



the stew

ISSUE 12.11 | DECEMBER 2015 | FREE

the
red green issue

Featured Artist
Coral Keehn
Pages 6 & 7

hear

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On the Cover:

'Red green' as a theme can have many meanings – some obvious and some subtle – but the most important message is the one we wish for you this red and green holiday season: peace, love, health and happiness for the coming year.

Advertising Information:

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Creating images and seeing colours

BY CRAIG SMITH

You don't realize how much red and green affect your life until you have to sit down and struggle with an article about it. As I'm a visual artist, I started thinking about red and green in how they affect how people see the world. When eye doctors are testing for colour blindness, they use red dots on green or green dots on red in the shape of a number. If the number doesn't pop out at you right away you may have a degree of colour blindness. This has to do with what is called cones in your eyes. There are three types; red cones, green cones and blue cones. If you have a deficiency in one of your cone groups you will have an issue differentiating between these colours. As much as I try not to be gender-specific, this is a condition that effects more men than women and has to do with your 'x' chromosome; men have one and women have two and colour issues are tied to that.

If you are a vehicle driver, red and green means stop and go. The first signal light was invented in London England in 1868, was a gas lamp with filters for the colours and hand-operated by a policeman standing at the base. It lasted for a month at which time a gas leak caused it to explode, killing the policeman. The concept was abandoned for 44 years until a new way of operating them as electric lights was invented. The new system was invented by another police officer, this time from Salt Lake City, and the first new traffic light went up in Cleveland Ohio in 1914. It had two colours – red

and green – with a buzzer telling you it was going to change. In 1920, an amber light was added to the mix to give a visual warning, becoming the traffic signal light that really hasn't changed in almost a hundred years.

Anyone who flies a plane or pilots a boat or ship knows that they have to deal with red and green lights as well. A red light on a plane or ship means 'port' or the left side of their craft, and green means 'starboard' or the right side. These running lights or navigation lights as they are known, help to determine how they pass by each other and also whether the craft is coming towards you or going away. Sailing with these lights on became a requirement in the US and Europe after 1849, primarily to avoid collisions, and is still used today. Even though you have something on a radar screen, unless you are tracking it, the lights are a quick visual indicator as to direction.

Red and green are complementary colours when it comes to art. Mix them together and you get brown. When it comes to light, red and green are primary colours and combining them gives you yellow – this is called additive colour – and red and green are two out of the three primary colours (the last being blue). If you add all three together you get white light. This is how TVs and computer monitors create colour.

In photography, we use red and green (and blue) to create images. Cameras are pretty dumb and digital camera sensors (film) only see in black and white. The only way we can



make cameras see in colour is by running the light through red and green (and blue) filters and interpreting the results with a computer.

Red and green have been used for many years to create a visual representation of emotion. Green has been called the colour of jealousy. Since William Shakespeare's use of terms like, "green-eyed monster" in the play *Othello*, the colour green has been associated with jealousy and envy, from which the expression "green with envy", are derived. Red on the other hand has always been associated with passion, rage, embarrassment and revenge, or if you are Chinese it is associated with money.

How these colours affect our moods is also very evident. Red is an action colour. It inspires

us to move, can stimulate appetites, inspires sexual energy and if around it too much, can lead to irritation, agitation and anger. The colour green on the other hand is all about balance and harmony. Green is about rebirth (spring), abundance and prosperity. Green has a tendency to make us feel renewed. This is probably why most spas use green in their décor.

With this month being the holiday month, you will see a lot of red and green lights on trees and mistletoe. Spend some time this season with your loved ones and marvel in the reds and greens of the season, and when you see a redhead that looks amazing in a green sweater, just remember red and green look amazing together because they are complimentary colours.

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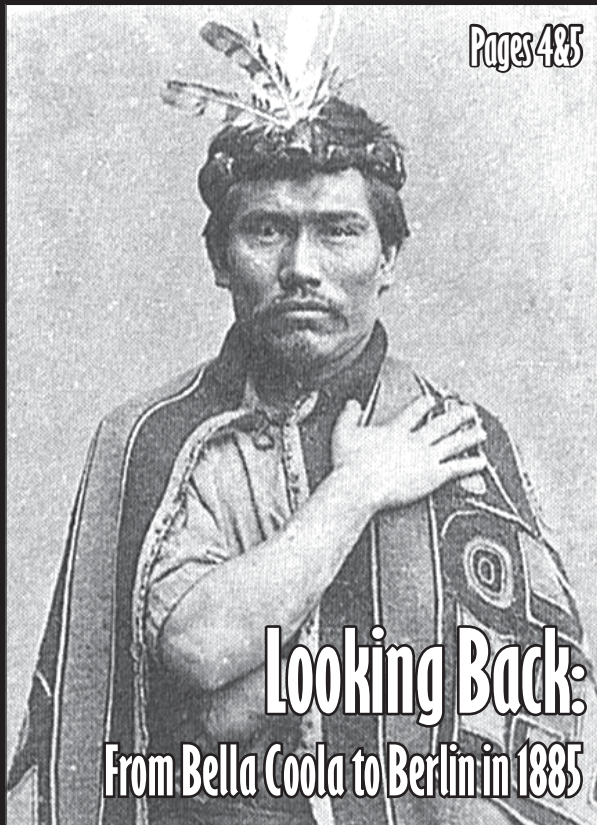
ingredients

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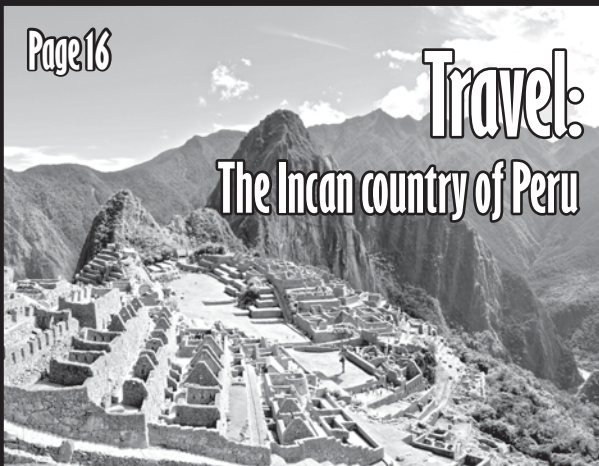
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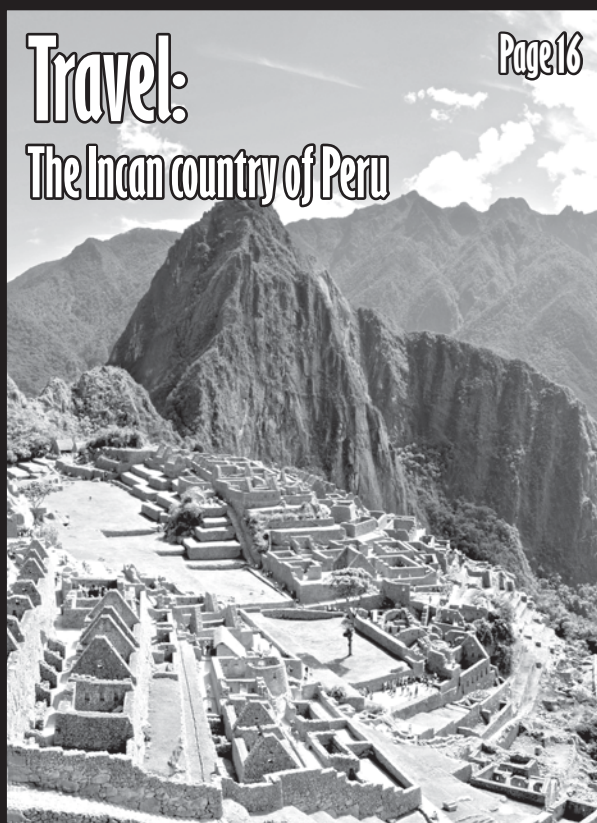
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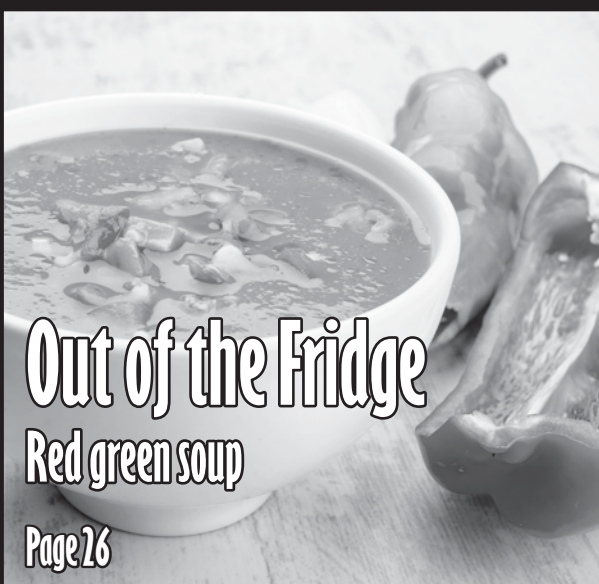
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Out of the Fridge
Red green soup

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Bella Coola to Berlin in 1885

When a group of nine Nuxalk men went from Bella Coola to Germany in 1885, to perform their dances and songs and demonstrate their culture, their impact had a lasting influence on history.

The nine men, known by their Nuxalk names of Ham-chick, Pooh Pooh, Kah-che-lis, Huck-mulshe, Ick-Iehoneh, Elk-qut, Isk-ka-lusta, Ya Coutlas and Que-noh were heading to work in the hop plantations of the Columbia Valley, when they met Norwegian artifact collector, Bernard Phillip Jacobsen.

Jacobsen was working for German entrepreneur, Carl Hagenbeck, collecting cultural materials from First Nations communities along BC's west coast and shipping them back to museums in Europe.

Hagenbeck was also involved in a lucrative scheme to bring ethnic

groups from around the world to Europe to showcase and demonstrate their cultures. These ethnic shows or human zoos were known as Volkershau, and 1885 he sent Jacobsen to British Columbia to find some recruits.

After failing to convince some Kwakwaka'wakw people from Fort Rupert near Alert Bay to join him, Jacobsen ran into the nine Nuxalk men and offered them a job for the year to come to Germany. He would pay them \$20 per month plus room and board and cover all expenses and travel. This was considerably more than the men would have made labouring in the fields.

On July 25th Jacobsen signed a legal agreement with Indian agent, Israel Powell, in Victoria, giving permission for the men to travel to Europe. There was one condition, however.

Looking Back

By Sage Birchwater

They would have to be brought home in a year's time. Hagenbeck had to post a \$1,000 bond to assure this condition would be met.

There were few white settlers in Bella Coola Valley at that time, so the contrast between the culture of the Nuxalk and that of European industrialized society must have been phenomenal.

On July 28 the nine men caught the train in Portland, Oregon bound for New York City. On August 5th they took a steamship

to Bremen, Germany.

Their year-long tour took them to twenty-two cities where they demonstrated all aspects of their culture including constructing a Nuxalk plank house, carving masks, demonstrating the use of bows and arrows, Nuxalk games, singing songs and performing dances. Their job description was to exhibit Nuxalk manners, habits and customs for the German public.

One of the favourite parts of the Nuxalk exhibition was the Cannibal



► Nine Chiefs in Germany

Dance. The owner of the Berlin hotel where they performed would joke that the cannibals ate two kitchen boys a day.

Ethnic shows were gaining popularity in Europe at that time. There was a great curiosity for physical otherness – special beauty or great ugliness – and France, England and the Netherlands were bringing in ethnic groups from their colonies. But the one act that drew the most attention was Buffalo Bill's

Wild West Show featuring cowboys and Plains Indians riding horses and acting out the great drama of the American west.

The Nuxalk with their masks, carvings and more sedate dance routines didn't fit the classic stereotype of the eye-catching enactments of "Indian Wars" practiced by Buffalo Bill and his entourage. So the public was disappointed with the Nuxalk who weren't stereotypically native North American with



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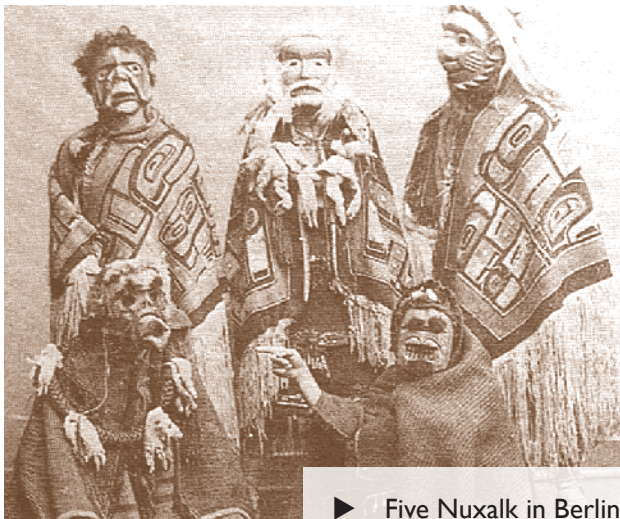
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hear



► Five Nuxalk in Berlin



1920 ►
Billy Jones
PHOTO BY
HARLAN SMITH

...continued from page 4

long feathered headdresses, and the performances didn't generate the revenue Hagenbeck hoped for.

The scientific community and academic elite on the other hand were very impressed with the authenticity of the Nuxalk demonstrations. One young scientist in particular, Franz Boas, was particularly struck by what he saw at the Volkshaus in Berlin. It inspired a life-long interest in North-West Coast aboriginal culture.

Shortly after the Nuxalk returned to Canada, Boas left Germany as well. He moved to North America and became one of the world's foremost authorities on ethnography. His contribution was so great he is now considered the Father of American Anthropology.

In an effort to spark more public interest in the Nuxalk show, promoters of the Volkshaus added feathers to the traditional garb of the Nuxalk men and even created a fictitious "Burning of the Shaman" act to make their perfor-

mance more enticing.

It was pure entertainment. One of the men was placed in a box and it was set on fire. A charred skull would be retrieved from the ashes, then miraculously the shaman would reappear unhurt. The audience lapped up this inauthentic Nuxalk demonstration.

The English identities of only three of the nine Nuxalk men who spent a year in Germany are known today. They are Tom Henry, Billy Jones and Alec Davis.

When ethnographer Harlan Smith arrived in the Bella Coola Valley to photograph the Nuxalk in 1920, only Billy Jones and Alec Davis were still living. In 1934, Cliff Kopas took a photograph of the last surviving member of the group, Billy Jones.

As the Second World War erupted into its fury, someone joking around asked Billy Jones if Adolph Hitler might have been his son. Billy's only reply was, "Maybe."

Some careful math reveals the impossibil-

ity of this however, as the German Fuhrer was born in 1889, and Billy Jones and his Nuxalk colleagues returned to Canada in August 1886.

There are a few strange historical twists to this story.

In 1884, the year before the nine Nuxalk men set off for Germany, the Canadian government banished the practice of potlatching, mask dancing and indigenous customs. Yet in 1885 the government gave permission for the nine men to demonstrate their cultural ways in Europe.

Tom Henry who led the Nuxalk delegation in Germany was paid extra to serve as translator for the group. Two years before they set out for Europe, he had converted to Christianity. According to former Nuxalk Chief, Ed Moody, in 1883 Tom Henry had given up his cultural practices and burned two wooden boxes of regalia in front of the Methodist missionary William Henry Pierce.

► Nine chiefs playing lahal



► Six chiefs in masks

Tom Henry's conversion caused quite a schism among the Nuxalk people. After he returned home from Germany, he led a lot of other Nuxalk to Christianity, and started a new Christian Nuxalk community on the north side of the Bella Coola River. There he helped build the first Emmanuel Methodist Church.

The Nuxalk people who still wanted to practice their cultural traditions remained on the opposite side of the river at the old Qomqots Village.

By the time Bernard Phillip Jacobsen returned to Bella Coola with the nine

Nuxalk men, the community was changing. Postmaster John Clayton had purchased the old Hudson Bay trading post and other white settlers like Tom Draney were moving in.

Jacobsen, a born promoter, convinced the provincial government that Bella Coola Valley was suitable for farming. Then he began publishing articles about Bella Coola in Norwegian language publications. He compared the fjord landscape of Bella Coola to that of Norway.

In 1892, the BC government hired Arthur Cotton and Robert Palmer to survey the valley all the way



► Alec Davis
Popo in Berlin

east to Firvale.

One of Jacobsen's articles caught the eye of Reverend Christian Saugstad, the leader of a Norwegian colony in Crookston, Minnesota. Reverend Saugstad was in the midst of political divisions of his own, and he looked fondly on Bella Coola as a place to start his own utopian community. In November, 1894 he arrived in Bella Coola with his first group of 74 colonists.

We'll tell more about the Norwegian colonization of Bella Coola Valley in the next issue of The Stew.

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flavour of the month



flavour of the month



Coral Keehn; River Walker Arts

BY CHRISTA SMITH

This month's featured artist is relatively new to the Cariboo and brings with her a fresh and intriguing perspective to the arts. Our feature is a very talented young lady by the name of Coral Keehn. Coral is also known under the title of River Walker Arts.

Born and raised in Duncan, British Columbia, Coral started painting at the young age of thirteen. Coral spent seven years growing up on a sail boat. Her father felt that a weekend spent sailing was much better than a weekend spent

mowing lawns. This experience gave her an in-depth understanding of marine life which is seen in many of her paintings. Her passion for art grew along with her talent, to what it is today; a full range of diverse images that all tell a story.

After a life on the water, Coral made her way up to Prince Rupert where she lived for ten years before family brought her here to the Cariboo earlier this year. Her full time job, as a Biologist for Fisheries and Oceans, along with her two young children keep her very busy.

Coral also contracts out her talents as a painting facilitator for painting parties.

Coral says, "I am drawn to colour, texture and light. With few exceptions, my work is all transparent watercolours." The unique and transparent nature of this most unpredictable, unstable, and unforgiving of mediums lets the light dance nimbly and gracefully through her paintings, and gives them a sumptuous and luminescent glow. It is this fresh, spontaneous, and elemental quality that affords her the opportunity to express

emotion, moods, and whimsy with a raw and un-constrained freedom.

A nice collection of Corals work can be seen on her website, along with her other line of uniquely homemade spices and rubs. "I make all of my own spices and create the unique packaging that they all come in," says Coral, "cooking is another one of my hobbies." The array of spice and flavors are an art form in themselves.

Corals talent for art and passion for life gives her a style all her own. After a three-year labour of love, Coral has

launched her first fully illustrated children's book, *Wynken, Blynken & Nod*. Even though the book is available now, Coral is doing a grand debut in February where the Station House Gallery will be hosting her as a solo art show, with the book as well as all of the original art from the book. She currently has pieces of her art on display at the Station House Gallery if you want to have an up-close and personal look at these detailed and imaginative paintings.

Coral has a deep sense of community and while in Prince Rupert,

she spent five years as the vice president of the Arts Council and also led a Girl Guide troop; she is looking forward to getting more involved in the Cariboo. In the meantime, when asked what her plans are for the future she said she thinks she might spend some time sewing and expand on her pottery.

If you want to learn more about Coral and her watercolour art, watch for her on Facebook, Williams Lake Love, her web site riverwalkerarts.com, and of course at the Station House Gallery.



Thinking green or turning red

BY CHRISTA SMITH

When I first thought about red and green, the first thing that came to mind was The Red Green Show. I use to love watching it; there seemed to be no limit to what you could do with duct tape. It went from kind of a joke about rednecks and duct tape to being more of a trend. Instead of just the silver colour duct tape, now there are patterns and colours for just about everything you can imagine. I have seen people make full dresses out of duct tape, along with all of the accessories. It has gone from a tool box bottom drawer staple to a form of art.

As it is the season for the colours of red and green, every where you look it's hard not to think of December without thinking in red and green.

I love driving around and looking at all of the lights but mostly I like the food. The candy canes, red and green rice krispie squares, jello squares and all the hard candies have all even taken to the December colour scheme.

Beyond the holidays and all the fuss and frenzy, I want to take a minute to remind people about being green. I don't mean the green with envy that your friend got the item you wanted for Christmas, but rather green for our planet. Thinking green is something that we should be conscious about all year round. It's hard to be power smart with all those light-up Christmas decorations, and wrapping paper that seems to end up in huge piles after the present frenzy, but try to think of ways to reduce the waste and be 'green'.



If the wrapping paper can be salvaged and reused, great; maybe the kids can cut it up for decoupage or scrapbooking. See if you can find new and creative ways to be 'greener', maybe it's using recycled paper for wrapping or maybe wrapping with ma-

terial instead of paper is the way you decide to go.

After taking some time to be 'greener' step outside and let Mother Nature pay you back with a little red. There is no doubt that after some fun in the sun or snow, which ever it may be, your face

will be rosy red. The winter wonderland is full of opportunity for some recreation. Whether you are a skier, snowshoe enthusiast or cross country skier, the outdoors is full of scenic enjoyment. I have never met a kid that didn't love to go sledding

or tubing. I remember as a kid we always went out tubing in the winter and always came in laughing, wet and red-faced.

So whatever your thing, inside or out, have a great holiday season and remember to be a little green with your red.

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When RED and GREEN should not be seen

BY DR. STEFANIE KRUMSIEK, WILLIAMS LAKE VETERINARY HOSPITAL

Christmas and the holiday season is just a kibble or hay bale away and the last thing you want to do is spend this precious time of the year at the veterinary hospital. No matter what animal, we want them to have a quiet time as well and you can believe me, we like to see them healthy!

This month's Stew theme features two lovely colours, actually red and green are two of my favorites, but not when it comes to animal health.

As we enter the holiday season, we talk a lot

about food and that's exactly what I want to focus on: food and digestion!

It is widely known that feeding poultry bones to dogs and cats can have dramatic consequences. Sometimes the animal gets lucky and the bone pieces pass, but at other times they can get stuck anywhere along the digestive tract, causing injuries to the intestinal mucosa (the inner lining of the gut), or they have to be surgically removed.

But not only the turkey dinner can be hazardous to our companions; other human food can also be harmful: raisins, macadamia nuts, chocolate, cocoa and onions can cause

real intoxications that can be life threatening. Sometimes our pets just get into a little bit of something and the only thing we see is them in the corner, throwing up yellow, greenish bile with remains of our dinner, or we see them having diarrhea with or without blood or mucous.

Very often things are good again after a few hours, sometimes they aren't. A good rule of thumb is: very colourful stool is almost never a pleasant thing.

Mild cases of diarrhea and vomiting can be self-limiting and just need a day or two of a low fat diet like cooked rice and lean meat and plenty of

“

It is widely known that feeding poultry bones to dogs and cats can have dramatic consequences. Sometimes the animal gets lucky and the bone pieces pass but at other times they can get stuck anywhere along the digestive tract, they can cause injuries to the intestinal mucosa (the inner lining of the gut) or they have to be surgically removed. But not only the turkey dinner can be hazardous to our companions; other human food can also be harmful...

good water to recuperate. Sometimes a more serious problem can hide behind the symptoms and then it is important to get to the right diagnosis in order to help your pet.

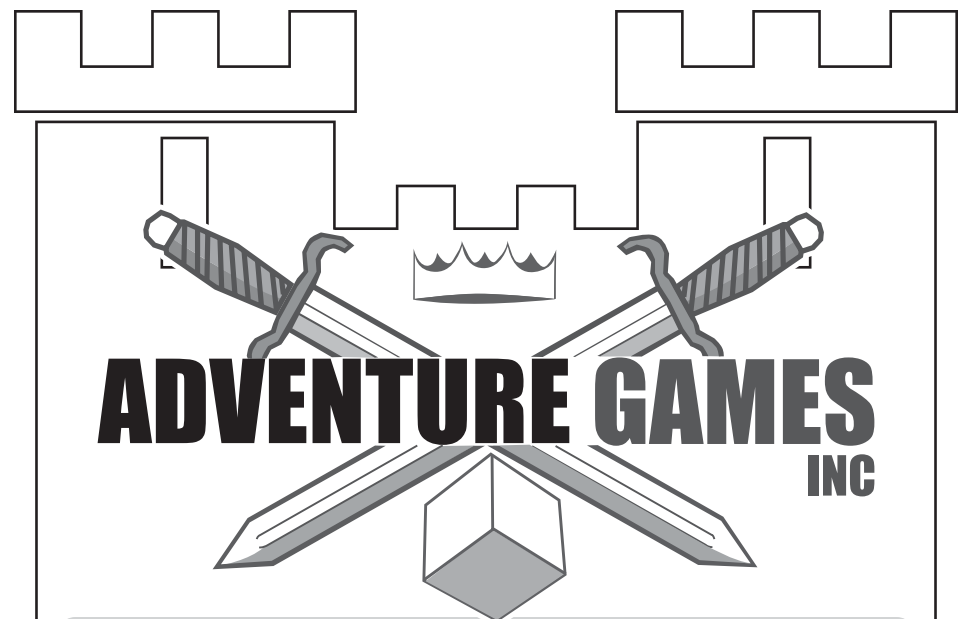
Vomiting and diarrhea can not only be caused by the wrong food or something that is toxic to pets, a very serious viral disease called 'Parvovirus' (also known as 'Parvo') can cause these

symptoms as well, and very often leads to the death of a non-vaccinated dog. The disease is not transmittable from dogs to humans or from dogs to cats, but it is very contagious and dogs that are infected and sick need to be quarantined and treated intensively.

Therefore, and in order for you to enjoy the Holidays with your family and pets, give them

their regular food; don't feed them poultry bones, don't let them have chocolate, and if you have chosen to surprise somebody with a puppy for Christmas, make sure it has been vet-checked and has received its vaccines!

Wishing you all a wonderful Christmas and peaceful (not red or green) holiday with your animals. ~Stephanie



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Psychology of colour

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Do you automatically think about the Christmas season when you think of the colours red and green together? Can you visualize red stockings and green Christmas trees, green and red clad elves dancing around Santa's workshop, and of course the big red suited man in charge, jolly old Saint Nick? Festivities, merriment, memories, and of course SHOPPING! This time of year for business owners the colours red and green signify red sale tags and green dollar signs. Isn't it amazing what thoughts can be stimulated by thinking only of two simple colours... RED and GREEN?

How many small business owners have thought to use colour psychology to brand and market their business product and services? Colour psychology works by influencing human perceptions based on specific uses of colour schemes. The design and colour schemes that you initially chose to market your business can be instrumental in attracting and influencing potential clients. From your signage, to logos, uniforms, labels and packaging, this initial choice will play a significant role in your business' sales and success. Even something as

simple as the colour you paint your office space or storefront plays a key role, as it can affect the productivity of your employees and the subconscious mind of your customers. Colour schemes can even evoke how a person will perceive temperatures of your business space. Painting in earth tones will make your clients feel the room is warmer than if you were to paint the room a mint green or blue tone. Imagine if you went to a spa that was painted bright green or daycare facility painted in dark brown or rusty orange? Your mind perceives this as a deviation from what you feel is normal or typical; generally daycares are bright and colourful whereas spas are meant to be warm and relaxing.

Colours all have their own unique role when it comes to marketing. Did you know that each colour has a different impact on consumer buying habits? Have you ever wondered why all sale signs are RED? It is because the colour red creates a sense of urgency for people, which is a great tactic for clearance sales, because red cues our psyche for danger and it prompts people into action. What better form of action for retailers than to direct people to shop their sale items. To single out franchises such as McDonalds, Burger King, Wendy's and Dairy Queen, if you google these

popular fast food chains, they all have one common element; their logos all use the colour red, a common marketing tactic of fast food restaurants because it stimulates our appetites. Did you also know that the colour green is associated with health, tranquility, power and nature? You will find that often grocery stores will use green in their marketing to be perceived as a 'healthy and natural' environment. As well, think of Subway; their green branding makes you think of fresh and healthy, or with Starbucks you think of environmental and sustainable products.

If you're still unconvinced that such a simple thing like your colour scheme could make a difference in your sales, think about your own shopping habits. What drives you as a consumer? Is it the atmosphere and environment of a business? Do you notice signs that are neutral or do you notice the BOLD BRIGHT ones and the stores with the RED sales signage in the windows?

Keep in mind when doing your market research that colours will have different meanings depending on culture, generation and gender. Whether we are aware of it or not, colour schemes do subconsciously motivate and influence our consumer spending habits.



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do

Peace, love, and joy

You, Me and We

By Gina Mawson



The colours red and green are so significant this time of year. A great many gear up for a time of family traditions by bringing out green trees and decorating them with bows, balls, tinsel, and lights. It brings to mind happiness, joy, and times of laughter for many people. And it can be a time when you really make lasting memories. I know that I look forward to it. I have a little thing for snowmen, so bringing them out every year is a treat for me, and for my little girl as well.

This year my daughter is old enough to help with even the breakable things; she helped me unpack all the ornaments and yes, a little more than a few snowmen. When we finally get all the lights on the tree working, she will help us decorate it too. I would not trade the memories we make together for anything. Experiencing her joy and enthusiasm is one of the biggest gifts I will receive this year, and with that my heart is full.

Putting up the tree as a

couple, or a family, can be more than just something you do so your house looks pretty and put some presents underneath it. It can be a time where everyone pitches in and plays a part. I know I talk about taking time to make memories a lot, but it is so important for stability, not only in families, but as couples too. Those memories can be the glue that hold you together long-term. Not to mention when you look back on those memories you can smile and realize that the most important people or person in your life was part of making it special.

That being said, the holidays can also be a time of great stress for relationships as well. There are a lot of expectations for the holidays placed on families and couples by the media. The biggest, brightest, most popular gifts are seen as must-haves for underneath the tree. Commercials aimed at children tell them what they should want and let's not forget the jewelry ads, the car ads, the ad for this



that and the other thing that costs money, sometimes money that families just don't have, but that they feel pressured to buy because it is what is seen to be expected.

That pressure and stress can lead to relationship breakdown if care isn't taken. The bottom line is that the material things that can bring you down if you let them should not be the main focus of the holiday season. It should be about the special and important people in your life and the love, laughter and joy you share together. Make it about that and not about the 'things', and a lot of stress will be alleviated.

For some people memories of the holidays are not that great, and that can be another reason for stress over the holiday season. Being sensitive to the people around you and their comfort levels over the holiday season is also important. Take the time to notice what might

ease this time of the year for them; sometimes that can just be something as simple as offering to spend some time with someone who has no family locally. Maybe it means inviting someone to join in the festivities with your family. Whatever it is, try and make it meaningful.

More than decorating though, the colours red and green at this time of year bring up thoughts of peace and love. Right at this point in history, I think we need the reminder of peace and love more than usual. The events that are happening throughout the world can shake the sense of peace we have, and can shake the love and care we have for our fellow man. Remember that this should be a season to focus on giving, on joy and on peace. On that note, I wish you and yours love, light, laughter, peace, and joy throughout the season.

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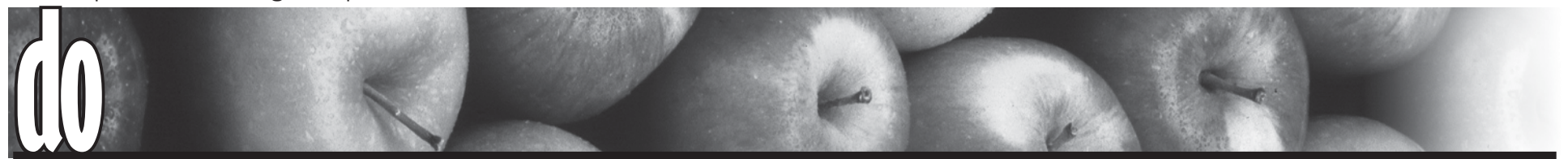
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The value of community support

BY BECKY STRICKLAND, THE MARANATHA PLAYERS

For the past fourteen years I have run a musical theatre program at Maranatha Christian School. I have been fortunate enough to build a program which is an integral part of the school and usually involves anywhere from 20-30 high school students per show. This musical theatre program has been a way for students to learn to express themselves, as well as reach out into the community and provide a family friendly musical production.

Though there is talent at the school, and many willing hands to help whenever it is needed, we would not be able to accomplish what we do without the support of our community. We have been truly blessed by the

number of businesses in town who see the value in the theatre program and choose to become sponsors of our shows. Looking at our theatre, there are many things we would never have been able to accomplish without the generous support of the community; our lighting, portable staging, seating, costuming, set pieces, front of house equipment, yearly advertising and more. Currently we are building new levels into our seating, thanks to their continued support. We are excited to be changing our seating so every row of seats is a little higher than the one in front of it. This will allow for prime viewing, no matter where you sit. In order to accomplish this, we have had a set of risers built, which will add on to the ones we currently use as our seating. Thanks to the help of our volunteers,



Ryan Shephard, Damen Shephard, Tony Dickens and Ed Garland, the risers will all be in place for opening night.

Then there is the show. This year I am very excited, as are my students, to present the musical *Don't Stop Believin'*. This is an upbeat contemporary musical which takes place in the inner city, run down, Ethel Lampert

Community Centre. The teens who hang out at the centre, jocks, nerds and artists alike, see this place as a second home. When three egotistical city council members arrive to tell Aleta Lampert her community centre is set to be bought and demolished in order to redevelop the area, the teens decide they need to help save the centre, whatever it takes.

When they hear about a TV reality contest they decide to create a glee club and enter the competition. Even with everyone working against them, the students pull together to try and make a difference and to save their home away from home. With energetic rock and pop music and a powerful, anthemic finale, this play will keep the audience's toes tapping.


Our show goes on stage at Maranatha Christian School, **December 3-5 and 10-11 at 7:00, and December 12th at 1:00 and 8:00.** Tickets are available at The Open Book. I hope you will take the time to come one evening and allow us the opportunity to thank you all for supporting what is a very important program at our school.

The Maranatha Players Proudly Present
The Musical
Don't Stop Believin'!

Tickets Available @ **The Open Book**
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Directed By Becky Strickland
 Music & Lyrics by **Bill Franconeri**
 Written by **Craig Sedano**

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December 12 @ 1:00 & 8:00



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The dreaded audition!

BY MICHEAL HODGSON, WILLIAMS LAKE STUDIO THEATRE

One of the most terrifying hurdles to getting involved in acting is the dreaded audition. For many newcomers and even the most experienced actors, this can be a very nerve wracking experience, and maybe even turn you a little red. Questions you might be asking yourself include: do I need to bring a piece to read? Who else will be there? What will I be required to do? In fact, auditions can be fun and you can learn a lot from the experience. My first advice is to come early and wear comfortable clothing that you can

move freely in. When you first arrive you will be greeted by someone (most often the producer) and asked to fill out a simple audition form. Ensure that you fill out all of the contact information, as this is how the Director will contact you to inform you if you got a part or not.

Once started, there are generally two equally important phases to the audition. The warm up/games section and the cold read. I will start with the latter first, the cold read. The director will have prepared several small excerpts from the play for each character, and then will assign a part to each person who is called up to try out for

a role. Normally someone with experience is asked to read first to give an example. Watch the people who go ahead of you and ask yourself what you would do differently. If you see one person do an amazing job, don't copy that person. Instead, make it your own. One time I auditioned for a role as a salesman. I watched everyone play the part the same, as a sleazy used car salesman. I went up on the stage and played it as pure rage. I was yelling and throwing things; the poor



person across from me had a genuine look of fear in his eye as I yelled out my lines at the top of my lungs. I was the only one to play it differently and I got the part. Directors are often looking for people who are willing to experiment with their character and willing to take chances. If you get called up to read the same piece twice, find something to change the second time. If you played it happy the first time be sad on the second read through. Show the director your many talents.

Now back to the first phase of auditions: the warm ups and games. This is my favorite part of auditions that, sadly, is often marginalized by actors and sometimes directors. I am a slow reader and have trouble pronouncing many words, so in the cold read I am concentrating on reading the script and my acting can be very poor. For people like me, this is the chance to let it all out and show the director what I can do. There are normally one or two games that are designed to show a wide range of emotions. Let it all out and be extreme; it is often said that it's easier

to get an actor to tone it down than it is to make it bigger. Throw that prop around and resort to a toddler level meltdown when you are angry. Then do the exact opposite on the next emotion. Show the director your range of emotions and almost more importantly that you are willing to experiment and have fun.

My last piece of advice is to audition as much as you can. Let's say you are a male in his early 20s and the play requires three nuns in their 60s. Audition anyway; my best auditions are the ones where I did not have a chance for a part. You don't have any of the stress as you are there just to have fun. Not only will you enjoy it, you will learn the tricks and skills required to land that next big part. The theatre has an unwritten policy that everyone gets to play. If you are not getting called up to read as much as other people, stand up for yourself and remind the director or producer of the fact.

Most often the director is running hundreds of scenarios through his or her mind and you have slipped through the cracks.

Lastly, most productions have 2 to 7 characters and often a dozen or more people show up for auditions. Sadly the majority of people will not get a part. If you do not get a part it is not because you are a bad actor or you lack experience. It is simply because you did not fit a role. Sadly I have heard people tell me they quit trying because they did not get a role after a few tries. Most plays have a balance of new people and experienced actors. The new people bring excitement, new ideas and an eagerness which is often lost by the actors who have been around for several productions. I have seen actor "A" not get a part even though they had a better audition because actor "B" looked more plausible as a sister to actor "C". So do not be hard on yourself when you do not get a role. The part that is perfect for you might be in the next production.

Then there are the musical theatre auditions that would require a whole new article. So don't let the fear turn you green around the edges, come on out and give it a try.

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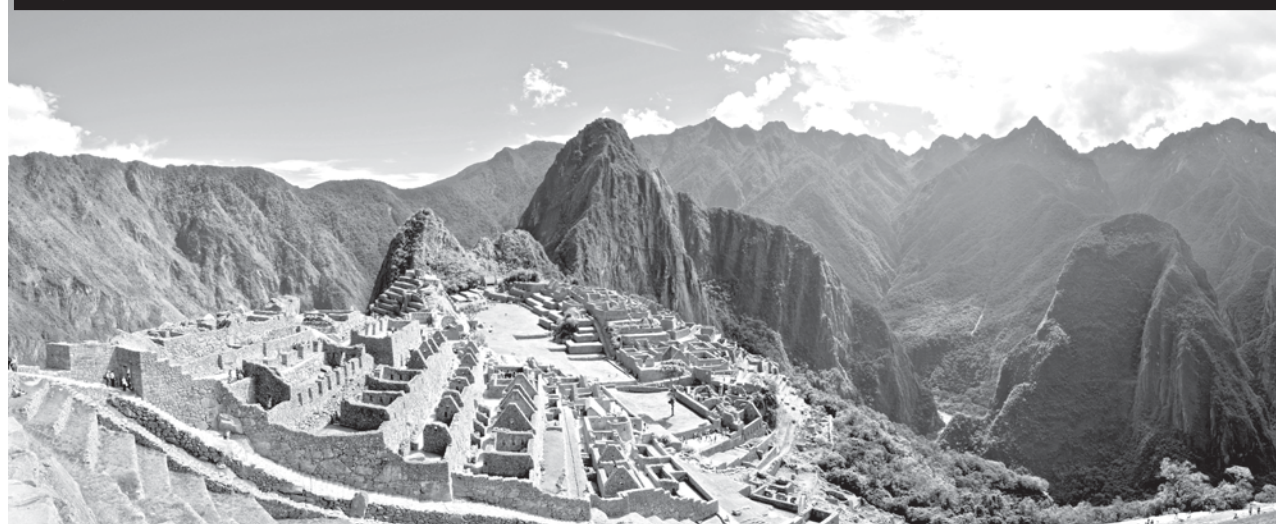
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The Incan country of Peru

BY SYLVIA RASH-BROOK OF ALL-WAYS TRAVEL

Peru is the cradle to the vast Incan Empire, the largest in pre-Colombian America. Peru's power and gold attracted the Spanish conquistadors. They used these riches to fund their own vast empire in the Americas and as a result, colonial gems like magnificent Cusco were built on Incan foundations, making this a fascinating

culture. Peru is peppered with Incan sites, but none as famous as the "lost city" of Machu Picchu, whose breathtaking myriad of colourful images seem to grace every brochure and travel book. Peru has been blessed with natural gifts as well: a huge chunk of Amazon rainforest falls within its borders, and visitors can hike through jungles in the Andes and surf the Northern beaches all in the same week. Lake Titicaca, one of the high-

est lakes in the world, is a spectacular site from the air.

Peru is one of the few countries that can boast of having many well-known, first rate attractions. It is loaded with vibrant natural colours and sites that make one stop and drink in the hues; dramatic contrasting colours of the Pacific Ocean and vibrant greens of the hilly, rainy jungles of the eastern lowlands, where the famous Amazon finds its source. It is a feast for the senses – an overwhelming, almost mystical explosion of colours and sounds which reveal the landscape of Peru.

This landscape totally reflects the nature and culture of the people who reside here. Most of the people are Mestizo which is a mixture of Amerindians and Peruvians of European descent. There are a small number of African, Japanese and Chinese also found in Peru. Spanish and Quechua are the two official languages spoken here. Freedom of religion

is a fundamental right in the Peruvian culture. The mainstream religion is Catholicism but they have different beliefs and religions as well.

Peruvians are outstanding artisans. Their art is reflected in weaving, carved gourds, Ayacuchan altars, Huamanga stone, wood carvings, Chulucanas pottery and Monsefu ponchos; all recognized around the world.

The Peruvians wear brilliant colours that are knitted, woven and fashioned by their people. I have owned garments from Peru and have been amazed at the colours and the designs on them. Peruvians love to dress in native costumes during the many festivals in which they participate. The festivals in Peru are numerous and are very colourful. There are a number of religious festivals such as Christmas and Corpus Cristi in Cusco, a major city in Peru. Other colourful festivals are Inti Raymi, Fiesta de la Virgen del Carman, and Dia de

Todos Santos to name a few. Carnivals are held in conjunction with these festivals. All the festivities have a distinct nature and along with their special blend of music, create a joyous environment. The folk music of Peru is a merger of sound and style creating a characteristically haunting rendezvous. Musicians playing instruments such as harps, lutes, guitars, bandurrias, and vihelas entertain the crowd during the festivals with native dancers who perform dances associated with agricultural work, hunting and war.

Lima, which is the center of Spain's new world government, retains much of its colonial architecture, especially at Plaza de Armas. The City brims with fine museums and several ornate churches – the famous Church of St. Francis has a system of catacombs beneath it. Near to Lima are Pachacamac, an Incan ruin; Miraflores, a charming beach town; and the Nazca Plain, whose huge mysterious designs drawn on the ground have intrigued archaeologists and

tourists alike for decades. Visible only from the air, the drawings of animals, people, and geometric shapes are a delight to see.

Cusco, the former capital of the Incan Empire, is another well-known destination. It houses ancient ruins, colonial mansions, museums, the world class Monasterio hotel, and a Renaissance-style Cathedral. Close to Cusco is the most remarkable attraction: Machu Picchu, boasting more than 200 Incan temples, terraces, and residences. It is perched high in a dramatic Andes setting, hidden away until it was rediscovered in 1911 by Senator Hiram Bingham. It can be quite the climb if you are in great physical condition, or instead you can catch the morning train from Cuzco, returning after sightseeing in the late afternoon.

I have only presented a very brief description of this wonderful country; One must visit Peru to appreciate all the wonders and amazing sites. Stop by All-Ways Travel and let us help plan your Peruvian trip.

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WILLIAMS LAKE & AREA

December 1 Women's Spirituality Circle Visioning Gathering, Cariboo Arts Center, 5:30-7pm

December 1,8,15 Uptown Art after school classes, Cariboo Art Center, 3:30-5pm, Info; Shelley 250-305-7466

December 1-10 Purple Ribbon Campaign, info: 250-392-4118

December 1-31 First Annual Festival of Trees, Signal Point Gaming

December 1-31 Christmas Market with local artisans, 7 days a week at the Station House Gallery. Mon-Sat 10am-5pm, Sun 11am-4pm

December 2 18th Annual Free Yuletide Dinner, Sacred Heart Hall 4-7pm

December 2,9,16,23,30 Karaoke Wednesdays 9pm, music trivia, OV Pub 7pm

December 3,4,5,11 The musical 'Don't Stop Believin', tickets at Open Book, Maranatha School 7pm

December 3,10,17,24,31 Jam Night with Busted Remedy, Thursdays 9:30pm OV Pub

December 3,10,17,24,31 Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church, Thursdays 7:30-9pm

December 3,10,17,24,31 Pokémon Thursdays, Adventure Games 83C 2nd Ave S, 3:45pm

December 4 Annual Christmas Tea & Bake sale, Museum 11am-2pm

December 4 Winter Lights Festival, caroling 6-8pm, dance party 7-9pm, Downtown

December 4,11,18 Friday Night Magic, Adventure Games 83C 2nd Ave S, 5pm

December 4,11,18 Winter Market, upper level Boitanio Mall, Fridays 10am-6pm

December 5 Santa Claus Parade 6-7pm, Winter Lights Festival, Downtown

December 5,12,19,26 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, Saturdays all day

December 5,12,19,26 Fun Darts, OV Pub, Saturdays 2pm

December 6 Midday Madness, Downtown stores 12-4pm

December 6 CIHL hockey, Stampeders vs Steelheads, Cariboo Memorial Complex 1:30pm

December 6,13,20,27 Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

December 6,13,20,27 Sunday Game Night, Adventure Games 83C 2nd Ave S, 6pm

December 7 FREE Seniors Bingo & Refreshments, upper level Boitanio Mall 1pm

December 8 Banff Mountain Film Festival, Gibraltar Rm 7-9pm

December 12 The musical 'Don't Stop Believin', tickets at Open Book, Maranatha School, 1pm and 8pm

December 18 Cariboo Central SDA Church Christmas Program on Woodland Dr. Christmas Carols and skit everyone welcome. Friday night 6pm

December 19 Electric Soulstice, Evening of Musical Performance, Pioneer Complex, 8pm-1am 19+ event, Tickets in advance only

December 20 Bikers Against Child Abuse (BACA) meeting, public welcome, Big Brothers Big Sisters suite 200, 369 Oliver St. 1pm, info: 778-412-9323

December 8,15 Bingo (50% proceeds to All Nations Challenge Cup Ice Hockey Tourney & Petals Mothers' Day Roping), mini concession, mini loonie auction, 50/50 bingo game & door prizes, Longhouse, doors 6pm, start 7pm

QUESNEL & AREA

December 5 CIHL hockey, Kangaroos vs Steelheads, Quesnel Arena 7:30pm

December 5 Santa Shuffle, LeBourdais Park, 10am-11:30am

December 5 Christmas Bazaar Craft and Fun Fair, Barlow Creek School, 10am-3pm

December 5 Christmas Fun Pet Pictures, Bouchie Lake Country Store, noon-4pm

December 5 RCMA Open Mic, The Occidental, 228 Front Street, 8-10pm

December 5,12 Farmers Christmas Market, Arts & Recreation Center, 10am-3pm

December 8 Canadian Country Christmas Show, The Occidental, 228 Front Street, 8-10pm

December 10 Welcome Home Terry & Paul Nichols, Senior Center, 5:30pm-midnight

December 11, Burlesque Show, The Occidental, 228 Front Street, 9-11pm

December 12,13,14 Old Fashion Victorian Christmas, Barkerville, 9am-6pm

December 19 Frenzy, The Occidental, 228 Front Street, 8:30-11:30pm

December 29 RCMA Meeting, The Occidental, 228 Front Street 7-9pm

100 MILE HOUSE & AREA

December 3,10,17,31 Full Contact Stick Fighting, Thursday evenings in Lac La Hache. Info: Renée wlchick@hotmail.com or www.coillmohr.com

December 3,10,17,31 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

December 4 CIHL hockey, Tomahawks vs Stampeders, Rolf Zeis Memorial Arena Lac La Hache 7:30pm

December 4 Christmas Market SC Farmers Market, Community Hall 10am-2:30pm, info: Will 250-706-3131

December 4 "Cinderella a Pantomime" Opening Gala 100 Mile Performing Arts Society production, Martin

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Invasive Plant Profile:

Baby's Breath

Common in floral arrangements, Baby's Breath in the Cariboo Chilcotin is an invasive plant that spreads by seed. It has been found in all regions of the Cariboo Chilcotin (except the Nazko) but has not yet been found in the Outer Coast, Hagensborg East or Bella Coola regions. It is classified as a "new invader" in our region meaning there is a real chance of elimination! Please help by not leaving Baby's Breath outside, and disposing any flowers in a sealed plastic bag & then into the garbage. For more invasive plant profiles, and info please visit www.cccipc.ca

Photo: Amelie Rousseau

Cariboo Chilcotin Coast Invasive Plant Committee

Regions shown: Bella Coola, Outer Coast, Hagensborg East, Nazko, North Cariboo, Central Cariboo, South Cariboo, Chilcotin.

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We gratefully acknowledge the financial support of the Province of British Columbia



Exeter Hall 7pm, tickets at Didi's & Donex

December 5 Christmas Craft Sale, Community Hall, Lone Butte 9:30am-2:30pm, info: Audrey/Mary 250-395-4206

December 5-6 "Cinderella a Pantomime" 100 Mile Performing Arts So-

ciety production, Martin Exeter Hall, matinee 1pm, tickets at Didi's & Donex

December 9 Kids Space Christmas Pageant, Interlake's Community Hall 5:30-9pm

December 10-11 "Cinderella a Pantomime" 100 Mile Performing Arts So-

ciety production, Martin Exeter Hall 7pm, tickets at Didi's & Donex

December 12 "Cinderella a Pantomime" 100 Mile Performing Arts Society production, Martin Exeter Hall, matinee 1pm, tickets at Didi's & Donex

December 18 CIHL hockey, Tomahawks vs Stampede, Rolf Zeis Memorial Arena Lac La Hache 7:30pm

December 20 Santa Free Skate, South Cariboo Rec Center, 1:15-2:45pm

DVD & Blu-Ray New Releases

December 1

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Fear the Walking Dead - Season 1
Get Santa
Halo - The Fall of Reach
Mississippi Grind
Mistress America
Momentum
The Transporter Refueled
War Pigs

December 8

Ant-Man
Knock Knock
Minions

December 15

Fantastic Four (2015)
He Named Me Malala
Jungle Master
Maze Runner - The Scorch Trials
Mission: Impossible - Rogue Nation
Ted 2
Wolf Totem

December 22

12 Rounds 3 - Lockdown
Defiance - Season 3
Nasty Baby
Pan
Pawn Sacrifice
Sleeping with Other People
War Room

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The Perfect Guy

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SIGNAL POINT NEWS!

FESTIVAL OF TREES

Opening Ceremony

Wed. Dec. 2, 3:30-7:30pm

Come and support your local charity, bring a non-perishable food donation or toy for the toy hamper, receive a ballot and vote for your favorite charity tree. The top 3 trees will receive a split cash donation from Signal Point's Found Money account. The donated food and toy items are distributed to the Cariboo Chilcotin Child Development Centre and the Salvation Army.



ON NOW UNTIL DECEMBER 19!

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DID YOU KNOW?

Community organizations may be eligible for government community gaming grants to support their programs and services. Payments for approved grants are made throughout each government fiscal year, and the timing of the payments depends on the grant category / sector.

Last year approximately \$947,065.00 went back to the Williams Lake community and surrounding area from gaming dollars!

For a full detailed list of Gaming Grants paid to community organizations please visit www.gaming.gov.bc.ca/reports/#six then find Williams Lake on the list.

GAMING EVENTS

December 2 to 23

WEDNESDAYS Christmas Envelope Hot Seat Draws on the Slot Floor

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Collect your stamps and enter the draw Dec. 22. Santa and elves on location with prizes.

Bingo Extra Money Christmas Cash Point Special • Lucky 7

Check for 'must go' game dates on your bingo calendar

January Watch for Signal Point's New Year promotions, coming soon

HOURS

GAMING FLOOR: Sun-Thurs 10:30am to 10:30pm • Fri-Sat 10:30am to 12:30pm

POINT RESTAURANT: Sun-Thurs 11:00am to 10:00pm • Fri-Sat 11:00am to 11:00pm

BINGO: Sat-Sun games at 3pm and 6:30pm • Mon, Thurs, Fri game at 6:30pm

HORSE RACING: Sun-Thurs 10:30am to 9:30pm • Fri-Sat 10:30am to 11:00pm

Visit us online www.signalpointgaming.com or find us on Facebook

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Know your limit, play within it. **GameSense** 19+

do

Magic mushrooms

Jump! Get the mushroom!

I suppose video games don't exactly scream "family activity" and "the holidays" for most people, but they do for me.

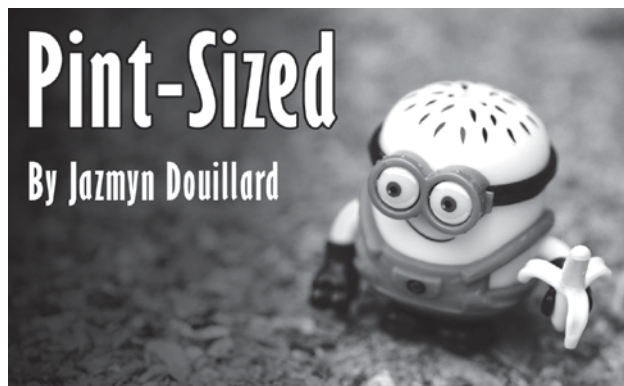
I could play the first level of Super Mario Bros. with my eyes closed. I'd probably die a lot, but that's beside the point. I didn't get my own game system until Christmas morning of 1990 and it was the Sega Genesis, so until then I'd take every chance to go visit my Uncle and take control of a short plumber for an hour or so. Even now, I have little red and green mushroom tins sitting on my desk that I frequently refill with candy and they always make me smile.

I don't have as much time nowadays for video games and that makes me a little sad. Gaming wasn't a solo activity when I was a kid; I spent many evenings fighting and shooting on every system my cousins and I could get our hands on. Family events usually turned into family tournaments with classic consoles, and to this day my dad is still the one that beat the most games out of all of us. We'd cheer each other on and work

“

Classic games will always remind me of Christmas with my family, and I want that

tradition to continue. It's easy to shine a negative light on something but the truth is, gaming, like life, is what you make it. You can run that dungeon alone or you can get a group of friends together to tackle it.



Pint-Sized
By Jazmyn Douillard

together to complete levels and take down the bad guys.

When we moved out, we went from receiving new games and consoles for Christmas from my parents to buying them the latest ones so we could still share the fun.

It makes me so happy that being a nerd and a gamer is now socially

acceptable, but I cringe when the media throws images at us of people in their underwear in their basement, a headset their only link to the outside world. Video games can be as social now as they were when I was a kid and 8bit graphics were something to 'wow' over.

Get your family together, pull out a console,

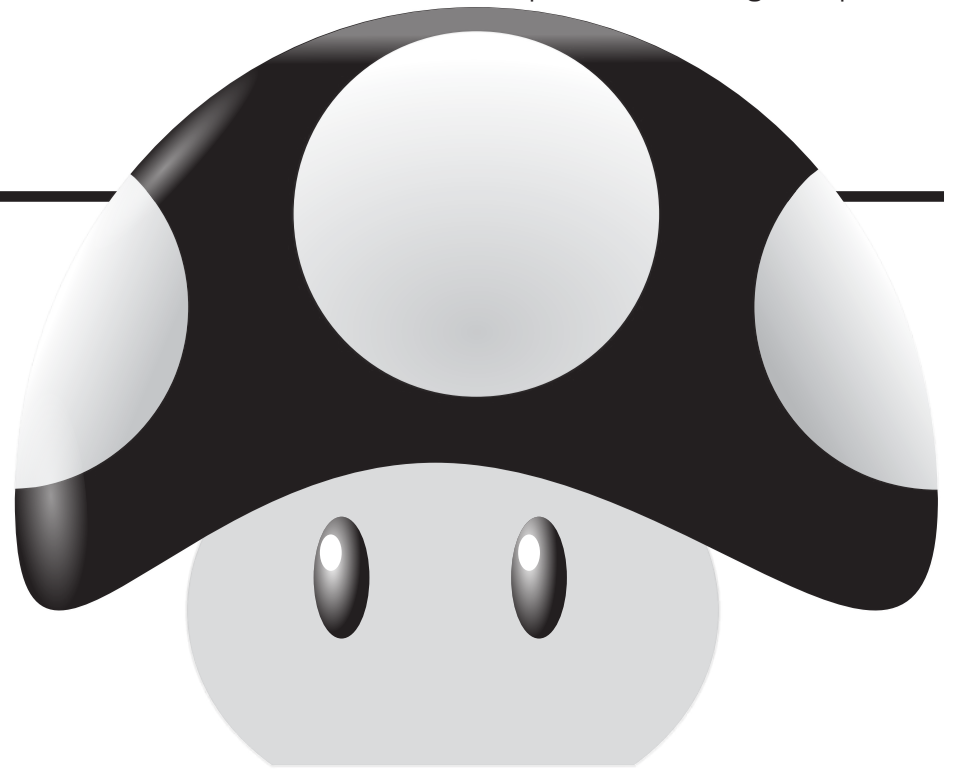
blow into a cartridge and have a tournament. Give mom the controller so she can get the hidden 1-up mushrooms for you and have a blast. Eat left-over turkey sandwiches and see how fast you can take out your cousins in GoldenEye. Okay fine, if they're not cool with that opt in for the latest Super Smash Bros. Pit Grandma against Aunt Judith. Loser makes the eggnog.

Classic games will always remind me of Christmas with my family, and I want that tradition to continue. It's easy to shine a negative light on something but the truth is, gaming, like life, is what you make it. You can run that dungeon alone or you can get a group of friends together to tackle it.

Before I run off to grab a controller, let me

leave you with this fun fact: The Super (red) Mushroom used to be

called the Magic Mushroom. I can't imagine why they changed it.



Gecko Art "Bringer of Joy"! December's Local Artist

Winter is here! A time for hearty homemade soups, great coffee and lively conversation. It is all available at the Gecko Tree on Mackenzie Avenue in Williams Lake. Meet your friends, relax and enjoy, not only the amazing food and friendly staff, but also the art creations that hang on the walls. Do not be in a hurry, take your time and appreciate the unique experience this café offers!

December 1 to December 24, local artist Beatrix Linde ends the 2015 roster of artists at the Gecko Tree Café. Be sure to drop in and enjoy this artist's exciting eclectic style of mixed media art, combining fabric, paper, paint, hand and machine stitching.

As the season comes to a close, we want to wish all of you a Merry Christmas, and Best Wishes for a healthy, happy 2016! Thank you for your support.

Beatrix Linde, Gecko Tree curator, is always looking for artists interested in having their own show and sale. Give her a call 250-440-5759.

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Santa, Mrs. Claus & the elves will be visiting us December 11th & 12!

and December 4th & 5th we'll be hosting the Children's Activity Centre during the

Winter Lights Festival!

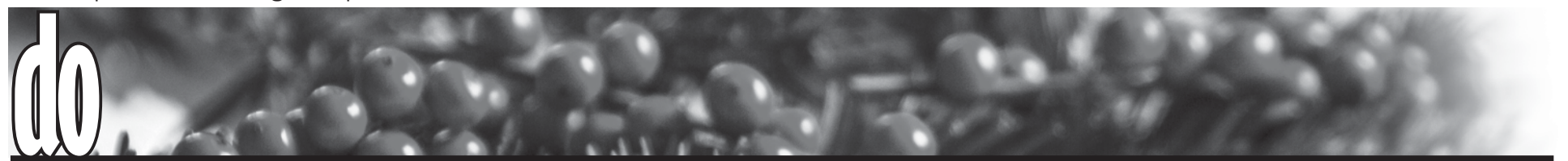
The Realm of Toys
35A First Ave S ~ www.realmoftoys.ca
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The Gecko Tree Cafe

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54 Mackenzie Avenue North, Williams Lake



This place matters

BY MARY FORBES

The Potato House Project has survived the challenging and risky first 5 years of owning a heritage house and proved that the greenest house is one that is already built. With funding from Cariboo Chilcotin Beetle Action Coalition, Northern Development Initiative Trust, Heritage BC, ArtsVest, and local government and arts organizations, we are well on our way to transforming the old Potato House into a tiny Community Hall where we can soon party, potluck, fall in love, get married and more.

Over the next 80 days we will be revealing items found in the Potato House walls including a

'time capsule' from the 1940's, along with the original bill of sale for the materials to buy the Potato House from Mackenzie's Mercantile and much much more.

We are actively inviting local celebrities and community members to have their picture taken with the Potato House and make a short statement about the Potato House Project to be released weekly on social media and in local news outlets.

We have passion, skilled labour, great partners, and now all we need is the final \$15,000 to put our plan into action. To this end the Potato House has been approved by the Federally Funded 'This Place Matters' of



the Canadian National Trust and for every dollar donated, fifty cents will be matched by the Royal Bank of Canada.

This is a crowd source funding campaign where every dollar counts and we invite you to share this project, visit the site often and consider contributing to this great initiative that recognizes all we achieve together in the Cariboo for all of Canada to see.

When it's all done we will give away a wedding, everything included to a deserving couple at our beautiful home where we make memories, not garbage.

For the month of December, Santa has put together a team of local elves who are working with local businesses and organizations to host an Angel Tree in Williams Lake to ensure he is able

to deliver toys to all the girls and boys. Santa is looking for benevolent angels in the community to help him fill toy requests to ensure all families are able to experience the magic of Christmas.

The angelic people of Williams Lake who help Santa and his elves fill these requests will be able to take home a heart-warming and whimsical ornament created by local

children. A tag will be attached to each ornament identifying the secret Christmas wish of a child in need in our community. In exchange for donating the requested item, each ornament on the tree is a gift for the 'Angel' to keep to bring home for their tree, or to wrap up to share the sentiment with that hard-to-buy-for-person on their list.

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do

Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

A green tree

A POEM BY LINDA PURJUE

How I love an old-fashioned green Christmas tree,
Dripping with brightly coloured, mismatched decorations!

Not for me; the stylish, fashionable,
Blue, gold or silver-white trees
Tastefully draped and primped
With colour-coordinated, soul-less trimmings.
Give me a green tree!
Yellow-green of pine,
Blue-green of spruce,
Green-green of fir.

A green tree.
I will fill its boughs and branches and twigs
With a life-time of memories;
Multi-coloured glass balls
From my first Christmas as a new wife,
Lopsided, primitive, utterly beautiful paper ornaments
Lovingly made by little hands,
Crocheted snowflakes
Yellow with age,
Dried apple heads, cornhusk dolls
And dancing yarn men,
Tiny sweaters, wooden birds,
And plastic Santas,
Moose and reindeer and sheep and bear stuffies,
A hand-made angel for the top,
Strings of glass beads and sparkling garlands,
All shimmery and glinting
In the glow of a hundred multi-coloured lights.
A green tree filled with love and joy,
As Christmas should be.

Christmas kettle campaign

BY TAMARA ROBINSON OF
WILLIAMS LAKE SALVATION ARMY

Christmas is a joyous, busy time of year for many families and individuals. During this holiday season we arrange dinners, parties, gifts, trees and decorations; not to forget the last minute shop for the things we may have forgotten, all to deliver the perfect Christmas to our family and friends. Here at the Salvation Army, we recognize that Christmas is a very stressful time of year, more so for families and individuals who are facing financial difficulties.

Hunger Count 2015 has seen a substantial rise in individuals and families needing food bank services, from 78,101 individuals in 2008 to 100,086 in 2015 for the province of British Columbia alone. For The Salvation Army in Williams Lake, we have distributed 5,786 hampers for 2015 fiscal year, and have seen 27,500 people visit our soup kitchen with a dollar value of \$179,831.00. These are essential services to our community, and we couldn't do it without the

generosity of the Lake City, as well as our amazing volunteers.

The Salvation Army offers daily meals Monday to Friday. Breakfast is served from 9:00am to 9:45am, and lunch from 12:00pm to 12:45pm.

The Drop in Center is open Monday to Friday, and offers an assortment of free activities for people 16yrs and older. The activities include pool, ping pong, shuffle board, tournaments, darts, crafts and a fully operational gym. Tamara Robinson, our family services coordinator and outreach worker is available Monday to Friday to assist individuals with accessing information and services and drug and alcohol treatment, as well as volunteer opportunities. Monika Hajzer, our drug and Alcohol counsellor is available Monday to Friday 9:00am to 4:00pm week days. Please call or drop in for an appointment.

Our food bank is open Monday, Wednesday and Friday from 1:00pm to 4:00pm (by appointment)



and our share shelf (bread, produce and fruit) is open 3:00pm to 4:00 pm Monday to Friday.

We will be providing a **Christmas dinner on December 25th** in our soup kitchen to those who would like to attend. It will be held at 272 Borland Street from 11:30am to 1:00pm. We are looking for volunteers to help bring Christmas to the less fortunate on this day.

Our Thrift Store is open weekdays from 9:00am to 5:00pm. Come by and check out our deals! Purchase a few items and help support the work of the Salvation Army. All income from the thrift store stays in Williams Lake and funds essential services to our community.

We are currently looking for volunteers to help in all areas which include our soup kitchen, food bank, drop in, thrift store and our kettle campaign. Kettles are an essential way for us to collect monetary donations from the community to ensure that we are able to continue our services in Williams Lake. If you would like to volunteer in one of our service areas please contact Tamara Robinson at 250-392-2324 ext. 208. To volunteer with our kettle campaign, please contact Sandra at 250-267-1867 or Capt. Ben Lippers at 250-302-2917.

To old and new volunteers, clients and members of our Community, we wish you a very merry Christmas.

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Wishing You a Merry Christmas!

Worship

267 Borland Street, Williams Lake

Sunday Worship 10:30am,
fellowship coffee after church

Tuesday Bible Study 7-8pm

Tuesday Ready to Serve (children 7-12yrs)

Food Bank & Drop-In Centre

272 Borland Street, Williams Lake
Breakfast 9-9:45am and Lunch 12:12:45pm

read

Magical ideas

A SHORT STORY

Christmas was coming and Rose had a deadline. She had four days to get a story in to the magazine and no idea on what to write. Thoughts were going in and out of her head, and nothing seemed to want to stick. As she sat on her bed in front of her computer, a new Family Guy episode came on her oversized TV in her bedroom. That TV of course was her boyfriend Josh's idea. Rose didn't really care what size the TV was, as long as it gave her the excuse to cuddle with her boyfriend as he watched his shows on the Discovery Channel. It seemed to be the only way that she could fall asleep lately. It was late and Rose still had too much to do before she could settle down for the night.

"You figure out an idea for your story yet?" Josh asked as he settled in next to her.

"Nope," she admitted, going back and forth between taking notes down for story ideas and working on her English research paper.

"What's the theme this month?" he asked switching the channel.

"Red and green," Rose answered looking over at

him. "You do know that I was watching that."

"Family Guy? Time to watch something educational," he smiled and kissed her cheek.

She shook her head and smiled, turning her attention back to the computer screen. She hated coming up with new story ideas on her computer; she was still old school, counting on her notebooks to store all of her original ideas.

"Something fantastical?" Josh asked rearranging the blankets on the bed.

"Yep," Rose said as she wrote a sentence and then deleted it.

"Maybe you can write a story that has to do with a red and green Christmas decoration that grants wishes?"

Rose laughed and reached over returning his kiss. "I have already done a story on a magical spoon."

He chuckled. Rose was unsure if it was because of their conversation or something that was said on the TV.

She started going through the other stories that she had previously submitted. Many of them did have to do with memories or real life situations. Rose was unsure why her stories had more

to do with real life experiences. She shrugged and started moving ideas around in her head.

"I can almost hear you thinking," Josh looked over at Rose and smiled.

"I just have so much to do you know," Rose took a deep breath. "A 10-page research paper for English, plus new stories for this Chapbook. I just want to write a good story you know?"

"You'll be fine," he said reaching over and squeezing her hand. "You are a good writer."

Rose smiled at her boyfriend. It wasn't writing the story that was the problem, it was thinking of a good idea that the editor would be satisfied with. A happy, funny and creative story with the theme of red/green.

"Would you read a story about a magical Christmas tree?" she asked.

"What's magical about it?"

She thought, what could she have the Christmas tree do that would make it magical? Could it be a time traveling tree? Or grant one wish? How about have a specific ornament that if it catches the light in the right way, it could show memories of the past Christmases? How could Rose make that into an interesting story? Could she even make that into a story? It doesn't seem like she could make it work.

"Have you done the



Tasty Tidbits

By Paige Knights-Smith



rest of your Christmas shopping yet?" Rose asked as an attempt to get her mind moving.

"I thought that you were taking care of that?" Josh replied.

"I got a few things for my side of the family," she said. "But I don't know what your side wants."

He shrugged. "We can always go tomorrow."

Rose murmured in a half agreement. This story was really beginning to bug her. What could she write about that was red and green without making the story only about Christmas?

"What about a magical ornament that transport you to your other families

so that you have a chance to spend some time with them at Christmas." Josh suggested now looking down at his phone.

"That could work," Rose thought about it. She felt a little bad that she had to work over the Christmas break. "It could be a present that an old witch gave the lead character in the story after hearing that they can't travel."

"Or a magical stocking?"

Rose laughed. "It could make you fly anywhere that you want."

Josh joined in with her giggling. "You know that my sister in law is making her own advent calendar

for the kids."

"She is pretty creative with crochet needles," Rose admitted. "I just want an original story, but that is kind of not really possible though is it? Every story seems to have a similarity to at least one other in the world."

Josh snuggled into her. "That reminds me, we should probably pick up some Christmas lights tomorrow. Ours burnt out last year, remember?"

Rose shut her computer down, accepting the fact that she wasn't going to write any story tonight. It was time to sleep on it. She snuggled down under their many blankets and laid her head on her boyfriend's chest.

"Could they be red and green lights?" she giggled.

"Yes, I believe they can," Josh said as he rested his arm on her back, rubbing it lightly. "Magical red and green lights that when lit up in the right place, can grant you three wishes."

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THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

December 1 Eat a Red Apple Day

Eat a Red Apple Day is December 1, we hope you eat an apple today, and every day.

Apples are delicious. Apples are nutritious. That's a great combination. Apples date back to the biblical Garden of Eden and were known as the 'Forbidden fruit'.

It is really easy to participate in this special day. There are thousands of varieties of apples grown all over the planet. Your mission today, is to pick an apple among all of these varieties, and eat it.

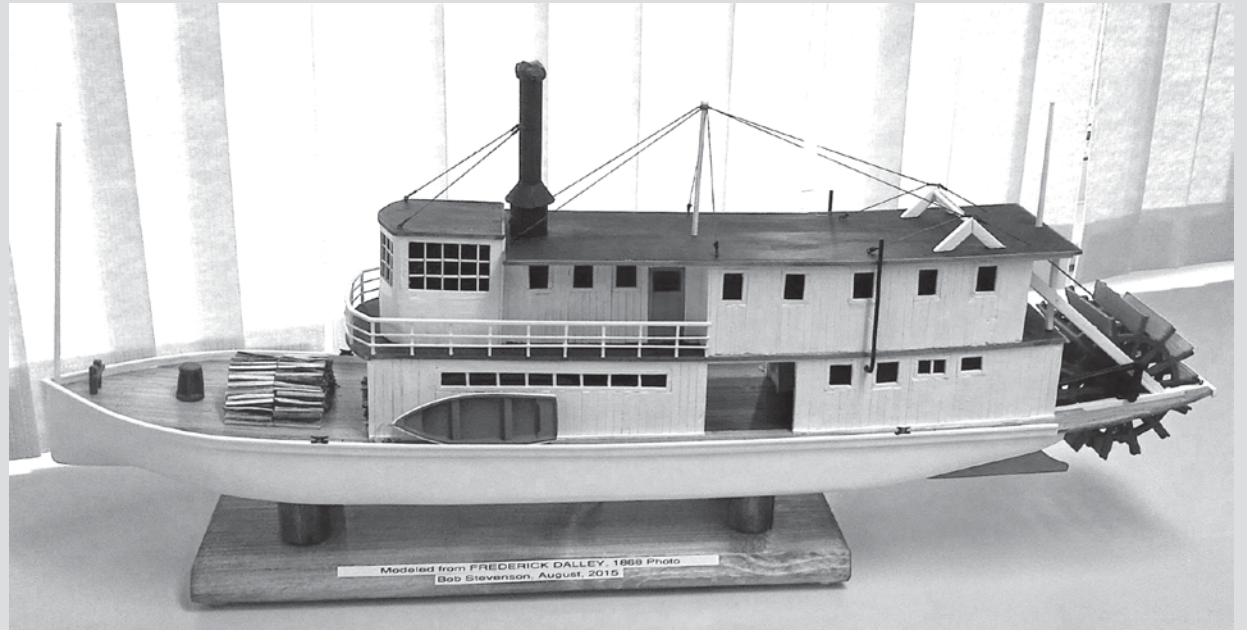
December 19 Look for an Evergreen Day

Look for an Evergreen Day is today. For many people, only a fresh cut real tree will do for Christmas. The scent of fresh pine helps to capture the feel of the holidays. Nothing looks more real than a real tree, each one with its own character and appearance.

Christmas trees are generally classified as firs, spruces, and pines, the most popular varieties have changed over the years. Personal preference will determine whether you select a short or long needle tree. If you haven't selected a tree by December 19th, it's time to get moving!

Curator's Corner

*Exploring the history of the
Fraser River sternwheeler, Enterprise*



BY WILLIAM ADAMS,
MUSEUM OF THE
CARIBOO CHILCOTIN

The Museum of the Cariboo Chilcotin was fortunate to receive a recent generous donation from R.B. Stevenson of Williams Lake. The donated item is a model of the sternwheeler Enterprise, the first steamer used on the upper Fraser River.

The Enterprise was built in 1862 near Alexandria by James Trahey for her owners Captain Thomas Wright and Gustavus Blin Wright, who also were her operators.



Soda Creek was the terminus for the stagecoach arriving from Yale, met by the sternwheeler for the trip to Quesnel. Upon arrival in Quesnel, the passengers and freight would be transferred to the stagecoach

and wagons respectively, before heading on to Barkerville.

The Enterprise ran between Soda Creek and Quesnel from 1863 until 1871 when the Wrights took her to Takla Landing for use in

the Omineca Gold Rush. There she was wrecked on Tembleur Lake and abandoned during the return portion of this ground breaking journey to Takla Lake.

The Museum plans to display this model alongside a piece of historic cord wood from the original stockpile at Soda Creek that was used to fuel the sternwheelers.

To learn more about the Enterprise, and see other intriguing pieces of our history, stop by the Museum of the Cariboo Chilcotin in Williams Lake.

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eat

Red green soup

A lot of cooks dread the holiday season as it means much longer days and the very real possibility of split shifts. You know all those super fun Christmas parties you go to with your friends, spouses and coworkers? Yes, we get to make all the food, which means we have to order/procure all the ingredients for your amazing party, set up service lines and when it's done, tear down; spending the next two hours helping in the dish pit and restoring the kitchen to its prior glory so we can do it again the following day. And, because we are for the most part, open to the public right up until you arrive, we also get to prepare all that wonderful food for your party while trying to make regular orders. If you're lucky/talented/dedicated/modest/stupid enough to become the Chef, you also get to spend the previous night in a sleepless state going over the plan. Did I order

enough food? Can we pull off this amazing plan? Will my staff show up... sober? Will the client like what we made...oh crap! I forgot to ask if there were any allergies, so that means I'll have to come up with something quick! Then the thoughts of the wait staff start creeping in and you need to remind yourself that if you want something else to worry about you always have the thought of the food delivery truck not showing up.

All of that is eclipsed by the client telling you that everything was great and that they had a good time, and while you're standing there talking to the client, you realize that spending the last 8-9 hours sweating has taken its toll on your personal aroma. This might sound all bad but most of us love our jobs. We love the fact that the hours we put in are enjoyed by our clients. There is something extraordinarily satisfying about this. That's not to




say that cooks don't go to Christmas parties. In my old/young chef days, I would have a few "primers" before we arrived at the restaurant where our boss was brave enough to notify the kitchen staff that there was an open bar. That lasted about an hour. Needless to say, being around a group of men and women who sweat, swear and wield knives and/or fire for a living, and are given access to an open bar, lead to many stories that for legal reasons I'm unable to relay to you. Now that I'm older, wiser, sober-er, we have our staff parties at the bowling alley. We bring in pizza or sushi, have a few beers, exchange gifts all while I

destroy everyone at bowling (yeah, right).

So when you go to Christmas parties this year, take a second to acknowledge all the men and women who have dedicated their lives to making sure that you have a great evening eating great food. Here's my recipe for Red Pepper, Green Pepper Soup that I absolutely did not steal from a Chef who is now in my employ. Roast some red and green peppers. Skin them, seed them and place them in separate pots. Add one tablespoon of sugar to each one, a splash of heavy cream and then hit it with your immersion blender. Pour in more cream while you're blitzing. You want

Out of the Fridge

By Brice O'Neill



to create a semi-thick consistency like warm peanut butter. Gross, but bear with me. Warm both pots to just below boiling. If you boil it, your cream might separate. Take two ladles, one in each hand, put both in the pots, lift up and scrape the bottom of the ladles on the edge of the pots to prevent dripping. With a deft mo-

tion (which takes quite a bit of practice) you pour simultaneously into a bowl, one at 2 o'clock and one at 8 o'clock. The trick is to pour them both in at the same speed so that the end result is 1/2 green 1/2 red soup. You can add a couple of drops of cream to decorate it. Give it a try, it's a lot of fun and a real conversation piece.



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Christmas...
the time of
year to give
gifts to loved
ones...

*Then the question –
What am I buying for
special people in my life?*

Gift certificates are a great idea! Remember to support local merchants.

GET CREATIVE:

- Everyone needs their oil changed
- Tire changeover – spring and fall
- Grocery gift cards
- Housecleaning service for a month (a year would be awesome!)
- Plowing and sanding driveway – a month or for the winter (depending on how much snow we get!)
- Dinner out
- Clothing store – a new outfit
- Sports store
- Automotive repair
- Furnace maintenance

The possibilities are endless! Be creative – what would someone on your list want to help them – not just at Christmastime but throughout the year to make their life a little easier...

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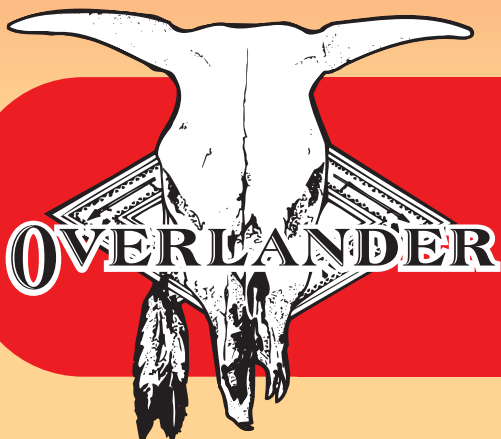
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Geek gift guide

BY CRAIG SMITH

With the Christmas season fast approaching, people are always looking for gift ideas for the geek in their life. Let me give you some suggestions of what is new and amazing for

this year.

Let's start with your television; the next evolution is the smart TV but not everyone can afford that. Enter Apple TV or any number of other streaming services such as Comcast or Hulu. For less

than a hundred dollars you now have access to a huge amount of web content.

For those of you that are constantly misplacing your keys or anything else for that matter let me introduce the Tile Dongle. Using an app on your phone you can have the Tile emit a loud audible or use the map on the app to locate the item that the Tile

is attached to.

For the barbeque chef in the family we have the 'iGrill', which is a probe that you insert into your cooking protein that will tell the app on your phone when your food is done.

If you really want to take your technology to the next level you now have the ability to control a lot of your house's basic

Tech Talk

By Craig Smith



functions using your smart phone or tablet. From dimming your lights to entertainment, to heat and air conditioning, and even the locks on your door, most electronic stores have a least an entire aisle of product that will do that for you.

Those of you with small children will appreciate this one. It's called a 'Fever Scout' and it's a wearable thermometer that will send the data to your smart phone and alert you if you need to visit your doctor.

Wearables again top the list of the gadgets for this holiday season. Whether it's fully functioning like

the Apple Watch or specific to a task such as the Fitbit for performing jobs such as steps taken or heart rate, it's far easier to try to be healthy when you have a constant reminder of how much you have walked today.

As with any tech available, there are cheaper, inferior versions of everything so before you buy, do a little research. And last but not least, as much as I love my technology, it's always good to remember, and remind myself and those around to put down the tech and enjoy those around you this holiday season.



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Red Green; Canadian comedy history

During his days of stage touring with his wife, and on the briefly-lived sketch comedy they performed him, Steve Smith created the rough draft for a character: The embodiment of the male ego. He named the character Red Green, after Canadian hunter and fisherman, Red Fisher, and usually appeared in a cluttered room, wearing a rubber duck on his hat, sitting on a picnic table, and speaking in a somewhat throaty voice. He would comment on countless stereotypical Canadian activities and incorporate them into the stereotypical male activities. The character proved popular with audiences.

The "plot" (or lack thereof) was that Red Green was the leader of Possum Lodge, a men-only resort where they could generally goof off and be themselves. They were veritable stereotypes, yet with a certain flair and charm, which added to their wit. Red was the only remotely sensible one, but perhaps not much more competent. He was a true craftsman, and had a portion called "Handyman Corner" where he would take ordinary objects and, with the help of power tools and duct tape, would turn them into a unique variation of something already established. Rarely did they work. He also had countless monologues where he would talk to "all you middle-aged"



viewers.

The show didn't originally have great ratings and was eventually cancelled after three seasons. Fortunately, however, Global picked it up in 1994, re-naming it *The New Red Green Show*, raising the budget, and adding a new, completely unique star: Red's nephew, geeky city boy Harold, played by television star and Second City alumnus Patrick McKenna. He wore a large, guitar-like video device which he used to remotely control the cameras. Red generally traded barbs with Harold, but kept him

because he needed his technological skills to produce the show. Harold was generally unliked by the other lodge members, and wasn't very attractive, either: He wore glasses and a retainer, had a nasal, high-pitched voice, and generally looked awkward.

I'm a man,
But I can change
If I have to,
I guess.

Global aired *The New Red Green Show* until 1997, when the series was axed and sold to CBC for a hefty price. On CBC, its title was restored to *The Red Green Show*

and many aspects of the original program were re-stored. One new element was Red's fix-it segment called "If It Ain't Broke, You're Not Trying," where lodge members would bring broken items and Red would usually apply duct tape somewhere.

The New Red Green Show has been running on PBS since 1995, airing all the Global and CBC shows. Only in the high-light special "We Can't Help It, We're Men" did PBS audiences see clips of the CHCH days.

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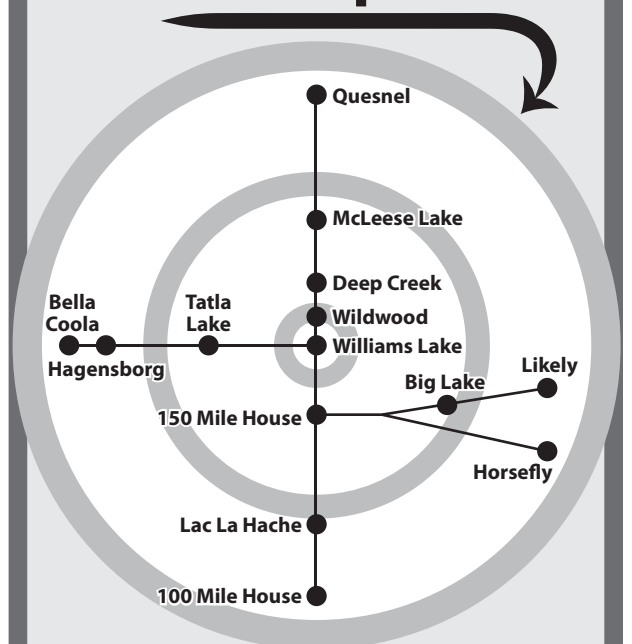
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Holiday photography tips; red eye and more

This time of year, not only always brings a very busy time to our business, but also brings a ton of people asking for either tips for better Christmas/holiday photos, or if I can teach them to use their SLR before December 25th. So for our Red Green issue I will give you some of my favorite tips for better pictures for the season.

Since it's the Red Green issue let's talk about the number one complaint I hear about pictures this time of year and that's the dreaded red eye. Red eye is caused by a couple of factors. The first is that it's pretty dark most of the time at this time of year and the pupil in our eyes opens up more when it's dark to allow us to see better. When your pupils open wide a flash from a camera will light

Photography 101

By Craig Smith



up your eye causing red eye in your photograph if the flash and the camera are close to the same axis. Red eye reduction on a camera triggers a pre-flash designed to stop down your eye, in theory. In practice, it doesn't work very well as your subject sometimes will close their eye or look away. To lessen the chance of red eye turn more lights on and use a wider angle lens. If it still happens there is always Photoshop.

If going outside in the cold, keep your spare

battery warm in your pocket. Cold kills batteries pretty fast but warming them up will bring them back to life, so be prepared to change them often if you are spending a lot of time outdoors.

Another tip is to not change your lenses outside, or if you bring your camera inside, wait till it's back at room temperature before making the change.

Now that you're inside your house celebrating, remember to have your camera set to the green 'auto' if

you don't want to have to think about all your settings. When you have time, that's when you can play with your settings.

For less harsh flash photos, try to diffuse or reflect it. If you have a separate flash you can bounce it for a more pleasing flash effect. Another option is to crank up your ISO and turn your flash right off.

Set your white balance to 'auto' as the newer

cameras have excellent white balance controls, and with the multitude of lighting conditions you might find yourself in, that is probably your safest bet.


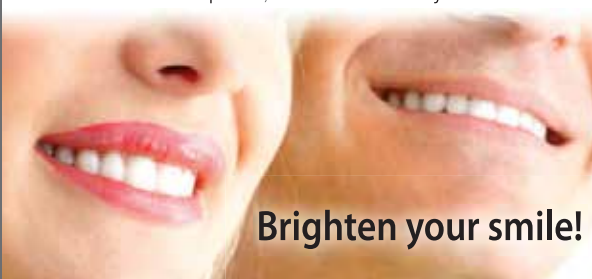

The last couple of tips I have for you are to watch your background and to make sure you focus on your subject's eyes. If you take two seconds to see what's going on behind your subjects, it is a lot easier to move something out

of the way than to spend hours Photoshopping that thing growing out of your kid's head. The eyes are the windows to the soul and with people pictures, that's the first thing you look at, so make sure they are sharp.

Here's hoping your season is happy and healthy and all your reds and greens are bright and sharp. Till next time, happy shooting.


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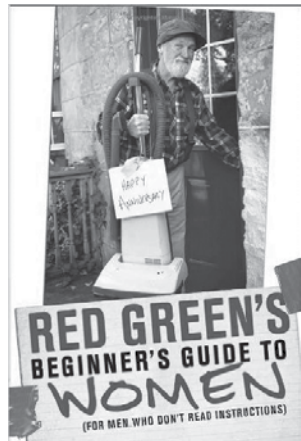
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Relax with a good book this holiday season

Life gets busy around the holidays, so once the stress is through, spending time relaxing with a good book is a great way to unwind. Here are a few RED & GREEN suggestions for your holiday reading.

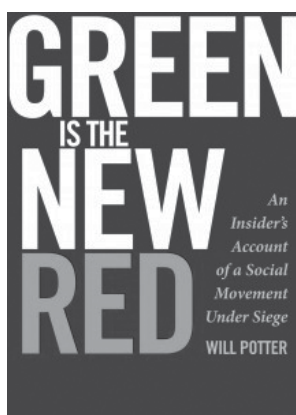


Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions), Steve Smith

Red Green is celebrated as one of the handiest men in North America. But as well as being a purveyor of inventive practical advice on, for example, making a jetpack from two propane tanks, a hybrid car from recycled golf

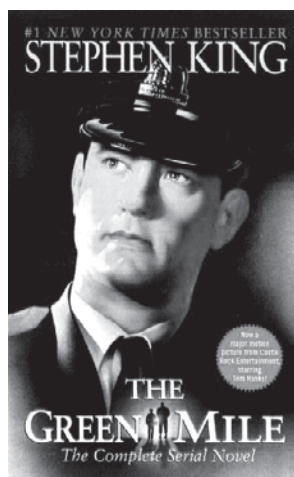
carts and satellite dishes, and a kiddie ride from a bar stool attached to the agitator of a washing machine, Red Green is also noted for his insights into that most difficult of assembly jobs, human relationships. His previous best-selling tome, *How to Do Everything*, showed Red dipping his toe into the self-help genre with such items as "How to make dinner more romantic" and "The easy way to raise children." Now Red Green – a veteran husband (of Bernice), father, soul-searcher, philosopher and observer – has devoted an entire book to sharing with other battle-weary and confused males all he has learned about the differences between the sexes. Set out in approximately chronological order, from teen dating to the last words of men ("You know, honey, in the last couple of years, you've really packed on the beef"), this is the testosterone owner's manual to every aspect of finding a mate and

then learning to deal with her growing disappointment in you. The man who has already shared such morsels as "If you can't be handsome, be handy" and "Quando omni flunkus moritati" ("When all else fails, play dead") here presents a PhD in life-lessons about the most vexing problem facing mankind today, or any day: women.



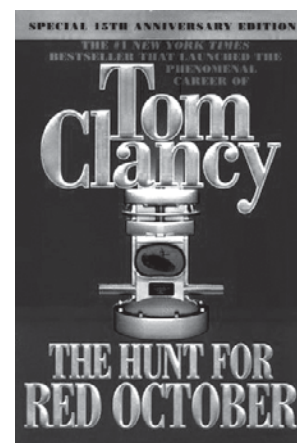
Green Is the New Red: An Insider's Account of a Social Movement Under Siege, Will Potter

Green Is the New Red is part memoir, part thriller, and part window into the lives of nonviolent activists who stand against monstrous forces of opposition. It chronicles Potter's experience as a young reporter questioned by the FBI for leafleting in a suburban Chicago neighborhood, his later testimony before Congress, and his entrance into the inner world of those prosecuted as terrorists for creating an informational website. It is a tribute to Potter's journalistic integrity that his story measures a fine balance between objective journalism and narrative storytelling.



The Green Mile, Stephen King

At Cold Mountain Penitentiary, along the lonely stretch of cells known as the Green Mile, killers are depraved as the psychopathic "Billy the Kid" Wharton and the possessed Eduard Delacroix await death strapped into "Old Sparky." Here guards as decent as Paul Edgecombe and as sadistic as Percy Wetmore watch over them. But good or evil, innocent or guilty, none have ever seen the brutal likes of the new prisoner, John Coffey, sentenced to death for raping and murdering two young girls. Is Coffey a devil in human form? Or is he a far, far different kind of being?



The Hunt for Red October, Tom Clancy

Here is the runaway bestseller that launched Tom Clancy's phenomenal career. A military thriller so gripping in its action and so convincing in its accuracy that the author was rumored to have been debriefed by the White House. Its theme: the greatest espionage coup in history. Its story: the chase for a top secret Russian missile sub. Lauded by the Washington Post as "breathlessly exciting," *The Hunt for Red October* remains a masterpiece of military fiction by one of the world's most popular authors, a man whose shockingly realistic scenarios continue to hold us in thrall. Somewhere under the Atlantic, a Soviet sub commander has just made a fateful

decision. The Red October is heading west. The Americans want her. The Russians want her back. And the most incredible chase in history is on.



The Secret Language of Color: Science, Nature, History, Culture, Beauty of Red, Orange, Yellow, Green, Blue, & Violet, Joann and Arielle Eckstut

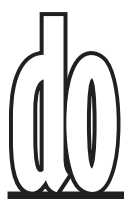
The first chapter delves into the perception of colour and the physics and chemistry behind colour with discoveries by Newton, electromagnetism, a discussion on what constitutes the REAL primary colours, how your brain interprets colours, optical illusions and more. After that, each successive chapter focuses on a single particular colour and wends along a twisting path of colour lore, facts and a plethora of stunning photographs, illustrations that make each page an absolute delight. The first part of the book is a little less accessible, but the sections on each colour are easier reads. Layouts make material easy to skim but don't be surprised if you get sucked in and spend a lot more time perusing the multitude of facts.

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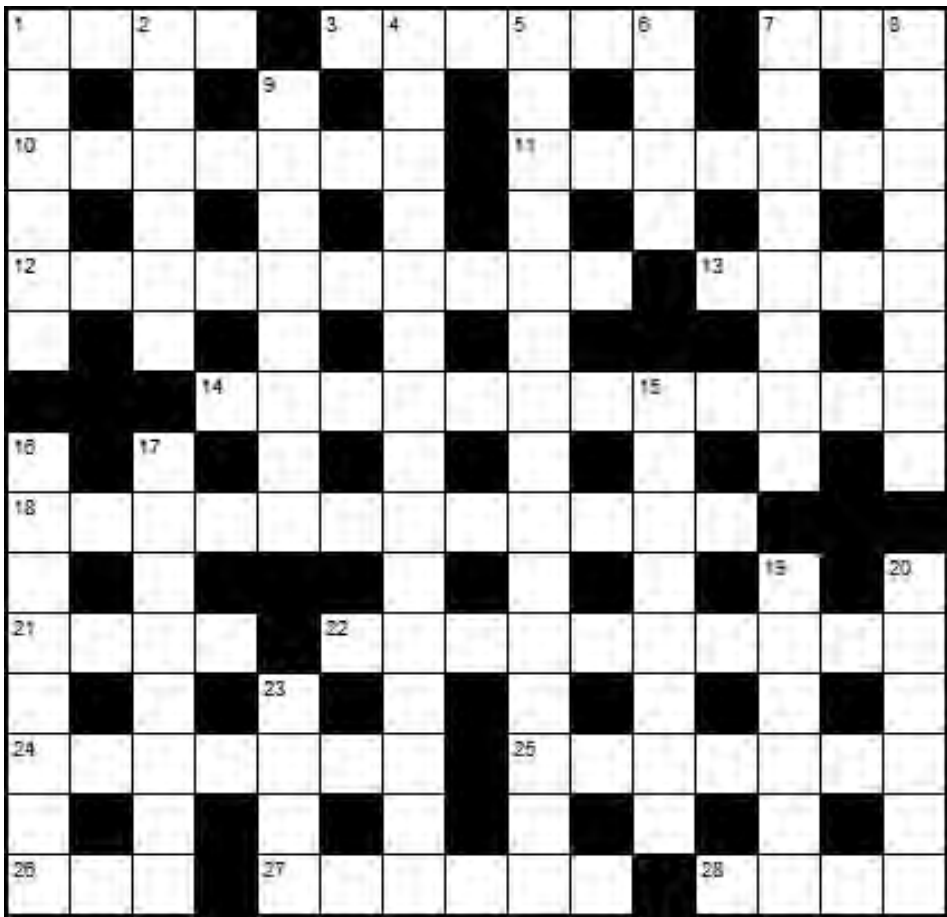


This month's crossword is brought to you by the fine people at Bob Paterson Homes.

X-Word Puzzle

ACROSS

- 1 Best bit of meat around King's Lynn? (4)
- 3 Country offering choice of judges, briefly? (6)
- 7 Eggs on violent activist at first (3)
- 10 They tend to badger or horse caught in snare, possibly (7)
- 11 Defend a believer, half cut, before court (7)
- 12 Politician involved in e.g. Afghan uprising is fellow national (10)
- 13 Gorgeous woman from borders of Bulgaria, born and second located in Helsinki (4)
- 14 Awful bad luck old bean, having to drop round daughter – you'll



- 18 Old clergyman from the east's decisive but too prickety (12)
- 21 To carry child needs energy (4)
- 22 From now on, splashing her on covers of Finnish (etc)... (10)

- 25 Model first to appear in Roth's Hostel Part Two in 2007 left out? Make the film again! (7)
- 26 Women love women? That's amazing! (3)
- 27 A title for some Kipling stories? I agree (4,2)
- 28 Raunchy socialite's deserted by Yankee (4)

DOWN

- 1 Topless joint in Sin City (6)
- 2 Government's millions mount up, outwardly (6)
- 4 Lack of cooperation disrupts services but not seriously, at the start (15)
- 5 Full-length CD (10,5)
- 6 News for No 10 (4)
- 7 Musical drama's lewd, not suitable for all? That can be put right in the theatre (8)
- 8 Like stag night, chucking guts, tucking into beer and wine (8)
- 9 Maybe copper's descrip-

- tion satisfied everyone in charge (8)
- 15 Perhaps Cod War's over after day that's very short (8)
- 16 Leftie recollected "What's up Doc?" with sides splitting (8)
- 17 Laid up with temperature, virus we hear, tried Jumbo for the first time? (4-4)
- 19 Removing clothing worn (Dior?), Axelle's pair seen at last – that's a beautiful bird! (6)
- 20 Gabby's spiteful about husband (6)
- 23 Pilgrimage endured by Jack (4)





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