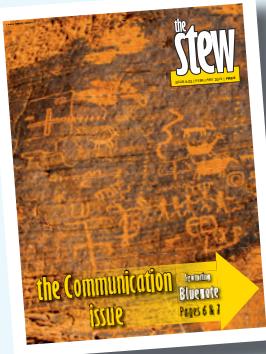
ISSUE 6.02 | FEBRUARY 2015 | FREE

the Communication
issue

Featuring
Bluenote
Pages 6 & 7

hear

Communication breakdown



BY CRAIG SMITH

'Communicate' comes from a Latin word that literally means 'to share'. So all sharing is communicating, whether it be with words, gestures, actions or materials. When we publish The Stew we are communicating, as we are sharing our thoughts and ideas. The easiest way to describe basic communication is that there are two basic steps. In computer terms we call it encoding and decoding.

When we need to communicate, we encode it depending upon how we want to get the sharing across. For instance, to share an idea we would put it into words of a particular language, let's say English. In order for the communication to be shared the receiver needs to decode what is being shared. If the receiver has the ability to decode into English, then they understand what is being shared. If they don't speak English (in which the decoding is already learned) or have the ability to translate or decode the communication, then we have a failure to communicate or a communication breakdown. Pretty simple stuff when it's explained that way. Not so simple when you think that we have at least 7,100 spoken languages on earth today and who knows what's beyond our planet. There have been many languages made up for movies; for example, Elvish, Klingon and Na'vi. That's not even counting the myriad of dialects, computer programming languages, and code languages.

There are currently over 7 billion people inhabiting this planet, but if you could speak five languages including English you could talk to over forty percent of them. The five languages in order

are Mandarin Chinese, Hindi, Spanish, English and Arabic. If you throw in Portuguese, Bengali (another language in India) and Russian you now have over half the planet covered. The funny thing is that our official second language, French, is number 18 on the list with fewer than 67 million people that speak it.

In Canada we have 173 languages that are spoken, 88 are First Nations languages and 85 came later. Now those are living languages and do not include languages that have since disappeared. Unfortunately when it comes to our First Nations languages for most of BC, all of these languages are becoming extinct or endangered, some extremely so, with only three or four speakers left. A few of these languages currently have more than one to two thousand speakers. Practically all of these languages have fluent, daily speakers who are over sixty years of age, and many have only speakers over eighty. I have personally noticed a resurgence of the local languages, Shuswap and Chilcotin; younger people are learning and speaking them on a regular basis.

In World War 2 the Navajo language was used for military communication in the Pacific. Any codes created from more widely used languages like English or Spanish were broken and had to be changed constantly, plus could not be spoken so you had the delay of encoding and decoding. During the war, 300 Navajo code talkers served from 1942-1945, increasing from just 29 originally. Using First Nations languages for military code was not new, as many were used during the First World War, but the Navajos were one of the only bands



whose language had not been documented by spies. Navajo was an extremely complex language and had never been documented or written anywhere before. Though there were not many speakers of Navajo during this time due to legislation in 1968, there are now over 170,000 people who can speak Navajo.

I've always been fascinated by languages and at one time thought about being an interpreter. I learned French in school from grade 7-12, Spanish at home, German in grade 10 and 11, Latin in grade 9 and 10, tried to teach myself Gaelic in high school and took one semester of ancient Greek in grade 10. I always thought that learning "please, thank you and where are the bathrooms" in the language of any country you are going to visit is an absolute minimum of what you should know. Of course "how are you, I'm great and have a good day" help as well.

I know I've spent most of this article on language communication but there is so much more. We also have nonverbal, non-written communication, in which things are shared by body language or gestures. If you ever want an example of how this works, look for someone who doesn't speak the language of the area in which

they are in, trying intensely to find a bathroom. That communication is loud and clear. Only about 7% of how we communicate is actual words. The rest is a combination of how the words come out and body language. For example, if someone is trying to get you out of a building that you don't know is on fire but they do, the actual words (doesn't matter what language) are very little of the communication. The volume of the words, the speed at which they are spoken, the expression of the face and the motions their body is making will convey the message much more effectively than the word "Fire".

There is also that intimate communication that exists between two people, whether they be related by birth or marriage. As a father of twins I always wondered if the communications my kids said they had was real or imagined. I do know that there is a ton of non-verbal communication between a husband and wife as I've not only seen it but have personally experienced it. Believe me, if your spouse is upset by something you've done, there isn't an awful lot of talking.

So as we enjoy February, remember to pay attention to your verbal and nonverbal communication to see if it accurately says what you want to express.

On the Cover:

Photo was taken in Nevada's desert just out side of Las Vegas in the Valley of Fire National Park. The pictographs are on the sides of the rock walls through out the park walking trails.

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

save on foods

- Great selection of organic & natural foods
- Fresh food & friendly service
- Full Pharmacy service
- Serving Williams Lake & area since 1931
- Proudly a BC company since 1915
- Employing over 125 team members locally



SO MUCH More IN STORE

250-392-7225

730 Oliver Street, Williams Lake

www.saveonfoods.com

OVERWAITEA FOOD GROUP SUPPORTS LOCAL FARMERS & RANCHERS

ingredients



Nutrition Facts

Serving Size: 28 pgs
Servings Per Container 1

Amount Per Serving

Calories 0

% Daily Value*

The Communication Issue of The Stew is about acknowledging the world around us and taking a moment to realize how much communication affects us and how we see the world and others. With February being labeled the month of love, it becomes the month of intimate communication between couples and loved ones, a chance to celebrate others and relationships. Relationships are founded on communication and the better we communicate our wants, needs and desires the deeper the level of intimacy even if it is only between friends.

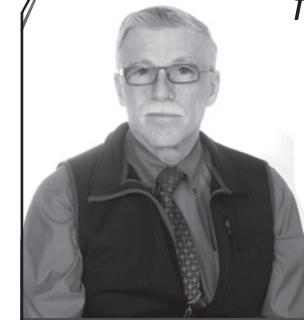
This month's issue of **The Stew** was put together with a lot of communication. Communication between writers, advertisers and publishers. The writers had to communicate their thoughts and ideas to the readers, the advertisers needed to communicate the information that they wanted the reader to know about their businesses and the publishers wanted to make sure that all of the information communicated was accurate, informative and interesting. The act of publishing a magazine is our way of communicating to the Cariboo that we think this is a great place to live and work and we hope you enjoy this issue.

*Give people more than they expect
and do it cheerfully.*

LA PRAIRIE'S

ALTERNATIVE FUNERAL SERVICES

*Serving the Community
for Over 35 Years*



Luc LaPrairie
Licenced Funeral Director

250-398-9100

Fax 250-398-9175

Toll Free 1-866-398-9100

Email laprairie@telus.net

By Appointment Only

308-35 2nd Ave. S.

Williams Lake

Above Bank of Montreal

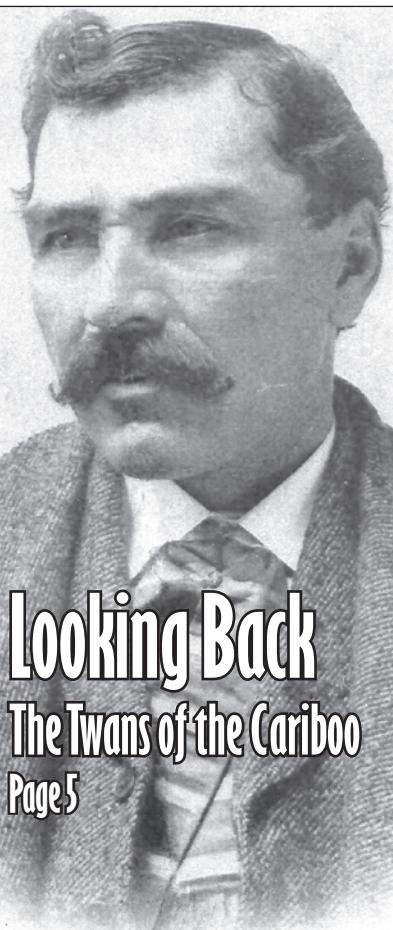
Tuxedo Sales & Rentals



about face
Photography

SUIT UP!
MENS WEAR

250-392-3814 • 288 2nd Ave. N., Williams Lake
www.AboutfacePhotography.com



Looking Back
The Twans of the Cariboo
Page 5

Transform your relationships

Page 8

Green eggs & ham

Page 12



Video game chatter

Page 26



**Get the Stew
Working for You!**

the Stew MAGAZINE

Month-long advertising at reasonable rates
2,500+ distributed monthly (100 Mile, Williams Lake & Quesnel)
Creative, effective, professional ads
Keep advertising dollars local

Call Joan!
250-398-7446

NEW WORLD COFFEE & TEA HOUSE

Treat Your Valentine
Sat. Feb. 14

Valentine's Dinner
5:00 to 8:00pm
Reservations Required

www.NewWorldCoffee.ca
778-412-5282 | 72 Oliver Street, Williams Lake

Frame by Frame

Custom Framing
Computerized Matte Cutter

Proudly Supporting Artists

250-392-3814

288 2nd Avenue North, Williams Lake

Dogsledding Available

**cariboo mountain
dogsledding**

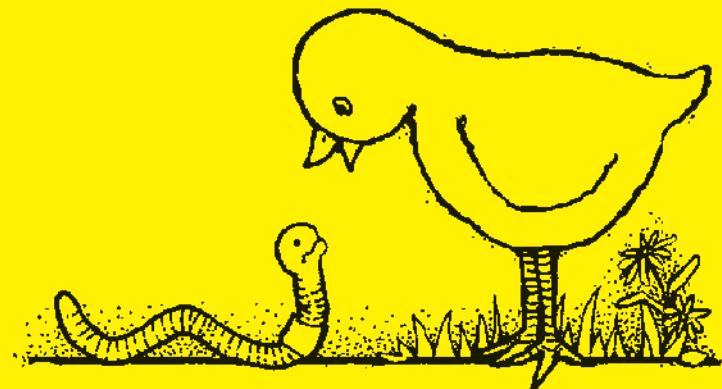
for
booking
call



250-296-4310

We are your patio Gardening Centre!

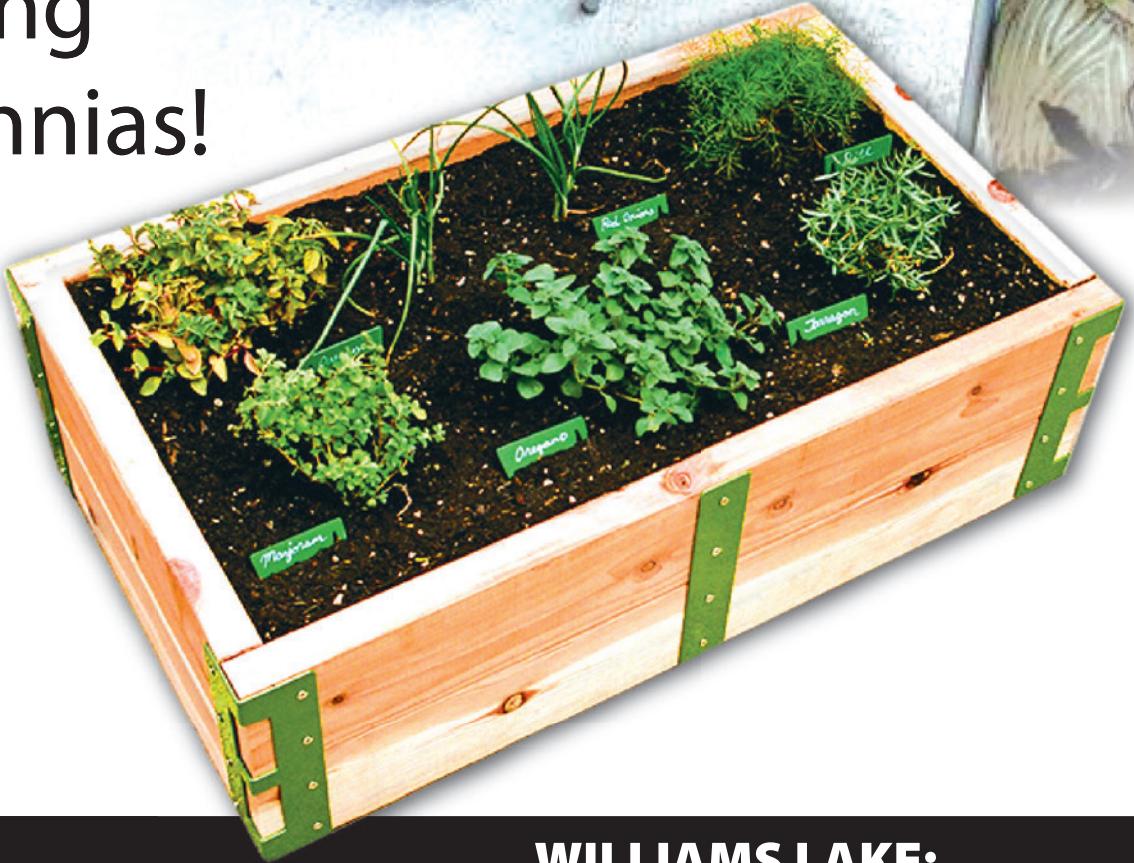
*The Early Bird
Catches The Worm!*



**It's Time to
Start Your Seeds**

We have everything
from **Asters to Zinnias!**

- ▶ Seed Starters
- ▶ Potting Soil
- ▶ Seeds for your Patio
Vegetable Garden



**CANADIAN
TIRE**

It's all you need.

WILLIAMS LAKE:
1050 S. Lakeside Drive • 250-392-3303
QUESNEL:
570 Newman Road • 250-747-5274

hear

The Twans of the Cariboo and Old Fort Alexandria

BY SAGE BIRCHWATER

One of the grand families of the Cariboo can trace its roots back to the fur trade. John Sanford Twan was born at Fort Alexandria in 1853. He grew up there and his children were born there.

John's mother, Mary (Marie) Cletses, was aboriginal, and his father, Charles Touin (as his name was originally spelled) was a Metis from Montreal.

Charles was 17 years old when he joined the fur brigade in 1833 and made his way west to New Caledonia, as northwestern North America was known then. Hudson Bay Company records show him employed as a middleman in a canoe in New Caledonia and Columbia Districts that extended from Fort St. James on Stuart Lake, to Fort Vancouver at the mouth of the Columbia River.

Fort Alexandria, or Stella-yeh, is one of the oldest chunks of surveyed real estate in British Columbia. It was originally located near McAllister in 1821, but was moved upriver to be closer to better agricultural ground. The Fort grew all its own grain and was reported to have 2,300 acres under cultivation.

The Fort was named in honour of Alexander Mackenzie because it marks his furthest point south along the Fraser River during his historic 1793 crossing of Canada to Bella Coola and the Pacific Ocean.

The Fort originally stood on the east side of the Fraser River on benchland above flood level to serve as a terminus for the Columbia River-New Caledonia brigade system. The river below this point was too treacherous for canoe travel and the large meadows provided ample pasture for brigade horses.

In 1836, the Fort was moved to the west side of the Fraser to be more accessible to the fur trade on the Chilcotin Plateau. Land was cultivated there and a

small flour mill had been established by the time Marie Cletses gave birth to John Sanford Twan in the old Fort.

With the gold rush of 1859, the quiet trading post was transformed overnight. All traffic converged on Alexandria, and the Hudson Bay Company set up a store on the east side of the river to cater to the rush of hopeful miners. Three or four saloons sprang up there as well, but the hustle and bustle was short-lived.

In 1862, construction of the sternwheeler, Enterprise, got underway on the banks of the river next to the Fort. It was anticipated that Alexandria would be the head of navigation for the Upper Fraser and become a thriving economic centre. But when Enterprise Captain Doone discovered he could safely navigate the river as far downstream as Soda Creek, aspirations for Alexandria evaporated.

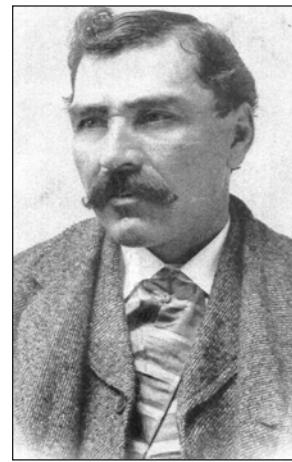
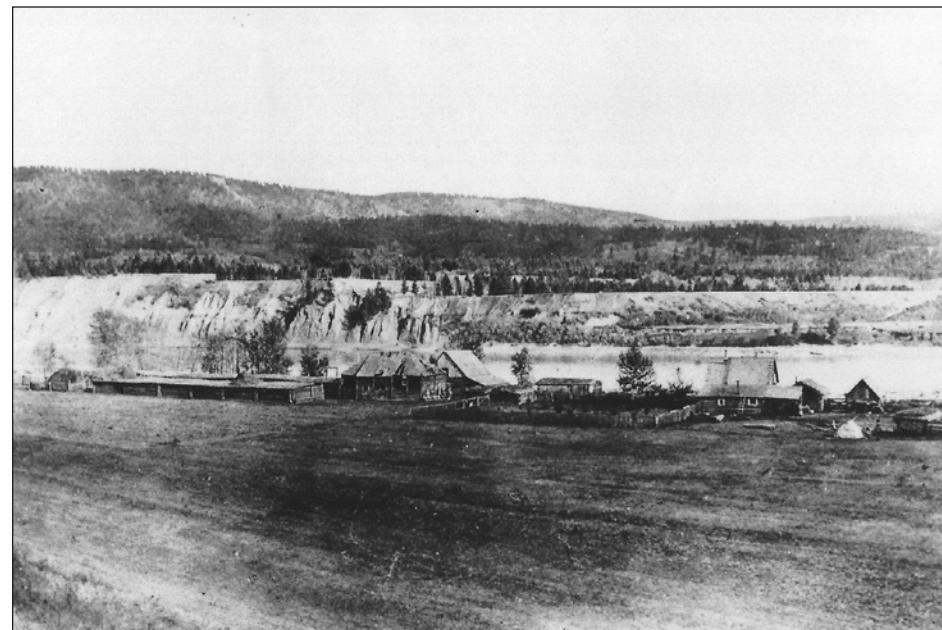
Times were changing quickly. By 1867, Quesnel had replaced Alexandria as the Hudson Bay Company's supply centre for the region. The trading post at Alexandria closed and the land became a farm to supply Quesnel and the Cariboo with produce.

With the closing of the trading post, the company started selling off the property. In 1895 the company executed a "quit claim" to Fort Alexandria, relinquishing its last holdings in the area back to the Crown.

On April 1st, 1895, John Sanford Twan pre-empted the historic old Fort and the 109.5 acres that surrounded it. Two years later, he and 18-year-old Rosalie Sam Hunt were married. Rosalie, a woman of Dakelh (Carrier) lineage, had also been born at Alexandria.

Despite their 26-year age difference, Rosalie and John Sanford spent nearly fifty years together. They had a dozen children beginning with daughter, Suzanne, in 1899, followed by Eva (1901), Irvin (1903), Emma (1905), Dave (1907), Jeanette Rose (1909), Nora Martha (1911), Bill (1913),

*Marry a man/woman you love to talk to.
As you get older, their conversational skills will be as important as any other.*



Clarence (1916), Allan (1917), Evelyn (1919) and Charlie (1922).



the years he added other pre-emptions, and hay and grazing leases to his holdings.

The Twan children grew up playing in the ramshackle loop-holed old Fort, exploring its underground passages leading to the storehouse and powder magazine. By the 1920s, the Fort had become pretty dilapidated and dangerous, so John Sanford tore it down. The old log walls and huge squared corner posts made excellent firewood, except



for the accumulation of lead bullets and flints deeply imbedded in the wood, which played havoc with his crosscut saw.

At some point John Sanford turned the old Fort property over to his oldest son, Irvin, who also raised his family there. Irvin later sold to the property to Terry Exshaw who turned much of the contents of the old warehouse over to the Quesnel Museum. The property was eventually sold to Esdilagh First

Nation after a forest fire razed the buildings, and it sat vacant for a number of years.

John Sanford Twan lived to the great age of 93 and got to know two generations of his descendants. Grandson, Danny Twan, was three years old when the old man passed away in Quesnel in 1946. He has a vague memory of his grandfather being laid to rest in the Twan Family Cemetery in Alexandria on the east side of the Fraser River.

John Sanford traded land on the west side of the river for land on the east side for the family burial grounds, which is shared by aboriginal families as well.

Granny Rosalie Twan also lived to a great age, and was 97 when she passed away in Quesnel in June 1976. She was interred in the Twan burial plot, but not right next to next to her husband. She always insisted she didn't want to sleep "next to that man" so the family honoured her request and laid her one grave away from John Sanford.

The question: what constitutes a grand family? In the Twan Family's case it is leadership and class. The family shared two cultures, and coexists because of the respect, honour, knowledge and trust of both Aboriginal and European bloodlines. There is a pride that commands respect from both sides. It is a family with intangibles born from excellence.

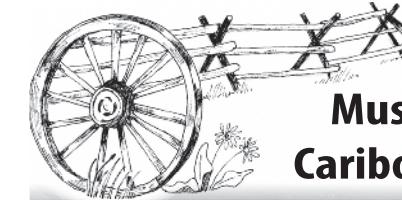
FOR SALE

Porky's Deli

Hodgson Place Mall, 83G-2nd Ave. S., Williams Lake

- Well-established local business opportunity
- Downtown mall location
- Turnkey 40 seat lunch counter / deli / bakery / catering
- Includes Business, Equipment & Inventory
- Successful track record of over 35 years in business
- Strong, well-established customer base & foot traffic
- Growth potential for the right owner
- Ideal family business
- Willing to train

Serious enquiries only, no phone calls
Enquire at Porky's Deli



Museum of the Cariboo Chilcotin

Heritage Week February 16-22



Main Street
At the Heart of the Community

www.cowboy-museum.com
113-4th Ave. N., Williams Lake
OPEN Tues.-Sat. 11am-4pm

250-392-7404

flavour of the month

When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

CRAIG SMITH PHOTO

BLUENOTE ► Local jazz / swing band.



flavour of the month

Music speaks volumes

BY RENEE LOZEAU

Taking Centre Stage for this month's "Communication" issue of The Stew is local jazz/swing band, BlueNote. The group has been together for about a year and a half, and plays everything from jazz standards, to swing, to songs with a latin feel. I had the pleasure of sitting down with the band's vocalist, Carmen Mutschelle to chat about music, communication, and this outstanding group of musicians.

Carmen says "Communication in a jazz/swing band is really important because this genre of music is especially open to improvisation," which they do with subtle cues such as body language or a look. On small stages it can sometimes be difficult, but they ideally try to set up on-stage so they can see each person, which makes it much easier to communicate and stay together as a cohesive group.

The next level of communication is between the band and the audience. BlueNote begins each performance with a carefully chosen setlist, but depending on the energy communicated by the crowd, the band may choose to skip or add songs, choosing fast, danceable songs for an energetic group, or slower songs for an audience who just wants to chat or enjoy from their seats.

We all know that good music can make you feel emotion or connection. A good soloist, whether they are vocalists or instrumentalists, communicates the emotion of the song through their delivery, facial expression, and body language. They are more likely to engage their audience if they are willing to open themselves up to communicate the song's emotion, and really put themselves into the performance.

Speaking briefly about the importance of good communication in any band, Carmen talks about the importance of making



sure everyone is made to feel like an equally important contributing member, with everyone being given the opportunity to voice their opinion. She says the members of BlueNote have been able to get along really well, because they remain conscious of handling differences of opinion and criticisms in a respectful way that maintains the overall harmony of the group (pun intended).

Discussing common goals and keeping the lines of communication open are critical to any relationship, and a group of people like a band is no different. "Never assume. Just because someone doesn't speak up doesn't mean they're necessarily on the same page," says Carmen.

Carmen Mutschelle (vocals)

Carmen says that the ongoing success of BlueNote has truly been a group effort. In addition to being dedicated and talented musicians who are committed to the band, each member of BlueNote brings something unique and wonderful to the group that helps to keep things running smoothly, and makes the most out of their individual talent and skill for the benefit of the group.

Rudy Wassenaar (keyboard/piano)

"Rudy is very driven and a great organizer which helps things keep moving smoothly and gets things done," says Carmen. He often takes the lead and is very committed to the continued growth of the band.

Michael Fait (drums)

As the drummer, Michael is the backbone of the band. Michael brings a charming, old-school approach that sets everyone at ease, and "he tells the best stories" says Carmen.

Richard Butters (alto saxophone)

"Richard is very balanced and level-headed. It's wonderful to see such a young person embrace this kind of music, and to be so talented and growing as a musician," Carmen says.

Glenn Robson (fluegelhorn/trumpet)

"Glen has an amazing

ear," Carmen says. With his extensive experience and intuition as a musician, he's able to hear what works and what doesn't, and then fit his part in accordingly, or give other band members constructive criticism in a way that doesn't cause hurt feelings.

BlueNote has become the Laughing Loon house band, hosting specially-themed dinner events every 4 to 6 weeks. You may also have seen them play special events and functions around Williams Lake, such as Signal Point and the recent 1920s-themed Gala at TRU. Events like these are an opportunity for an adult, cultural, upscale evening out, with live entertainment and dancing, and which offer an excuse to dress up and do something special.

What's on the horizon? As with most performing musicians, BlueNote con-

tinues to work on growing musically, honing their skills and becoming a tighter group with regular practice. They also plan to explore different genres of music, including more latin and blues rhythms. The group has also been working on a few originals and there are plans to record in the not-too-distant future.

You can next hear BlueNote on Saturday, February 14th at the Valentine's dinner and dance at the Laughing Loon Restaurant in Williams Lake. Tickets and event information available at the Loon 778-412-6655.

For bookings or for more information, email BlueNote at rudywa@shaw.ca or find them on Facebook.

Want to spread the word about your entertainment event? Need to get the word out about your group? Email Renee feedback@thestew.ca

The group came together in the summer of 2013, and

7 Universal Facial Expressions: Happiness, Sadness, Anger, Fear, Surprise, Contempt, and Disgust



How We Communicate: 93% of what we communicate is nonverbal, Gestures 55%, Voice 38% & Words 7%

Conscious communication; Transform your relationships

BY CHRISTA SMITH

Communication is a basic and natural part of life but its complexities and implications are huge. We all have a communication style, some of us are better communicators than others, but we still all do it every day.

Often a person's state of mind and emotions are quite closely connected to communication styles. When the head is clear and there are no huge emotional investments involved, communication can flow quite well, but throw in some personal feelings and strong investment into the subject and communication seems to degrade. Thoughtful speech and carefully chosen words become harder as emotions rise and basic instincts of fight or flight start to creep into communication.

Communication can be verbal or non-verbal. It's like when your spouse gives you 'the look' they don't have to say anything, you just know what they are communicating. To a casual observer, nonverbal communication can be obvious or very inconspicuous if not recognized at all.

Kinesics is the study of body language

and can be anything from expressions and body movements to something as small as eye motion. All of these can be used to communicate thoughts, feelings and needs. Meta-communication is what is heard and interpreted through words and language. Even silence is a form of communication, just ask anyone who has given or received the silent treatment.

With something as important as communication and as essential, you would think that we would spend more time honing this amazing tool. Many people probably don't even think about how they communicate, or even about improving how they do it.

I was at work one day when an e-mail caught my eye. It was a flyer promoting a communications course, emphasizing the need to better the skills and the importance of communication in all aspects of our lives. I was immediately intrigued and responded to the e-mail. Well as I have mentioned in previous articles, knowledge is enlightening and powerful, and for me very addictive, so my one communications class lead to a degree a few years later.

Communication has drastically evolved

over the years, from smoke signals to social media. I remember having pen-pals all over the world when I was younger. Sometimes it took months to get a reply to a letter and now we can connect with others with the click of a button. I often wonder if the quality of those relationships are the same, or if easy access has made us complacent in our relationships. I know that I don't get nearly as excited about a Facebook message as I used to get over a thick letter in my mail box. Maybe we take for granted that our relationships are a click away and don't spend the time cultivating deep meaningful friendships. It may be possible that our communication styles have reduced a few quality friendships into a quantity status, where at a glance you can check your Facebook friend count and see the hundreds of friends you have. The feeling of being connected, loved, and important can't possibly be fulfilled by social media. In an age where we are constantly surrounded by virtual friendship it is even more important to communicate, not only through status updates but through human contact.

Make a point this month to be an active participant in communication and make a



note of where there are ways to improve your communication. February is often referred to as the 'month of love'. Tell the people in your life who are important to you that you love them and appreciate them. Pick up the phone and call someone who you don't normally call. Use the infinite number of communications modalities that are available and reach out, connect, and communicate.



CRAZEE CARPET CAPER

Saturday Feb. 7

Everything in the store is on sale
for ONE DAY ONLY • 8am-5:30pm

250-398-7172

535 Oliver Street, Williams Lake



Happy VALENTINE'S Day!

Give your Valentine the gift of warmth with our Valentine's Day tea

Across A Crowded Room – Sultry notes of love intertwined with sensuous vanilla and pomegranate

For tasty potatoes, nothing beats growing your own.

Give it a grow!

Time to pre-order your 2015 certified organic seed potatoes!





Halls Organics

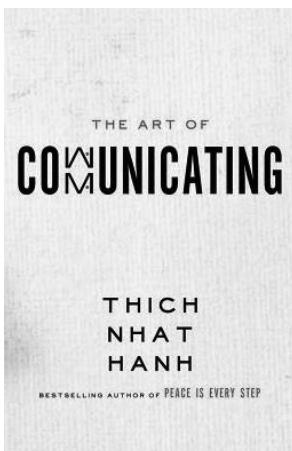
Giving a hand in growing a better world!

107 Falcon Road, Williams Lake, BC V2G 5G7

250-398-2899 • 1-888-498-2899

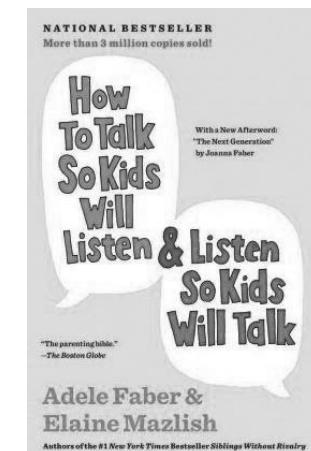
read

Exploring communication at the library



The art of communicating (2013)
Nhát Hạnh, Thích

Zen master and author, Thích Nhát Hạnh (Peace Is Every Step, The Art of Mindfulness), returns with a powerful volume on mastering one of life's most important skill, communication. Although communication is central to our lives, either through business, relationships, or everyday interactions, most of us have never been taught the essential skills of effective communication. It's been updated in 2012 with fresh insights and suggestions, along with the author's time-tested methods to work through problems and establish lasting relationships between caregiver and child. Skills you will learn about include coping with your child's negative feelings (such as anger, frustration and disappointment), setting limits, and promoting self-discipline without punishment.



"Practical, sensible, lucid...the approaches Faber and Mazlish lay out are so logical you wonder why you read them with such a burst of discovery." -Family Journal



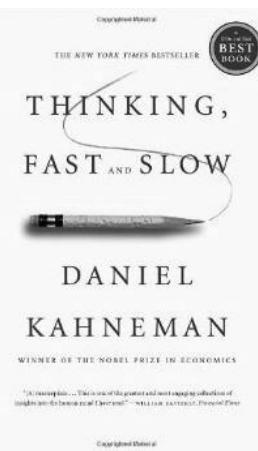
Crucial conversations: tools for talking when the stakes are high (2011)
Patterson, Kerr & Joseph Grenny

How to talk so kids will listen & listen so kids will talk (2012)
Faber, Adele & Elaine Mazlich

Originally printed in 1980, How to talk so kids will listen & listen so kids will talk, is widely regarded as the ultimate "parenting bible" (The Boston Globe).

casual exchange; it is a discussion between two or more people about problematic issues where opinions differ, stakes are high, and sentiments run strong. Authors Patterson and Greeny layout how to prepare for high stakes situations, how to transform anger and hurt feelings into a meaningful dialogue, and how to make it safe to talk about almost anything. While advocating effectively for yourself or others requires skillful participation in challenging and serious discussions, these are skills you can learn.

"[Crucial Conversations] draws our attention to those defining moments that literally shape our lives, our relationships, and our world. . . . This book deserves to take its place as one of the key thought leadership contributions of our time." - Stephen R. Covey, author of The 7 Habits of Highly Effective People



Thinking, fast and slow (2013)
Kahneman, Daniel

• Writing • Proofreading • Editing • Secretarial •

- 25+ years of experience writing letters and preparing documents in government and for law firms
- Research projects • Fact-checking • Reasonable rates

I will meet your deadline. Let's discuss how I can help!
Darren Lowe email darrenlowe1222@gmail.com

Female voices trigger emotional centers in male brains, leading males to think women are speaking from emotion.



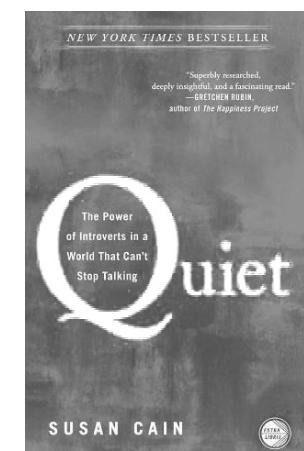
Alphabet Soup
By Caroline Derksen

In the bestselling Thinking, fast and slow, Daniel Kahneman, psychologist and winner of the Nobel Prize in Economics, has written a ground-breaking expedition across the human mind. Kahneman summarizes and synthesizes the leading scientific research on intuition and systematic thinking in way that is highly readable and entertaining. He explains the two systems that drive the way we think: system 1 is fast, intuitive and emotional; system 2 is slower, more considered and logical. By tapping into these systems, Kahneman explains how we can understand when to trust our instincts, and when not to. Kahneman offers practical tips on how to tap into the benefits of slow thinking and better decision making, while safe guarding against fast mental glitches that often result in poor choices.

"Brilliant . . . It is impossible to exaggerate the importance of Daniel Kahneman's contribution to the understanding of the way



we think and choose. He stands among the giants, a weaver of the threads of Charles Darwin, Adam Smith and Sigmund Freud. — Galen Strawson, The Guardian



Quiet: the power of introverts in a world that can't stop talking (2013)

Cain, Susan

Introverts may not be the ones who communicate the most loudly – they likely

prefer listening to speaking, will choose reading over socializing, and prefer working independently instead of on a team. But many of the world's great innovation and contributions have come from those who also have the label of "quiet". With passion and dedicated research, Cain explains how the growth of the "Extrovert Ideal" in the twentieth century has led to a dramatic undervaluing of those who are more introverted. She questions the dominant values of business culture that force collaboration, and the brash style that equates with success in the North American educational system. She offers advice on balancing introvert/extrovert relationships and empowering introverted children with self-confidence.

"This book is a pleasure to read and will make introverts and extroverts alike think twice about the best ways to be themselves and interact with differing personality types." - Library Journal.



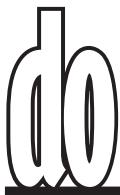
Truck Running Rough?



Time to see us
for automotive
repairs!

Ron Ridley Rentals
665 Oliver St., Williams Lake • 250-392-6828





February 7, 1812 author Charles Dickens was born.

Communicate to remain connected

As a women's counselor, I am all about communication. First of all, I have to be adept at communication or my clients would not feel like I was supporting them in reaching their goals. Secondly, if I wasn't, I am sure no one would come back.

Communication that is effective needs to be supportive. What do I mean by that? Well, if the person trying to communicate with you does not feel heard or supported, by the listener's response, communication will break down. People need to feel that they are valued enough to be truly heard or they will start wondering why they are bothering, and that is never a good thing for a relationship of any kind.

Listening carefully is a key factor in being able to convey to someone that

You, Me and We
By Gina Mawson

they are being heard. I know how frustrated my husband can feel when he has to repeat something to me three times before I realize he is talking to me. I don't do it on purpose, but sometimes when I am completely absorbed in what I am doing I tune everything, and everyone, out. Often, we don't realize that we are distracted and are not fully present when listening to others.

Being present means being mindful about how

you are listening. If someone in your life is trying to communicate with you, turn off the television, put down your cell phone or your tablet and plug in to the person in front of you. Make that person your sole focus and be intentional about it. One of the biggest complaints I hear is that people are not feeling heard or understood.

So, how would you show someone that you are not only listening, but that you understand them

and value what they are saying? Start by nodding, or saying something brief like "ok" while they are talking to show that you are present in the moment with that person. Responding with even a small gesture lets the person talking know that you are actively a part of the conversation.

The next step might take place when there is a natural pause in what they are saying. At this point you can try reflecting what was just said to you back at the person. Start your sentence with "If I understand you correctly ..." and follow with what the other person said in your own words. This is a tool that will go a long way towards helping the person you are communicating with feel validated and appreciated. Which in turn will give them the

sense of freedom to really open up and communicate with you on a much more meaningful level.

Getting to a meaningful level of communication is essential for a relationship to thrive. It doesn't matter if you have been in a relationship for 10 days or for 30 years. If one, or both, parties in a relationship are continually feeling misunderstood, under-appreciated, or not valued, the relationship will start to suffer. Which makes sense, because if communication is lacking, the feeling of satisfaction and happiness in the relationship will be lacking as well.

Take some time to think about how well you are listening to the people in your life. We all seem to lead such busy lives, and I know I sometimes feel like there are 100 things hap-

pening at once, or at least on my mind. Sometimes I catch myself having to ask my little girl, "What was that you just said sweetie, sorry Mommy's mind was a million miles away." And then after explaining what I meant by that, we can get back to what she needed to talk to me about. And it doesn't have to seem important to me, it has to be important because it is something she wants to share.

Ultimately, it is fundamental to understand that when someone is trying to talk to us and share something about their life, it is because they feel it is important. They are trying to seek, and find, a deeper connection with us. Maintaining that connection needs to something we all do in relationships on a daily basis to keep them strong and healthy.

ADVENTURE GAMES INC

GAMING CENTRE & TOY STORE

ONGOING EVENTS

- Pokemon Thursdays at 3:45pm
- Friday Night Magic at 5pm
- Warhammer and Tabletop Games, Saturdays, all day
- Sunday Morning Magic at 10am
- Sunday Game Night at 6pm

#JUST DWARF THINGS

HALO LEGO, MINECRAFT TOYS and much more!

SPECIAL EVENT

Fate Reforged Game Day

February 14 at 5pm

Follow us on Facebook for exciting news and upcoming events

778-412-8699

83C-2nd Ave. South, Williams Lake

www.facebook.com/adventuregamesinc

Photography 101

Camera Functions

Photoshop

Lenses

Lighting

Composition

Phone/Tablet Image Management

By Craig Smith, Professional Photographer & Instructor for 25 years

about face
Photography

2 classes to choose from:
February-March or April-May

Class size is limited. Call to register 250-392-3814

288 2nd Avenue North, Williams Lake (Next to CP Electronics)

eat

Shakespeare, in all his writings, used some 17,677 words and coined about 1700 words.

The ups and downs of organic

Being that they have themed this issue of the Stew "communication", I saw it as a perfect opportunity to bring up a very interesting and hot topic within the coffee industry, consumers and producers alike. There has been a huge trend over the last 10 years not only in coffee but in many food products to be "organic". This desire among consumers is not a bad thing at all and points to a heightened awareness in society to safer and healthier growing practices.

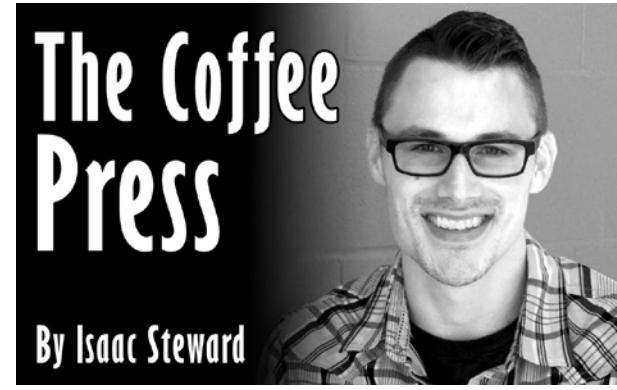
Addressing the organic label, there is the first and major communication breakdown that has led to an entire cult following of "USDA Organic" stamped products. The first assumption here is that if a product is not stamped in this way, it is not organic. Though this would make things very simple, it is simply not the truth. Knowing your industry is essential, and knowing your producers is also an important piece of the puzzle. I am not going to get in to the nitty gritty details about certified organic foods, but I will stress the importance of researching these titles in depth and discovering for yourself if they actually achieve everything you are looking for. Organic does not mean quality, and USDA Organic does not

mean absolutely no pesticides and herbicides.

I will leave that portion of the organic topic there to jump to another side of organic worth discussing. Though I do not agree with the excessive use of chemicals (plant based or synthetic) to grow crops, there are times that the use of them are necessary to produce a crop period. It is important to note what fruits and vegetables are more greatly affected by spraying than others. Harder rinds and thick skins protect the fruit or "meat" of the product with a near zero penetration than fruits that have thinner skins like apples, pears etc. Knowing this can educate you on what products even matter to be purchased as organic or not.

Coffee is a cherry. They are relatively delicate and need proper growing conditions to flourish. There are different diseases that can wipe out entire crops and farmers have to be ever vigil in their protection of crops as you often lose everything... not just a couple trees. Spraying is expensive. The average cost to spray is roughly \$500 per acre of land.

This is a cost that the farmers do not take lightly as the cost to spray can be in the tens of thousands. If they are spraying, it is



By Isaac Steward



Coffee is a cherry. They are relatively delicate and need proper growing conditions to flourish. There are different diseases that can wipe out entire crops and farmers have to be ever vigil in their protection of crops as you often lose everything... not just a couple of trees.

to maintain and preserve what is there, not to infuse it with a secret growth hormone to exponentially increase cherry growth. The cherry is fleshy, the skin is thin... but we only drink the water that has been poured or soaked in the grounds which were at first a seed, which were first washed, then dried, then roasted to

over 400 degrees Fahrenheit (205 Celsius). You may start to see the near impossible chance to ingest chemicals/plant based sprays from your wonderful cup of coffee!

Check back in March to continue the discussion! Send your comments or questions to: feedback@thestew.ca



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
You, Me and We



Caroline Derksen
Alphabet Soup



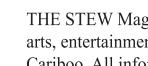
Sage Birchwater
Looking Back



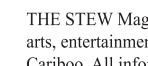
Paige Knights-Smith
Tasty Tidbits



Jack Simpson
Cariboo Water



Isaac Steward
The Coffee Press



THE STEW Magazine is an independently owned and operated monthly arts, entertainment, recreation and leisure magazine published in the Cariboo. All information contained in this magazine is correct to the best of our knowledge. Opinions expressed by contributors are not necessarily those of The Stew or its employees. We reserve the right to edit articles for grammar, punctuation, or length. The Stew's advertising customers assume sole responsibility for correctness of their advertising – we require approval in writing of each ad before it is published. We reserve the right to refuse any advertising or editorial submission which we believe to be inconsistent with the philosophy of this publication. The content of this publication are copyright The Stew Magazine.

Come In & See!
...What's NEW
...What's ON SALE

- Sandwich
- Chalet
- Boo Radley

250-392-1161
41 First Ave. South
Williams Lake

ALEXANDER
clothing • jewellery • gifts

DANCING GOAT COFFEE CO.

- Artisan Crafted
- Micro-batch
- Locally Fresh Roasted

Now available at:
Barking Spider Mountain Bike (coffee bar)
and Taylor Made Cakes & Sweets

We Do Custom Orders!
250.305.0511



Green Eggs and Ham

BY APRIL GERWING

The Arts, in their myriad forms, are all about communication; the way you suddenly feel like dancing in the kitchen when you hear a particular song, the way a painting can make you feel the warmth of the sun on a cloudy day, that part of a favourite story that makes you laugh hysterically or sob uncontrollably. That's all about communication between the creator and the listener, viewer and reader.

Live theatre is a particularly complicated and involved exercise in communication, from inception to curtain call. I have had the pleasure of being part of this entire life cycle this last season.

Going to see a play is something everyone should experience, and many of the people reading this are already avid theatre-goers and members of the Williams Lake Studio Theatre, so please forgive me for preaching to the choir. (If you're not, think Green Eggs and Ham; you just may be missing out on your new favourite thing.)

Every live play is unique; no matter how well-rehearsed the cast, or how meticulously polished the tech, there is always something just a little different every single time. As with

Behind the Curtain



all performance-based art, the audience is an integral part of the whole. The interaction between those on stage and those off can greatly affect both performance and enjoyment levels for everyone involved, but with live theatre, what the audience gives back is huge. A rapt and responsive audience feeds the stage indeed, and a cold room can starve it.

Theatre is all communication, when you break it down.

So, I have an idea for a play. I can see it in my mind's eye. I can picture who does what, and the soundtrack is already in my head. OK, great, but what do I do now? In seeing my little play come to life, I have learned what was likely the most important writing (and ergo communication) lesson I've had since high school: show, don't tell. And so it begins, because if the cast doesn't 'get it,' you have no hope

that an audience ever will.

Then there's the part where you find said cast. Auditions can be difficult on both sides of the don't-call-us-we'll-call-you, but it's a little extra challenging when you're trying to find actors in off-season, or so I learned. I was blessed. Despite the dearth of warm bodies responding to the call, I got hand-picked perfection, but not without some serious communication on my part. Bear in mind that begging, pleading, cajoling, whining and very-nearly-crying are all considered to be forms of communication. For example, hand-delivering scripts to sought-after cast members, with a look of wolves-are-chasing-me desperation on one's face. Fortunately for me, these all turned out to be fairly effective.

I received a vintage, portable typewriter for Christmas this year from my husband. I love the way



each key-stroke feels and sounds, as single letters become words, that become sentences, that form stories. I very much enjoy writing on my laptop also, and marvel at how far from my Smith-Corona this form of idea recording has evolved. The evolution of communication is all around us; smart phones allow us to send quick text messages, and to receive pictures in an instant. The words 'text' and 'message' and 'friend' have all been promoted to double duty, becoming verbs as well as being nouns. More evidence of linguistic communication. I have a theory that at one point, Alexander Graham Bell's parents probably

said something along the lines of, "Oh, Alex, this telephone business is just ridiculous! Western Union was good enough for us. This silly little fad of yours will never last." I have all of my Dad's old telegraph equipment and as fast as my kids can text, I had the privilege of seeing him tap out Morse dots and dashes at a break-neck pace, and I wonder who would've won a race between the two. Whatever the case, the smart-phone takes the cake for portability, and evolution carries on.

Live theatre, despite having many modern additions like LED lighting and the ability to run sound through a single laptop, is

still a raw, bare-bones art form which hasn't changed all that much over the years. It remains a place where stage managers whisper instructions and actors broadcast their own, unadulterated voices to each other and to you, who are hopefully sitting in the audience, communicating back with your laughter, your tears, and your applause.

Your next opportunity to enjoy some local, live theatre, will be the 60th Season Tribute featuring two shorter plays by Gwen Pharis Ringwood: 'Still Stands the House' and 'Garage Sale' which will be on stage March 11-14 and 18-21, 2015.

Taylor Made Cakes
and Sweets

Surprise Your Valentine!

Valentine Cakes

Special Bouquets

Place Your Order Today!

635A Oliver St. • 778-412-2979

We make it just for you!

More than Just Cakes

Schleich® JUSTICE LEAGUE

Now in Stock!

The Realm of Toys

Used Books
BUY 1 GET 1
1/2 Price!

35A First Ave S ~ www.realmoftoys.ca
& The Nerd Room 250-392-7079 realmoftoys@outlook.com

CARIBOO
FIRST AID TRAINING

Committed to Training Excellence

Workplace Level 1
First Aid Course
Friday, Feb. 13

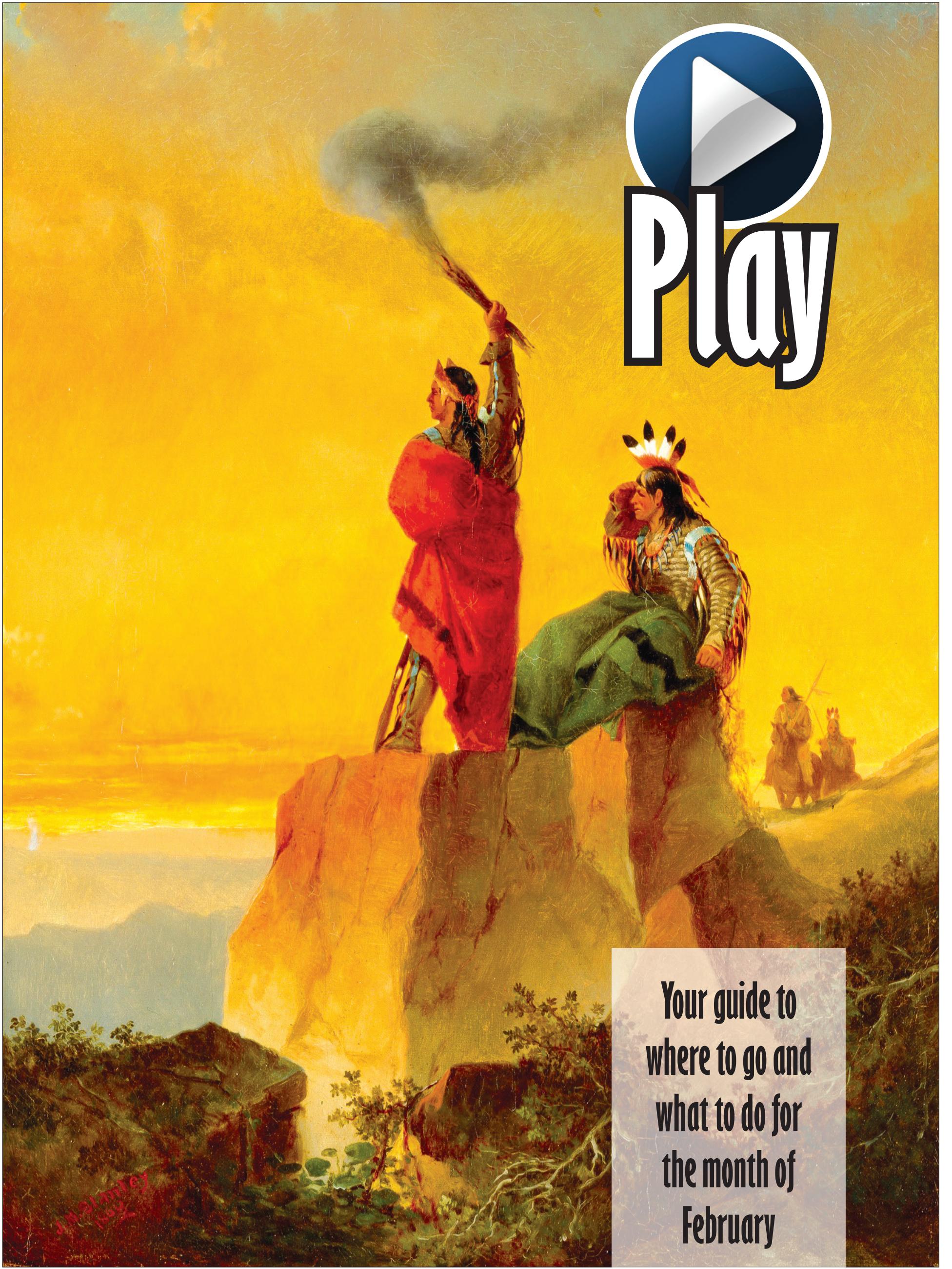
Advanced Level 3
First Aid Course
Feb. 15 to Mar. 3

Locally owned and operated
for over 20 years

250-296-4161
Located at the Pioneer Complex
www.CaribooFirstAid.ca



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



play

WILLIAMS LAKE & AREA

Feb 1 Free Skate, 1-2:30pm Cariboo Memorial Recreation Complex

Feb 1 1st Annual Williams Lake Winter Carnival, 10am-3pm Boitanio Park

Feb 1, 8, 15, 22 Morning Magic Sundays, 10am Adventure Games

Feb, 1, 8, 15, 22 Game Night Sundays, 6pm Adventure Games

Feb 2 Senior's Bingo, 1pm Upper level of Boitanio Mall

Feb 4,11,18,25 Royal Canadian Army Cadets, 6:15-9pm Royal Canadian Legion 139

Feb 5,12,19,26 Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

Feb 5,12,19,26 Pokemon Thursdays, 3:45pm Adventure Games

Feb 6,13,20,27 Magic Friday Nights, 5pm Adventure Games

Feb 6-28 "Four from 100" group show, Station House Gallery

Feb 7,14,21,28 Warhammer and Tabletop Games, All-day Saturdays Adventure Games

Feb 10, 24 Film Club, 7-9pm The Gibraltar Room

Feb 14 Fate Reforged Game Day, 5pm Adventure Games

Feb 14 BlueNote band playing Laughing Loon dinner & dance, tickets @ Loon

Feb 14 Stampede Auction Dinner and Dance 5pm Elks Tickets available at Margettes Meats, Cariboo Saddlery, and Cariboo Spurs



Feb 20-22 Men's and Ladies' Bonspiel, 9am-6pm Curling Club

Feb 28-Mar 1 Mixed Bonspiel, Curling Club

Wednesdays
9-10:30am Wildwood Playgroup Drop in for Children 0-5 yrs and parents for info call 250-398-3839.

Thursday's 10-11:30 Chilcotin Road Playgroup drop in for children 0-5 and parents for info call 250-398-3839

QUESNEL & AREA

Feb 5 Quesnel Film Club Presents: Pride, \$9 adults/\$7 seniors, 6:30-8:30pm Cariboo Theatre

Feb 6 Pub Night featuring 3rd Degree, 8-11:30pm, DJ Kyle 10pm-12am, Dragon Paddlers, 12am, Tickets are \$25, Doors open 5:45pm, Dinner 6:30pm

Feb 6,7,8 Riverview School PAC 1st Annual Cupcake Crop Scrapbook Retreat, \$65, 4-11:30pm Friday, 9am-11:45pm Saturday, 9am-4pm Sunday Riverview School Gym

Feb 7 The Occidental - RCMA Open Mic 7-10pm, 3rd Degree 10pm-12am, DJ Kyle 10pm-12am

Feb 7 Winter Carnival, 12-5:30pm West Fraser Timber Park

Feb 7 "Art From the Heart" Opening Reception, 1-3pm Quesnel Art Gallery

Feb 11 Chamber Board Meeting, 11am-12:30pm Chamber of Commerce

Feb 11 The Harpooner & The Axe Murderer, Tickets \$25 (\$20 Seniors & Students) at Save-on Foods, KMax, Quesnel Music and at the door, 7:30-9pm Chuck Mobley Theatre



Reach out to us. We can help.

Your BC Interior law firm – supporting families, individuals, and business since 1911.

- Personal and business disputes
- Business & real estate matters
- ICBC claims & personal injury
- Divorces & family matters
- Wills & estate matters

Morelli Chertkow LLP
LAWYERS

Kevin F. Church
MorelliChertkow.com

250-398-7326
1-888-374-3350

Serving Williams Lake, Kamloops, Merritt, and Ashcroft

play

Feb 12 Julian Austin performing - Tickets \$25 on sale Jan.12, 8pm The Occidental

Feb 14 Fifth Annual Valentines Dinner, Dance & Auction, Tickets \$45, info: 250-992-2481, 5pm-11pm College of New Caledonia

Feb 14 The Occidental - Blackberry Wood 8-11:30pm, DJ Old time 10pm-12am

Feb 20 Rotary Day, 11am-2pm Spirit Square, Downtown Quesnel

Feb 23 Blue Moon Marquee, 8-10pm The Occidental

Feb 25 Hump Day, 8-10pm The Occidental

Feb 26 Quesnel Film Club Presents: Force Majeure, 6:30pm-8:30pm Cariboo Theatre

Feb 28 DJ Kyle, 10pm-12am The Occidental

100 MILE HOUSE & AREA

Feb 3 Family Fest, 10:30am-1:30pm 100 Mile Junior High School Gym

Feb 5, 6, 7 100 Mile Performing Arts Society presents: Love Letters, Tickets \$15 at Didi's and Donex, Martin Exeter Hall



Johnston Meier Insurance Agencies Group
Corner of 3rd & Cameron
Next to Sears & Fabricland
280D 3rd Ave. N., Williams Lake

250-398-9033 | 1-888-696-1855 | www.jmins.com



Happy Valentine's Day!

Court Smith
250-302-1176
Pauline Colgate Smith
250-302-1785

Sutton **Cariboo Realty**
suttoncariboorealty.com
232B 3rd Ave. N., Williams Lake

"Communication and human connection is the key to personal and career success." ~Paul Meyer

NEW DVD & BLU-RAY RELEASES

FEBRUARY 3rd

Disappearance of Eleanor Rigby

Dracula Untold

Hector and the Search for Happiness

John Wick

My Old Lady

Ouija

Starred Up

The Best of Me

FEBRUARY 10th

Alexander and the Terrible, Horrible, No Good, Very Bad Day

Dear White People

In Your Eyes

Laggies

Lola's Love Shack

Nightcrawler

Predestination

Rosewater

Strawberry Shortcake - Snowberry Days

The Devil's Hand

The Song (2014)

FEBRUARY 17th

Birdman

Dumb and Dumber To

Dying of the Light

Gladiators Of Rome

Love in the Time of Monsters

St. Vincent

The Homesman

Theory of Everything

V/H/S Viral

FEBRUARY 24th

Anita Ho (2014)

Beyond the Lights

Big Hero 6

By the Gun

Dragonheart 3 - The Sorcerer's Curse

Elsa & Fred

Horrible Bosses 2

Kill the Messenger

One Chance

Two Night Stand

Whiplash

Young Ones

Movies on the Go

2 for 1 Wednesdays

Toonie Tuesdays! What's New Movies are only a Toonie Every Tuesday

We Buy and Sell Used Console Games

250-392-4668 • 105B 2nd Ave. N. • Williams Lake



"The more articulate one is, the more dangerous words become." ~May Sarton

Exploring Switzerland: Communication of the Nations

BY CHRISTIANE KLEIN
OF ALL-WAYS TRAVEL

What is more important than good communication between Nations? Our trip this month will bring us to Switzerland with the United Nations office in Geneva.

Arriving in Switzerland, you will immediately notice the importance of communication in this country, with its Swiss-German, Italian and French speaking Provinces.

Over the past centuries, Switzerland has always been a neutral country, meaning that it is not a part of NATO or the European Union, which is why it is the perfect place for the leaders of the world to meet.

Let's first take a look at the history of the Palais des Nations. The office in Geneva is the second largest center, after the United Nations headquarters in New York. It is situated in a beautiful park in Geneva, overlooking Lake Geneva with a splendid view of the Alps. On a clear day you can see Mount Blanc. The grounds of the Palais des Nations contain many important monuments that were gifts from member states, private sponsors, and artists.

The most well-known monuments include: The Celestial Sphere (USA), the Conquest of Space (Soviet Socialist Republics), The Great Centaur (Russian Federation), Family (United Nations Children's Foun-



dation), The Spreading of Seeds and the Gathering of Ashes (Germany), The Tower of Loneliness (Denmark), and the Montbovon Chalet (Switzerland).

Visitors will be offered three thematic tours that last for one and a half hours, which have to be arranged in advance and require valid identity documents.

The United Nations is an international organization founded in 1945 after the Second World War. It consists of 51 Countries committed to maintaining international peace and security, developing friendly

relations among nations, and promoting social progress, better living standards and human rights.

While in Geneva, visit the 140 metre tall Water-Jet Fountain in the periphery of Lake Geneva. Geneva is Switzerland's most international city and it is also a center for culture, history, trade fairs and exhibitions. The Hrologie Fleuri, a large flower clock in the Jardin Anglais (English Garden), is a world-renowned symbol of the Geneva watch industry.

You can also book a rewarding excursion to Mont Salève, which is situ-

ated in neighboring France. The cableway lifts visitors to an altitude of 1100 metres in less than five minutes, giving rise to outstanding views across the city of Geneva, Lake Geneva, the chain of Alps, the Jura and Mount Blanc.

While traveling around Switzerland, you might want to visit the city of Zurich. Zurich is located in the heart of Europe and it is also the center of Switzerland, on the northern shores of Lake Zurich. Its multicultural flair and the variety of leisure activities it offers attract many guests from all over the world.

Zurich is quick and easy to reach by train, plane or private vehicle. Its international airport has direct connections with over 150 destinations. Zurich's shopping mile has contributed largely to the city's reputation as an Eldorado for shoppers, and is a top address for international fashion labels, jewellery and watches.

For the never-tired traveler and party lover, Zurich boasts the highest density of clubs in Switzerland – here you can never arrive too late.

Zurich also has a lot to offer for the art and history lover. The city is home to over 50 museums, with 14 of them devoted to art. The lively tradition of merchant guilds in Zurich dates back to the middle ages. Also impressive are their fine guild houses and guild halls, such as the Zunfthaus zur Waag which opened around 1303.

Bern is the next city on our travels through Switzerland. The medieval flair of this city with its many fountains, sandstone facades, narrow streets and historic towers are unique. The rose garden above Bear Park and the platform of the 101 metre high Cathedral Tower offer the best view of the old town and the River Aare.

Although Bern has a very good public transportation network, it is best to explore the city center by foot.

For the art and history

lover, Bern has to offer a lot as well. The Zentrum Paul Klee is situated on the outskirts of the city, and houses the most comprehensive collection of works by the artist Paul Klee.

The Albert Einstein House bears testimony to the physics genius' stay in Bern at the start of the 20th century, and can be combined with a visit to the Albert Einstein Museum. The History Museum, Art Museum, Swiss Alpine Museum and the Communication Museum in Bern offer a wide range of exhibitions.

Bern is also the seat of Switzerland's government. The House of Parliament raises above the city, just a stone's throw away from the railway station. The doors to the House of Parliament are open to visitors most of the time and if you're lucky you might even bump into a member of parliament in the streets of the city. Colorful weekly markets present their wares in the squares of the city center.

Set in the heart of Switzerland, Bern is the gateway to the Alps. Bern's central location makes it the perfect base for overnight accommodation and excursions throughout Switzerland.

I hope you enjoyed our trip to communication-rich Switzerland. If you have more questions about Switzerland or you would like to book a trip there, please do not hesitate to come in and see us at ALL-WAYS Travel.

Valentine Special
for your Sweetheart!
3-pack
Hanky Panky
thongs

Lavender Lingerie
250-398-8268
275 Oliver St, Williams Lake

ALL-WAYS TRAVEL
Serving the Cariboo Since 1978

Explore Switzerland

250-392-6581
TOLL FREE 1-800-737-7631
www.BookTripsOnline.com

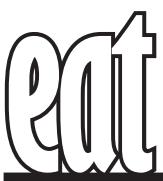
357 Oliver Street, Williams Lake • Locally Owned & Operated
Fully Licensed and Accredited Agency

Cozy Paws Kennel

Dog & Cat Boarding
When you can't take them with you,
bring your pet to Cozy Paws for a
relaxing & fun pet vacation!

200'x40' Grass Runs

250.398.7297 (Paws)
860 Vanderburgh Road, Williams Lake



"The way we communicate with others and with ourselves ultimately determines the quality of our lives." ~Anthony Robbins

The art of communicating in the kitchen

Chefs are masters of communication. Any one who has watched Hell's Kitchen would agree with me on that point. We certainly have a way with words. Imagine for a second that if chefs in every kitchen in the world had a personal beeper so that every time we would swear you would hear BEEP instead of the word. Here is what a typical conversation between a chef and his/her cooks would sound like. Chef "Hey BEEP get that BEEPing steak on! We need that BEEP veg for table BEEP four! BEEP let's go! What is wrong with you BEEP. We are getting buried BEEEEEEEEEPEP." The cook would then reply "Yes Chef we are on it Chef!" Then would mutter to himself "BEEPing BEEPer."

Chefs also are masters of non-verbal communications. Like when you are plating a large party and your job is to put the vegetables on the plate then hold the plate in your hand so the Chef can ladle the sauce on the meat. Suddenly a ladle of screaming hot sauce goes across the back of your hand instead of the meat. Once the pain reaches your brain and you realize what just happened, you look at the Chef and he stares right in your eyes looking for ANY kind of

Out of the Fridge

By Brice O'Neill



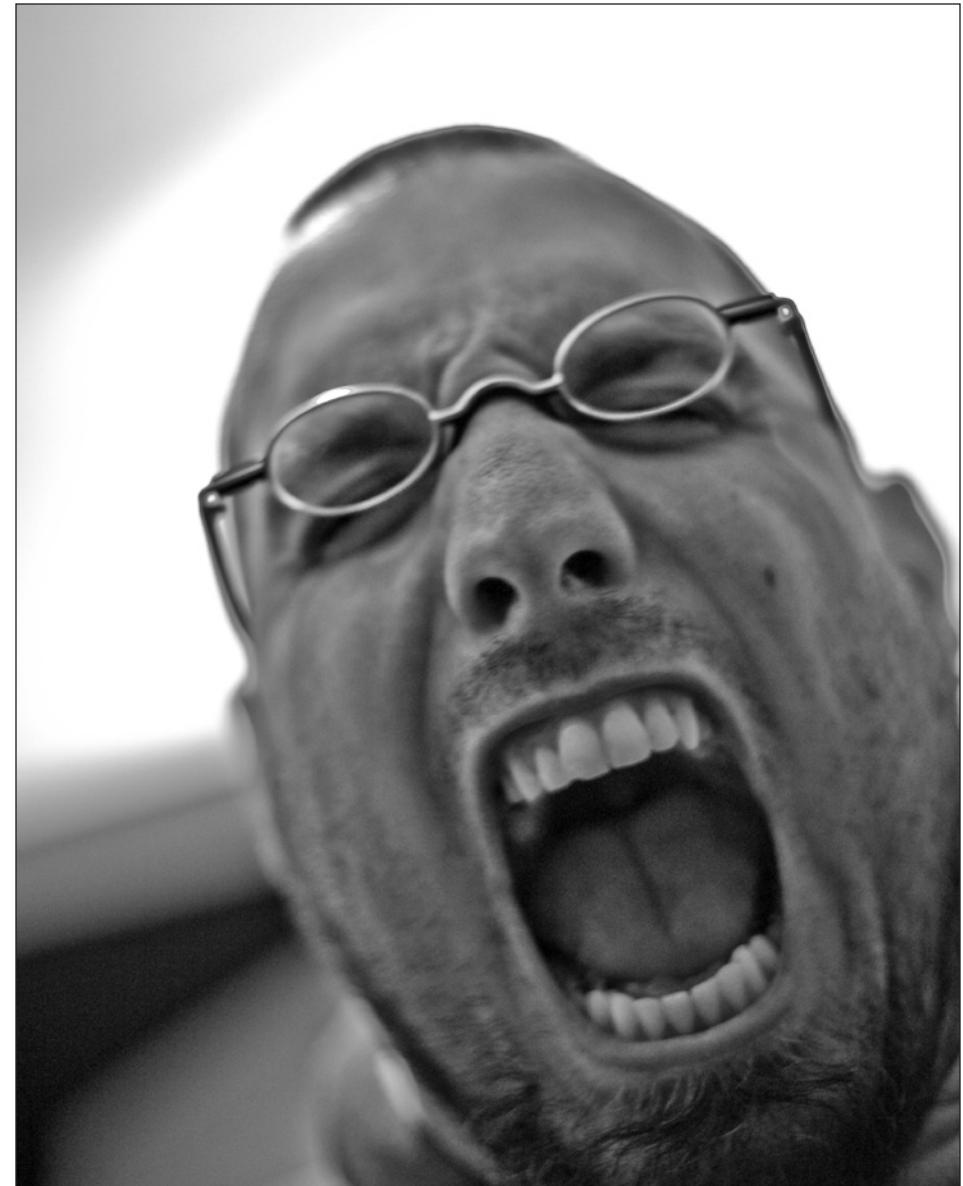
reaction. He is saying "Welcome to the fold new guy." If you understand the language you know the correct reply is don't drop the plate and don't run to the sink to treat the second degree burn on your hand. Instead you smile at him and keep going until all the plates have left the kitchen. This says to the Chef "I'm here for the long haul and I can take it, so bring it on."

Pots, pans and pretty much anything else handy flying at you or past you are also a Chefs way of communicating his/her affection for you. Sick I know, but it's the cost of experience in a kitchen.

Once I earned my stripes, took my lumps and learned enough to be a Chef and run my own kitchen I decided that I was going to break the cycle and actually treat all my staff like human beings. I say please during a rush, I never intentionally hurt anyone and treat everyone, even wait staff with

respect. It's not always easy but it has proven to be effective. That's not to say I don't make a joke or two at my Sous Chefs expense, but a Chef and a Sous have a different relationship than I don't have enough room in this column to get into, so I guess you will have to keep picking up the Stew and maybe in a future column I'll write about that weird dynamic.

Here is a real easy, elegant weeknight dinner recipe for Chicken Parmesan. One chicken breast per guest. Slice horizontally, but don't go all the way through and open it like a book. This is called butterflying. You then bread it in seasoned flour, then a beaten egg and then some seasoned bread-crums. Put approximately $\frac{1}{4}$ oil in your favourite frying pan on medium heat. You want the oil to shimmer. Then add your chicken breast, carefully. Cook for two or three minutes until the edges start to turn brown. Flip it over



and cook another two or three minutes until nice and brown. Put it on a foil lined cookie sheet, smear with seasoned tomato paste and then cover it with shredded mozzarella cheese. Then sprinkle on an unhealthy amount of parmesan cheese, some black cracked pepper and fire that puppy in a preheated 400deg oven

for about six to eight minutes or until it's all melty and the cheese browns. Take it out of the oven, put in on a plate, show it to your partner and friends and say, "Looks good doesn't

it?" And then pat yourself on the back for another successful cooking adventure. Easy eh? If you have any questions, you can contact me at info@newworldcoffee.ca.

"I don't need another pair of boots,"
said NO WOMAN EVER

**FEBRUARY
SPECIAL
20%
OFF**

Ladies Winter Boots 20% off during the month of February

250-392-5644 130 Oliver St. Williams Lake www.walkriteshoestore.ca

Walk-Rite Shoes



QUALITY TAX SERVICES

Your Tax Experts

Business • Personal
Farm • Rental

Over 30 years experience

OPEN Monday-Friday 8am-6pm, Saturday 9-4,
or any time by appointment

*The Station House
Gallery Presents:*

February 6th to 28th

Four from 100

Works by Tom Godin, Lianne Heales,
Kathy Crawshaw & Susan Kruse

4 artists from 100 Mile share a body
of work representing the heart
of BC's interior

Historic Train Station, Foot of Oliver Street, Williams Lake

Understanding RRIFs

What is an RRIF?

According to Revenue Canada (CCRA) rules, by December 31 of the year in which you become age 71, you must transfer all of your RRSPs into a RRIF, Annuity or a similar product.

What happens if you don't?

CCRA will automatically claim that you cashed in all of your RRSPs the day before January 1 of the next year and you will have a very large tax bill.

Old Age Security (OAS) – clawback

Canadians over the age of 65 are entitled to nearly \$7,000 in the OAS pension, if someone earns less than \$71,592 in a year. (If you are receiving payments from an employer pension and/or a RRIF, you may be over the \$71,592 limit.)

Income Splitting

RRIF payments are treated the same way as pension income – you can split the payments between you and your spouse. (to reduce your income so that there may be no OAS clawback.)

Should you begin RRIF payments before age 65?

Depending on how much you have in your investment portfolio, you may want to begin taking money out of your RRSPs or RRIFs before you retire.

Remember – your specific needs and financial situation are unique to you – not every concept may fit your particular income and tax situation

Call us for a free review of your insurance/investment needs 250-392-6448.

Adele McLearn, CHS

- Life, Disability & Critical Illness Insurance
- RRSP • RESP • RRIF
- Group / Individual Health Plans
- Travel Insurance

Call 250-392-6448
Us! Email admacfin@telus.net
299C North 2nd Avenue, Williams Lake

hear

"Of all of our inventions for mass communication, pictures still speak the most universally understood language." ~Walt Disney

Technological communication

A SHORT STORY BY
PAIGE KNIGHTS-SMITH

"Logan honey, please get off the table," my sister in law asked her two year old son, who had taken a break from running around the coffee table and was now trying to climb on top of it.

It was a Friday night. My boyfriend Ryan's brother always came over at least every other Friday night; sometimes by himself, and sometimes with his wife and son in tow. Usually if it was just Ryan and his brother, they would go out to the shop, have a few beers and play darts. Bringing Ally and Logan didn't make a difference to that plan, but at least this way I had company.

"Logan, do you want to show Auntie Danielle your games?" Ally asked her grinning boy.

Logan shook his head vigorously, and continued to run around the living room and down the hall.

"What do you feed that kid?" I laughed.

"He had a late nap," Ally said looking at her phone. "He's going to have plenty of energy for awhile."

"I think it's best to let himself run tired then." I switched the television channel to a cartoon. 'Hotel Transylvania' was playing. At least it was a cute cartoon to have on in the background. "What do you think he is going to be like when the baby

Tasty Tidbits

By Paige Knights-Smith

comes?"

Ally put her phone down and looked at me. "I don't know, hopefully he will be okay. We will just have to bring him here lots and let the boys teach him some man stuff so he won't feel left out."

Ally had found out that she was pregnant with her second child about three and a half months before.

"Logan," Ally called to her son. "What's in mommy's belly?"

He ran up to her smiling and pointed at her belly, "baby" he said and walked over to the TV which he had now noticed was on.

"Logan?" I asked trying to get his attention. "Can you say Auntie?"

He came up to me and hugged me. "No, sweetie, say Auntie."

Logan looked up and pursed his lips, meaning to give me a kiss.

"Every time," I giggled. "I'll get him to say it eventually."

Ally and I laughed, and watched a few minutes of the movie.

"Oh hey," she said turning her attention back



to her phone. "I hear that you have an iPod Touch. Did you try using Siri yet?"

I had a phone and I used it all the time, but I was new to the iPod/iPhone world with Siri. I was never much into using Siri but with the phones these days, everyone uses them in all forms of communication, and especially as a way to waste time.

"This is hilarious," Ally said, turning on the Siri app. "Hello," she said into her phone.

"Hey there," Siri answered.

"What are you up to Siri?" she asked.

"Doing homework for my self-improvement course."

"Tell me a joke Siri."

"I can't. I always forget the punchline." It answered.

"Do you know what it's going to reply back?" I asked Ally.

"Nope." She laughed. "Can I call you George?" she asked Siri.

Siri answered, "I am afraid not, Ally. I am pretty comfortable with

my identity."

Ally and I started laughing. "You suck Siri," she told her phone.

"That doesn't sound good," Siri replied.

"That's because it's not good," I said into Ally's phone.

"Aw, shucks," Siri said.

"Listen to this," Ally said to me. "Siri, are you stupid?"

"I don't even exist... How can you hate me?" Siri replied.

"Because you won't let me call you George."

I was laughing.

"I'd rather stick with Siri."

"No I am going to call you George. Your name is George and that is what I am going to call you." Ally insisted to her phone.

"My name is Siri. But you already knew that."

I leaned into Ally's phone. "Siri you are no help."

"You are certainly entitled to that opinion." Siri replied.

Ally and I laughed as she turned off the app.

"And you honestly don't know what she is going to say?" I asked her.

"Nope." She smiled looking at Logan. "You got to love technology."

"True." I said. "These days, you don't even need another person to communicate with. Just an app on a phone."

Ally looked at me with a serious face. "How sad is that?"

We both burst out laughing.

Baked for You

You'll LOVE Our Loaf Cakes!

- Exclusively Homemade
- No added preservatives
- Gluten-free options
- We make our own soup stock

778-412-3234

Mon-Tues 8:30-4 · Wed-Fri 8:30-6
360 N Mackenzie, Williams Lake

Baked For You

YOUR COMMUNITY PHARMACY

Kornak & Hamm's PHARMACY

250-398-8177

366 Yorston Street
Williams Lake

Fall in LOVE with our personalized, friendly service!



Adventure cut short

A SHORT STORY BY
MARY J. TRESIERRA

From an early age, my great-grandmother, Hortense Isnardy Tre-sierra English, made it clear to her family and visitors that her ranch animals were not to be disturbed or harassed in any way. She was especially protective of her old saddle horse, Chunky, who was retired from any ranch work or riding. We used to pet him and feed him tidbits to try and fatten him up but to no avail. (He was so thin that every rib in his body was clearly visible.) His teeth were worn down but he would contentedly roam around the yard grazing. Sometimes he would lift his head and gaze for long moments into the distance; perhaps dreaming of being young and frisky again. I loved this horse and would often pet him and talk to him.

Sometimes he would answer softly with a nicker.

On a beautiful summer day when I was six years old, I decided it was time to explore the ranch on horseback. My grandmother and the family had gone up to the kitchen garden to weed and pick vegetables, so freedom beckoned to me. I went down to the barn to saddle Blackie but Grandpa Duke had ridden him somewhere. The rest of the horses were out on the range grazing so I was left without a mount. In despair, I sat down on the porch steps and Chunky slowly ambled by. A horse! I could saddle and ride him! My grandmother wouldn't even know; she would be gone for some time yet.

I was too small to reach up to get a saddle on him so I led him by the mane up to the high step in front of the

blacksmith shop. I tried to get the leather saddle down from the wall but it was far too heavy for a scrawny kid to lift. I could lift the sheepskin saddle, so I settled on it. Putting it on Chunky's back was easy with the height of the high step. I knew how to do up the cinch and bridle him from long observation of the other riders in the family. Finally, Chunky was ready to mount using the high step. He looked around with questioning eyes as I settled on his back.

I was sitting there contemplating which direction to go when Granny and the family unexpectedly came over the hill from the garden and saw me. You never heard such a fuss; cries of anger, alarm, recriminations and warnings of the great calamities that could have happened. This was the first time



I had ever experienced Granny's anger at me as I was 'her girl'. She was a quiet, soft-spoken lady, so I was shocked.

I spent the rest of the day in a silent wall of disapproval from Granny and the family at my disobedience. The only consolation I received

was Grandpa Duke's swift pat on the head and smile when no one was looking. Oh, how much this meant to me coming

from my beloved grandpa! Unspoken disapproval and silent approval are powerful methods of communication.

Silent communication

A SHORT STORY
BY ANNE MOUTRAY

Dogs are masters of silent canine communication, as anyone who has ever owned, or been owned by a dog certainly knows (after disregarding the barks, yelps, whines, growls and tail thumping). I am the owner, I am the master, so why do I find myself feeling compelled to obey most of the wishes, or more likely commands, of my furry little friend?

When I am comfortably settled in my extra-soft easy chair, after my very filling, delicious dinner, book in-hand, I am not about to move an inch for the next few hours. Ha, ha, ha. The dog appears at my knee with that look that I know so well. Does she just want out for a breath of fresh air or does she really NEED out? I can't take chances and I know very well that a few minutes later she will let me know (I don't know how;

some sort of canine mental telepathy I suppose) that she wants in. No rest for the mistress.

When the dog puts her persuasive head on my knee, eyes big and soulful, this sadly does not mean, "How much do I love thee. Let me count the ways." The translation is "get off that couch and take me for a walk."

When the ball lands in my lap, the meaning is obvious, even to a slow-thinking human. I

issue a large sigh, leave the computer, hoping I'll remember where I was, and go enjoy a rousing game of ball. I could of course disobey but then those big, sad, brown eyes following me around the house would be too much to bear.

Of course it is also quite obvious that the exuberant bouncing of the dog at the door as you are trying to put on your boots means, "Oh, boy! We're going for a walk." When I explain in

words, real words, that I am going shopping and that she cannot come, the reproach in those big brown eyes as she sits blinking in her, or my chair, fills the room and communicates feeling more than that of a wailing child.

Love is expressed in dog language by a simple lick of the hand. Fear is quite another matter. When a fearful situation occurs, the first thought

of the dog is to protect me, her beloved owner. She will do this, if indoors by crawling under the bed, and if outdoors by immediately jumping behind me so as to be ready if I am attacked from the rear.

You of course, wonder why I allow myself to be so controlled by a silent woolly creature with a wagging tail. This dog of whom I write, happens to be my very best friend.

ZONE 4

Hair Styling & Tanning

250.398.8812
149 2nd Ave. N., Williams Lake

PAUL MITCHELL
FOCUS SALON

Me & My Bright Ideas
WOOL • YARN & MORE!

Briggs & Little
Bernat • Patons
Special Orders

250-398-0040
bright.ideas09@yahoo.ca
29B - 3rd Avenue South, Williams Lake

WILLIAMS LAKE SAFEWAY

heart of SAFEWAY

people • products • community • planet
451 Oliver Street
250-398-6851

hear

Thank you to our volunteers!

The Salvation Army had a busy December, as you can well imagine! A total of 1,752 meals were served; not to mention our awesome Christmas dinner, where over 160 people came out to share in the Christmas spirit and celebrate the birth of Jesus. The dinner was delicious, and the yummy homemade desserts were delightful! Captain Ben shared a devotion on the story of the candy cane – how it looks like the letter “J” for Jesus, but also, turned upside down it resembles a shepherd’s crook, Jesus being the shepherd, guiding his flock. Adding to the enjoyment at mealtime, a family volunteered their musical talents playing piano, guitar, drums, violin and sang... thank you for that beautiful gift! Many volunteers helped not only serve dinner, but also did the cleanup; washing all those pots and pans is a big job!

We want to thank all the wonderful people who volunteered on our Christmas Kettles – ringing those bells, some singing songs, some playing instruments. WOW! What a great community we live in – again a huge thank you to all of you!

After the flood at our drop-in centre on December 9, we have been busy trying to get the area cleaned up. The walls are presently being re-built and we are hoping to soon start up our programs once again. The dining room is open so that the people who usually use the drop-in have a warm safe place to be. Breakfast and lunch are still being served, and the food bank is still open.

In February, we will be hosting our volunteer appreciation brunch. We certainly would not be able to continue to be who we are, or do what we do without the support of our community and the help we get from our awesome volunteers. A huge hug to you all.

Wondering how you can help out? Just 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.

“Write to be understood, speak to be heard, read to grow.” ~Lawrence Clark Powell

Yesterday, I wrote three letters

A SHORT STORY BY
LINDA PURJUE

Yesterday morning, I wrote three letters.

It wasn't so very many years ago that a statement like that would have meant that I had sat at a desk or table, taken pen to paper and let the words flow in fluid cursive writing as individual to myself as the colour of my eyes. I would have been aware of the smoothness of the pen as it rested in my clutching fingers, the resistance and scratching of the pen nib on the paper, changing into a gliding flow as the ink was released with more ease, the motion of my hand and wrist as they trailed words on the once-blank paper. Depending on the pen used, there might even be a smell from the ink, a chemical, ‘painty’ sort of smell. A warmth of pleasure would suffuse my being as word followed word, sprawling across the page in lacy handwriting. It was a skill, even an art that had been taught to a number of generations from early school age, who laboured over pages and pages of dreary exercises, faces screwed up in concentration, young fingers just not forming the letters as they should be until many



Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

years of practice were executed. Do you remember the “MacLean’s Compendium of Writing”, and the certificates of proficiency that were awarded at the end of each school year? They were graded hours to be strived for with industrious diligence, and sorrowful was the child who was unable to reach the standard set for their grade.

Unfortunately, with the advent of computers and the universal use of keyboards, handwriting has gradually been fading into an archaic skill practised by anachronists or history buffs. During my last few years of substitute teaching, it was not uncommon for me to be confronted by teen-aged students

who were unable to read, let alone write, cursive handwriting, and those who did write, did so in a laboured, childish hand.

I bemoan the homogenizing of the physical act of writing. We have lost a lot of individuality, of character, of personality by allowing machines to take over. We have also lost a precious intimacy that was inherent in letters that were once written between friends, family, even business associates.

So, did I handwrite those three letters with pen and ink? Not those ones. One I brailled to my blind granddaughter, and the other two were electronically emailed for expediency.

CARIBOO DRAFT HORSE AND DRIVING CLUB

ANNUAL FUNDRAISER

VALENTINE'S DAY



SLEIGH RIDE

11 AM TO 2 PM
AT COYOTE ROCK GOLF COURSE
BY DONATION

A concession will be provided separately for this event
by the W.L.I.B. Elders

Come on out and celebrate the day!

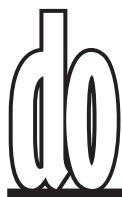
Upcoming Williams Lake Events

Brought to you by the
Women's Contact Society

MARCH 8
International Women's Day

MAY 31
Children's Festival at Boitanio Park

Watch our Facebook page for updated events and info:
www.facebook.com/WomensContactSociety



"Music is the greatest communication in the world. Even if people don't understand the language that you're singing in, they still know good music when they hear it." ~Lou Ra

Communicate with your health provider

As a parent of a teen and a pre-teen boy, I am always talking to them about better communication. I ask them to look at the person they are speaking to and speak clearly and confidently. It is very frustrating when my 12 year old mumbles something from under his hat while facing away from me. Maybe I am getting old and my hearing isn't that great, but I find it not only frustrating, but a little disrespectful. Kids.....

So, while I can counsel my children about the way they communicate, I cannot use the same tactics with patients. Whether being interviewed on your initial visit or giving an update on a follow-up appointment, it is important to have good communication with your provider. It really doesn't matter if you are getting acupuncture, massage, chiropractic, dental (sometimes this one can be difficult if your mouth has dental tools in it, no matter what your communication skills are like), or a regular medical doctor visit, the better you tell your story, the smoother your appointment will go.

I typically like to let a patient just talk after my initial question of, "what brings you in today?" Yes, they already filled in new patient questionnaire, but those papers just give

Adrenaline Fix
By Darren Smith

broad strokes about a problem and it is up to the provider to get details and merely asking an open ended question like that will give me plenty of information about the patient.

I offer free services for military veterans and this is one tough group to get information from, especially if they are in for an injury that occurred during a deployment. One of my first patients from the program I volunteer for, told me his injury was from a car accident. After many questions about this "car accident", it turns out, the car was a HMMWV (Humvee), the accident was an IED explosion, and he woke up 5 days later in a hospital with a sore back. This is one time that my favourite opening line of "what brings you in today?" didn't elicit the expected response but I learned quickly that most combat veterans are tight lipped when they don't know you and the initial visit may take a little longer than average.

Although most of the information below will be addressed by a good provider, here are some helpful hints to help them give you the best care possible. Important information to tell the doctors and nurses.

- Symptoms: Tell them about the symptoms you are having and be specific. How severe are they? (Use a 0-10 scale where 0 = don't have any and 10 = it's bad as they could be.) How often throughout the day/week do they occur? What makes them worse or better? What are you doing for symptom relief? How well do those things work?

- Any problems you have in performing your usual daily activities.

- Be sure that your healthcare team knows about all the medications, vitamins, supplements, herbal medications, or alternative therapies that you are taking. Be proactive in your own care:

- Approach your provider with the assumption that they want to help you



and would like to give you the information you need.

- When you should call your doctor
- Keep a notebook and write down all the questions you want to ask at your visit. Writing down your questions beforehand is one of the best ways to be sure you are being clear. If you get flustered, which happens to many people, you can read your questions.

- Speak frankly with your healthcare providers. Express your feelings and let them know your concerns.

- Ask your healthcare provider to repeat anything you don't understand. Repeat it back to make sure you've got it right.

Other questions to ask:

- Side effects to expect from treatment.
- Other treatment that might be available.

- When you should call your doctor
- Where you can go to get more information. There are many things you can do to improve your ability to get information you need.
- Be sure you know who you need to reach and how to reach them. If you see many different doctors, know who you should call for which problems.
- Learn who can answer your questions. Learn which providers give different kinds of information to people.
- Be sure your statements or questions are phrased clearly.
- Focus your attention on what is most important.
- Say the reason you are concerned.
- Get to your question immediately.
- If you have a long list of things to talk about, make a consultation appointment, so the doctor can allow enough time.
- Accept that not all questions have answers. The better you are prepared for a non-routine doctor visit, the better and quicker you will get some answers. Poor communication or withholding information because it may be embarrassing to discuss may prolong receipt of appropriate care.

SHOP LOCALLY!
The HOBBIT HOUSE
Unique Things for Unique Souls
We've Got Great Gifts For Your Valentine, PLUS
Gift Certificates are ONE SIZE FITS ALL!!

Find us on Facebook 250-392-7599
71-1st Avenue S., Williams Lake

Cameron's Massage & Wellness

I can help with:

- Back pain
- Neck pain
- Headaches
- Insomnia
- Fatigue
- Tight Shoulders
- Stress Reduction
- Digestion Issues
- Anxiety/Fear
- and much more!

February Special
Mention this ad and receive a \$5 discount off any regular priced massage treatment!

By appointment only
250-392-0045
camself@hotmail.com
Find us on Facebook
2-150B Oliver St. above Woodland Jewellers, Williams Lake

Cameron Self,
Energetic Therapist
Shiatsu Therapist

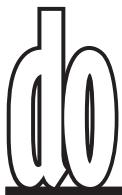
Fit City 90 DAY Body Transformation CHALLENGE

GRAND PRIZE \$2,000 Travel Voucher

Congratulations to our 2014 Winner, Rick Wilde

Sign up between January 15 & March 31, 2015

181 2nd Ave. South, Williams Lake • 250-398-9191



"The more elaborate our means of communication, the less we communicate." ~Joseph Priestley

Winter is fly tying time

Cariboo Water
By Jack Simpson

Winter is fly-tying time – a time to sneak off to a quiet corner, settle in with a cup of whatever and begin to replenish the fly boxes that became somewhat depleted over the previous season. A time to remember the shapes and sizes of aquatic bugs that you hopefully took photos of, so “remembering” can be more than an image conjured up by scratching one’s head!

The trick to great flies is to incorporate into your patterns the aspects of the natural that fish “key” on, in their search for protein. Different aquatic species, at different life stages in the water have characteristics that fish are on the lookout for. I try to demonstrate some of these charac-

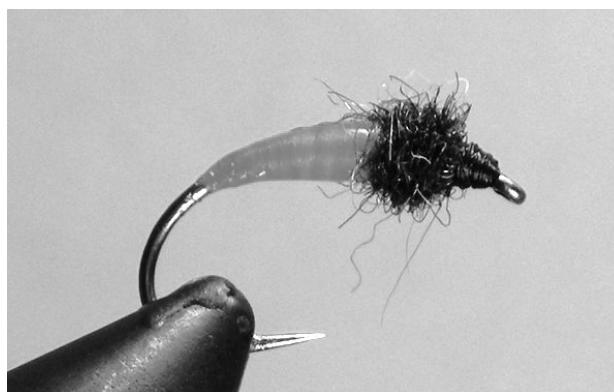
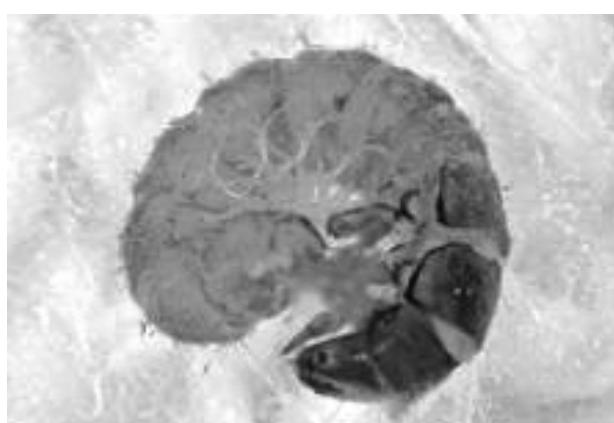
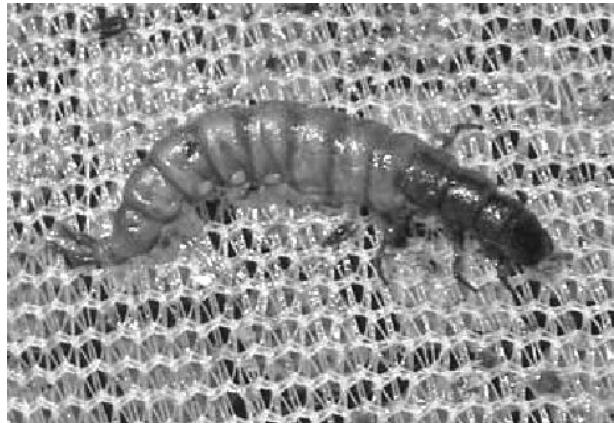
teristics of the more recognizable trout food sources.

“Micro” Leeches

The most common year-round large food item for most trout are micro leeches. “Micro” designates (for me, anyway) a pattern in #12-14 long, curved, nymph hook. Various dark to maroon shades of marabou with a slight flash addition works very well. I like a small glass bead head to create some undulation through the water. Simple to tie and effective – it has everything! I’ve done some “additional embellishments” to a few leech patterns by adding natural mallard flank to the back of the leech pattern, just to add some contrast.

Caddis

Right from the time



a Caddis larvae springs from its egg on the lake bottom, at every stage of its aquatic life, it is marked as “trout lunch”. Caddis larvae, pupa and emergers must be a delicacy to fish, because they are on the menu constantly.

What is it about Caddis that brings them

to a trout’s immediate attention? The predominant feature is the colour, of course! So, when creating a fly for early spring, when Caddis larvae have emerged from the mud, let’s concentrate on size and colour and throw in the particular crescent worm shape for good



Cariboo Envirotech Ltd.

INTEGRATED NATURAL RESOURCE CONSULTANTS

- Watershed Assessments
- Aquaculture
- Stream & Lake Surveys
- Silviculture
- Registered Professional Biologists
- Environmental Monitoring
- Research
- Reclamation
- Freshwater Commercial Fishery Management
- Since 1995

Our clients are fish, and the environment they live in!

Ph/Fx **250-790-2456**
PO Box 174, Likely • Email carenvir@wlake.com

Men!
Let us help you with your
Valentine's Shopping!

It's "You" Time
CLOTHING • JEWELLERY • ACCESSORIES
Fashion with Attitude

79C 3rd Ave. N., Williams Lake **778-412-2722**



measure, shall we?

Another of the spring favourites for trout are the two predatory nymphs that inhabit the Charo weed beds in the spring. Large food items (similar to leeches, in size), like the damsel nymph and dragonfly nymph are an attractive meal for trout, tied in a medium olive colour.

Fly tying is an artful science, born of trial and error, and by seeking advice from those

who are knowledgeable. Join a group. Take a class. Drop-in fly tying evenings exist, take the opportunity to learn from others.

In Williams Lake, there is a group tying night every Wednesday, at TRU, Room 1307, 7-9 pm. It's free. Come and sit in. Don't have any tools? Don't worry about it!! Just come and learn.

More info? Email Jack at feedback@thestew.ca

TRY OUR DELICIOUS **GOLDEN MILK**
MADE WITH TURMERIC

Soups • Paninis • Wraps
Home Made Goodies
Specialty Coffees & Teas
...Made with Love!

Bean Counter
BISTRO & COFFEE BAR

BeanCounterBistro@gmail.com **250-305-2326**
180B 3rd Ave. N., Williams Lake, next to the Library

New Year New You

Start training today,
and be career-ready
in under 1 Year!



NOW OFFERING:

- Community Service Worker Diploma
with optional Additions Worker specialty
- Medical Office Assistant Diploma
- Accounting Administrator Diploma
- Online Remote Learning for:
 - Accounting Clerk Certificate
 - General Office Clerk Certificate

*Career Training
That Works!*



Academy
OF LEARNING
COLLEGE

Call Us Today!
778-412-5512

291B 2nd Avenue N., Williams Lake
www.AcademyofLearning.com

hear

THE STEW MAGAZINE'S Monthly **MIX**



HOLIDAYS OF THE MONTH

February 11

Make a Friend Day

Do you have enough friends? No matter how many friends we have, more of them increases our wealth, because friends are one of life's valuable assets. You just can't have too many friends.

Make a Friend Day is a great opportunity to meet someone new, or do something to make a new friend. Making a new friend can be easier to do than you think. There must be a gazillion ways to make new friends. It often helps by smiling and just being friendly or helpful.

February 16 Do a Grouch a Favour Day

Everyone has been a grouch at one time or another. Some people are gourches by nature. Others are occasional gourches, influenced by events in their lives, lack of sleep, the weather, etc. A few people are good at disguising their gourchy mood, but they still need cheering up.

Do a grouch a favour today and make the world a better place. Look around for someone who is in a gourchy mood and do them a favour that will cheer up their day. There's plenty of gourches out there to practice on, so try it and watch the results!

Consumer electronic goodies

Anybody that knows me knows that I am a gadget freak. I always have to have the newest piece of electronics even though in 6 months it is way cheaper or a better version has come out. It's an obsession that could really be way worse. I have friends that have an obsession with cars and you can add a few zeros to their purchases when you compare it to mine. We were down in Vegas during the holiday season and even though I missed the Consumer Electronics Show by a week, which for people like me is Nirvana, I did step inside the largest electronics store I have ever been in, ever. It was roughly the size of downtown 100 Mile house and carried everything you could imagine. I did buy a few things from there but even though there was a sales person pretty well every two aisles we were sent to the wrong place four times before a customer actually directed us to where we wanted to go. I could have spent a day in there easily but we only had an hour, so I'm sure I missed parts I wanted to see.

Even though I missed the CES this year I do keep up. With the multitude of problems with windows 8 (yes Microsoft, not everybody has a touch screen) Microsoft



Tech Talk

By Craig Smith

announced windows 10 in September that is in public beta testing as we speak and will roll out as a free upgrade to windows 7 and 8 sometime this year. If you're curious as to why we went from 8 to 10 in versions, it's because we had Windows 95 and 98 and they really don't want any more confusion than there already is.

The top gadgets from

tablets and computers is becoming very blurry to the point where one day they will be an all in one. As our phones are not just for calling anymore, many companies put a lot of research and development into products associated with them.

Some of this year's gadgets include a ring for your finger that will allow you to control aspects of your house (through your phone) by making gestures in the air. For example drawing a star with your finger turns on the lights. Many companies have introduced a James Bond style of smart watch that will either be self-contained or be connected to your phone via Bluetooth technology. The latter will be way less expensive.

There are a lot of new styles of speakers, headphones, and TVs. We haven't seen virtual reality become anything a consumer can buy yet but we are getting very close.

In closing, as I've said many times before, this is an amazing time for technology as the advances are moving forward in leaps and bounds. If I could give you one piece of advice it would be to put the technology down once in a while and interact the old fashion way with the people in your life. Till next time, see you on the net.

spread the Word!



**the
stew
MAGAZINE**

Call Joan!
250-398-7446

Do your customers know...

- Who and where you are?
- What you have to offer?

We can help!

- Month-long advertising at reasonable rates
- 2,000+ distributed monthly throughout 100 Mile, Williams Lake & Quesnel
- Creative, effective, professional ads

**Let us spread the word
about your business**



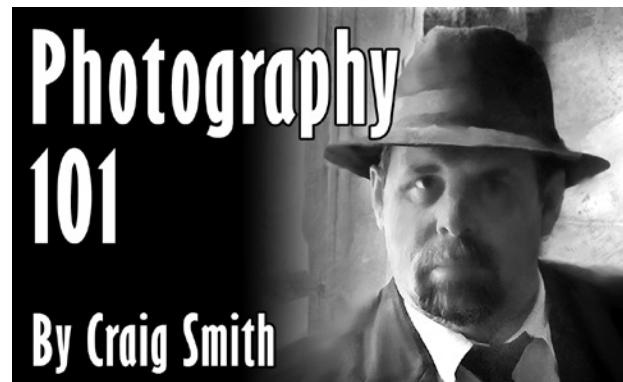
Your camera talks to itself

Communication in digital photography is now an essential part of making images. There are many parts of your camera that need to communicate with each other and without that communication your images will not look like you want them to.

Your camera now has more computer power than what was used to send the first man to the moon. That computer has to talk to all the parts of your camera in order to make the decision or help you make the decisions that expose your digital film.

Back in the days of film and early SLRs there was very little communication in your camera. You had to set everything manually, based on what your light meter said. There was a lot of math involved and was one of the few activities that in order to be good at it you had to be both analytical and creative.

Just before digital took over the photography profession cameras started to get a lot smarter. Exposure



meters started to give you intelligent information as computers were being used to help you with those processes.

With the added intelligence put into cameras the consumers were starting to make better images with less education on the processes and the math that had been associated with photography in the past. It still wasn't as good as it could be though as there were many photography situations that the computer still couldn't figure out, and relying totally on what the camera told you could end up giving you over exposed or under exposed images.

That was just taking pictures in the daytime with available light. Once

you added a flash there was a whole bunch more math that was needed to expose properly. It got a little easier when a bit of technology called a thyristor was added to your flash as this would stop the flash output once it thought enough light had been emitted from the flash. The only problem then and now actually is when people hold their cameras the wrong way they are actually blocking sensors that communicate information to the camera's computer. So yes there is a wrong way to hold a camera. If you're not sure come visit or flag me down and I will show you.

With the digital camera explosion, people

"Of all the life skills available to us, communication is perhaps the most empowering." ~Brett Morrison



are making amazing images on a daily basis because of so many advances in how your camera communicates. We are almost to the stage where you only have to be creative to be a good photographer, but not quite. Your camera now not only talks to the meter and computer inside but also has two way conversations with

your lenses and flashes. Like anything though you must make sure they are compatible. If not they will be like two people speaking different languages. They may look like they know what each is saying but you won't get the results you are looking for. When buying new lenses and flash make sure that it is the right one. If you

have a Nikon camera or a Canon it will not only have to be the same brand or say it's compatible but it will also have to be the right lens for the type of sensor.

I will be holding a couple of photography courses in the spring if you would like to get more in depth information but until next month, happy shooting.



**MONTRÉAL
SMOKED MEAT
SANDWICH**

AUTHENTIC DELI-STYLE MONTREAL SMOKED MEAT TOASTED HOT AND PILED HIGH

YOU GOTTA TRY IT



SUBWAY

Hwy 97 & Prosperity Ridge, Williams Lake

20th Annual 2015 Business Excellence Awards presents

LICENCE TO THRILL

ONE SHOW ONLY

SATURDAY, MARCH 14

BUSINESS OF THE YEAR SPONSOR: Community Futures Cariboo Chilcotin

Nominate Your Favourite Business.

Deadline for nominations,

Friday, Feb. 6th

Pick up nomination forms

Community Futures Office, WL Chamber of Commerce

www.williamslakechamber.com

FEATURING:

- Greatest Improvement
- Newsmaker of the Year
- Hospitality/Tourism
- Community Booster Award
- Manufacturer • Food Services
- Customer Service • Hugo Stahl Memorial

Williams Lake & District CHAMBER OF COMMERCE

Thanks to our media sponsors

GOAT World Class Rock

COUNTRY 100.3

Progressive Printers Inc.

Tribune

the weekend advisor



Stew Spots

Monthly distribution of The Stew Magazine

100 MILE HOUSE

99 Mile Supermarket
A&W
Chevron
CRD Library
Dairy Queen
Donex
Higher Ground Natural Foods
Nuthatch Book Store
Parkside Art Gallery
Pharmasave
Safeway
Save-On Foods
Smitty's
Subway
Tim Horton's
Visitor Centre

150 MILE HOUSE

150 Mile Mall
Marshall's Store

LAC LA HACHE

Fast Trac Gas & Convenience Store
The Rustic Grill

MCLEESE LAKE

McLeese Lake Store

QUESNEL

A&W
Aroma Foods
Billy Barker Hotel & Casino
Bliss Grill
Burger Palace
Carry All Books
Granville's Coffee
Karin's Deli
Mac's
Museum & Tourist Centre
Quesnel Music
Quizno's
Riverside Bistro
Safeway
Save-On Foods
7-11
Shopper's Drug Mart
Subway
Super Suds Laundromat
Tim Horton's (Downtown)
Tim Horton's (Highway 97)
Willis Harper Hardware

Want to be a STEW depot?
Email craig@thestew.ca or call 250-398-7446

Support the Cariboo!

Buy goods made by local artisans and manufacturers.
Shop in your community to support local employers.
Attend a play or concert and support local entertainers.
Vacation locally; enjoy the beauty and the wide variety of recreational activities the Cariboo has to offer.
Spending locally gives back to the community, helping us all.

The first phone call was placed March 10, 1876 by Alexander Graham Bell

Too much noise, not enough signal

Communicating shouldn't be a problem in modern video games. I mean, any sort of multi-player game that would require communication is built on the infrastructure of the internet, where sending large amounts of data from point A to point B, C, D, E, and Z is sort of the norm. Communicating in a modern video game should be as simple as plugging in a headphone and saying, "Hi!"

And it is actually that simple. And I guess that's sort of the problem.

If you are a gamer, I'm sure you're familiar with the situation. You hop into an online game, wind up in a lobby waiting for the match to start, and all of a sudden you're listening to some 11-year-old kid cussing like a sailor, explaining how he's going to make you his this, and how you're going to go down because you're nothing but a worthless that, and if you should try to speak up well he'll just tell you to shut your mouth because you're just some newb.

And you think, where is this kid's parents? And where did they go wrong? And then, if you're smart, you'll mute the little jackass and get a little peace and quiet back before the game starts.

Now maybe this is just because I'm what you might consider a "mature" gamer, but I have exactly

zero interest in this sort of communication. I really don't care how badass you think you are while sitting in your living room with a video game controller in your lap. You're still just a dude playing a video game, just like me, so settle down please.

And the thing is, the sort of communication that these systems were designed for, is hardly happening at all. The primary reason that players are allowed to chat amongst themselves in games like Halo or Call of Duty is so that they can strategize as a team. If you're going to play together towards a common goal, then it only makes sense to play together and not just run off on your own.

Of course that's what most players do. Because most players of online games seem more concerned about showing off their mad skills. Humans are there as opponents to test your skills against. Teammates? What are those? I can't shoot them, they're useless to me.

I don't play a lot of online games anymore, and this is a big reason for it. And when I do, I don't even bother hooking up my headset. Even before I find myself in a game's lobby, I can be fairly confident that I'll have nothing to say to any of the players I'll meet there.

I should say that not every game is this bad. To be sure the most popular titles -- the Halos and the Call of Duties -- seem to attract the worst of the worst. But if you can find a lesser known title with a good community, it's actually possible to meet some gamers from around the world who don't completely suck to talk to. I remember playing the Rainbow Six: Vegas franchise years ago and actually making a few friends from my online experiences.

Ah, those were the days.

Speaking of multiplayer gaming, one of 2015's biggest multiplayer titles hits the streets on February 10. *Evolve* pits player-controlled hunters against

player-controlled monsters from the developers who created the Left For Dead franchise. Pick up *Evolve* for PC, Playstation 4, or Xbox One.

Owners of Nintendo's 3DS handheld console can experience a 3D remaking of the classic *The Legend of Zelda: Majora's Mask* on February 13. This title follows up the very successful 3D remake of *The Legend of Zelda: Ocarina of Time*.

The Order: 1886 is a fairly hotly anticipated Playstation 4 title that'll release on February 20. It's set in an alternate version of London where an old order of knights keeps the world safe from half-breed monsters.

And while there's no date announced at the moment, Macintosh gamers should finally be able to get their hands on *The Sims 4* at some point in February. Until then, they're just going to have to keep experiencing their real life instead of a virtual one.

Other notable releases: Game of Thrones: Episode 2 (02-03); Spongebob Heropants (02-03); Monster Hunter 4 Ultimate (02-13); Oddworld: New 'n' Tasty (01-25)

What have I been playing lately? Finally started playing through my Metal Gear Solid HD Collection in anticipation of this year's release of Metal Gear Solid 5. So far I'm working my way through MGS2, and it's just as incomprehensible as I'd hope. I also picked up Guild Wars 2 while it was on sale, and have been digging this slightly different take on the MMO genre.

What have you been playing lately? Do you have any games you hate communicating in? Better yet, have you found games with a decent community you can talk to? Let me know about 'em! Send me an email at todd@thestew.ca

Turn Your Vehicle Into A Moving Billboard



Tell Tale
SIGNS & PRINTING

www.telltalesigns.ca • 250-398-7446

Next to CP Electronics • 288 2nd Ave. N., Williams Lake

do

X-Word Puzzle

1 Ariadne ran off with
adjutant (4)

3,14,24,19,1d,11,25,10
22's view of us: Hah! Listening
meeekly to broadcast 24
he tucked into sandwich?
1d sweetheart, he's not one
to be stirred by leader of
ensemble's silly mistake
(3,7,3,3,4,5,3,4,10,4,3,5,2,5)

9 Mist over river cleared
from water running north-
ward (5,2)

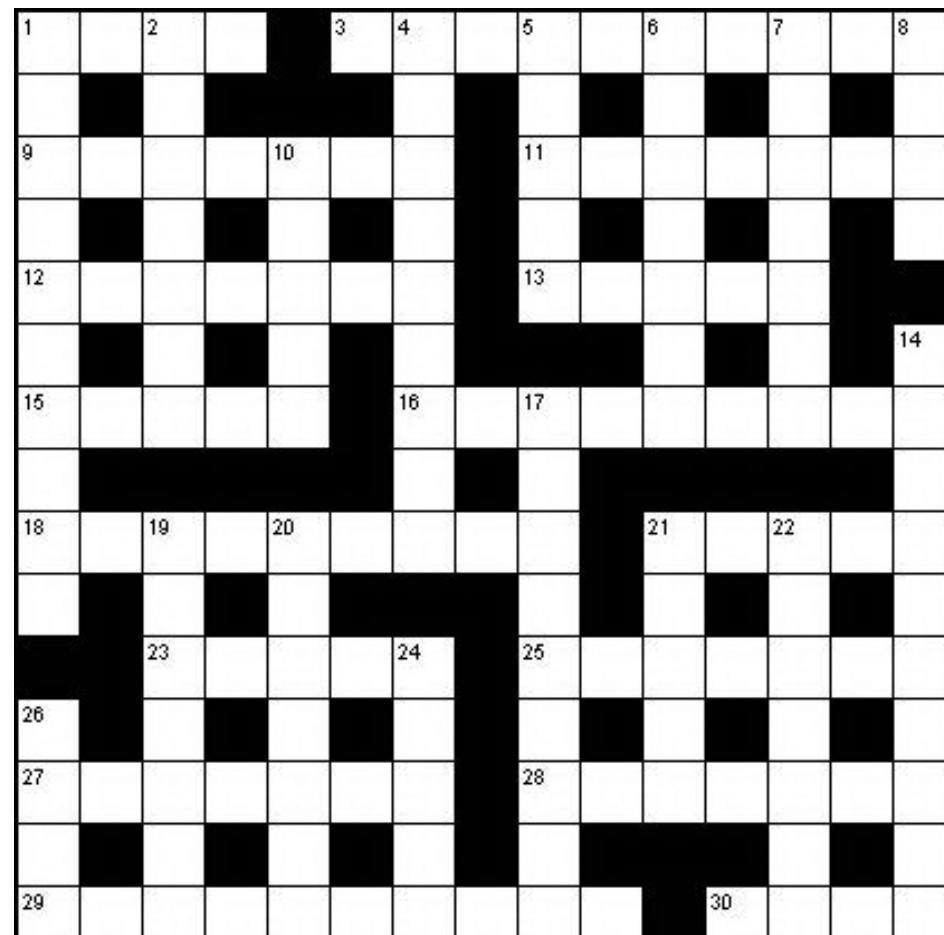
11 See 3

12 Indian tribesmen lark
around, carrying wood (7)

13 Fight is fixed before start
of third round (3-2)

15 The Northern alterna-
tive to American dough-
nut? (5)

16 Rendition of score –
Schubert's third – reflected



skill of one under 22? (9)

18 To ply one with booze
could be a bit cruel (9)

21 Keep talking with Afri-
can country (5)

23 Jolly group getting a bit

of heat? (5)

25 See 3

27 A discussion on French

art with intimate friend (7)

28 These dancers are big in
Russia (7)

29 Crafty lech harassed
Phoebe perhaps (10)

30 Captain's deputy gets a
duck (4)

DOWN

1 Cleverly stores dissolved
substance by itself (10)

2 Lady's maid is part of the
furniture (7)

4 Extremely posh boy
struggles with half of learn-
ing curve (9)

5 The ultimate female
swinger (5)

6 Dance is presented with
too much in the middle (7)

7 Delaware's taken off from
where Motown started to
produce anthem (7)

8 Hypocritical clerk makes
a pile according to rumour
(4)

10 See 3

14 See 3

17 Can be influenced by
soap to be biased in broad-
casting medium? (9)

19 See 3

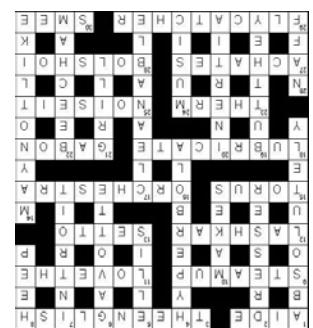
20 One train heading for
Euston's annoyingly show-
ing lack of movement (7)

21 Following good recipe, I
will cook (5)

22 Wood, Henry, nowhere
near amateur conductor (7)

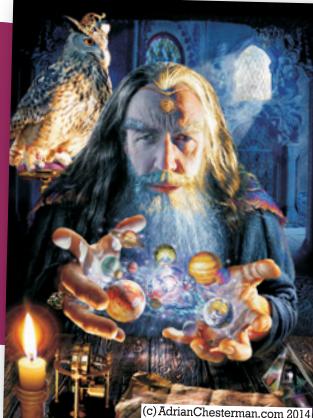
24 A trio perhaps, one
entertaining us after en-
counter with the farmer's
wife? (5)

26 North American fellows
can be socially crass (4)



merlynslis.com

Supporting & Promoting the
Metaphysical Community
in the Awakening World



Events

Psychic Dinner Series

begins **February 18th**,
6:30-8:30pm at Joey's Grill. Tickets available at the Hobbit House,
\$40 includes 4 private mini-readings (meal not included in price).

Psychic & Wellness Fair

February 27-28 /

June 18-19 / Oct. 16-17. Contact the Hobbit House for bookings

Metaphysical Workshops

Angel Card Reading Class with Wendy & Richard, March

9-10 / June 23-24 / Oct. 19-20.
Hobbit House, 5:30-7:30pm, \$100 for
two evenings

Psychic Workshops with

Rena, February 23-25, June
15-17 & Oct. 13-15. Hobbit House,
5:30-7:30pm. \$150 for three evenings.

Kundalini Yoga Classes to Nurture Psychic & Healing Gifts with Kate, March 7-May

16 / Sept. 5-Nov. 14. TRU Saturdays
3-4:30pm. \$250 for 10 classes.

Steps to Leadership with Kate & Tom.

FREE info sessions at TRU,
February 28 / March 1, 5:30-6:30pm.
Course at TRU, Saturdays March 7-Dec.
12, 5:30-7:30pm, \$2,100 for 30 classes.

Hobbit House 250-392-7599

For your Man of Steel



Woodland Jewellers

Special Gifts for Special People Since 1933

www.WoodlandJewellers.ca • 250.392.5423

150 Oliver Street, Williams Lake • Mon to Fri 9:30am-5:30pm, Sat 9:30am-5pm



Growing Cariboo Chilcotin Communities... One Idea at a Time

Community Futures



Cariboo
Chilcotin

Small Business Resource Centre

Community Futures invests time, resources and expertise with entrepreneurs in our communities. We are here to help businesses succeed and grow.

For more information on our services contact: 250-392-3626 or 1-888-879-5399

266 Oliver Street, Williams Lake • cfdc@cfdccariboo.com • www.cfdccariboo.com

Serving Williams Lake, Bella Coola, McLeese Lake, Likely, Horsefly, 100 Mile House & 70 Mile House

How Can We Help?

- ✓ Business Lending
- ✓ Workshops & Training
- ✓ Business Plan Consultation
- ✓ Succession Planning
- ✓ Start-Up Mentoring



Community Futures Business Partners



SELL YOUR BC BUSINESS TODAY!

We are Business Succession Specialists, providing professional guidance to BC Business owners to plan for their transition and ready their business for sale, through Real Estate or as a For Sale by Owner.

With a goal to connect business sellers with buyers, Venture Connect has created marketing systems that expose listings to thousands of local and foreign buyers.

See more at
www.ventureconnect.ca



HORTON VENTURES INC.

WorkBC Employment Services Centre

Are you Eligible ?

**You may qualify for support to
“Start your own Business”**

Financial Support at Start up:

- * Living Support
- * Transportation
- * Daycare

Business Support Partner

- Community Futures Cariboo Chilcotin**
- * Entrepreneurial Workshops
 - * Business Planning
 - * Coaching and Mentoring

**Call us today for an appointment
to assess your eligibility**

Williams Lake
Employment Services
Williams Lake, BC
250-398-5133
inquiries@hortonventures.com

Community
Employment Services
100 Mile House, BC
250-395-5121
employ@hortonventures.com

Bella Coola Valley
Learning Society
Bella Coola BC
250-799-5811
ls_cc@yahoo.ca

