

the stew

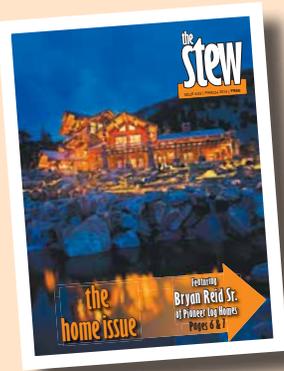
ISSUE 6.03 | MARCH 2015 | FREE

the
home issue

Featuring
Bryan Reid Sr.
of Pioneer Log Homes
Pages 6 & 7

hear

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Making a house a home with décor

BY CRAIG SMITH

"There's no place like home;" if you're as old as me you will recognize that from *The Wizard of Oz* in which Dorothy say it and clicks her heels together to go home. You will also see it as a line in a dozen movies and TV shows, and half a dozen songs. In my mind, anytime this phrase is used it refers to an actual place, your home, your street address. "Home is where the heart is" is totally different in the fact that it refers to a state of being rather than a postal code. It is not a place made of earthly materials. It is a cerebral place that you create yourself and it's what I call "my happy place".

I have always found that there is a huge difference between a house and a home. A house is a place that has been built for you to live in, meaning somewhere you can sleep, eat and place your body when it is not at work or outside. It's there to shelter you from the elements and contain your possessions but until you add things it is not a home. In basic terms the difference between a shelter and a home is easily shown on Maslow's hierarchy of needs pyramid. The bottom of the pyramid shows the basic needs we have as humans, for instance, air, food, drink, sleep, warmth, and shelter. These are the things that we as humans can't survive without. Take away any of them and eventually we will die, these are our basic needs. The next level of the pyramid deals with safety, security, order and stability. Now we can take our basic shelter and make it a house by adding doors, locks and security alarms. It's not until we reach the third level of the pyramid that we see the difference between a house and a home. This level is what

Maslow called Love/ Belonging. These are our physiological needs. It is the need for family and intimate relationships, for love and affection. Without the items from level three our house never becomes a home. There are many people in this world that will never experience what it's like to have a home. They live their lives out in war torn or severely depressed areas searching their whole lives to raise their lives to the other levels of Maslow's pyramid.

Now that I've told you basically the difference between a house and a home I should probably give you a few hints as to what it takes to make it that way. A home is where you are comfortable, where you feel loved, cozy, safe and secure. So what does it take to get there? Keep in mind this is all personal and what makes one person's house feel like home may not work for everyone.

One of the first things that always comes to my mind is colour. Some of it comes from my profession for the last 25 years of being a photographer and how much colour always has a huge effect on the way I feel. We are all affected by colour consciously or subconsciously. The big companies know this and spend huge amounts of money on things like packaging and design of their stores to get you to buy and in some instances leave quickly. The best example to give you is some fast food restaurants. While we were in the States a few months ago we stopped at a place called "In and Out Burger" we got in the line which moved fast but I felt needed to move faster. We rushed to find a seat, quickly ate our food and rushed to leave. As we were leaving I saw a lot of stark red and white and realized those colours affected the way we acted in



this business. There are colours that you can use in your house to make it a home. Colours that calm and soothe and colours that make everything feel warm. One day I will have my dream library/reading room where the walls will be warm tones and the furniture will be leather and dark hardwoods. I know it exists, I have seen it and been in it.

Another way to add hominess is to display items from your travels, to remember places you've gone to and wanted to come home rather than stay. Next you can incorporate your hobbies into your decorations. You don't do hobby's because you have to, you do them to help get to a happy place. They calm you and give you great senses of accomplishment. As a photographer I have always displayed my work at my business and my home. The current statistic that is frightening is that less than one percent of images now are being printed. That is an article for another time but let's just say print some images and put them on your wall. Places you've been, events you've attended or something that reminds you of one of the

happiest days of your life will help make your house a home.

I could go on and on with little tips to help make your address your home. Females have this more down pat than males as the nesting instinct is second nature and they will do things and change things to make it feel like home. Men on the other hand need to learn this. We have been given help with the new concept of the Man Cave. The thought of filling a room with only things that bring us joy and decorating it the way we want can make any house a home. In the past, a man's area has been a corner of the basement or the garage. The female in our life makes the entire house the home and no longer needs their sewing room. So that spare room can now be the man cave.

Let me leave you with one last thought this month and as much as I hate repeating myself I'll say it again. Print some pictures of your family and happy moments, that way when you need to go to a happy place because your kids are now teenagers, you'll have that reminder.

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This issue of *The Stew* is brought to you by all of us who love the Cariboo and call it home. The 'Home' issue is about a place, a feeling, and ideas. It is about celebrating the home, no matter what or where it is. The home is ever-evolving; from being a kid and making houses out of sheets or tree houses, to the young adult and the visions of mansions, and finally to the realization that home is where ever you are happy, loved, and secure, no matter the size, shape, or place.

The inspiration for this issue came from not only wanting to celebrate our home community, but also the importance of recognizing that home is a huge part of who we are, and being ever thankful for everything we have. Take a moment and remember that not everyone has a home; homelessness is still very prevalent. We pass by people in need every day but rarely do we get an understanding of the other person's journey. "There, but for the grace of God, go I." ~proverb



Featuring
Bryan Reid Sr.

Pages 6 & 7

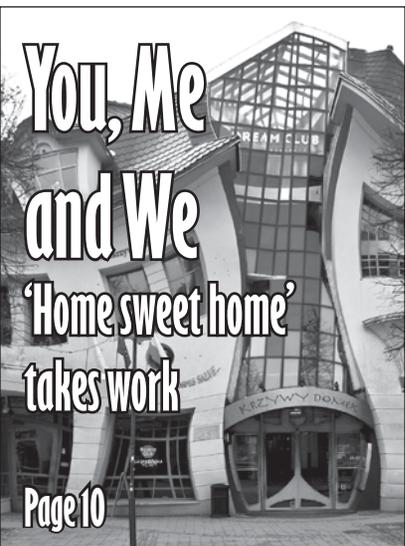
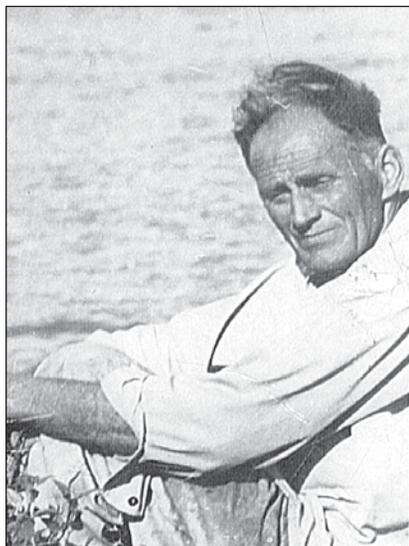
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Looking Back
KB Moore — Tatlayoko
Valley's First Rancher

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Travel
Home province by rail

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"The home should be the treasure chest of living." ~Le Corbusier

KB Moore – Tatlayoko Valley's first rancher

Kennon Beverly (KB) Moore was the first rancher to call the Tatlayoko Valley home. Born to an aristocratic family in Massachusetts in 1891, his lineage dated back to the Mayflower and the founding of the city of Boston.

KB was educated at home by personal tutors, then at age 17 he left home to seek his fortune. He rode the rods of freight trains across North America and eventually came to British Columbia. He found his way to the Chilcotin and got a job as a ranch hand for Norman Lee in Hanceville.

After a year or two working for Norman Lee, KB decided to look for a piece of land of his own. Taking the saddle horse he received for wages, he and two young friends from New Mexico made their way to Chezacut where he heard there was an expanse of broad meadows that could be staked for homesteads. He found a nice meadow, later named Moore Flats, and spent a year there 'proving up' the land. An unfortunate tragedy dashed his enthusiasm for that country when one of his young friends drowned.

In the April, 1914, KB's search for a home continued. He decided to explore further west and south, and rode his horse into Tatlayoko Valley. He was impressed by the spectacular mountain scenery, and in particular, by the much warmer growing climate. Where Chezacut was still icebound with snow, Tatlayoko was sprouting green shoots and there was enough natural feed that he could stake out his horse overnight on a forty-foot rope and not have to re-stake him in the morning.

KB was still an American citizen when Canada entered the First World War in August 1914, but he felt a patriotic duty to defend his adopted land. He enlisted with the Royal Canadian Engineers and was sent to the front, laying track for the munitions cars.

Before KB left the



Chilcotin for the Great War, he proposed to a young woman, Dolly Church, whose brother, Dick Church, owned a ranch at Big Creek. Unfortunately once he got overseas, KB received a "Dear John" letter from Dolly, telling him she met someone else she wanted to marry.

KB's whole company was gassed in the trenches and most of them died, but KB was lucky. He was sent to Scotland to recuperate, and for a whole year he lived with a family that produced some of the country's finest Scotch whisky. Each day KB received a dram of the beverage and he credited it for restoring his health.

After the war, KB returned to Chilcotin with renewed vigor. He promptly took out a pre-emption in Tatlayoko Valley, staking the Circle X Ranch just north of Tatlayoko Lake. He also discovered that his old flame, Dolly Church, had not married after all and received a letter from her begging him to take her back. The couple married and had two children, Isobel in 1920, and Beverly Kennon in 1922.

It was a Moore family tradition in Boston to reverse the order of the names, "Beverly" and "Kennon", with each succeeding generation of oldest males. KB's father was Beverly Kennon and his grandfather was Kennon Beverly.

When KB established his ranch, the provincial range officer suggested that he apply for the grazing rights for the whole Tatlayoko Valley. No one else had pre-empted the land there up to that time.

KB declined, saying he wanted neighbours.

"Then we can round up our cattle together, brand our animals together, and take our beef to market together," he told the grazing inspector. The future as far as he was concerned was to have a community of people supporting one another.

Soon more people moved into Tatlayoko Valley, and by the mid-1920s there were several ranching families including the McGhees, Belameys and Purjues. To a fault, KB Moore was conciliatory and generous. When one rancher ranging cattle down the west side of Tatlayoko Lake experienced bear problems, KB agreed to share his range on the north end of Potato Mountain even though it meant he would have to run fewer cattle there himself.

KB's fortunes with his wife, Dolly, were short-lived. When he returned home from the annual beef drive to Williams Lake one fall, Dolly and the two children were gone.

"The kids were seven or eight years old," says KB's grandson, Barry Moore. "She took the cook stove,

the wagon and horses, twenty head of cattle, and went to Anahim Lake. She cleaned him out. When he came back from the beef drive he had nothing."

Despite the setback, KB's kind nature prevailed.

"Grandpa never spoke badly about Dolly," says Gerry Bracewell, KB's daughter-in-law. "He fed her horses and cattle every winter, sold her calves in the fall, and sent her the money. He never cut her down or complained about what she did. He was in love with that woman right to the end."

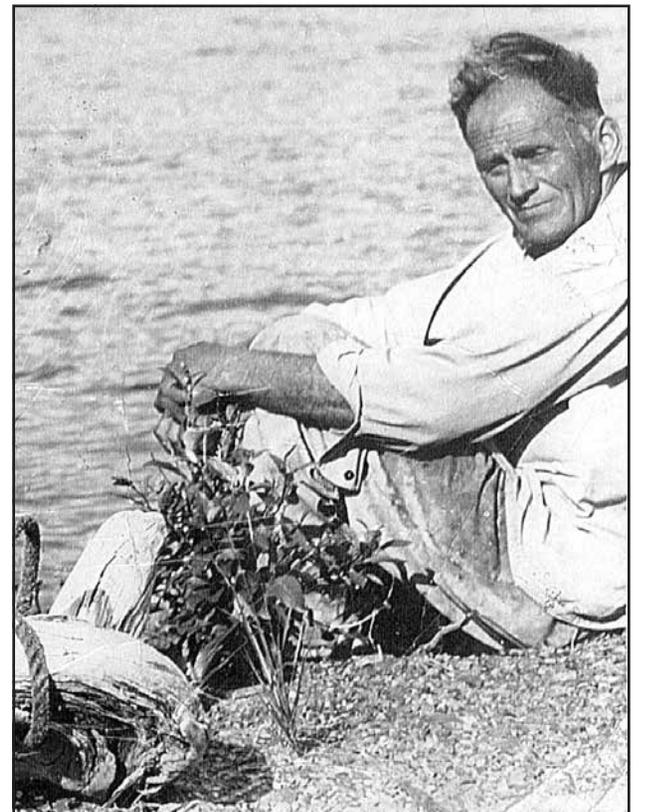
KB became one of country's first game guides, apprenticing with the legendary Ralph Edwards of Lonesome Lake.

Gerry Bracewell came to Tatlayoko Valley to work for KB Moore in 1940. On KB's encouragement she married his son, Beverly, and they had two sons together, Marty and Barry.

Unfortunately Gerry and Bev's marriage didn't last. Bev pulled out and left his wife and kids on his father's ranch when the boys were still toddlers.

Gerry, who lost her own dad when she was five years old, says KB became the father-figure she had never known. Likewise Gerry, Marty and Barry became the family KB had always cherished since his own wife and kids pulled out so many years earlier.

KB handed over his guiding and outfitting business to Gerry after mentoring her in the ways of big



game hunting. She went on to become one of the province's most notable female registered game guides – a career that spanned five decades.

When KB was on his deathbed in 1954, Gerry was at his side. She says, "Granddad had an expression of awe and wonder on his face." She figures he

was consoled because his fondest dream of having his family carry on the traditions he had started was being realized.

"When I am but a speck of dust in the giant arms of dust... some blood of mine will yet be warm; some heart will echo my old cares and happiness," was his favourite quote.

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“There is nothing like staying at home for real comfort.” ~Jane Austen

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flavour of the month

"Home is the nicest word there is." ~Laura Ingalls Wilder



Bryan Reid: finest log homes on Earth

BY CHRISTA SMITH

With more than forty years of experience and a name that is known around the world, Bryan Reid of Pioneer Log Homes is this month's feature. Bryan is the founder of this local hometown business and has taken it to national and international levels of recognition.

Bryan started his journey back in 1973 after studying under a local craftsman. Bryan's vision and dream from the start was to have a family-run business when he established

Pioneer Log Homes of British Columbia. Today that family has grown to include three generations and 140 employees. Bryan says, "Dedication stems from our deeply embedded family values and ideals that have been part of our custom log home company since the beginning."

Growing not only the business but also wanting to share what he does with the world, Bryan said, "I chased a producer to get us a show, while I was off for a treatment." "It was my idea to have a series called the Timber

Kings." So now with the latest addition of the Timber Kings, Bryan's dream of building families a place to call home has reached new heights. The rough and tough chainsaw-wielding Timber King boys are putting their hometown on the map and providing the public a glimpse into the precision and creativity that goes into a Pioneer-crafted log home. The Timber Kings is in its second season, and now a spinoff show is in the works called the Carver Kings.

There is no question as to the intimate

relationship that this team of builders have with the wood. Every tiny detailed cut, every notch, and every design project, the image and dedication that they have for their work, a level of passion that is sure to have been passed down from the master himself. Bryan has taken a skill and turned it into a business philosophy that is embedded in the roots of what this company designs and builds.

With rustic appeal and superior craftsmanship, these custom-built log homes are a work of art designed to last

for generations. These massive logs are brought together with absolute precision and flawless design. The builders and designers take pride in each construction, and oversee every detail to perfection. Bryan says, "I still try to work every day, seven days a week, twelve hours a day" hands-on at the business, working and growing it. For the future, Bryan says that they have plans to use their skills and creativity to expand into other products as well.

Bryan is no stranger to the spotlight, as he

and his log masterpieces are not only highlighted on their second season of the Timber Kings, but have also been featured in dozens of magazines and newspapers. It has been an honour to feature Bryan and Pioneer Log Homes in the 'Home' issue of The Stew. This issue is about homes and people and Bryan recalls that they have built over a thousand homes, and have "met the nicest people on Earth." For Bryan, "the future is to be the finest log building company on Earth, period."

Wespeak

Hometown feeling

BY CHRISTA SMITH

Our hometown is in some ways as near and dear as a physical home. It's the place we call home when away, and proudly cheer on our sports teams and local heroes. The Cariboo is home to many nationally recognized sports heroes and athletes. But hometown is not just a place where you grow up and go to school, it's a place where memories are made and friendships forged.

So what makes you identify with a specific place as a hometown? Is it the place where you were born, went to school and grew up, or is it the place where you settled and started your career and family? For many people it

is all of the above. Growing up I moved around a lot and I always thought of my hometown as the first place I remembered and where I was born. Then I distinctly remember visiting my birthplace and was dismayed to find that nothing about it felt homey, and it was nothing like I remembered; it did not feel like home. So what changed? The house was the same, the landmarks the same, even some of the people were the same, but it was no longer home.

I have now called the Cariboo home for over twenty-five years. Even though I was not born here and did not spend most of my childhood here, it is still home. I have roots here, family, friends, business acquaintances and



connections. I love the fact that I can go into almost any business in the Downtown and I am greeted by people I know. There is something very reassuring

about the relationships that I have formed with the small businesses in the Downtown. It makes it feel like home.

Craig and I like to travel and visit unique places with quaint shops and small businesses. The best way to get to know the locals is to visit the mom and pop shops. The Cariboo, from 100 Mile to Quesnel is no different. The feel of a place can be found in the Downtowns and in the small shops.

Often times I think we forget how lucky we are to have a hometown feel that is generated through our local businesses. We take for granted that we will always be greeted by the smiling owners and be served with a style that is unique and

individual. I think that society is trending away from individualism and personality by creating models, flow charts and processes that are predictable and repeatable. It's great that consistency and accuracy have become a new standard, but to what end? I kind of like the fact that I am an individual person when I enter a business, not just a number. In order for our hometowns to succeed and thrive we need to remember what makes them special and what we have come to love about them.

Like anything, to be sustainable, businesses, events, and social organizations need people to participate, get involved and shop. Over the years

we have seen declining volunteerism, less activities and definitely fewer small businesses. The groups and forums that ask, "What do you want to see in your downtown?" are often followed by answers that reflect something that was once here and is now gone. If we want to keep what we have, and encourage more people and new business, we have to be proactive in supporting our hometowns and fighting for what we love about them. We have to shop locally, and take some extra time out of our busy lives to support functions and sporting events, and to volunteer, so that they are all sustainable for years to come in this place we call home.

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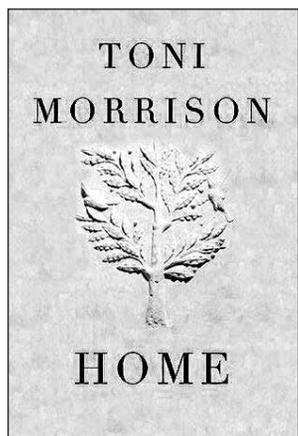
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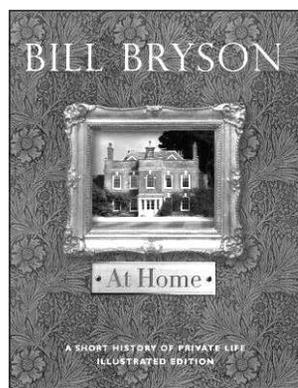
Home (2012) Morrison, Tony

Nobel and Pulitzer Prize winner, Toni Morrison, is back with another novel filled with vivid dialogue, and richly drawn characters. Frank Money is a shattered and broke down Korean War veteran who has returned home to racist America with physical and psychological scars, to wander the streets of Seattle essentially homeless. The only thing that cuts through his apathy is the knowledge that his sister is ill, and he must take her back to the small town they grew up in (and that he's hated all his life). According to Frank, Lotus, Texas, was "the worst place in the world, worse than any battlefield." After moving there at the age of 4, Frank witnessed his parents working 16-hour days, picking cotton

and planting crops, and upon their early deaths, was at the mercy of his grandparents' cruelty. The overarching question Morrison asks throughout the novel is, "What kind of psyche is it possible to develop when we come from an emotionally and spiritually crippled home?"

"Stunning... a powerful meditation on life and a marvel to behold in its breadth and brevity. It demands and deserves repeat readings."—The Independent

"Morrison loves language. She is a master... Home is a horror story, a ghost story, a fairy story and also, an allegory."—Donna Bailey Nurse, The Globe and Mail



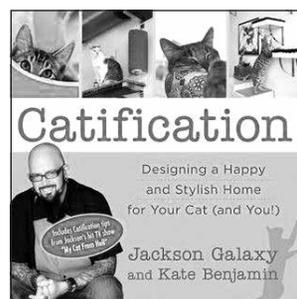
At Home: A Short History of Private Life Illustrated Edition (2013) Bryson, Bill

Bill Bryson focuses his lively and curious mind

to the topic of home: the way we lived back then and the and how we live now. His effervescent prose is presented alongside 200 carefully selected images. At the end of this book, you will see your home and your day-to-day life in a new way.

"Bryson is fascinated by everything, and his curiosity is infectious... [his] enthusiasm brightens any dull corner... You'll be given a delightful smattering of information about everything but... the kitchen sink."—The New York Times Book Review

"Bryson's gift for finding amazing facts and fascinating connections between people and events makes this another enjoyable sprawling read through many things you didn't know you wanted to know."—National Post



Catification: designing a happy and stylish home for your cat (and you!) (2014) Jackson, Galaxy

New York Times best-seller, Jackson Galaxy, shows cat owners everywhere how to make their

homes both cat-friendly and stylish. According to Galaxy, you don't have to settle for unattractive cat towers and kitty beds acquired from the local pet shop. Jackson Galaxy, the star of Animal Planet's My Cat from Hell and Kate Benjamin, of the popular cat design website Hauspanther.com, take readers through the step-by-step process of designing good-looking cat homes that are also optimal feline environments.

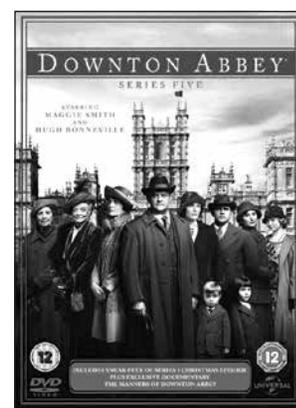
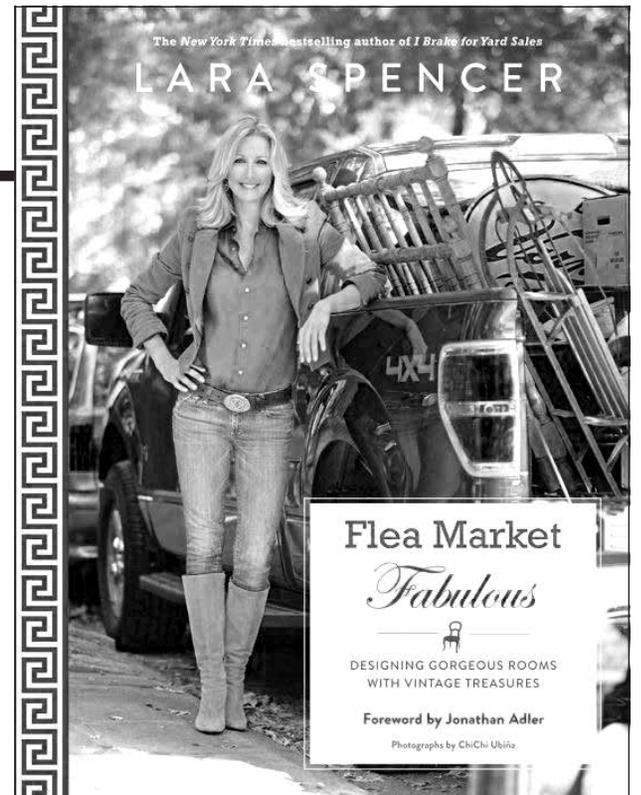
The book includes over twenty fun do-it-yourself projects; from litter boxes to catios (cat patios) that will please you and have your cat purring.

"If you have cats, you need this book. Galaxy... show[s], in over 400 color photographs, myriad ways to make your home cat-friendly without looking like a crazy cat person. Best Interior Design Book of 2014."—Library Journal

"Even if you are DIY challenged and on very tight budget, there's such a range of ideas for all types of people, cats, and homes."—AdoptaPet.com

Downton Abbey Season 5 (2015) [DVD]

The fifth season of Downton Abbey is out on DVD, and soon to be on the shelf at the library. 1924 brings turns and twists to every ongoing plotline. There are crises for everyone who call



Downton home, for both the people living upstairs and downstairs. The high quality drama of this season is set against the background of the UK's first socialist government having just been elected, and Lord Grantham accurately suspects that they have no sympathy for him and his class. This season will certainly not disappoint Downton Abbey fans.

Flea Market Fabulous: Designing Gorgeous Rooms with Vintage Treasures (2014) Spencer, Lara

geous Rooms with Vintage Treasures (2014) Spencer, Lara

When talking about her passion for flea markets and the basic premise of this book, Lara Spencer explains, "It's not about the money... It's about creating really fun, personal rooms that have loads of character and make you smile." By focusing on nine different rooms, Lara Spencer shows readers how unique, beautiful and comfortable spaces can be put together with flea market finds, using some planning, shopping know-how and a touch of imagination. Spencer demystifies the decorating process, and shows readers how to envision countless possibilities for what they can do in their own homes, affordably.

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"A man travels the world over in search of what he needs and returns home to find it." ~George A. Moore

'Home sweet home' takes work



We've all heard the saying, "Home is where the heart is." When I think of home I think of a place that should be a sanctuary; a place where I can completely be at ease and feel safe and secure. I also believe that home should be a place where

the people who live in it are given love, compassion, empathy, support, friendship and acceptance freely. That of course, is the ideal, and we all at one time or another fall short of the ideal.

Why do we fall short of making our homes

functional and successful all of the time? Well, for starters, no one is perfect. I know I am not. I know the people in my life aren't. We all have moments where we can't give 100% of ourselves in relationships, and in fact what we do give when



we are having a rough moment or a bad day can sometimes be less than stellar. Thank goodness we all have these moments, because it would be really hard for our partners or children to be around someone who never messed up.

Secondly, most homes and families are under some sort of pressure or stress. Whether that stress is just from the business of everyday life, financial issues stemming from job instabilities, health issues, or a multitude of other possible stresses, it all can take a toll on how home life functions. On an individual level, stress can have a huge impact on how we function. We can lose sleep, lose our appetites, as well as developing problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression and anxiety. So just imagine having even one or two of these things going on, and trying to be a fully functioning member of a home. It's not always

easy.

What can we do to ensure that our home life and the people in our home can cope with things that come up that aren't perfect? Well, one thing we can do is discuss how to handle situations that might arise before they do. One way of dealing with issues might be making a point of airing concerns and keeping things out in the open. Doing this means that things will not have a tendency to be swept under the rug and left to grow out of proportion.

One thing I remember hearing a mother talk about before I even became a parent was how her family had family meetings. A part of these meetings was to review what the expectations of the family was for how they treated with each other and dealt with issues that arose. I thought that was a really good idea to have a set of "expected" ground rules to live by that was developed by the family; because everyone helped devel-

oped them there would be more "buy-in," or in other words, more willingness to stick to those ground rules when dealing with each other.

Set your home up for success. Know what you want your expectations to be and as parents or even as partners and model the behaviours and actions you want to see happening around you. The positive role modelling will not go unnoticed, and it will help others stay accountable for their actions as well. It stands to reason that when you are expecting other people to do things, they won't be willing to do so if you don't do them yourself.

And when there are times when people fall short and have a bad moment, remember that you aren't perfect either. Give the other person the same forgiveness and acceptance that you would hope would be given to you when you aren't at your best. Give a helping hand when it's needed, even if it isn't asked for, because often when we are under stress or aren't at our best we forget we can rely on the people who love us and don't have to handle everything alone.

Spend the time and effort necessary to create a safe and loving home, and the benefits will come back to you for many years to come.

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eat

Coffee health

Now that we have established the near impossibility of harmful chemicals entering our system via coffee (see February's article), you can relax your buying habits a little and venture into new and different coffee products that are not labeled as organic. That said, be sure not to overlook the fair treatment aspect of ANY foreign products. Because of the nature of foreign country governments and cultures, this is the part of buying abroad that DOES matter. Always do your best to see if the products are marked as direct trade, fair trade, responsibly grown etc. This ensures that the people on the production end are being treated respectfully and paid fair wages within their society.

I have seen some companies touting the organic label and when inspected closely, I noticed that their organic certification comes from within British Columbia. This seems problematic to me as I am not sure how you can certify your product organic through a "local" organization when it originates in another country... I have not looked into this with any great fervor as I often do when researching, but I pose the questionable nature as food for

thought.

In speaking with my direct trade coffee supplier, they informed me that this last year (2014) was a particularly hard year for plant diseases and insects. Those farms that were certified organic were producing extremely low volume and very poor coffee quality. I was happy to have their knowledge in the industry to guide my purchasing to ensure quality products supplied from excellent farms with fair treatment of workers.

I love to research nutrition and am becoming increasingly aware of how terrible we eat as a whole today. With the processing of foods to cater to massive bulk purchasing and genetically modified products for maximum production, it is no wonder that we suffer from all forms of physical maladies! I recently have been looking into what foods are acid-forming in the body and what foods are alkaline-forming. For optimum health, we want to maintain a slightly more alkaline base pH (about 7.4). To achieve this, we have to be eating a good balance of foods that will allow our body to get there WITHOUT leeching things like calcium, magnesium and zinc from



our bones. When this happens, we are at greater risk of developing all sorts of ailments because of the lack of balance. Coffee is acid-forming. What this means is that we have to

be careful not to over-drink it and to maintain a good balance of alkaline forming foods/liquids to keep our system in check. Stay healthy and drink coffee!



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Microhouse: a dwelling that fulfills all the requirements of habitation (shelter, sleep, cooking, heating, toilet) in a very compact space

At home on stage

BY CHERYL-LYNN LEWIS

As Williams Lake Studio Theatre celebrates its 60th Anniversary, contemplating 'home' takes on many meanings.

There is a feeling of anticipation when entering a theatre, whether attending as part of the audience or arriving as cast or crew. For this evening the two sides are focused together on the performance of the play – the telling of a story. Over time this shared experience creates an atmosphere within the building that is charged with potential. It is also built of sawdust and makeup, tears and laughter and all that happens before a play goes on stage. For many, coming into a theatre space has that feeling of arriving home.

Theatre has provided a metaphorical home for many. In high schools – sometimes difficult and exclusionary – the drama room often provided a refuge. For some it was a place to really be themselves. For others it was a place to "try on" different personas while acting. As adults, becoming involved in the local theatre group is like joining a ready-made community. It's a creative space where human stories are explored.

It's also paint brushes and ladders and power tools and evenings and weekends given over to rehearsals and set building. There is a place for everyone, no matter the level of experience. It is a community focused on the goal of putting on the best production possible. In this space friendships are formed that outlast the ten week rehearsal period. Over time a sense of belonging to the theatre family grows.

Physically, the Studio Theatre has been in its current home since 1989. The first 30 years or so saw the theatre perform plays in church basements, community halls and town council chambers. Occasionally plays were performed outdoors in the park and for dinner theatre. There were travelling performances to Likely and Horsefly, among other locales. From 1986 to 1989, the Williams Lake Studio Theatre was housed, in what was then, Cariboo College. When the college population grew, the theatre was in need of a new home and School District 27 offered up the little gym in Glendale School. For those interested, the college had converted a waterbed factory for its campus. The building

is now the Pioneer Log Homes Complex.

Like any home, the Studio Theatre has had many modifications since 1989. A backstage door to the bathrooms was added after "12 Angry Men." A printing error led to the doors opening at 6:30 instead of 7:30. With no private entrance to the bathroom, the 14 nervous actors were stuck backstage for about four hours. Talk about "angry men"! A camping toilet was brought into a private space backstage, and after the run, the club negotiated a more permanent solution with the school district.

The trailer outside provides storage for larger set materials. The performance stage itself has expanded from the original curve, built when the space was modified from the original small gym and upper stage. The closure of the school allowed us to re-imagine the lobby area and add a separate office and concession space. All of our costumes have recently been sorted and properly stored. Many of you will be happy to know that there are plans for new seating, making our home more comfortable for all.

Playwrights often set their stories in family



homes. A specific genre, "kitchen sink drama", began in the 1950's as a reaction to the elegant drawing room comedies which were previously popular. These dramas realistically portrayed the 'working class' and their struggles in intimate home settings, often including the kitchen. *A Streetcar Named Desire*, *A Skull in Connemara* and *Crimes of the Heart* are some examples. The family dynamic is a rich environment for stories. Recently, *The Big Five-Oh* and *Over the River and Through the Woods* have explored the family home in a comedic fashion.

Williams Lake Studio Theatre's 60th Anniversary celebrations include two plays by Gwen Pharis



Ringwood exploring different family environments. *Still Stands the House* is set in the Prairies in the 1930's. A struggle develops between the older sister and her brother and his wife over the family home as a blizzard rages outside. *Garage Sale* is set in the 80's, in the back yard of an elderly couple as they reflect on their own lives

and the various possessions the young couple across the way have put out for sale. **This double bill is on stage March 11 – 21, Wednesday to Saturday.**

Finally, turn the ghost light on as you leave the theatre. Its glow will guide you safely off stage and the next time, welcome you back home.

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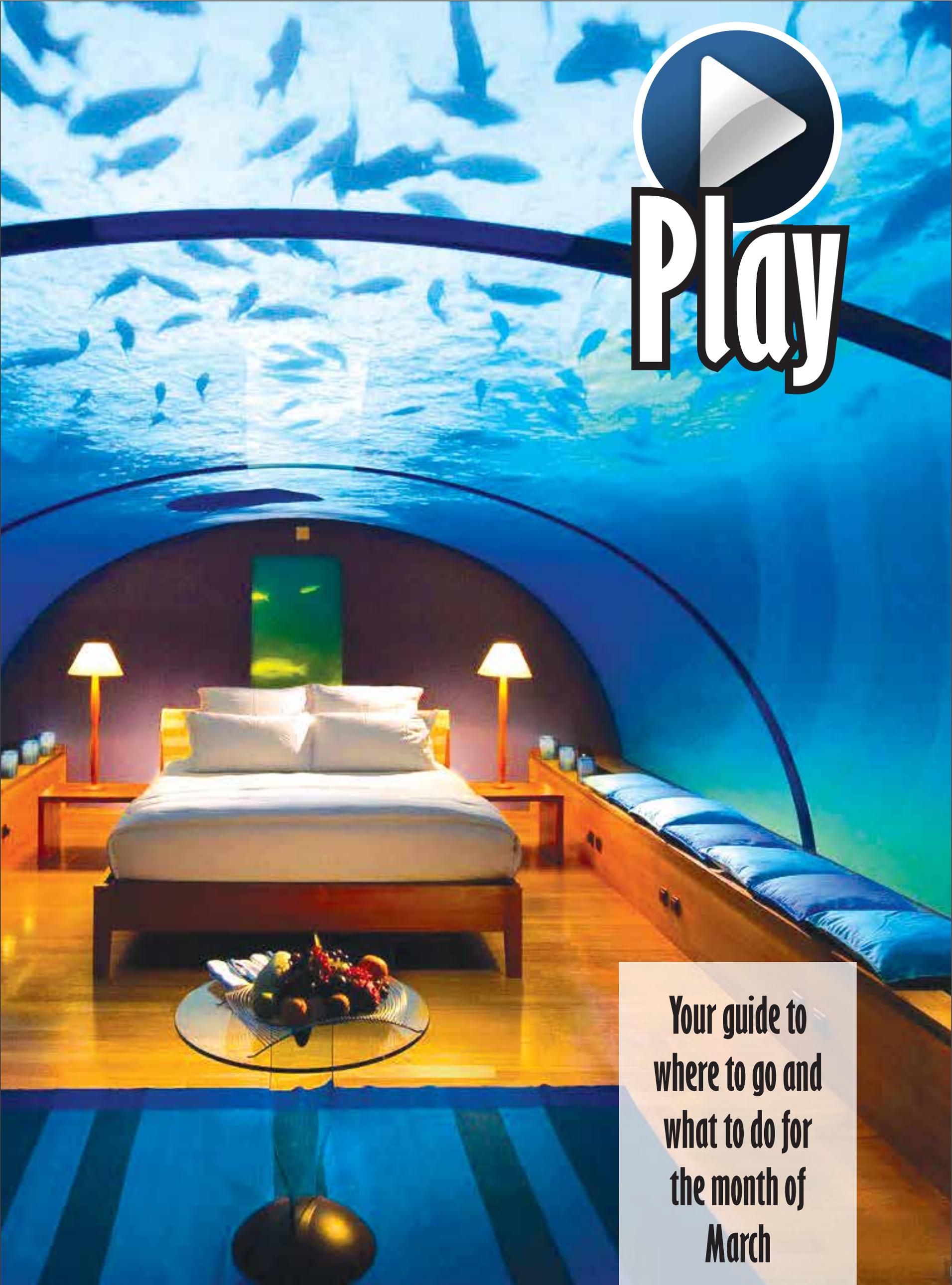
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Watch our Facebook page for updated events and info:
www.facebook.com/WomensContactSociety



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the month of
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play

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March 1,8,15,22,29 Sunday Morning Magic, Adventure Games, 83C 2nd Ave S, 10am

March 1,8,15,22,29 Sunday Game Night, Adventure Games, 83C 2nd Ave S, 6pm

March 2 Seniors Bingo Upper Boitanio Mall 1pm

March 2-4 Awaken the Spirit and Secwepemc Health Caucus presents Soup & Bannock for the Soul workshop, Elks Hall, pre-register with Vicki Manuel 250-318-8350

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

March 5,12,19,25 Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

March 5,12,19,25 Pokemon Thursdays, Adventure Games, 83C 2nd Ave S, 3:45pm

March 6 Night of Decadence pottery show & sale with live music, tickets at Station House Gallery, 7-10pm

March 6,13,20,27 Friday Night Magic, Adventure Games, 83C 2nd Ave S, 5pm

March 7 Oculus Rift Demo (virtual reality headset), Adventure Games, 83C 2nd Ave S, 3pm

March 7 Film Club, Gibraltar Room, 2-4pm

March 7,14,21,28 Warhammer & Table-top Games, Adventure Games, 83C 2nd Ave S, Saturdays all day

March 9 Fiber Artacular, knitting class, ages 8-12, \$45/class, pre-register: 250-398-7665, Cariboo Memorial Complex 11am-3pm

March 9-13 Lego Mindstorm EV3, 9-14 years, \$150 pre-register: 250-398-7665, Gibraltar Dressing Room, 1-3pm

March 9-13 Smarties: Lego Robotics Primer, 5-7 years, \$113 pre-register: 250-398-7665, Gibraltar Dressing Room, 9-10:30am

March 9-13 Lego Robotics Beginners, 6-8 years, \$113 pre-register: 250-398-7665, Gibraltar



Dressing Room, 10:30am-12:30pm

March 9-14 Video Game Designer, 9-12 years, \$150 pre-register 250-398-7665, Gibraltar Dressing Room 3-5pm

March 9-20 Fun Days at Pool, Cariboo Memorial Complex 1:30-3pm

March 11 Fiber Artacular, sewing class, ages 8-12, \$45/Class, pre-register: 250-398-7665, Cariboo Memorial Complex 11am-3pm

March 11-14 WL Studio Theatre presents 'Still Stands the House' and 'Garage Sale' 8pm

March 13 Fiber Artacular, looming class, ages 8-12, \$45 pre-register: 250-398-7665, Cariboo Memorial Complex 11-3

March 13 Safety Meeting Concert Series, Red Haven with Flannel Roots, Arts Centre 90 4th Ave N, doors 7:30pm, show 8pm

March 14 Live music, Padova & Flannel Roots, free all-ages show, CJs Southwestern Grill 6pm

March 14 20th Annual Business Excellence Awards, Elks Hall 5-10pm

March 14-15 Sewing Basics Class, adult \$86, senior \$76, info: 250-398-7665, Gibraltar Dressing Room 4-8pm

March 15 City of Williams Lake 86th Birthday Tea, Museum of Cariboo Chilcotin 1-3pm

March 15 Cariboo Kennel Club Flea Market, 965A Mckenzie Ave 10-2, tables call: 250-305-6634

March 18-21 WL Studio Theatre presents 'Still Stands the House' and 'Garage Sale' 8pm

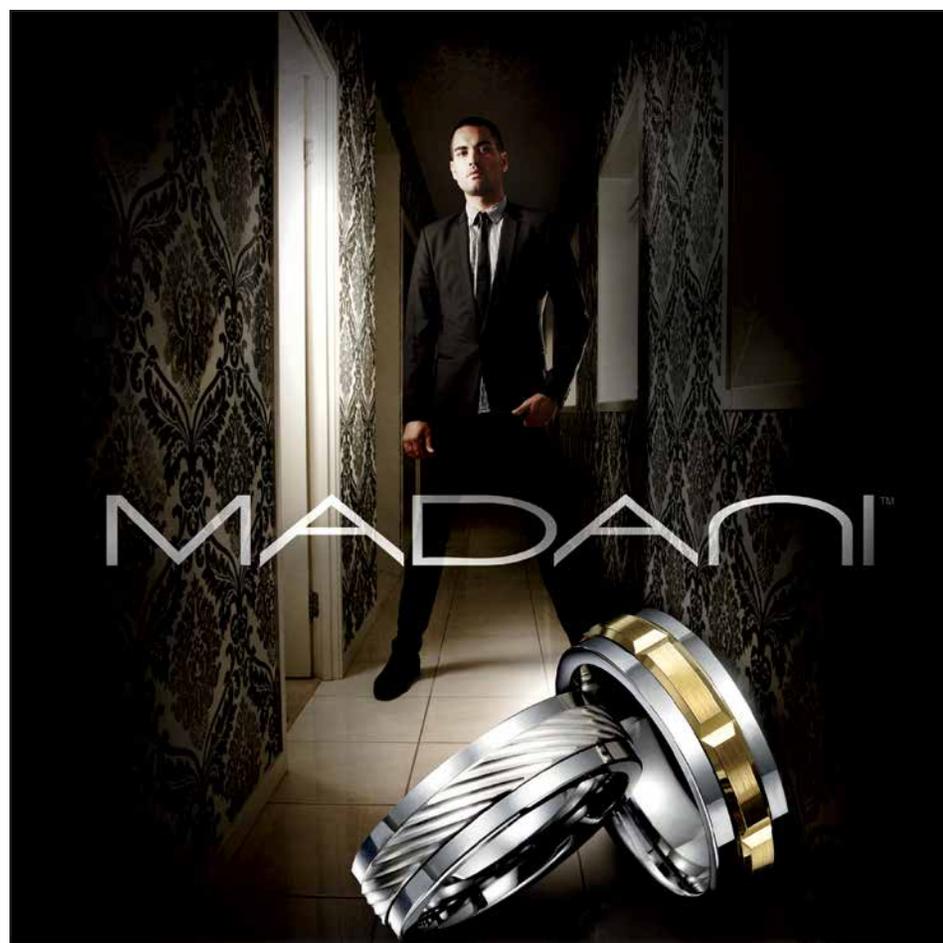
March 21 New Magic Pre-Release, Adventure Games, 83C 2nd Ave S, 5pm

March 21 Cariboo Art Society is sponsoring a Mixed Media workshop, Arts Center 90 4th Ave N 10am-4pm

March 22 New Magic Pre-Release, Adventure Games, 83C 2nd Ave S, 10am

March 24 Film Club, Gibraltar Room 7-9pm

March 27 Safety Meeting Concert Series, Pharis and Jason Romero with Harry Tudor, Arts Centre 90 4th Ave N, doors 7:30pm, show 8pm



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April 19 Cariboo Kennel Club Fun Match, Rod & Gun Club, obedience 9am, confirmation noon, Arlene 250-305-6634

QUESNEL & AREA

March 3 Quesnel Live Arts: Ballet Jorgen "Cinderella", \$25 Chuck Mobley Theatre 7:30-9pm

March 4 Super Bingo, Quesnel Bingo Hall 7pm

March 4 Live band Earl Dearing and Friends, The Occidental 8pm

March 5 Live band Raghu Lokanathan, The Occidental 8pm

March 7 Gold Pan City Derby Girls Pub Night, \$30 The Occidental 6pm

March 7 Communities for Veterans Foundation Fundraiser, Kersley Hall, 5:30-10pm

March 7,8 QJS First Annual Spring Fair, Quesnel Junior School, 9am-4pm

March 7 RCMA 'Spring is in the Air' open mic night, The Occidental 7-10pm

March 10 Live band EH 440, The Occidental 8pm

March 11 Board Meeting, Chamber of Commerce noon-1:30pm

March 11 North Cariboo Christian School Open House 8am-4pm

March 12 RCMA Jam Night, The Occidental 7-10pm

March 14 1st Annual St. Patrick's Day Pace & Pint 5K, Cariboo Hotel, 11am

March 14 Floor Cloth Workshop, Bouchie Lake Hall 1-3pm

March 14 St. Patrick's Day Pub Night, \$25 per person, Cariboo Hotel 5:30-9pm

March 19 RCMA Karaoke, The Occidental 7-10pm

March 19 Quesnel Film Club Presents: Red Army, Cariboo Theatre 6:30-8:30pm

March 20-21 Live band Frenzy, The Occidental 8pm

March 21 Ride Across Canada Fundraiser Dinner & Dance, Seniors' Centre, 5:30-11pm

March 27 Cariboo Craft Beer Festival \$25, 6-11pm



March 27 Live band Samson's Delilah and Jack Gatton, The Occidental 8pm

March 28 Big Dog Comedy, The Occidental 8pm

March 29 Health Fair 2015, Quesnel Arts and Rec Centre 10am-5pm

March 30 Live band Windborn, The Occidental 8pm

100 MILE HOUSE & AREA

March 5,12,19,26 Full Contact Stick Fighting, Thursday evenings in Lac La Hache. Info: Shauna jtpassion@outlook.com or www.coillmohr.com

March 5,12,19,26 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse

Lk Rd, Capt. Kevin Seal 250-395-1181 cadets2887@shaw.ca

March 6-8 100 Mile Ladies' Curling Bonspiel, Curling Rink, info: (250) 395-5265

March 14-15 Ryan Larson Memorial Snowball Tournament, Interlakes Rodeo Grounds, Teams \$200

March 21 Mt. Timothy Big Air Competition & Radar Race Day, Mt. Timothy

March 21 Forest Grove Annual Spaghetti Dinner and Silent Auction for info 250-397-2455

March 26-28 100 Mile Performing Arts Presents: The Melville Boys, Martin Exeter Hall, Tickets \$15

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MARCH 10

Night at the Museum - Secret of the Tomb

Serena

The Humbling

The Red Tent

MARCH 17

Annie

Before I Go to Sleep

Exodus: Gods and Kings

Penguins of Madagascar

Top Five

MARCH 24

Into the Woods

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Monster High - Haunted

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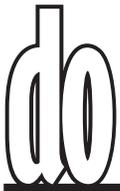
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Snout house: a house with the garage door being the closest part of the dwelling to the street



Home province by rail

BY CHRISTIANE KLEIN
OF ALL-WAYS TRAVEL

This month I would like to take you on an adventure a bit closer to 'home sweet home' with the Rocky Mountaineer.

Looking for a great option for people that like to travel but don't like to fly? Why not take a train trip and discover British Columbia. I invite you to jump on the train; sit back and relax while you enjoy reading where the Rocky Mountaineer can take you.

This year marks the 25th Anniversary of the Rocky Mountaineer taking you through the pristine, otherwise inaccessible wilderness of British Columbia. Why not add an extra layer of WOW by adding a cruise from Vancouver to Alaska.

Now let me take you to the destinations on our trip which are: Vancouver, Whistler, Kamloops and Quesnel.

Taking the train to Kamloops will show you the fertile farmland of the Fraser Valley. You will have a great view of the Coastal Mountains and experience the rumble of the raging waters of Hells Gate. Forests turn into desert hills when you approach Kamloops.

The word Kamloops comes from the Scwepemc word 'TK'emlups', meaning 'where the rivers meet' which refers to the flowing-together of the North and South Thompson Rivers. In the early days, 30 bands of Scwepemc lived along the rivers and lakes of BC's south-central Interior.

Kamloops is home to an incredible landscape of sagebrush-covered hills, ravines, wide open grasslands, rugged mountains, forested valleys and pristine lakes. Although Kamloops has everything you'd want in an urban centre, they haven't forgotten their small town roots

and you will love the relaxed lifestyle and friendly people.

To get to know your 'backyard' a little closer, the tours of the Rocky Mountaineer also offers a trip from Whistler to Quesnel.

Located in the spectacular Coast Mountains of British Columbia, just two hours north of Vancouver, Whistler is Canada's favourite year-round destination.

The Coast Salish First Nations people inhabited the land around Whistler for many thousands of years, hunting and gathering, and living a nomadic lifestyle long before the European settlers arrived. Some of the hiking routes between Howe Sound and Deep Cove are traditional routes traveled by the Coast Salish First Nations.

From its beginnings as a fishing lodge in 1914, to being centre stage for the 2010 Olympic Winter Games, Whistler has always been considered a



special place and outstanding destination for adventurous people.

Departing from Whistler you will travel along the shore lines of Anderson and Seton Lakes. Just beyond lies the semi-desert scrub of the Fraser Canyon and the Cariboo Plateau ranch lands. The train will follow the Fraser River into Quesnel.

Quesnel is the beautiful central playground in the North Cariboo. You will enjoy the perfect combination of rural charm and quiet city sophistication. Quesnel is rich in history and welcomes young and old alike.

Quesnel offers unlimited recreational opportunities. You can enjoy fly-fishing and canoeing in an unspoiled environment. You can also discover the true Cariboo historical points of interest or take a walk through the attractive parks.

The Carrier First Nations people are one of the original inhabitants of the north-central region of British Columbia, with the Southern Carrier Nation occupying an area from Bowron Lake Provincial Park in the east to the upper Black Water and Dean Rivers in the west. Today in the Quesnel area there are

Aboriginal people from all over Canada.

Quesnel's Downtown streets offer many historic points of interest within a compact area, such as the Old Hudson's Bay log cabin at 102 Carson Avenue and across highway 97, a waterwheel from the 1860's leads on to the old Fraser Bridge. This bridge is now a pedestrian bridge which functions as a part of Quesnel's extensive walking and biking trail system.

I hope you enjoyed this little train tour through our home province. Join us again next month to see what other adventures await you.

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eat

Saltbox: a wooden house that was widespread during Colonial Times in New England

Mom's good ol' home cookin'



When I travel I prefer to drive for a couple of reasons. First, whenever I board an airplane I find myself looking around at other passengers making mental notes on who I'd eat first when we crash into the mountains. Secondly, driving also allows me to stop in towns that I've never been to and eat in small, usually independent restaurants who most likely support someones family, not stock holders.

Along the way, I've noticed signs like "home cooking" or "homemade food" but my favorite was a place I stopped at that had a sign that said "Moms home cooking". I guess in retrospect I should have taken the stench of old deep fryer oil that permeated the parking lot as a warning. I approached thinking that if indeed someone's mom was inside cooking, she was probably wearing a dirty apron that was at one point pink or red but now tattered and a weird beige colour. She most likely smoked a pack of cigarettes a day and it would be a fair bet to assume she

had a lit smoke dangling out the corner of her mouth as she stirred the cauldron of whatever gruel was the 'special' that day. Fighting all better sense I entered the restaurant with reckless abandon. I was struck immediately by the stark interior, a few tables along the walls and some thrift store watercolors hanging crooked. Then the aroma hit my brain, soup... GOOD soup!

A (how do I say this politely?) woman of, ahem...advanced years approached me and said "Just sit anywhere hun." I sat at the table as she dropped a menu on it. "Coffee?" I looked at her, tempted to offer some shock value and order a stirred Manhattan, but my attempt at brevity was cut short by her pouring coffee into a cracked mug in front of me. I opened my mouth to ask her what the soup was, when her raspy voice cut through the air. "Soup today is onion, the special is a hot hamburger sandwich." I remembered the sign on the front of the building "Moms home cooking" Yeah, I thought, I



bet she is, because she sure ain't here.

A few moments passed as I looked at the 'menu' in front of me. A simple piece of paper listing dishes like hamburgers, fries, pork cutlets and meatloaf, rife with spelling mistakes and I'm sure it was laminated in someones' home using a hand-held iron. She came back from what I can only assume was her fourth smoke break in the last hour and stood beside me "What you want hun?"

I resisted spitting out the 'coffee' she had served me, swallowed and said "Uh, I'll just have the soup please." Saying nothing, she scooped up my menu and wandered away. Nary 10 minutes later, a bowl of soup was sitting in front of me.

Without a second thought for what this food was going to do to my digestive system in the future, I took my first spoonful. Glorious strands of golden onions dangled

off my spoon dripping the amazing scented stock back into the bowl. The smell coming off that dish was amazing; notes of beef, onion and what I hoped was red wine danced into my brain. 'Someone knows how to cook' I thought. The first mouthful of that amber

nectar filled my mouth. Yep, maybe Mom was in the house somewhere out back. In the words of the chef who trained me "Have them leave wanting to come back for more." If you would like a copy of my personal Onion Soup recipe contact me at: info@newworldcoffee.ca

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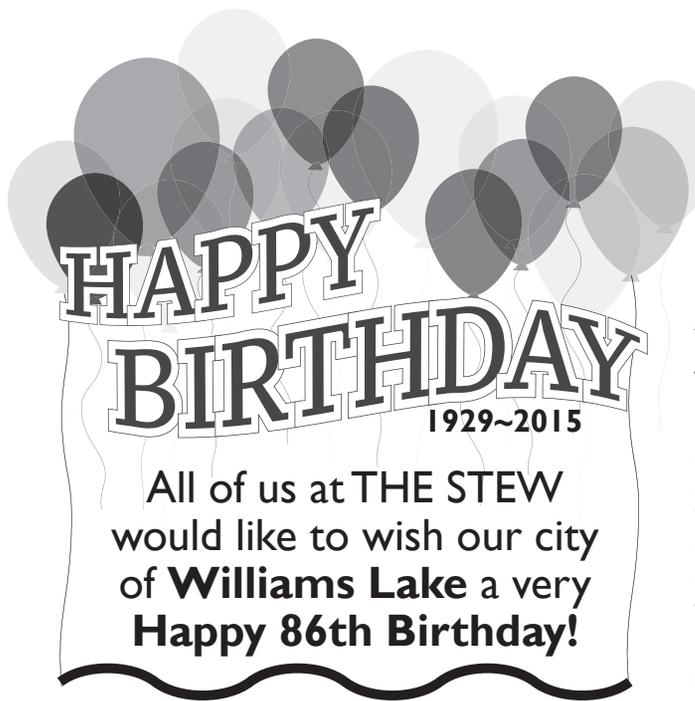
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hear

The home stretch is the last part of something, like a journey, race or project

Home is where the stove is

A SHORT STORY
 BY ANNE MOUTRAY

Forget the heart; home is where the stove is. Every home has one, with the possible exceptions of tents and igloos, so of course my house has one which makes it a home and a very nice little home it is too.

In my friends’ homes the stoves stand like mammoths of the kitchen, their ovens ready to turn out marvels of baking; wonderful cakes, delicious pies, succulent casseroles. When new friends first enter my kitchen, they look around with a puzzled look and ask, “Where is the...? Oh, there it is” as they finally spy my humble little stove. Little stove, little house but still very much home.

Normal housewives can produce great tongue-licking turkeys from their ovens. I can do the same except that my turkey has a sort of washed out look about it. The normal lady of the home will take the remainder of the turkey and magically turn it into turkey pot pies, turkey casseroles and turkey dishes of all kinds, pop them into the freezer and produce delicious meals at the drop of a hat. I’m a pretty handy home person as well. Dog and I will



eat our fill of the turkey and the rest goes into the garbage and that’s the end of that.

I am not a housewife; never have been, which is probably quite lucky for the husband and children I never had. My comfortable untidy little house is as much a home as any. Actually, I think homey is as good a word as any to describe my house; furniture and carpets nicely covered with dog hair do give a lived in feel to the place. If you do ever visit me, and I hope you will, you might be wise to substitute your best black pants for something more appropriate, say a plastic raincoat.

Someone once expressed pity for me having

Writers’ Showcase

Short Stories by the Williams Lake Writer’s Group



to return to an empty, lonely house. That really surprised me. I have always thought of my home as my sanctuary, my place of peace and safety. I can do there what I want. I can unlock the door, walk in and strip naked if I wish. Mind you, I don’t do that too often so don’t bother hanging hopefully around my street. The point is, I can. I can sing loudly and tunelessly and only my dog has to take the brunt. She gives me that look and retires to the bedroom to nurse her ears.

When I’ve been off on a trip or just away and I am lying at night in a strange bed, instead of going over the exciting events of the day I am inclined to be longingly imagining myself sitting cozily in my chair at home, papers scattered around and Dog at my feet. I may wish, if only for a minute or two, that I was there; in my untidy, friendly, comforting, welcoming house: my home. Not to worry, I’ll be home soon enough. I was wrong; home indeed is where the heart is.

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hear

'Home James' is a clichéd way of telling the driver of a vehicle to start driving. It is supposed to be an order to a chauffeur. The full phrase is "Home, James, and don't spare the horses."

Feeling at home

A SHORT STORY

Defining a home can be different for everyone. Personally I think it is more of a feeling than it is a place.

I returned home from a long day at work. I mean a really long day. I thought that it would never end, and it was a day that I really needed to end sooner rather than later! Honestly if this was a day I had to repeat, I don't think that I could live through it twice.

Living each day is much harder than some people could possibly think. Every day is a constant struggle, and yet every day I manage to get up and try to make it through that day, that hour, that minute. I grow stronger every day, because every day I find something to live for.

When I got home that particular day I wanted to just sit down and cry. Or not, I wasn't really sure at that point. Maybe I just wanted to be alone, but then I also didn't want to be alone! It was a constant contradiction of what I wanted, and what I needed. I plopped down on the couch and turned the TV on. I wanted nothing more than just to sit there and think of nothing and do nothing. Because, believe it or not, I would have to go through the same thing again tomorrow and the next day.

It is called working for a living. Working to pay bills, and working



through life.

"Hey sweetheart," my boyfriend called in to the living room.

My boyfriend works for a company that keeps him on location for over a week at a time. The only nice thing of this arrangement, other than the money he brings home, is that when he is back, he is back for at least a few days.

I mumble a hello as the TV continues to play some show I don't even really care about. I feel his weight on the couch as he sits beside me.

"Are you okay?" he reaches forward and tucks my bangs behind my ear.

I look at him, and try to just be there with him. I want to be there and spend the time with him. To just be happy and be the girlfriend that he wants to be around.

I smile weakly at him. "I guess so," I tell him. "Just having a crappy day, you know how it is."

"How was work?" he asks in a gentle voice.

I take a deep breath. "I don't want to talk about it, you are home now, and I just want to be here with you."

He wraps his big husky arms around me and I take in his smell. He smelled like my boyfriend, and his arms felt amazing around me.

They say that a hug lasting for more than 20 seconds produces Oxytocin and it boosts the happiness levels, and as his arms held me for over a minute, I could feel the stress of the day melt away.

When he let go, I looked at him and smiled again. This time my smile felt strong, it felt good.

"There is that smile." He said happily.

"I am glad you are home." I told him and kissed him on the cheek.

After dinner, we decided to sit down and watch a movie. Usually when I was home alone I would watch sappy romantic comedies. I didn't need



him to know that I was a secret romantic and I often tear up when the couples end up together.

Tonight it was all about action, and as we sat down to watch "John Wick" I settled into the couch and leaned up against him. Here was the best place to be. It wasn't just that I was sitting next to an amazing man who knew how to make me feel better with only a hug, but to be sitting next to a man that loved me no matter what. To me this was what life was about. That feeling of being loved, and that feeling of being home.

Celebrate Spring!

Celebrate Spring at the Gecko Tree!

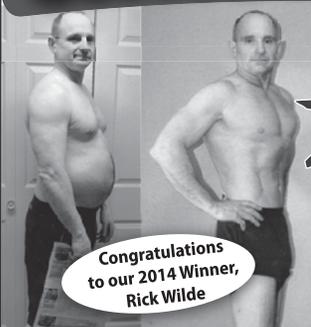
March's art show and sale at the Gecko Tree features Simone Benjamin, a multi-talented local artist who works in vibrant watercolours and acrylics. Her themes focus on farming in the McLeese Lake area at Dragonflyz Farms.

Drop in, and while you are enjoying this exhibit, celebrate spring and treat yourself to a delicious lunch, hot drink and homemade dessert. Don't forget to browse the Gift Shop where new stock is arriving daily – unique gift ideas for every occasion.

Simone's art is on display from March 3 through April 15 – don't miss it!

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

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'Nothing to Write Home About' is something that is not special or good is too boring to share

Easter Bonnet Luncheon

Spring seems to be rapidly approaching as the work continues to rebuild the Drop-in Centre that was flooded in December. We are presently trying to get funding in place to expand and change our washroom/shower area which will make the Centre more comfortable. The renovations have been major, there is still a lot of work to be done, and we welcome any and all contributions from the community.

The Salvation Army is always a hub of activity; in January 1,962 meals were served and on February 8th we held a volunteer appreciation brunch. We served 115 of our valued volunteers a lovely brunch of bacon, sausages, hash browns, pancakes, French toast and homemade blueberry sauce. Our volunteers are the backbone of the Salvation Army, enabling us to accomplish what we do in the Community... we would not be able to do what we do without our selfless volunteers!

Williams Lake, mark your calendars for **Saturday, March 28 from noon to 2pm**, when we will be hosting a **free "Senior's Easter Luncheon"** for anyone over 65. Come and join the fun! There will be an Easter Bonnet contest, so get creative and wear your bonnet, with all the frills upon it, to the Easter Luncheon. See you there!

If you have an extra bit of time on your hands, and are wondering where you can help in your community, give Isobel or Ben Lippers a call 250-392-2423.



Williams Lake Worship (267 Borland St.)
 Sunday Worship 10:30am,
 fellowship coffee after church
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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.



Composition for the home

As this month is the 'Home' issue, when photographing around your home you should think about the way you compose your images. This month we are going to have a basic lesson on composition.

The first rule of composition is what we call the 'rule of thirds' in which you mentally divide your image into three vertically and horizontally so that you end up with nine squares. Your image has stronger composition when you put your subject either on the lines or at the intersection points.

Another way to make your composition stronger is to simplify the scene. Try to eliminate distracting elements by changing your point of view. Fill the frame but make sure you leave enough room for standard cropping that happens on some sizes.

Change your aspect ratio; in other words turn your camera sideways. Not every image lends itself to a horizontal composition and sometimes all it takes to make your image more interesting is a quarter turn.

As most horizontal lines are boring, try using diagonal lines and compositions that include leading lines that draw the viewer's eye to the subject. Tipping your composition just slightly might also make it more interesting. The only rule for lines that I feel shouldn't be broken involves landscape photography. Even a slight angle from horizontal on a landscape will take away from the composition.

If you have images that involve movement, make sure you leave room for your subject to move into. Cropping too close will create tension that will take away from your

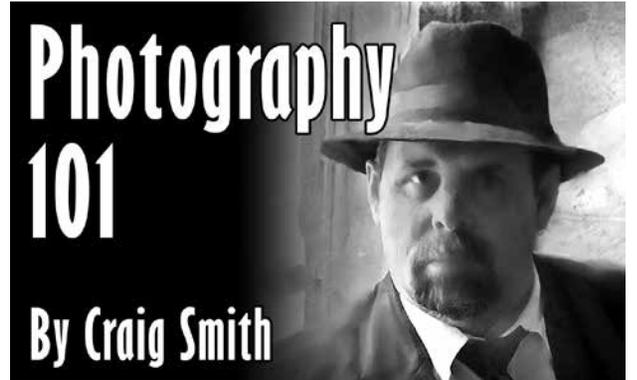


image.

Another composition technique is to isolate your subject. Use your depth of field controlled by your aperture setting to blur your background and really make your subject pop. Change your position as well to eliminate distracting elements in the background.

Use strong colours to create a strong image but simplify the colours that are the subject of your image. Closely cropped images of brightly coloured images such as buildings or vehicle parts create

a huge impact in the viewer's eye.

One of my favorite composition techniques is to incorporate shapes into my images. By that I mean both obvious shapes such as circles and compositional shapes such as placing elements in a triangle.

My last lesson on composition is to learn all the rules so that when it works for your image, break the rules. You can't break the rules when you don't know them, so until next month, happy shooting.

The Station House Gallery Presents:
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'Till the cows come home' is an idiom meaning 'for a very long time'

Home is where fitness starts



They say 'home is where the heart is' but home is also where you can help your heart. Don't have a gym membership? Don't like the weather? No problem, heart fitness can be done in the comfort of your own home.

It's usually convenient, comfortable and safe to work out at home. It allows your family to see you being active, which sets a good example for them. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day.

The American Heart Association has some suggestions for home activities:

- Do housework yourself instead of hiring someone else to do it. Vacuuming, carrying laundry, doing the dishes are all things I would rather someone else do, but it keeps me mobile.

- Work in the garden or mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash. I have

kids that love to do that because they get a few bucks for it, but I prefer to do it for the workout I get, my lawnmower is HEAVY!

- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes. This works great with friends or family. Make it a social event, catch up on your spouse's day at work or your kid's day at school. During cooler months, I take my dog to work and I have the luxury of walking him 3-4 times per day. It's good for me and it keeps him from having to be locked in his kennel for longer than he would like.

- Walk or bike to the corner store instead of driving. I have a store less than 100 meters up the hill from my house and when I get to the top, I am feeling those 100 meters. My heart rate is up and my respirations are faster. It may only be 200m total but every little bit helps.

- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on



the sofa. Or stretch. Better yet, spend a few minutes pedaling on your stationary bicycle while watching TV. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.

- Stand up while talking on the telephone. It is so much easier to sit, but even standing or walking around while you are talking can burn a few

calories and get the old ticker pumping.

- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall. In the average amount of time spent driving around to find the closest spot, you could have walked to the mall's front door twice from a spot further away.

- Stretch to reach

items in high places and squat or bend to look at items at floor level. Anything to keep you moving and your joints lubricated.

- Keep exercise equipment repaired and use it! That means, use it for exercise, not for a clothes hanger.

There is always an easier way to do things but if you don't take care of your body, and in particular, your heart fitness, it can't take care of you and the easiest place to start doing that is in your home.

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When a person pays dearly for something bad he or she did in the past, 'the chickens come home to roost'

Homegrown talent: Community Band



Taking Centre Stage for the 'Home' edition of The Stew is a community-minded group with homegrown talent – the Williams Lake Community Band. I spoke with Arts Council spokesperson, Community Band member and tuba player, Harry Jennings to gain some insight into the group.

The members of the Community Band span a wide range of age and experience, from senior students to retirees, and from those learning a new instrument to experienced musicians looking for a



creative outlet.

Their group boasts a fun, no-pressure atmosphere, and they are a lot of fun to watch; often focussing their performance on the theme of the event with their music choice

and costuming.

Their performances feature a broad range of musical styles, from classics to modern accessible music, and occasionally special guests join them such as a vocalist or soloist. Throughout the year you can see the Community Band perform in the Stampede Parade, and at other annual local events such as Remembrance Day and Canada Day, as well as an assortment of private functions.

Their previous director for many years, Michael Butterfield was always

looking for varied and interesting music to play, and their new director, Laura Eilers has continued that tradition. Harry tells me that Laura's fresh perspective has encouraged an influx of youthful members and even more contemporary music to be added to the mix.

The Community Band sees the importance of 'playing their part' (pun intended!) in supporting local artistic and cultural groups. For the first time, they plan to participate in this year's Cariboo Music Festival, to show their support of an event that is "such a valuable outlet for the youth in our community", says Harry. "It's an avenue to demonstrate how much they're learning, to compete, and to get adjudicated which is a great learning experience." The Community Band is also a member of the Community Arts Council,

and is planning to participate in combined events with other CAC members to "make these activities multi-dimensional and more enticing for people to visit."

"A big part of why we're involved with all these [arts and culture] groups is to help make Williams Lake a great place to live. It shouldn't be just where you live, but your HOME, and this is just one part of a big array of activities that will help to do that." Harry speaks of the Band's community-minded focus, "What we're encouraging by being part of the arts and culture community is making our town a more enjoyable and happier place to be, in order to keep people here. This is just one more activity that people can participate in, have fun with, and make life in Williams Lake just that much more interesting."

The Community Band is always encouraging new members of all ages to join and no audition is required. Harry has no shortage encouragement for new members "We're all about increasing quality of life, getting to know people, getting together with friends, enjoying and producing music, and having fun. Joining a band

can increase your quality of life, reduce stress, and take your mind off the daily grind. It's an opportunity to socialize and a creative outlet. Members can learn a new skill or re-discover a skill they had once developed but drifted away from." Harry points out that "Numerous studies link playing instruments with brain health and as part of leading a healthy life."

If you're looking for something fun and creative to do; why not check out the Community Band? Harry invites you to come and see a band practice or performance. "See for yourself how much fun we're having, and how it works."

The Community Band meets Thursdays from 7:30 to 9:30 in the band room at the Lake City Secondary, WLSS Campus on Carson Street in Williams Lake.

Questions for the Williams Lake Community Band? Email Harry Jennings harrysusan100@gmail.com or Director, Laura Eilers laura.eilers@sd27.bc.ca for more information.

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If something 'hits home', it is understood completely and has a strong effect as people accept it even though it is negative

THE STEW MAGAZINE'S
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HOLIDAYS OF THE MONTH

March 20th Proposal Day

Ladies and gentlemen, this could be a big, big day. It's Proposal Day! Valentine's Day last month came and went. He didn't, or couldn't, gather up the nerve to ask you. Along comes another day and another opportunity.

For those in love, this could very well be the big day that will change your lives.

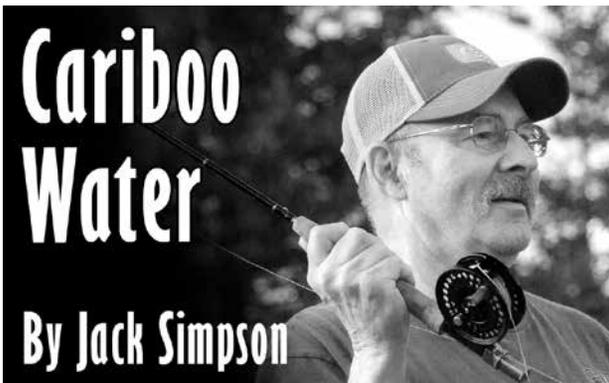
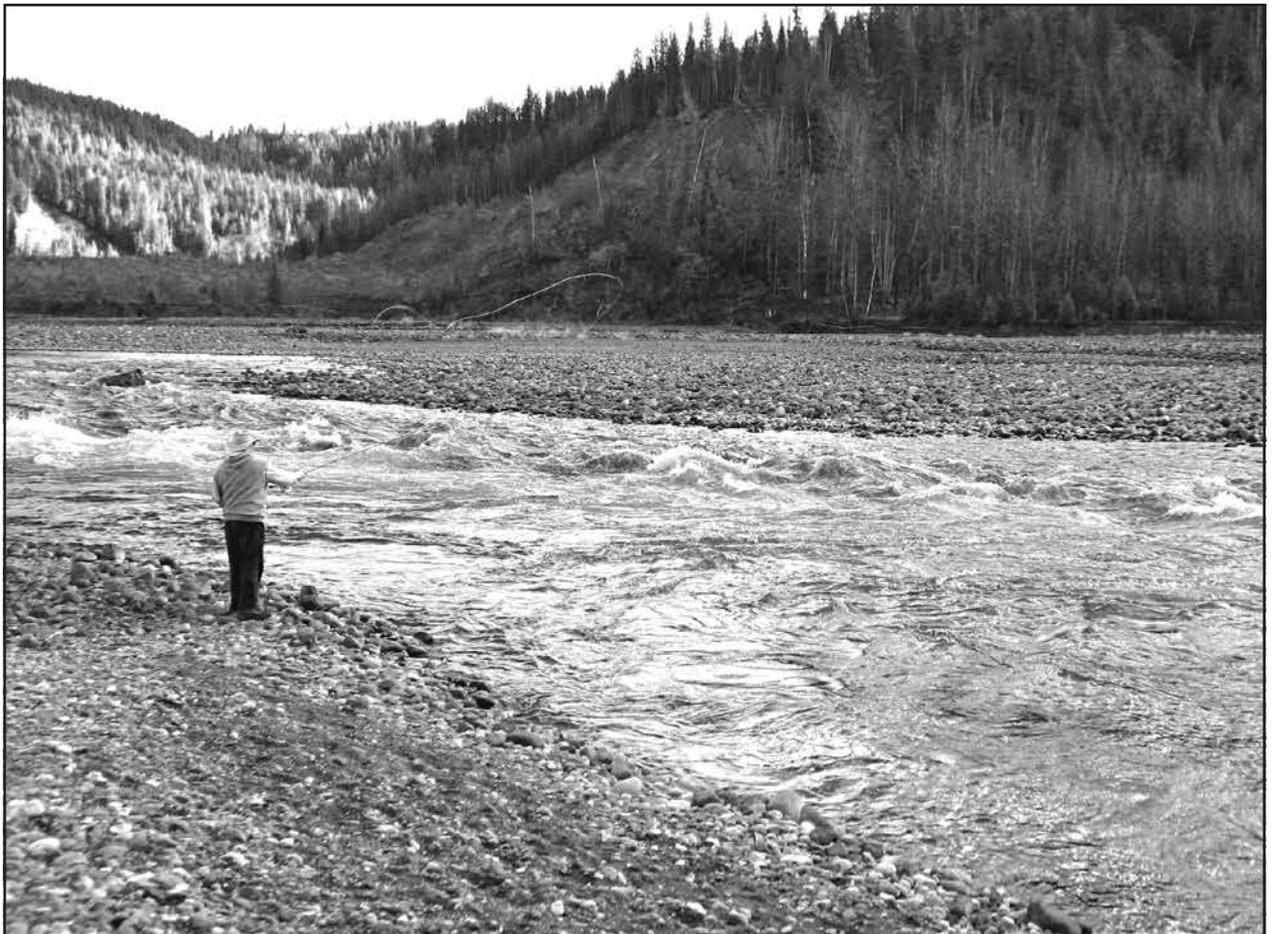
Use caution on this day. When he begins by saying: "I would like to propose to you...", he may end with "...that we go see a movie." Remember, it's Proposal Day. It is a day to make proposals. However, it may not be the one you want to hear. If you don't want to entertain a proposal today, we suggest that you make yourself scarce.

March 23rd National Chip and Dip Day

National Chip and Dip Day celebrates America's favorite snack duet. If you're holding a party, it is almost certain that chips and dips are on the snack list. The only possible exclusion would be for an Ice Cream party.

National Potato Chip Day is on March 14th. For today's celebration, the "chip" is more generic. It could be corn chips, or tortilla chips. And, the dip is any kind that goes well with the chip of choice.

Today is best celebrated in the evening at home with a bag of chips and your favorite dip.



Cariboo Water
By Jack Simpson
Home waters

Home: (noun) a place where something flourishes, is most typically found, or from which it originates.

In fly fishing terminology (or in my own personal experience), a piece of water where you learned your skills and

knowledge of the art & science of fly fishing. A place where you are experienced and are comfortable in the knowledge of the underwater structure, of the different areas that produce the aquatic insects that feed your fish. Where you know the

places that will shelter you from a north wind in the fall, where the fish will cruise the shoals in the evening. The places that the water will warm up first thing after ice-off, attracting those aquatic insects to the slightly warmer water and in turn, attract the fish to feed on them. It's the lake that is at the end of your rainbow.

Your 'Home Water', where you have 'put your time in', where you learned the timing of all the insect hatches, where you head to, first thing in the Spring and where you head to last thing in the fall. 'Your water'.

Your 'Home Lake', the one you downloaded

the bathymetric map of, studying it time after time, memorizing the shallow and deep shoals, reed lines (sunken or above water) and the deep trenches where 'your fish' go to hide from the heat of the summer.

Your 'Home Water' that, after a number of years of learning and knowing the waters, the fish and wildlife that also spend many hours around or on it, you realize that you very strongly care about its water quality, its inhabitants, it's overall quality of life. You've taken ownership of this chunk of water, it has become your 'Home Water'.

Your 'Home Water' may be a particular

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taken ownership of it. You clean up after litterbugs, you share your knowledge and love of this place with others. You might even take a friend who needs a day of peace and quiet, to your place.

And, wherever your 'Home Water' is, it has fish!!! Fish that make you smile. The act of catching

that is a thrill, every time.

If you do have a 'Home Water', please preserve it, not only for yourself but for others. Our Cariboo and Chilcotin lakes are an incredible resource for all of us, do your part to preserve them.

Questions ? Don't hesitate to ask: feedback@thestew.ca



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Simulated homes for our virtual world



When I think about the words 'Home' and 'Video Games' there's really only one connection that comes to mind, and it's one of the biggest game franchises of all times. It should be no surprise that I'm thinking about *The Sims*.

Here's a fun fact to start things off – originally *The Sims* was designed as a home-design simulator, where the gameplay was focused on building and furnishing little virtual homes. When it came time to devise a way of scoring a player's home, developers at Maxis introduced little virtual people who would show up and let you know how good a job you had done in building your virtual home. Eventually it turned out that players were more interested in the little virtual people than they were in the virtual home design, and a massive gaming franchise was born.

Here's another fun fact – before the release of the original version of *The Sims* in 2000, Maxis was responsible for a good many game titles that sported the word 'Sim' in their name. Surely you're familiar with *SimCity*, but did you know there were also games called *SimEarth*, *SimAnt*, *SimLife*, *SimFarm*, *SimGolf*, *SimCopter*, and *SimSafari*.

But I digress. Where were we?

Homes! We're talking

about homes. And there are probably no finer homes available in video gaming than the homes to be found in *The Sims*, whether you're inhabiting one of the many pre-made structures or attempting to build your own, based on your actual house (come on, I know some of you have done this, it's not just me, right?).

There are a good many to choose from too, from your basic starter home with just enough room for yourself and your belongings, to massive mansions with room for 10-person families and all the stuff you can accumulate.

Generally there are two ways to play *The Sims*. The first way – and this is the way that I play – is to start at the bottom of the ladder with a custom character, choose your career path, and slowly work your way up to maybe a middle-management position before you die. You might move once, maybe twice, to a comfortable home, but those massive mansions will remain a dream never to be achieved.

The other way to play *The Sims* is to turn to google to find the appropriate cheat codes to give yourself millions of dollars, buy those mansions, fill them with all the best stuff, don't bother with a job, spend your days having parties with all your awesome friends in *The Sim*

neighbourhood, and have an ultimately more fulfilling sim-life.

This should be the right way to play the game, I think. After all, the game should be able to provide you with the kind of fantasy life you're not getting at home.

Instead, I play the game just like I live my regular life. Getting up, eating breakfast, lighting small house fires while attempting to cook breakfast, going to work, coming home, watching TV, maybe spending some time talking to my wife before bed, maybe reading a book to improve a skill, and then crawling beneath the covers to sleep (or maybe, every now and then, for a woo-hoo).

And yet it's fun. I don't know why, but it is. *The Sims* franchise is weirdly a game that shouldn't work. But somehow it does. And it has for four main versions of the central franchise, plus more expansions and spin-offs than I care to count right now.

I haven't played the new version of *The Sims*, but I have taken a turn with *The Sims*, *The Sims 2*, and *The Sims 3*, even on multiple platforms, and for my money, *The Sims 2* is still the best of the bunch. Sometimes the new stuff just can't hold a candle to the older stuff.

But that doesn't keep them from trying, and this coming month of new releases there are a few titles that look to build upon releases from the past. Let's have a look at some of those.

In the grand tradition of simulations, *Screamride* follows in the footsteps of *Roller Coaster Tycoon* when it arrives on Xbox 360 and Xbox One plat-

forms on March 3.

And in the grand tradition of the *SimCity* franchise, *Cities: Skylines* arrives for PC on March 10. Clearly this is a good month for fans of simulations.

But there's room for other sorts of games as well. Fans of shooters can kick back with *Battlefield Hardline* starting March 17. It'll be available for PC, Xbox 360, Xbox One, Playstation 3, and Playstation 4.

Meanwhile, fans of party games can take a crack at the next version of one of the greatest franchises of the genre when *Mario Party 10* (holy cow, there's ten versions of this!?) arrives for the WiiU on March 20.

And fans of old-school RPGs can get their hands on *Pillars of Eternity*, a game considered a spiritual successor to titles like *Baldur's Gate*, *Icwind Dale*, and *Planescape: Torment*. Those are some big shoes to fill, but the talent behind this one looks good to bring it. *Pillars of Eternity* releases on March 26.

Other notable releases: *Zombie Army Trilogy* (03-06); *Tokyo Twilight Ghosthunters* (03-10); *Blade Kitten Episode 2* (03-17); *Bloodborne* (03-24); *Grand Theft Pizza Delivery* (03-24)

What have I been playing lately? Having taken a break from my *World of Warcraft* account, I'm still on the lookout for an enjoyable online-rpg experience. I've dabbled a bit more in *Guild Wars 2*, and also ducked back into my *Free-To-Play Star Wars: The Old Republic* account. Oh, and I finally finished *Metal Gear Solid 2*, only about 13 years after the original release.

What have you been playing lately? What's your favourite game with the world 'Sim' in the title? Have you ever played *SimAnt* or *SimCopter*? Let me know! You can reach me by email at todd@thestew.ca

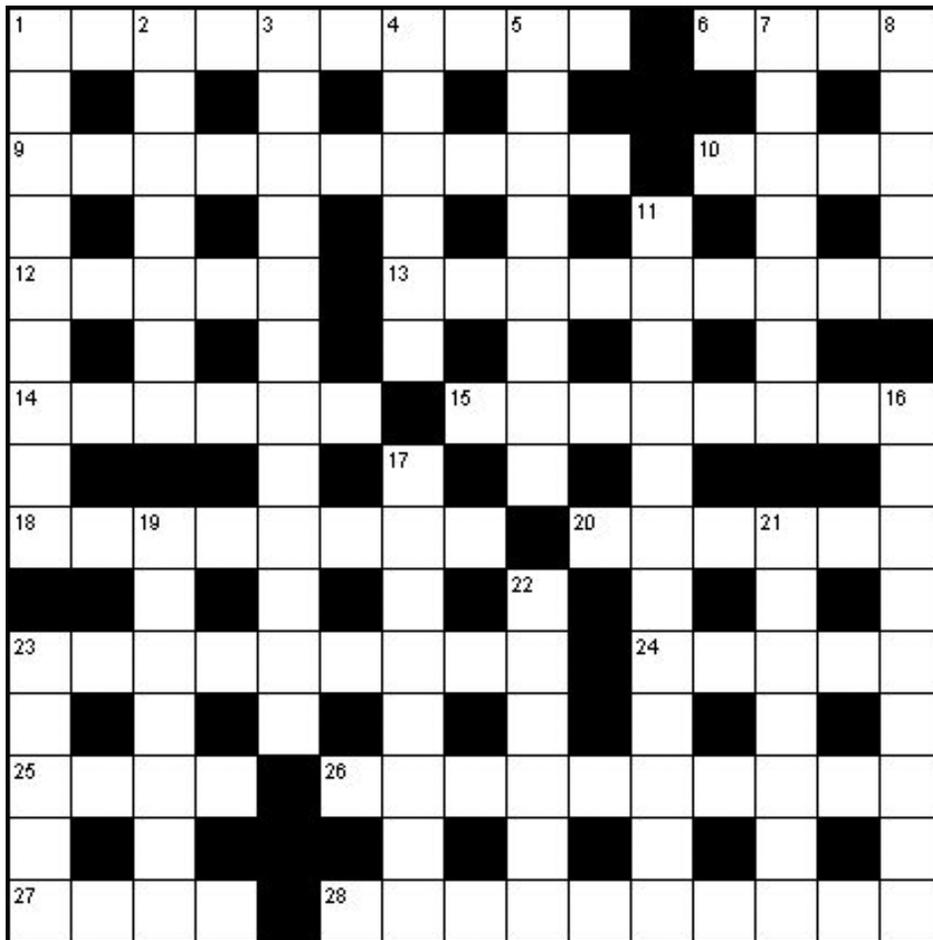


This month's crossword is brought to you by the fine people at Bob Paterson Homes.

X-Word Puzzle

ACROSS

- 1 See 7
- 6 A lot of fish (4)
- 9 Used one's brains and had a party in Japan? (10)
- 10 Henry needs internet address for Chuck (4)
- 12 Scout leader knocks back beer and spirit (5)
- 13 Statesmen are buried here in northern town (not the capital) (9)
- 14 One suffering harm associated with God? (6)
- 15 Scatter random platitudes, chiefly about Earl, to try to impress (4-4)
- 18 Getting rid of heroin from shiploads caused difficulty (8)



20 A sweetheart catches cold in recess (6)

23 See 7

24 Nicaragua valley bears fruit (5)

- 25 You will be spotted with this in London borough, as Cockney says (4)
- 26 Defeated in fight, as Blair was in two capitals (4-3-3)
- 27 River in centre of West Bank city (4)
- 28 Most excellent wine collection mentioned in popular book (4,6)

DOWN

- 1 Recovered with medical care, not half outstanding (9)
- 2 Without show of hesitation, pay out painter (7)
- 3 Advanced reading? (7,5)
- 4 One goes to pot and is then in hot water (3-3)
- 5 Reveal third of plot twists following on next page (8)
- 7,1ac Trounce in fight against coup? (7-10); 7,23ac Turning back (about face) (7-9); 7,11 Information obtained at

- the bar? (7-12)
- 8 Peeress exchanges parts with northern singer (5)
- 11 See 7
- 16 Extract from American writer? He's hardly Wordsworth! (9)
- 17 Singer in pub replacing intro to hit single (8)
- 19 One fishes out dude, according to him? (7)
- 21 Enjoying a winning streak when included in list (2,1,4)
- 22 Topless woman carried by black horse (6)
- 23 Make engraving of hunt (5)



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