



the stew

ISSUE 7.1 | JANUARY 2016 | FREE

the
time issue

Featuring Professional Boxer
Stuart McLellan

Pages 6 & 7

hear

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On the Cover:

Time is fleeting, so make the most of your time on Earth! Don't waste a minute on worrying about things that are out of your control; enjoy life to the fullest, and find worthwhile ways to fill your time.

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Time and the number 12

BY CRAIG SMITH

Tempus Fugit. The Latin phrase meaning 'time flies' has been one of the truisms I have lived by all my adult life. There are so many clichés associated with time that I could just fill this page with them. I have always felt that the time we are on Earth is very short. Even if you live to see more than a century, that is still a very short span in the age of our planet. There has always been so much to do and so much to see that I hate to waste any of the precious moments that are given to me.

Ask anyone for a clear definition of the word 'time' and you might get many, or none, but you will definitely get someone thinking. The dictionary definition is just as confusing, "The indefinite continued progress of existence and events in the past, present, and future regarded as a whole." Now, what the heck does that mean? Scholars have debated for years to come up with definitions that make sense, and still haven't. Time is indescribable.

The average heart beats around sixty times per minute and you have to wonder if that's one of the ways how the passage of time was recorded. If we live to a ripe old age of 100 and our heart did beat an average of 60 times per minute, we would be alive on Earth for approximately 3,153,600,000 beats, or seconds. Every second counts and keep in mind it probably took you about 240 seconds to read this article, and about 3,600 seconds if you read every word of every article in this magazine.

Other than your heartbeat,

which is hard to keep track of, humans and animals have used other events to calculate the passage of time. Daytime and night time are one of the first events that come to mind when talking about immediate passage of time, and without using a calendar that has the year broken up into months you could also distinguish the seasons or cycles of the year. Early man gauged time based on the visual shape of the moon. The moon has 12.381 cycles per year, which is almost one cycle per month. The scholars of ancient times realized this, but to have the cycles and the year match up was impossible, so (with what I'm sure was an incredible amount of debate) the Romans decided that 12 months were needed. There were 12 zodiac signs and 12 divided up nicely into 2, 3, 4, and 6.

It's amazing how 12 comes into play when trying to understand the passage of time. We already know there are 12 months in a year. Minutes and hours are factors of 12. Days are made up of 12 hours of daylight and 12 hours of night-time, more or less. We hit puberty at 12, the midlife crisis around 48, and retirement around 60, which again are all multiples of 12. I'm getting a little off topic, but there were 12 Roman Gods, twelve tribes of Israel, In the Muslim faith there are 12 Imams, in Christianity Jacob had 12 sons, in Hinduism the Sun God had 12 names, and the Norse God Odin also had 12 sons. There were the 12 labours of Hercules, 12 Knights of the Round Table, and the twelve days of Christmas. The Chinese calendar year is divided into 24 and



they use a 12 year cycle for their time reckoning called 'Earthly Branches.' If we go further beyond our thoughts about time, there are 12 persons in a jury, 12 basic colour hues in the colour wheel, 12 men in Canadian football, 12 inches in a foot, 12 ounces in a troy pound and 12 pairs of ribs in the human body. I could go on for pages just about the number 12 but I think you get the point. The human mind needed a way to comprehend the passage of time and the number 12 kept coming up.

Why do the days seem to move faster some days and slower others? I remember during my military career that the time spent waiting in ambush seemed to last forever, whereas the time

of activity was over in an instant. As I get older, the days seem to fly by. One reason is that I have seen more days than I had when I was 20, and the other reason is that I try to pack as much as I can into every day. Days seem to drag on when you are waiting for a future event if there's not much else to fill your days. If you don't believe me, ask any kid about the time between getting out of school and Christmas. If you want to know about time flying by, ask the same kid at the end of his summer vacation.

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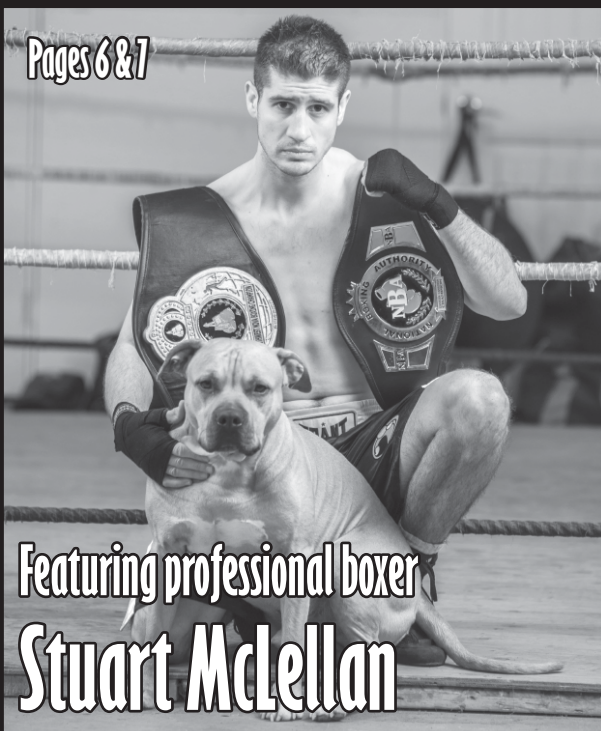
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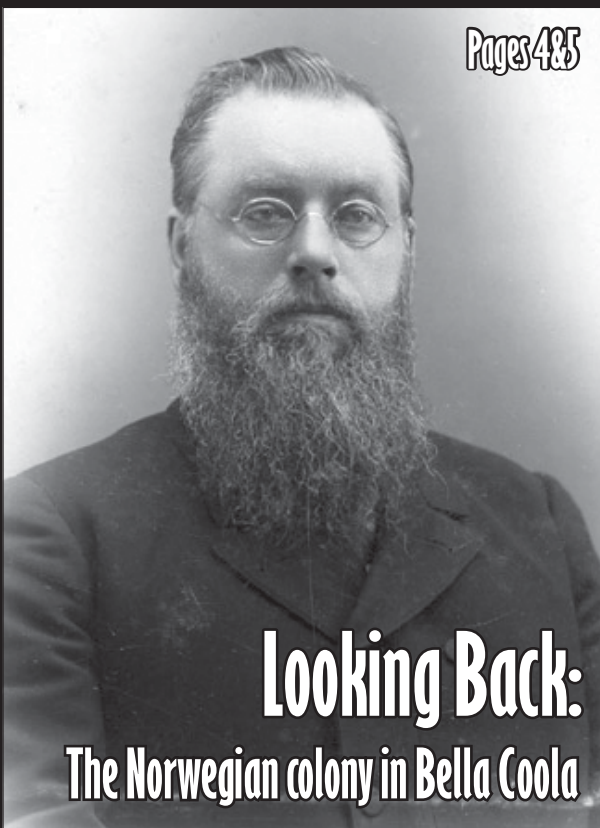
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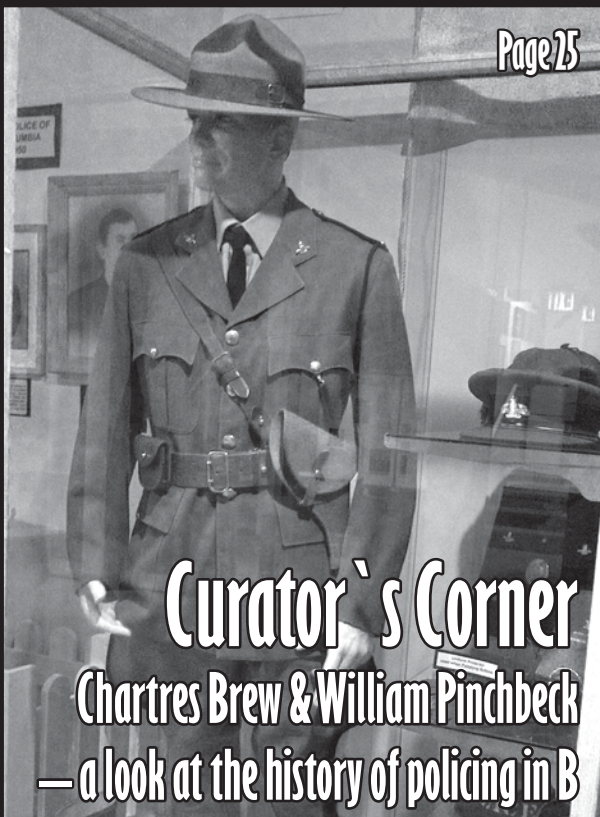
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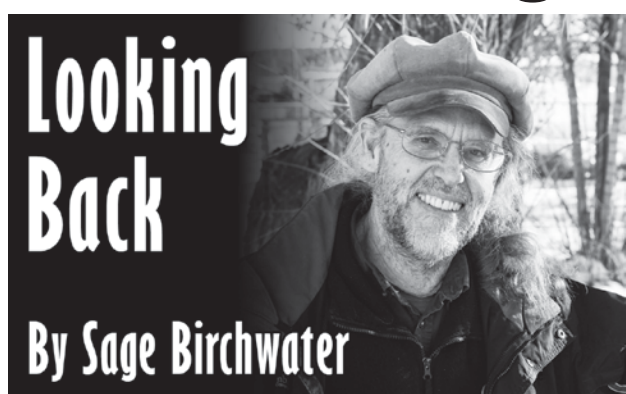
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The Norwegian colony in Bella Coola



Looking Back

By Sage Birchwater

On October 30, 1894, the side-wheeler SS Princess Louise with 84 Norwegian colonists aboard, dropped anchor in North Bentinck Arm, a kilometre from the mouth of the Bella Coola River. There was no wharf or sign of human habitation as far as any of the passengers could see. Then Captain John Irving let loose his ship's whistle, and a flotilla of dugout cedar spoon canoes emerged from the mouth of the river to transport the new arrivals to the shore.

The Nuxalk paddlers of

these canoes were part of a rich indigenous society that had developed a sophisticated culture on this coast for millennia. Their mastery of the dugout river canoe was second to none and they used it as their primary means of travel. They navigated many miles up the Bella Coola River as far inland as Stuie, so they had little need for an extensive trail system through the rainforest.

The demographics in the Bella Coola Valley were about to change dramatically. Prior to the ship's ar-

rival, the white population was sixteen and the Nuxalk numbered about 400.

Reverend Christian Tollefson Saugstad was the leader of the Norwegian settlers aboard the steamer. Most were men who had left their wives and children behind in Minnesota while they went ahead to carve out a place for their families to survive in the raw wilderness.

Three decades earlier, Norwegian immigrants began settling in farming communities of Minnesota, North Dakota, South Dakota, Iowa and Wisconsin. But hard winters and tough economic times forced many of them to consider a different place to live.

Reverend Saugstad was embroiled in religious doctrinal disputes within his Norwegian Lutheran Church in Crookston, Minnesota. At one point,

one faction of his congregation locked him out and padlocked the doors of his church shut.

Saugstad, who was born in Ringsaker, Hedmark County, Norway in 1837, had immigrated to the United States in 1858. He was ordained in 1872 and led several successful congregations before the turmoil erupted in Crookston. His aim was to establish a utopian religious community in the Bella Coola Valley.

Saugstad learned of Bella Coola from the writings of Bernard Filip Jacobsen, the entrepreneur who took nine Nuxalk men to Germany in 1885 to demonstrate their culture for the European public. When he returned with the men a year later, he started promoting the Bella Coola Valley in Norwegian language newspapers as an ideal location for

a Norwegian settlement.

The landscape with its fjords and snow-capped mountains was very similar to Norway, he wrote, and the valley, forested with giant trees, had strong agricultural potential.

Saugstad came to British Columbia to see Bella Coola for himself and was impressed. Then he returned to Minnesota to organize an exodus of his congregation to the west coast of Canada.

On September 11, 1894, his members ratified a constitution for the new settlement which they called the Bella Coola Colony, British Columbia. The document outlined a strict set of bylaws.

"The purpose of this colony shall be to induce moral, industrious and loyal Norwegian farmers, mechanics and businessmen to come to Bella Coola and make their



► Christian Saugstad

homes there under the laws of British Columbia," the constitution read.

It stated that members of the colony must be of good moral character, be hardworking, and have sufficient resources for travel and provisions for a year. It also specified that colonists abstain from intoxicants like alcohol except for sacramental or medicinal purposes.

The British Columbia government got behind the new colony, offering the settlers free land under its Homesteading Act. Each settler would receive 160 acres after making improvements to the land for five years. The government also promised to pay for

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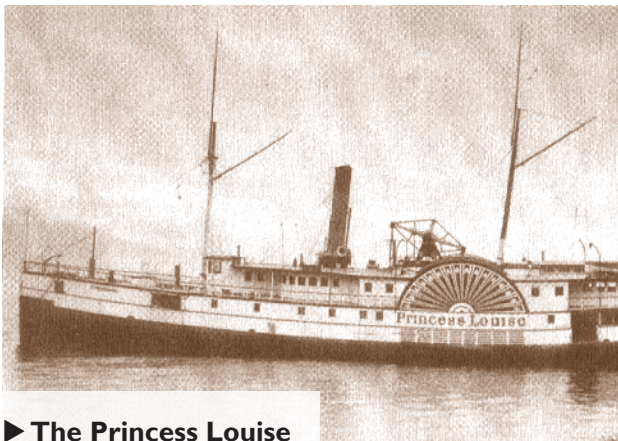
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hear



► The Princess Louise



► Bella Coola wharf

...continued from page 4

a road and school for the new settlement.

On their way up the coast in the SS Princess Louise, Saugstad had the colonists draw lots to determine which 160-acre parcel they would receive.

A year earlier the government hired Filip Jacobsen and his father-in-law, Thor Thorsen, to build a 20-kilometre trail up the valley from tidewater. But with winter coming on, nothing could have prepared the settlers from the open prairie of Minnesota for the harsh reality of hacking out a homestead in the Central Coast rainforest of British Columbia. Five of the 84 colonists returned on the next southbound steamer.

The industrious Norwegians followed the new trail up the valley and quickly set up a tent encampment at Hagensborg. They began building their cabins, hewn from the giant trees, and creating small clearings in the thick forest.

In the spring, another ship brought the wives and children of the original settlers. Guro Nordschow described her experiences coming to the new land.

"I was twelve years old when we came on May 6, 1895. The Indians brought us ashore with our luggage. I slept on a pile of grain sacks with my sisters. The next day we trekked up the trail to Hagensborg. Torger Olsen carried my youngest sister, Ruth. The children thought it was all fun, but I remember my mother with tears in her eyes asking my father what had he been thinking about, to bring

five young girls into such a wilderness."

Guro said their cabin was just one room with a rough plank floor.

"Right away we got down to business, grubbing up the earth around the huge stumps and clearing out the roots. Within a week we had potatoes in. We planted a fairly good vegetable garden that first year."

Torger Olsen was 26 years old when he came with the first group of Norwegians in the fall of 1894. He said they worked all winter building cabins and roads, and trying to get some land cleared for gardens.

"The women and children came in May and they planted gardens around the stumps, and it soon looked quite nice around the cabins," Torger said. "One or two of the women had flower seeds with them and they put boxes on top of the stumps. That looked real cheery – full of pansies and nasturtiums."

A third ship arrived

in the fall of 1895, bringing more settlers from Minnesota, swelling the Norwegian colony to 200 members.

After leading his flock to the promised land of Bella Coola Valley, Reverend Christian Saugstad passed away in March, 1897. He wasn't yet 60 years old. Though he was the undisputed leader of the colony, the constitution was written in such a way that the community could carry on. By 1910, the legal organization of the Bella Coola Colony had served its purpose and the constitution was dissolved.

Over thirty Norwegian settlers were given title to their 160 acres in the valley after fulfilling their obligations to improve their landholdings into farms within five years. Of course, nobody sought the Nuxalk approval in this divvying-up of their homeland.

It quickly became apparent to the settlers that they couldn't make a living solely as farmers. Many

Norwegians also became fishers.

"After the fishing season was over, the men worked on the roads," wrote Georgia Bangen who was only seven years old when she arrived in the fall of 1895. "The first year they built a road which on one side had the steep mountain, and on the other side, the ocean dashing against it. They also built a wharf extending some three or four hundred feet out into the ocean, and here steamships landed."

Torger Olsen was the last surviving member of the 1894 Norwegian colonists. He established his farm near the mouth of the Salloomt River on the sunny side of the valley, and used oxen to plough his fields and haul his lumber to town.

Other Norwegians migrated out of the Bella Coola Valley and established ranches 'up top' in the high country of the Chilcotin Plateau. Look for these stories in future issues of The Stew.



1874► Christian Saugstad & family



March 1896► Saugstad funeral



1896► Road building, looking West



1956► Torger Olsen & grand niece Pauline Hammer

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Local pro boxer Stuart McLellan; timing & talent

BY CHRISTA SMITH

It's all about timing. Being a professional boxer, timing is critical for tactical advantage and game rules. This month's feature is Stuart McLellan, local professional boxer. Stuart knows all too well how much time and dedication working your way up to pro takes.

Born and raised in Williams Lake, Stuart began his journey at the young age of eleven. He spent many hours at the

local gym learning and honing his technique. After the original coaches – Lance Grey and Rick Alberten – moved on, the gym was left to Stuart's Dad Gary, who has been with him all the way. "Boxing is kind of a family thing" says Stuart, as his Dad coaches, and his Brother Roberto is also a pro boxer. Stuart's Mom Vicky is a boxing judge. Stuart says they often all travel together, and his Dad has worked his corner for the last thirteen

years.

As a boy, Stuart won the Golden Gloves Championship four times, and won silver at the National Championships in 2004. After forty-five amateur fights, Stuart turned pro in 2007. He won the Maritime Championship and the Eastern Canadian Championship in middle weight as a professional.

Stuart often goes to Edmonton to practice his sparring and work on his training. He trains with

MMA fighters, and UFC fighters Matt Dwiere and Shane Campbell to name a few. Stuart fights all over the country, from Moncton to Halifax, and throughout Alberta and BC. When asked about hobbies, Stuart says, "It's kind of a lifestyle really," referring to all the time spent at the gym and in training. When not at the gym, Stuart's day job is working at a local construction company.

Stuart's record is an impressive one with

12 wins, 2 losses and 3 draws. He is also an amateur boxing referee and a judge in his spare time. He spends hours volunteering his time, helping young boxers at the local club which is entirely run by volunteers.

Timing is everything when it comes to boxing; the amount of time training and preparing, the time in the ring, the well-timed blow that ends a fight, or knowing when it's time to move up or move on.

Coming up in February is a fight in Calgary that Stuart is training for. As for the future, he plans to return to the Canadian Championships where first time around he was unsuccessful. "This year my goal is the Canadian title, and then the sky's the limit. Maybe then rebuild and fight the best," says Stuart. Only time will tell what the future holds. In the meantime, Stuart continues to train and look to the future.



we speak

Make it count

BY CHRISTA SMITH

It all boils down to 'time.' Time is an incredible commodity, everything we do, learn, experience takes time. In my experience time and patience seem to have to go hand in hand. I don't like to waste time waiting for things, I want stuff done right now! I know the old saying, "all good things come to those who wait," but what a waste the waiting is. I think that the entire current generation of children have come to depend on instant gratification and instant connection through technology. I don't, however, think that this is necessarily a good thing, but at the same time look at how fast people can accomplish things now. You would think that as fast as we can make things happen, we could accomplish things at the same speed.

When I was younger, we used to have a competition in our house for how fast you could get the dishes done. My dad used to say, "I can have all those dishes washed in 9 minutes flat." There were many things we did that we would try to do faster to beat the previous record. Now, I look back and see it was a way of getting the chores done quickly, but at the time it was simply a game. Today with the modern convenience of dishwashers, washing machines and self-cleaning ovens, I can accomplish all of my chores with the touch of a button. So, what do I do with all of that extra time? One would think that such a valuable commodity as time would be well spent doing other meaningful tasks, and sometimes it is, other times is just an excuse to read or watch TV; such a

waste.

After going back to school – again – I am very acutely aware of time, and how much it takes to fulfill all of my regular work, as well as study and learn. I have come to the conclusion that there should be an immunization or inoculation for education. It would work something like shopping for groceries; you would go to the university and browse the list of things you could learn and then select your shot. Everything you have selected to learn is now injected and 'ba-da-boom,' a few minutes later you are smarter! Very wishful thinking I am sure, but if it ever does happen, just remember you read it here first.

Make time, take time, lost time and overtime, whatever it is, our lives are ruled by the ever-ticking hands of time. Time for



change, time gone by, or down time, it all has a meaning for someone. The only reality and predictability of time is that it never stands still; every

second wasted is a second lost forever. So take a moment and think about this coming year, and what you really want out of your time. Don't spend time on

regrets or New Years' resolutions that are too hard to keep, but rather on every second of every day, and making it count. Happy New Year.

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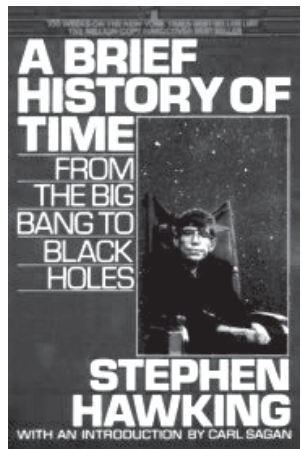
read

Here's some "time" to read:

What the second law of thermodynamics has to do with Saint Augustine, landscape art, and graphic novels.

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Time is the most fundamental common denominator between our existence and that of everything else, it's the yardstick by which we measure nearly every aspect of our lives, directly or indirectly, yet its nature remains one of the greatest mysteries of science. Today we turn to essential books that explore the grand question on a deeper, more multidimensional level, spanning everything from quantum physics, to philosophy, to art.

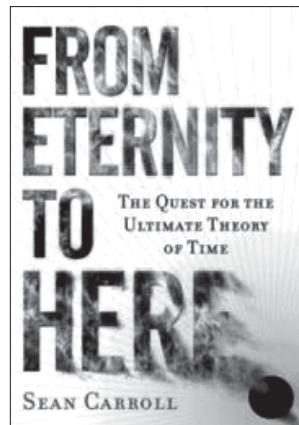


A Brief History of Time, by Stephen Hawking

It comes as no surprise to start with *A Brief History of Time* — legendary theoretical physicist and cosmologist Stephen Hawking's 1988 masterpiece, which is commonly considered the most important book in popular science ever. In it, Hawking attempted to answer one of humanity's most fundamental questions — where did the universe come from? — and tackled the complex subject of cosmology through a multitude of angles, including the Big Bang theory, black holes, high mathematics, the nature of time, gravity and much more, blending the rigor of a brilliant scientist with the eloquent ease of a masterful storyteller to invite even the non-expert reader to consider the universe in an entirely new way.

Perhaps most powerful

of all is the human hope and scientific vision of Hawking's ending: "If we find [a unified theory], it would be the ultimate triumph — for then we would know the mind of God."



From Eternity to Here: The Quest for the Ultimate Theory of Time, by Sean Carroll

CalTech theoretical physicist Sean Carroll — who might just be one of the most compelling popular science writers of our time — straddles the arrow of time and rides it through an ebbing cross-disciplinary landscape of insight, inquiry and intense interest in its origin, nature and ultimate purpose. From entropy and the second law of thermodynamics to the Big Bang theory and the origins of the universe to quantum mechanics and the theory of relativity, Carroll weaves a lucid, enthusiastic, illuminating and refreshingly accessible story of the universe, and our place in it, at the intersection of cosmology, theoretical physics, information theory and philosophy, tied together by the profound quest for understanding the purpose and meaning of our lives.

Time, by Andy Goldsworthy

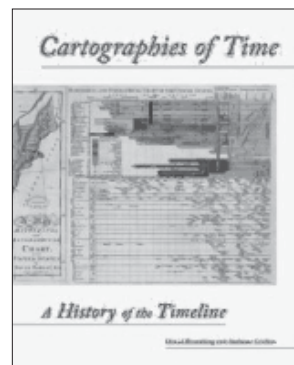
Our experience and understanding of time need not be confined to science. *Time* chronicles the extraordinary work of British artist Andy Goldsworthy, who for the past three decades has been defying the Western art tradition of



creating work that outlasts the artist's lifetime by instead creating exquisite temporal sculptures out of leaves, twigs, petals, ice, sand, feathers, water, stone, and other fragments of nature. These ephemeral, lyrical miracles, spanning Canada, Mexico, Japan, Scotland, and Holland, are left open to the forces of time and change, and are captured here in 500 magnificent photographs, most taken by Goldsworthy himself, alongside thoughtful meditations on the vision for and mutation of each piece.

Cartographies of Time: A History of the Timeline, by Anthony Grafton & Daniel Rosenberg

Tracing the history of graphic representations of time in Europe and the United States from 1450 to the present, this gorgeous, lavishly illustrated collection of timelines features everything from medieval manuscripts to websites

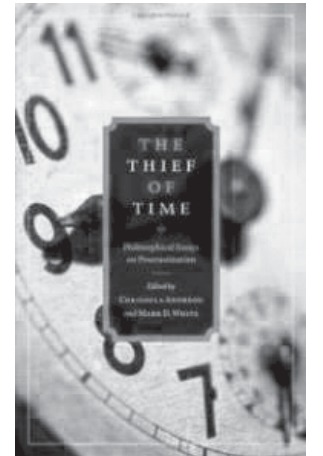
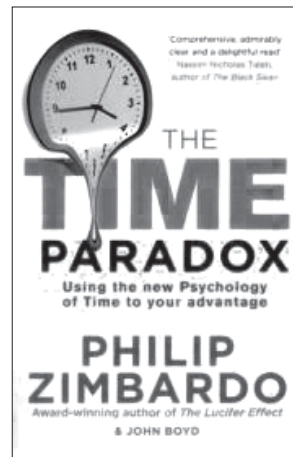


to a chronological board game developed by Mark Twain.

Cartographies of Time is easily one of the most beautiful books to come by in the past year, both a treasure trove of antique artwork and a priceless cultural timecapsule containing humanity's understanding of time and place in the larger context of existence.

The Time Paradox: The New Psychology of Time That Will Change Your Life, by Philip Zimbardo

Philip Zimbardo is best known as the mastermind of the infamous 1971 Stanford Prison Experiment, which revealed one of the most gruesome glimpses of human nature in the history of social science. In *The Time Paradox: The New Psychology of Time That Will Change Your Life*, Zimbardo brings his social



psychologist's lens to the phenomenon of time to explore its importance in our lives, why we systematically devalue it, and how to enlist insights from psychology and behavioral science to optimize our relationship with time. He segments people into past-, present-, and future-oriented based on our time-perspectives, and offers insights into how each type experiences the four central paradoxes of time he identifies.

"Our ability to reconstruct the past, to interpret the present, and to construct the future gives us the power to be happy." ~Philip Zimbardo

The Thief of Time: Philosophical Essays on Procrastination, by Chrisoula Andreou & Mark D. White

The Thief of Time: Philosophical Essays on Procrastination is an absorbing anthology featuring essays by a wide range of scholars and writers spanning the

entire spectrum of theoretical and empirical.

"Procrastination is familiar and interesting but also puzzling. Although it is generally perceived as harmful and irrational, recent studies suggest that most of us procrastinate occasionally and many of us procrastinate persistently. Not even saints are immune. Saint Augustine records in his *Confessions* how, after years of sexual hedonism, he vowed to return to Christianity and prayed for chastity and continence — 'only not yet.' Although he 'abhorred' his current way of living and 'earnestly' wanted to change his course, he kept deferring any change until 'tomorrow.'" ~Chrisoula Andreou & Mark D. White

From the morality of it (is procrastination a vice?) to its possible antidotes (what are the best coping strategies?), the book is an essential piece of psychosocial insight. That is, if you get around to reading it.

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The illusion of time

Time is such a precious commodity. Here on Earth, we just don't have any guarantees for how long we will have. This has been a running theme in my life lately – that we don't know what the future holds.

Not knowing what tomorrow will bring, or even what the next year or five years will bring, can at times seem overwhelming, especially as a parent, or a spouse, when there might be things that you have a tendency to fixate on because they involve the most important people in your life. The unknowns can start to take over your thought processes if you let them.

Rather than focusing on the unknowns and the things that we have absolutely no control over, it is without a doubt important to focus on what we can, and do, influence.

Expending our energy in a manner that can reap rewards and benefits, rather than that which is futile, at best will have a positive impact on not just ourselves, but those around us.

Take the time to think about what you are spending the majority of your time thinking about. Can you change it, fix it, or make it better? If you can't, the simplest and best thing to do is to simply let it go. Believe me, your state of mind will improve and so will the attitude you have about life. Holding onto something that you can't change is like saying you are mining for gold but are really just running your fingers through the water at the river. You aren't going to achieve anything that way except frustration, anger, and a negative outlook.

Once you have taken the time to think about the things you can change or make a difference with, ask yourself what is stopping you? If you have the ability to affect change, do it! Something as simple as smiling at the person who is serving you, or ringing you through the shopping lineup could make a difference for that person, and the gift that you will receive if they smile back will mean that much more because you were acting with intent.

Taking it up a notch, think about what you influence in your daily life. What and who do you have an impact on daily? When I think about what I can change or do that will have meaning, I think about how my behaviour can negatively, or positively, affect the people in my life.

The other day I was



busily trying to accomplish some routine but necessary household task and I snapped at my little girl. We all do it, unless there are perfect parents out there. When she said, "Mommy, why are you mad at me?" I had to take a look in the mirror. After apologizing for being grumpy and then making the effort to focus my energy where it was really needed – on her – she felt better, and so did I.

It all comes down to priorities. The laundry, the dishes, the floors, and the garbage will always be there. Those things are a constant. My little girl will only be little for so long, and I want her to know that yes, cleaning needs to be done but she is more important, and her feelings matter.

This can be related

You, Me and We

By Gina Mawson



to significant others as well. When we look at how much time we focus on everything but our partner, it might come as a shock where they line up on the priority list. Are they near the top? If so, that is great. If not, take a moment to think about that when you consider that there are no guarantees, and you don't know how long you will have with them. If today was your last day on Earth,

what memories would you be leaving them with? One would hope you would be leaving behind a legacy of joy, happiness, and the belief that they were very important to you.

Time might keep on ticking, but there are no guarantees for anyone. Make the moments you do have, and the people who are in your life, matter because time is indeed, precious.

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Volunteer spotlight: Lynnette Cobb

SUBMITTED BY ROTARY CLUB OF WILLIAMS LAKE

Two years ago, Operation Red Nose was operated from the Canadian Mental Health Association building, and this Rotarian, while wandering the hallways waiting for a call, noticed some plaques honouring their volunteers. There were progressive categories: 5,000 hours, 10,000 hours, and so on, with decreasing numbers of volunteer names in each category, until, at 40,000 hours, one name stood out: Lynnette Cobb. So, I was excited to learn that Lynnette had been chosen as this month's Rotarian at Heart; Lynnette truly practises our motto, "service above self".

It turns out Lynnette has over 48,600 volunteer hours with CMHA, also volunteers as a court supporter for RCMP Victim Services, was chosen as the Rotary Citizen of the Year in 1997, and was given a service award by the British Columbia Community Achievement Awards in 2014.

When telling her story, Lynnette presents it simply: "I have lived a truly blessed life, and I've been lucky to be able to do what I can. Forty thousand hours just happened, and I feel like some of them



were cheating, because I accumulated them by supervising instead of actually doing the work." Never mind that supervising others is often harder than doing it yourself. Lynnette thinks it is all easy.

Lynnette didn't start volunteering until 1991, when she was in her forties. Before that, she was busy raising a family, she and husband Walt have two children, and running the family businesses, they owned the clothing stores Walt's Men's Wear and Lynnette's Look. They had a busy life, with acreage and horses, Walt's extensive community activities, and most importantly, an involved family life. Lynnette speaks very fondly of her children, but also of her father, who "was both mother and father to me after her mom died

when I was nine years old." "When he died in 1991, that left a huge hole in my life; I needed to fill it, so I took the training for the Crisis and Counselling line. I found that people could talk to me, and that I could help them. Listening is easy for me and I naturally feel empathy for people." Not only that, Lynnette found that "I got more out of my volunteering than my clients did out of me. It was an honour to be trusted, and to be told things that they had never said to anyone before, such as abuse." She helped many clients deal with some very serious situations.

Lynnette spent 18 years on the phone line, and also did face to face counselling with CMHA. She spent about 3 days a week there, all volunteer, and eventually became a supervisor

for other volunteers. "I feel bad because that's all I do now, I don't do the real work anymore."

Lynnette didn't mention her health until I brought it up: in the early 1980s she was diagnosed with Multiple Sclerosis (MS), a debilitating disease that has left her in a wheelchair. She is easily fatigued and even had a close call with death last summer. She calls herself a "stubborn Swede" who doesn't let it stop her. "I am determined to recover, and I work at it every day. When I feel I am too weak to do something, I remember the hospital physiotherapist telling me that I can do it if I try, so I work at it. To be honest, I am angry about having MS, but I have to deal with it, so I do. I am still doing what I want to do, just maybe not how I want to do it."

As part of her recovery process, Lynnette promptly returned to volunteering, supervising at the CMHA, and also as an active volunteer for Victim Services. She does this for an average of 2 or 3 days a week, but sometimes the cases she is involved in go for a week or more. On those occasions, the fatigue catches up with her, and she needs time off. "But then I recover, and am ready for more. I can't just stay at home; I have to have something in my life, I need to reach out to people." Then she repeats "I am truly lucky, I have such good family, friends, and community."



Christa Smith
Publisher & Editor
christa@ccrproductions.ca



Craig Smith
Publisher & Sales Manager
craig@thestew.ca



Joan Oliver
Advertising and Sales
sales@thestew.ca



Renée Lozeau
Ad Design, Layout & Prepress



Todd Sullivan
Gaming Life



Brice O'Neill
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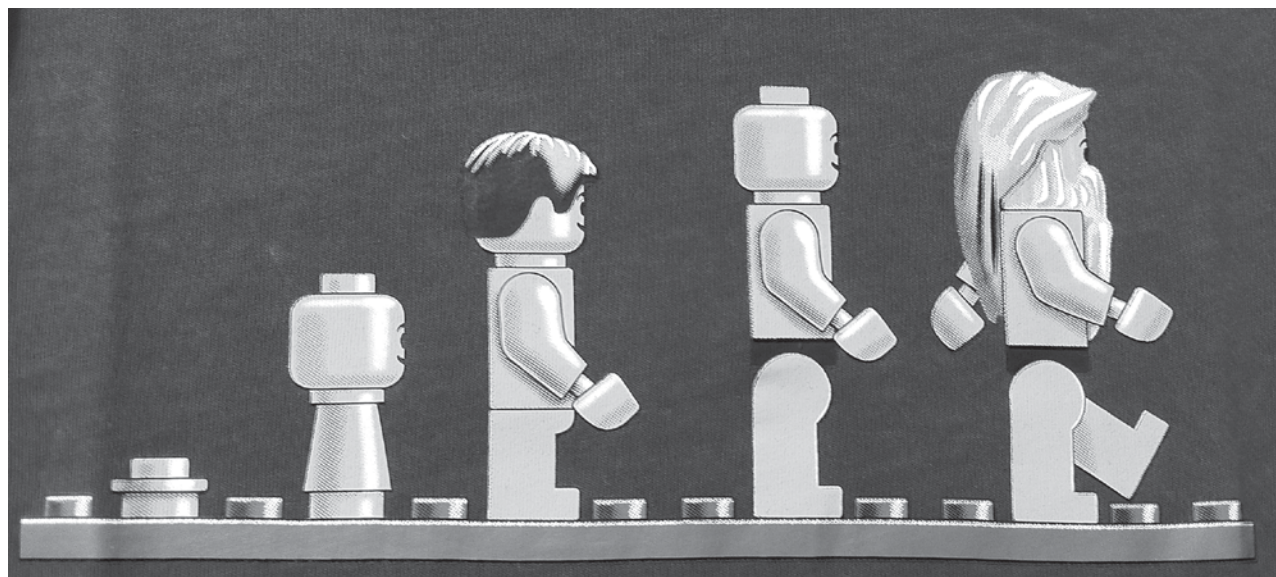
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Don't blink!

The baby is screaming and you can't wait until she's out of that stage, then you blink and Jessie is Jessica and she no longer wants to be held or cuddled.

Time is nothing to scoff at.

The holidays are over and January rolls around, so we breathe and think

it's time to get everything done that we put off in December and before we know it, it's February. We haven't had as many family dinners as we'd like.

The trips we plan with the kids keep getting put off until next weekend, and then we say we'll have time in the summer. Oops, blinked again and

now we're gearing up for the insane winter holidays and the kidlets have turned into teenagers.

When did we forget to breathe? It's time we slow down, look at each other and decide what's really important.

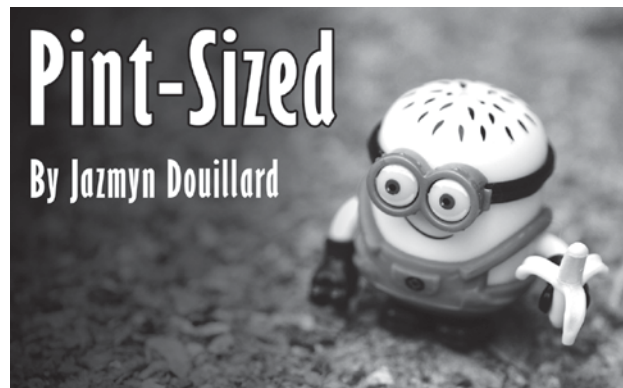
Family dinners can be a difficult thing to pull off when everyone is so busy, but make up a schedule and try to get everyone involved. Maybe Mom takes Mon-

day and Wednesday off, Dad barbeques Tuesday and Thursday and then everyone works together for Friday to Sunday. That doesn't mean you can't order take out, but if you do, then turn off the TV, sit at the table (after clearing a week's worth of mail and chaos off it) and ask everyone how their week is going.

If you get the same old "fine" answer, ask them who would survive in the

Pint-Sized

By Jazmyn Douillard



zombie apocalypse: mom, dad or the dog? Get a discussion going and learn to breathe, laugh and relax. We all have busy lives, but that doesn't mean we can't find fun ways to spend our downtime, rare though it may be.

I know I sign up for one too many events every year, and all of a sudden a month full of stress flies by because I've done nothing but plan and build. That's when I realized that if these events are so important to me, it's time to start involving the people that are important to me.

Now I work together

with my family when I sign up for something, and I make sure they want to be involved, too. In the end, we've been able to coordinate some pretty elaborate events around town because each of us can contribute our skills, instead of me thinking I have to take on the project alone. This year, try volunteering and get your kids and your spouse to come out with you. If you're going to be busy, be busy together and make some memories while you're at it.

And in case you were wondering, Mom would totally survive.

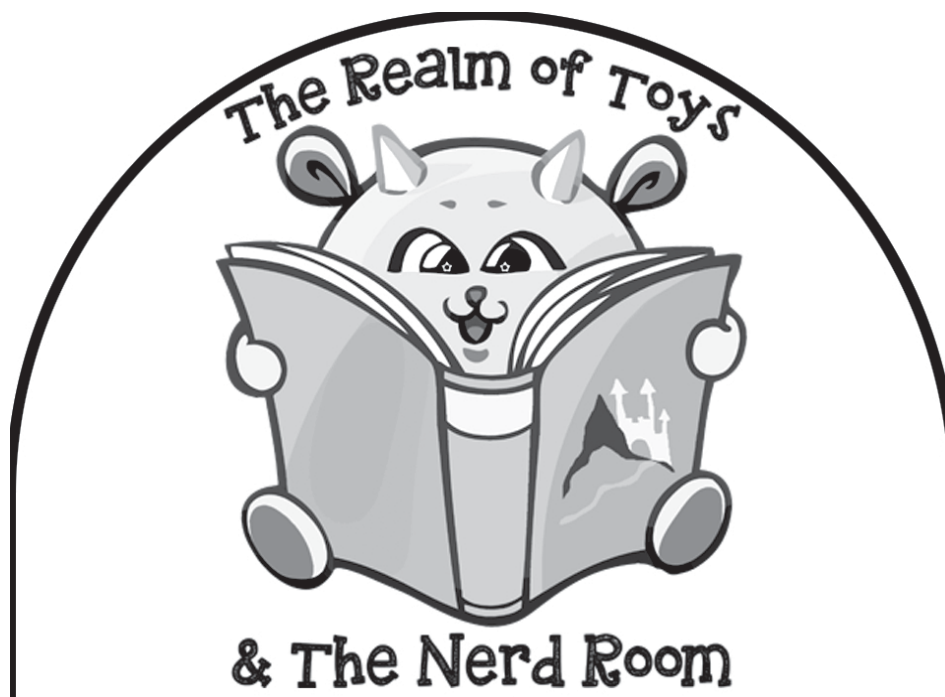
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Behind the Curtain



Critical timing

BY CHRIS HUTTON
OF WILLIAMS LAKE
STUDIO THEATRE

Time is a critical factor in many aspects of community theatre. Planning and time management come into play before a theatre season begins, really. Every spring, a selection committee schedules the four productions it has chosen, and sets the stage (so to speak) for the timing of the play.

A typical production is cast about three months prior to opening night. Not a lot of time, right? Well, I can tell you that a lot of time goes in! Set building, rehearsals, promotion, costumes, make-up. All of it is entirely built on time that theatre volunteers give gladly. Directors seem to start their inevitable breakdowns about a month before this, I think.

One aspect of timing that makes all the difference in a show is timing on-stage. Whether it is a well-timed lighting cue that carries a change in mood perfectly, or that oh-so-wonderful, well-

timed comedic scene that causes 100 of our patrons to break out into laughter all at once, timing makes all the difference when you're on stage.

For patrons of WLST productions (and any other form of story, really), time is a factor that presents itself in many crucial ways. In some cases, an author gives you no idea of how much time has passed; others take us through historical events with lots of dates and references. Some last for but a brief encounter (real-time), while others are so long you are left feeling like you have been listening for a century. Many fall somewhere in the middle. Some of my favourite stories have been those that took me through decades and left me feeling like I had taken a journey.

This month, in his directorial debut, Chris Armstrong presents my favourite kind of play with a production that uses time as a pivotal device and takes us on an incredible journey: *Making God Laugh*, by



Sean Grennan. That title is a play on a quote from Woody Allen: "If you want to make God laugh, tell him your plans."

The play is centered on a family of five, starting when the kids are all in their 20s. Each scene advances a decade, and we get to see how the characters' lives have changed. A rich, dramatic comedy, this show gives us a chance to observe the choices characters make, and see the way that those choices affect their lives in the long-term.

Having read the script, what strikes me most

about this play is how it differs from so many other plays we do at the theatre, because of the use of time as a device. In short, tight dramas, consequences of the characters' choices and actions, are harsh, funny and exciting. In this show, the outcome of each character's choice and the direction they seem to be going in one decade, all change in unexpected and frankly hilarious ways.

What will truly touch the heart in this play though, are the wonderful relationships between siblings and parents

that grow and change in ways that seem all too familiar throughout this show. Despite all of their problems and flaws (even because of those), it is incredibly rewarding to observe how the love in this family develops over time.

Making God Laugh runs from January 20-23 and 27-30 at the Glendale School Theatre. Tickets are available at The Open Book and AboutFace Photography.

Finally, I want to make a special mention of some time that was recently put into our little theatre.

Patrons of the Williams Lake Studio Theatre may have noted that we have been investing a lot of time into making our little space a more comfortable place. Upon delivery of our new seats, our membership worked hard to get the seats in. The extra time that this took, along with all of the set-building for *Dial M for Murder* represents an incredible dedication to this space. Local business, End of the Roll also donated material and labour to replace the carpet in our theatre.

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Once Upon a Time...

Times Square, New York City

BY SYLVIA RASHBROOK
OF ALLWAYS TRAVEL

I have always marvelled at the New Years' Celebrations from Times Square. The Waterford Crystal Ball being lowered from a pole, the thousands of spectators gathered from Sixth to Eighth Avenue, all the way back to Broadway and Seventh Avenue to Fifty-Ninth Street, making it one of the largest celebrations in the world to ring in the New Year. It is followed by massive fireworks and rowdy merry-making. I love to watch as the New York party began on the television screen three hours before our time zone counts down.

I had never gave Times Square much thought other than that. I prefer the Greenwich Village of New York. But wait! There is so much more to Times Square than the New Year's Celebration.

Times Square was named in 1904 after the New York Times moved its headquarters to the newly erected Times Building, the site of the annual Waterford Ball Drop which began on December 31st, 1907 and continues today.

Times Square grew by leaps and bounds after the First World War. It became a center of theatres, music halls and upscale hotels.

Advertising grew as well; the Wrigley Spearmint Gum sign, possibly the largest in the world, resides there. It costs upwards of \$9,000 per month to rent the space. Wow! The advertising was significant to the growth of the city as a whole.

The economic crash of the 1970s led to a mass exodus of corporations from Times Square. Billboards went dark and the once-grand hotels were converted into single-room occupancy dives, attracting the disenfranchised. What was once a colourful area exploding with lights and showbiz glitz became a den for drug dealers and crime. The adjoining Theatre District survived, but respectable playhouses shared the streets with porn cinemas, strip clubs and adult bookstores.

Mayor Guiliani has forced the crime out and lured the respectable chains stores, restaurants and attractions back. Time Square went from X-rated to G-rated, attracting millions of tourists.

Times Square is a restless, hypnotic continuation of glittering lights, over-the-top billboards with neon advertisements, and raw urban energy. You can actually pay to have a message such as a proposal or birthday greeting displayed



on one of these billboards. With yellow cabs, golden arches, soaring sky-scrappers and razzle-dazzle movie marquis, It could care less if the style is hip or fashionable – it has its own favour and style. Times Square is a major commercial intersection and neighbourhood in midtown Manhattan.

It is often referred to as 'the crossroads of the world', 'the center of the universe' or 'the heart of the world', being a major center of the entertainment industry with all the Broadway shows nearby and famously collective fantasies. It is one

of the most visited tourist places in the world, claiming approximately fifty million tourists each year. You can get a panoramic view of Times Square from the top story of one of several hotels – well worth the expense.

In 2009, Mayor Michael Bloomberg immobilized the traffic lanes along Broadway from 42nd to 47th Street to become streets for pedestrians only. It transformed the congestion from the midtown area to a workable transition for pedestrians only.

Notable Landmarks of Times Square are: Bud-

weiser, Chevrolet clock (an analog clock on a digital screen), Coca-Cola sign, Disney store, Forever 21, The Hard Rock Café New York, M&M World, Planet Hollywood, Times Square Studios (home of Good Morning America and Nightline).

You can purchase tickets to the Broadway Walking Tour which takes you on a guided tour of the rich theatre heritage in the area. The tour is a multimedia experience, featuring actors that escort you through the theatre district while you listen with personal

headsets to Broadway show tunes and exclusive interviews with Broadway greats. How amazing is that! You can purchase tickets to see numerous Broadway plays, from ticket booths on Duffy Square at 47th Street.

You can do mega shopping as well – Toy-R-U's, Swatch, Levis, Aeropostale, Disney, and Foot Locker to name a few.

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January 1,8,15,22,29 Friday Night Magic, Adventure Games 83C 2nd Ave S, 5pm

January 1,8,15,22,29 Winter Market, upper level Boitanio Mall, Fridays 10am-6pm

January 2,9,16,23,30 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, Saturdays all day

January 2,9,16,23,30 Fun Darts, OV Pub, Saturdays 2pm

January 3,10,17,24,31 Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

January 3,10,17,24,31 Sunday Game Night, Adventure Games 83C 2nd Ave S, 10am

ture Games 83C 2nd Ave S, 6pm

January 4 FREE Seniors Bingo & Refreshments, upper level Boitanio Mall 1pm

January 6,13,20,27 Karaoke Wednesdays 9pm, music trivia 7pm, OV Pub

January 7,14,21,28 Jam Night with Busted Remedy, Thursdays 9:30pm OV Pub

January 7,14,21,28 Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church, Thursdays 7:30-9pm

January 7,14,21,28 Pokemon Thursdays, Adventure Games 83C 2nd Ave S, 3:45pm

January 8 Safety Meeting Concert Series presented by Arts on the Fly Festival Society, live music High Society with The Alchemist, Central

Cariboo Arts Ctr, 90 4th Ave N, 8pm, Tickets Red Shred's, info: www.fb.com/groups/safetymeetingwilliamslake

January 10,17,24,31 Sunday Book Study: The Book of Forgiving by Desmond and Mpho Tutu, admission by donation, Gendun Drubpa Buddhist Centre, 212 3rd Ave S, 10-11:30am, info: 778-412-7780

January 11,18,25 Monday Evening Meditations, admission by donation, Gendun Drubpa Buddhist Centre, 212 3rd Ave S, 7-8pm

January 12 Nature Kindergarten information session, Scout Island 6:30-8pm, info: www.sd27.bc.ca/nature-kindergarten

January 13 Potato House AGM and Potato Potluck, new members always welcome, Scout Island Nature Centre 5pm, info: email Mary themaryforbes@gmail.com

January 13 Twisted Skirts Tribal ladies' bellydance, new dancers welcome, \$60 incl. tax for 10 classes, Wednesdays 5:15pm, online registration and gift certificates available, info: facebook.com/TwistedSkirts or call/text Renée 250-305-4770 (ad pg16)

January 14 Nature Kindergarten information session, Little Moccasins Learning Centre 6:30pm, info: www.sd27.bc.ca/nature-kindergarten

January 15 CIHL hockey, Stampeders vs Kangaroos, Cariboo Memorial Complex 7:30pm

January 17 Bikers Against Child Abuse (BACA) meeting, public welcome, Big Brothers Big Sisters suite 200, 369 Oliver St. 1pm, info: 778-412-9323

January 20 Twisted Skirts Tribal ladies' adult bellydance, new dancers welcome, AboutFace Studio, \$60 incl. tax for 10 classes, Wednesdays 5:15pm, online registration and gift certificates available, info: facebook.com/TwistedSkirts or email twistedskirttribal@live.com

January 20-23 "Making God Laugh" WL Studio Theatre production, 4100 MacKenzie Ave N, doors 7:30, show 8pm, tickets from AboutFace Photography or www.wlstudiotheatre.com

January 22 Safety Meeting Concert Series presented by Arts on the Fly Festival Society, live music Pharis and

Jason Romero with guests, Central Cariboo Arts Centre, 90 4th Ave N, 8pm, tickets at Red Shred's, info: www.fb.com/groups/safetymeetingwilliamslake

January 23 Blues Underground Fundraising Dance, live music with Williams Lake band Soupbone, 425 Brunswick Street in Prince George, 8pm

January 25 Social Planning Council monthly meeting, 11:30am-1:30pm, for location and guest speaker etc. visit www.socialplanningcouncil.blogspot.ca or call 250-343-2126

January 27-30 "Making God Laugh" WL Studio Theatre production, 4100 MacKenzie Ave N, doors 7:30, show 8pm, tickets from AboutFace Photography or www.wlstudiotheatre.com

January 28 Chamber luncheon, Signal Point Restaurant, 11:45am-1pm, Call to reserve your spot 250-392-5025

January 29 Safety Meeting Concert Series presented by Arts on the Fly Festival Society, live music The Sweet Lowdown with guests, Central Cariboo Arts Centre, 90 4th Ave N, 8pm, Tickets Red Shred's, info: www.fb.com/groups/safetymeetingwilliamslake

January 30-31 2nd Annual Winter Carnival, Boitanio Park 9am-4pm, info: www.wlwintercarnival.com

January 31 Family Fest, Gibraltar Room 10am-2pm, supporting lifelong literacy and learning, fun and free, puppet shows, music, crafts, storytelling, face painting and door prizes, info: literacyoutreachworker@gmail.com

February 10 Cariboo Festival Society of the Performing Arts closing date for entries, info: www.cariboo-festival.ca

QUESNEL & AREA

January 1-3 Northern League Ringette, Quesnel Gold Pan Tournament, Twin Arenas, info: quesnelringette@gmail.com

January 2 RCMA Open Mic, The Occidental 228 Front St. 7-10pm

January 6 Waveriders Swim Meet registration deadline for the Jan16-17 Swim Meet, Arts & Recreation Centre

January 12-March8 Sales Mastermind Sessions, interactive series of sales workshops, \$199+GST, Tuesdays 8:30-10:00am, Community Futures North Cariboo board room, 335A Vaughan St, registration and info: <http://tinyurl.com/h9czpkx>

January 15 Festival of the Performing Arts closing date for dance and piano entries, info: www.qfpa.org

January 15-17 Wells Legion Bonspiel, Wells Curling Club 6pm, info: legion.wellsbc@gmail.com

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Invasive Plant Profile: Invasive Orange Hawkweed

— It moves into new areas usually by wind-borne seed or spread by human activity. A single plant can very quickly multiply into an uncontrollable infestation if left unmanaged because it also reproduces through creeping rootstalks. High concentrations are found in the northeastern section of our region, and this invasive plant keeps travelling south through the Cariboo and towards the Coast.

Help prevent the further spread of invasive Hawkweeds. To learn more visit www.cccipc.ca or call 250-855-WEED (9333).

Cariboo Chilcotin Coast Invasive Plant Committee

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play

Submit your events to
craig@thestew.ca

January 16 CIHL hockey, Kangaroos vs Tomahawks, Quesnel Arena 7:30pm

January 16-17 Waveriders Swim Meet, Arts & Recreation Centre 7am-1pm

January 21-24 Gold Rush Trail Sled Dog Mail Run in 3 stages Quesnel to Barkerville, info: www.dogsledmailrun.ca

January 22 Burlesque show, The Occidental 228 Front St. 9pm, get tickets early

January 23 Blues Underground Fundraising Dance, live music with Williams Lake band Soupbone, 425 Brunswick St, Prince George, 8pm

January 23 Maureen Washington, award-winning jazz and blues artist, live music at The Occidental 228 Front St. 8pm

January 23 Lions Club Garage Sale, Maple Park Mall 9am-2pm

January 26 River City Music Association (RCMA) Meeting, The Occidental 228 Front St. 7-10pm

January 29 Festival of the Performing Arts closing date for vocal and speech arts entries, info: www.qfpa.org

January 29 Quesnel Live Arts presents Tiller's Folly, Chuck Mobley Theatre 850 Anderson Drive 7:30pm, tickets \$25 adults/\$20 seniors and youths, available

at KMax, Save On Foods, Green Tree Health and at the door, info: www.qla.ca

January 29-30 live classic rock music Miss Guided, Cariboo Hotel 254 Front St

January 30 Barkerville Brewing Concert Series presents The Racket, The Occidental 228 Front St. 8-11pm

100 MILE HOUSE & AREA

January 2 CIHL hockey, Tomahawks vs Kangaroos, Rolf Zeis Memorial Arena Lac La Hache 7:30pm

January 3 CIHL hockey, Tomahawks vs Stampeders, Rolf Zeis Memorial Arena Lac La Hache 1pm

January 7,14,21,28 Full Contact Stick Fighting, Thursday evenings in Lac La Hache. Info: Renée wlchick@hotmail.com, facebook or www.coillmohr.com

January 7,14,21,28 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

January 12,26 Curbside Garbage & Recycling Collection, place totes at curb by 7am every other Tuesday, recyclable materials info: www.recyclinginbc.ca/program/mmhc-materials-list

January 30-31 Cariboo Challenge Sled Dog Races, Hills Health Ranch, 108 Mile



DVD & BLU-RAY NEW RELEASES

JANUARY 5

Ashby
Captive
End of the Tour
Hell and Back
Infinitely Polar Bear
Joe Dirt 2 - Beautiful Loser
Scouts Guide to the Zombie Apocalypse
Sicario
The Green Inferno
The Throwaways
The Visit
The Walk
The Games Maker
True Detective - Season 2
Wrecker

JANUARY 12

Beeba Boys
Experimenter
Hotel Transylvania 2
Irrational Man
Life
Paranormal Activity - The Ghost Dimension
Rodeo Girl
Sinister 2
The Martian
This Changes Everything
Where Hope Grows

JANUARY 19

Arthur & Merlin
Dragon Blade
Everest
Jem and the Holograms
Jesse James Lawman
Learning to Drive
Straight Outta Compton
The Condemned 2
The Diary of a Teenage Girl
The Intern
The Stanford Prison Experiment

JANUARY 26

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Chloe and Theo
Downton Abbey - Season 6
Goosebumps
Heist
Hyena Road
Jesse Stone - Lost in Paradise

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Should I wait or should I go

BY DR. STEFANIE KRUMSIEK, DVM

When The Clash wrote their song Should I Stay or Should I Go, they were probably not thinking of veterinary medicine at all, but the song reminds

me of something I come across quite a lot in my profession. Knowing the right time to go to the vet is not always an easy decision and quite often things get better after a day or so, but sometimes they don't and then you

wish you hadn't waited so long. There are three major scenarios that come to mind and I thought I would touch on them briefly today:

Equine colic

A colicking horse always needs special attention and time can be a determining factor whether or not your horse lives or dies. It's important to remember that colic is only a symptom of abdominal pain, and it

can mean anything from a mild belly ache to something more serious like an impaction or even a twisted gut. Mild forms of colic can be treated with pain medications, mineral oil or intravenous fluids that are necessary to stabilize a dehydrated animal or a horse in shock, but sometimes surgery is warranted.

Trauma causing wounds or lameness

If your horse, cat, dog, sheep, cow, goat, chicken, you name it, is on three (or one in case it's a bird) legs and stays on three legs and doesn't even make an attempt to put the injured leg down after an hour then please, don't wait and at least phone your vet. Sometimes cold hosing or applying ice packs (wrapped in a towel), rest and appropriate pain medication can help initially if you are hours away from your vet. Please, don't use human medicine on your animals as every species metabolizes drugs differently and some are toxic for certain animals. Phone your vet for advice if you are not sure.

Birthing-related issues

Having little ones is great but they need to come out first. Every species is different, but all mammals have one thing in common: if the baby doesn't come then there is something wrong.

Most mammals are very quick at birthing; after half an hour the baby is out and already had colostrum within the first hour of its life. There are a lot of things that can go sideways, however, and therefore it is important to monitor those moms closely. After the baby or babies are out, the party isn't completely over yet, as the afterbirth needs to be expelled as well. Especially in horses, a retained placenta can become a serious problem and needs

medical attention. In general, the placenta comes within half an hour after the baby in horses, cows, sheep and goats. In puppies and kittens, it usually comes immediately after the individual baby. Very often queens and bitches eat their placentas right away.

Last but not least – if in doubt, phone your vet, even if it is just for advice but don't wait too long if you are concerned!

“In the Deep Mid-Winter” January at the Gecko Tree

JANUARY 4 – JANUARY 30

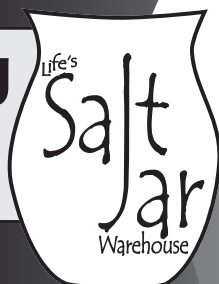
We are not only welcoming in a new year, but we also welcome you to the collective showing, “In the Deep Mid-Winter”, presented by the Cariboo Art Society. Drop by for lunch, dessert or just a coffee, and simply enjoy the creativity everywhere you look! Relax; do not be in a hurry, but do enjoy the show.

We are planning an **opening night Q & A Friday, January 8**. Refreshments will be available, and everyone is welcome. Be sure to mark your calendar and watch for more information.

It seems New Years' resolutions always accompany the beginning of the year, and what better routine to adopt, than dropping by the Gecko Tree to enjoy a delicious meal and check out the monthly art display!

We are looking forward to another year of Gecko Art. 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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Gold Rush Trail Sled Dog Mail Run, Jan. 22-24

BY JEFFREY DINSDALE

For many, in this era of email, twitter and text messages, receiving a paper envelope with its enclosed contents in the mail can be a real novelty. This is particularly true if those contents are indeed a personal note or letter sent from one person to another. There is something very special about receiving a letter containing news or greetings from a loved one, friend or acquaintance.

Imagine just what it must have felt like in the days when the only way to transport anything of substance over remote and long distances during the icy cold months of a Canadian winter was by dog team. When that mail carrier and his trail-weary dogs mushed into your settlement, you would naturally be eager for any news that he might carry. As if

that wasn't enough, imagine how it would feel when this trail-hardened musher opened the precious mail bag, and reaching in, pulled out a long-awaited letter addressed to you.

The 24th Annual Gold Rush Trail Sled Dog Mail Run is a living history event that seeks to capture and preserve this special bit of Canada's history. It is also all about having some fun in the middle of a Cariboo winter. **January 22-24, 2016** marks the 24th running of this event, honouring the generations of sled dogs and their mushers who made winter communication possible throughout the isolated northern regions of our country. It was not until the 1920s that daredevil WWI air aces-turned-bush pilots introduced what was to become known as Air Mail to remote Canada. The last official Canada Post use of

sled dog teams to deliver mail was in the late 1960s. Now there is only one place where authentic Canada Post Mail is carried by dog team over part of its journey to your door (or community mail box), and this is it.

Starting in late December, Mail Run envelopes will be available for purchase at several outlets throughout Quesnel and Wells, with full instructions regarding just how you can ensure that your special message gets to friends, loved-ones and associates anywhere in the world. Envelopes may also be purchased online. Your envelope will be carried in a dog sled for three days. Once your mail carrier is sworn in as an official Canada Post mail carrier, the mail becomes his/her responsibility. On January 22nd, it will be carried from Quesnel British



Columbia, over trails used during the Cariboo Gold Rush, towards the Gold Rush communities of Cottonwood and Pinegrove House. On January 23rd, your envelope will be carried over trails starting at Troll Ski Resort (the site of Pinegrove House), paralleling the famous Cariboo

Wagon Road that passes through the communities of Stanley, Van Winkle and Richfield. On January 24th, the mail will be carried on trails running through Wells to historic Barkerville, which is on Williams Creek. There, the mail will be turned over to the Post Mistress and will be placed

in the regular mail system for delivery throughout the world.

The Mail Run is a family fun spectator event. Complete information regarding the 24th Annual Gold Rush Trail Sled Dog Mail Run can be found online at www.dogsledmailrun.ca.

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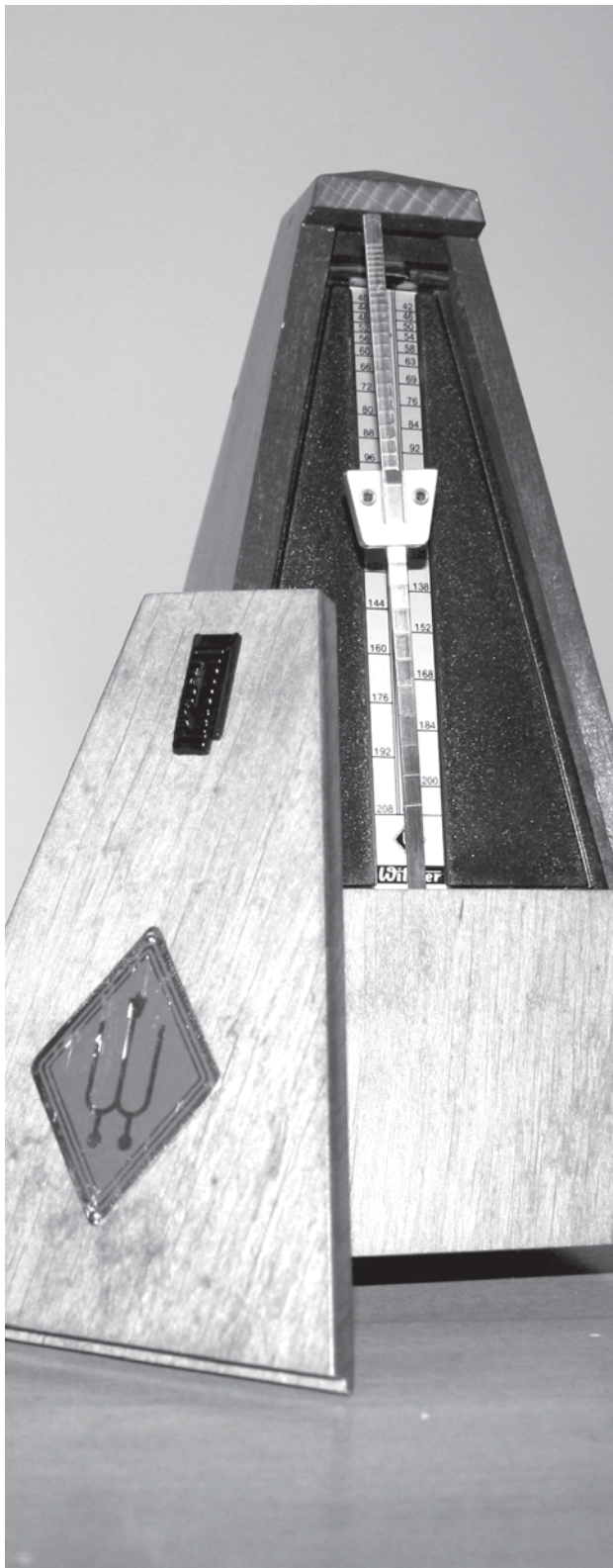
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Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

Time was...

A POEM BY LINDA PURJUE

Time was,
When I was a little girl,
Each day was brimming full with so much time!
There was time to climb trees,
Time to ride bikes and roller skates,
Time to play with dolls,
Time to read books,
Time to do so many other things
Each and every day.
Time was so plentiful during school
That it dragged, and crept, and dawdled
While I squirmed in my desk,
Trying to grasp lessons
That nodded and buzzed around my head.
Time was,
Each year was decades long
With eternities between holidays,
And such immense amounts of time between birthdays
That it was impossible to imagine being grown up.
Now,
Time passes with the swiftness of a snowflake, melting
in a candle flame.
Today
Is nothing more than an instant of time
That vanishes before I have a firm grip on it.
Tomorrow
Is a shadow that melts into today with barely a whimper.
Faster and faster,
Time piles on my shoulders,
Precious, cherished,
And endangered.

Salvation Army Update

BY TAMARA ROBINSON,
WILLIAMS LAKE
SALVATION ARMY

Well we made it through the busy holiday season! Family gatherings, dinners and parties; gifts, outings and visits have kept many of us very busy. It's amazing we found the time to accomplish so much in the month of December.

Now that a new year has arrived, we take the time to reflect on 2015 and make plans to have a better, more successful year ahead. Some of us may decide to make a New Years' resolution, hoping we have enough time to fulfil it before next year's deadline.

How do you view this new year? Is it a time for change? If you find yourself thinking that 2016 is a good year to make a change for the better, The Salvation Army may be able to help! Do you have extra time? Are you looking to give back to your community or become a more active member in the 'lake city'? Are you looking to make new friends and build experience? If so, then we have many volunteer opportunities available throughout the year!

Are you looking to

improve your health? Did you know that The Salvation Army has a fully-equipped fitness center that is completely free of charge? Our fitness center entrance is located in our drop in center, open Monday to Friday 9am to 4pm, and can help you meet your New Years' goals! Are you looking to kick an addiction this year? If so, we can help with that too. We have out-of-town treatment options available, as well as an on-site drug and alcohol counsellor. Please contact **Tamara Robinson at 250-392-2423 ext. 208** for more information.

The Salvation Army has come out of the very busy Christmas Season renewed, rejuvenated and ready to take on the new year. We understand the value of time, and would like to thank each and every person; old and new volunteers in this community, who took time out of their busy schedules to help us during the busy Christmas season; as well as residences and businesses in Williams Lake and surrounding areas for their donations which brought many smiles to families this past year.

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Worship

267 Borland Street, Williams Lake

Sunday Worship 10:30am,
fellowship coffee after church

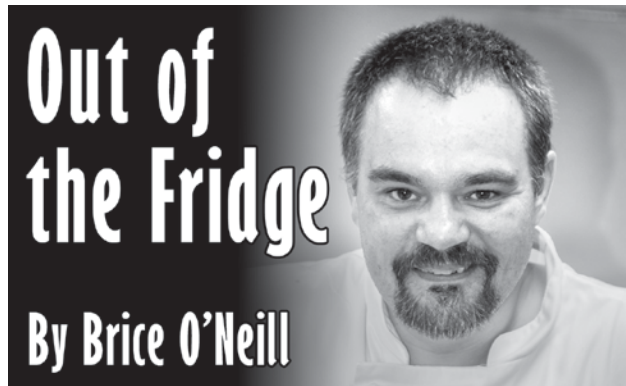
Tuesday Bible Study 7-8pm

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



Slow roasted pork belly

There are a lot of skills that being a professional cook has taught me. Skills such as the ability to work standing up for long periods; the ability to take and give criticism, constructive and otherwise; using a sharp knife with blazing speed and accuracy (with the exception of a few misplaced strokes that ended with a trip to the emergency room); and transferring heat from a source to an object. The one skill however, that took the longest to learn and was the most demanding was the management of time.

Something every Cook/Chef absolutely needs is a mastery of time. When a customer places an order they probably don't realize there is a time delay before the food gets

started. Did the wait staff go from table to table and gather up a bunch of tickets then deliver them in a cluster to the kitchen? Did the wait staff get trapped at a different table explaining the special, or trying to figure out what the person with allergies can have, or is there someone at a table confused by the concept of ordering food from a menu that doesn't have pictures in it while the ticket from the table before is waiting in their hand?

There are many other ways an order can be delayed before it even gets to the kitchen. The time delays inside the kitchen are many and varied as well, but that's not your problem. It's the Chef's problem, because the clock is ticking – the



people placed their order and want their food. The ability to save time, even seconds on an order is paramount to the success of a kitchen.

Time takes on a special significance to people in the restaurant. For example, in my kitchen I've developed my own measurement of time I call 'Pantera.' One 'Pantera' is the length of one song by the band Pantera (approximately 3 minutes), so when I say to my crew "Hey guys, we are two 'Pantera' into this ticket; we need to pick it up a bit," they know we are be-

hind. If I say "Wow! Half a Pantera on table ten. There were three orders on that ticket. Well done! I don't know who trained you, but he is a genius!" They know that we got that table's meals out fast, and that I'm a genius.

The other part of time management that is often overlooked is the dreaded task of scheduling. Restaurants run on a very tight profit margin determined by many factors that are outside of our control, such as the cost of food and hydro/gas etc., etc. Wages make up a great deal of our

costs and we do have some control over this. The ability to spend employees' time wisely is of paramount importance to the bottom line. Too many staff on a slow day and we lose money. Not enough staff and too many customers; now we cannot give the best service. We also need to ensure that we satisfy the customers' needs in a timely fashion so that we can rotate the tables to make them cost-effective. Time takes on a special significance when you realize it has to be monetized or you won't be in business.

Let's make something that takes a really long time to cook. We are talking forty or so 'Panteras.' I know, let's do my **Maple Slow Roasted Pork Belly**. Get a pork belly (try your local butcher) and a pan big enough to hold the entire belly. You will want

to score the skin with a sharp knife, creating diamonds. Put in a 300° oven for about 20 'Panteras' (one hour-ish). Remove it from the oven and put in 3 quartered onions, 3 quartered apples and one bottle of apple juice. Put another pan on top so it is actually touching the pork, and something very heavy (I use two large rocks) to weigh it down; this prevents it from buckling when cooking and keeps the moisture in by preventing evaporation. Back in the oven at 325° for about another 35 minutes. Take it out and cool completely. Remove the skin and save to make crackling. Slice it 1/2 inch thick and put in a dry frying pan on medium high heat for 3 to 4 minutes. Flip and add maple syrup. Reduce the syrup and then plate. That's time well spent. Enjoy.

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THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

January 13th

Make Your Dream Come True Day

Make Your Dream Come True Day gives you the opportunity to do something to realize your goals and dreams. Whatever your dreams are, they usually don't come true without some effort on your part. So, today is the perfect opportunity to do something about it.

On this day do something, anything, to move in the direction of achieving your dreams. Sure, sometimes it takes several steps to accomplish them. So view today as a time to get started on them. With a little effort, they will come true!

January 27th

Punch the Clock Day

Every once in a while, you come upon a special day that just defies definition. Punch the Clock Day is one of those days. Despite all of our research, we found no information on the Internet to define the purpose or meaning of this day. And, you won't find information about today in the old Encyclopedias either.

But, Punch the Clock Day is prolific on Ecard and calendar websites. So, it must truly be an important day of the year, right?!!

Curator's Corner

Chartres Brew & William Pinchbeck – a look at the history of policing in BC

BY WILLIAM ADAMS,
MUSEUM OF THE
CARIBOO CHILCOTIN

The British Columbia Provincial Police began with the Proclamation of the Mainland Crown Colony of British Columbia by Governor Sir James Douglas at Fort Langley on November 19, 1858. The first police officer of this nascent colonial constabulary was **Chartres Brew** (1815 – 1870), an Irishman who also served in the roles gold commissioner and judge. Brew, a veteran of both the Carlist wars in Spain during the 1830s, and the Crimea War in 1854, spent his early career in the Royal Irish Constabulary before immigrating to British Columbia.

William Pinchbeck (1831 – 1893) also served in British Columbia's constabulary. He traveled with Gold Commissioner Philip Henry

Nind to the Cariboo in 1860 during the Gold Rush, before going onto pre-empt land as an early settler in Williams Lake, where he entered into businesses that included a roadhouse, general store, sawmill, grist mill, whiskey distillery and horse race track.

For 92 years, the British Columbia Provincial Police enforced law and order in the Crown Colony, and then the Province of British Columbia. In the 1930s, the British Columbia Provincial Police started to contract its policing services to municipalities, just as the Royal Canadian Mounted Police do today.

In 1950, the year the force was disbanded, there were about 530 police officers and 123 detachments throughout the province, serving both in rural, unorganized areas and urban municipal jurisdictions.



Upon its dissolution on August 15, 1950, only 492 Provincial Police officers transferred over to the Royal Canadian Mounted Police.

There is still today debate and mystery surrounding the reasons the Provincial Police were disbanded. One theory claims that the federal government may have pressured the provincial government into taking on the R.C.M.P. to counter what was the perceived communist threat. Another theory declares that the pro-


vincial government may have thought that there would be a cost savings if the much larger and federally subsidized R.C.M.P took over the policing of British Columbia. The provincial government may even have disbanded the Provincial Police because it wanted to prevent the rank and file of the Provincial Police from unionizing.

The R.C.M.P. as the successor has carried on the duties of the defunct British Columbia Provincial Police ever since.

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Time's run out

A SHORT STORY

"We are stuck," he turned to his teenage son Tommy.

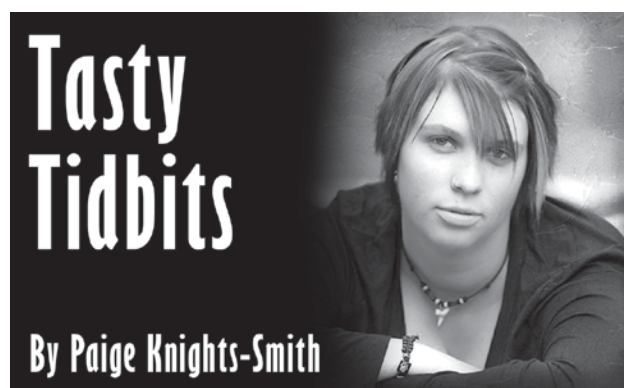
"What do you mean that we are stuck?" Tommy asked staring at the wall in front of them. "How can we be stuck, it's not like this a common thing Dad."

The red brick wall that blended into the rest of the house did not seem out of place, to the outside observer it was an ordinary wall. But this wall wasn't ordinary, this wall represented something more than just the old house that was built around it. This wall had something hidden behind it.

Jack put his hand out and touched the rough brick surface. Fifteen bricks down and seven bricks to the right, a light swipe of your thumb, and a door would open. Where this door led, well, that was up to whomever stood in front of it. Jack counted down the wall and followed the familiar motion of opening the door, but this time, the door wouldn't open. The door was closed.

"The door won't open Tommy," Jack said, trying again to make sure that he had the right bricks.

"We can't stay here



Dad, we don't know anything about this place," his son stated.

"You think I don't know that, kid?" he pinched the top of his nose, right in between his eyes, hoping the pressure he put there would trigger an answer.

"It isn't just that we don't know anything about this place; what if we run into people that we shouldn't be running into?"

Tommy was quiet, and Jack could tell he was trying to think of a way for the two of them to get out of there. What were they going to do? It was dangerous to stay where they were any longer, and this wasn't just about being stuck, it was about altering their future.

"I thought that we had enough time," Tommy said quietly before turning to face his dad. "Didn't we have enough time? We got here with enough time to get back."

Jack looked down at his watch, "The count-down is at zero Tommy, we missed the mark."

"So what do we do now?" Tommy asked.

"I don't know," Jack shook his head and stared at the wall. But whatever they did, they had to do it fast. Time wasn't on their side.

Two days ago, Tommy had not wanted to see his father. He was now 15, and the last thing he wanted to do was spend time with the man that had barely been there while he was growing up. He sat on the front steps of his mom's apartment building, knowing full well that his dad was going to be late. "Typical" Tommy thought.

But Jack wasn't late, and he never intended to be late again when it came to Tommy. Jack was starting fresh. Moving back to town, he was scouting old houses to buy and fix up in order to flip them and make some money. He was always good with his hands, and after years of trying to find himself, he knew that now was the time to be at home with his son. Their past was rocky, but Jack hoped that by including Tommy in this hunt, that he would be



more open to exploring a relationship with him again.

Tommy saw his dad pull up across the street and stood up. He texted his mom to let her know that Jack had showed up, and he would be home later. He didn't want to spend any more time with him than he had to. Tommy felt the anger over his father's abandonment five years ago when Jack had decided to leave, and had never fully forgiven him. Five years is a long time to be absent from a kids life, and when he needed his dad, he could never find him.

Tommy looked both ways and then crossed the street to where his dad parked his black Toyota Tundra pickup, and climbed in beside him. Jack had a big smile on his face and greeted his son enthusiastically.

"Ready to see some houses?" He asked his son.

"Whatever," Tommy said putting his seatbelt on.

About twenty minutes

later, the truck pulled up in front of an old three-story house, with several steps leading up to the front double doors. Painted an off-white that was now chipped in several areas, Jack immediately felt a pull towards the house. He jumped out of the truck and made his way to the front steps where an older woman stood. She wore a navy blue dress that hung below her knees with a similar coloured suit jacket over it. Her blonde hair was streaked with silver was tied up in a severe bun atop her head.

"Mr. Cooper?" She asked sticking her hand out to shake Jack's. "Welcome to the house."

Tommy heard them prattle on about the logistics of the house, none of which he had any interest in learning.

"Dad, can I look around?" he asked Jack, trying to show interest in his father's attempt at reconnecting them.

Jack nodded to his son as he followed the realtor around the main floor of the house. Tommy

moved ahead to the second floor and looked into some rooms. The hardwood floor creaked under his steps as he moved from empty room to empty room. Tommy stopped at one end of the hallway and saw one door that was closed. It seemed to call to him, and the closer he got, the more his heart raced. He grew excited.

"Don't go in there," a voice seemed to say in his ear.

Tommy eyes scanned around, curious to see where that voice was coming from.

"Don't go up in that attic," the voice came again.

Tommy couldn't find the source of the voice, "Why not?" he spoke out loud, feeling slightly stupid. "Where does it go?"

After a few moments of silence Tommy stepped towards the door again.

"Don't go up there," the voice repeated. "It leads to a time and a place that you were never meant to go."

To be continued...

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- **Property:** Deed, mortgage information, taxes
- **Identification:** Social Insurance Number, driver's license copy, passport copy
- **Utilities:** Phone, hydro, gas, cable, cell, BC Medical
- **Financial:** Bank accounts, investments, savings

If you are no longer here, your family will need to notify:

- Bank and Government agencies regarding SIN, driver's license, pensions
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Once Upon a Time...

New Year, New you:

New Year's Resolutions for a Healthy Smile

BY RUDY M. WASSENAAR, DMD, MAGD, DICOI, DABOI

With the year 2016 upon us, you may have already thought about your New Year's resolutions. Resolving to save money, get a better job or lose weight; many people set new goals about having a healthier lifestyle in the New Year. Why not make one of your New Year's resolutions improving your dental health?

Healthy resolutions can keep your teeth healthy, and any of the following strategies will go a long way toward giving you a brighter, healthier smile in the coming year:

Eat Plenty of Fruits and Vegetables

Eating well is important for your dental health, but your overall health can also be affected by poor nutrition. If you cannot chew your food properly because of missing or broken teeth, your entire immune system can be affected. Antioxidants and other nutrients found in fruits, vegetables, legumes and nuts improve your body's ability to fight bacteria and inflammation, helping to protect your teeth and gums. In addition, crisp fruits and raw vegetables like apples, carrots and celery help clean plaque from teeth and help freshen your breath.

Quit Smoking or Using Other Tobacco Products

Using tobacco can harm your mouth in a number of ways, increasing your risk for tooth discoloration, cavities, gum recession, gum disease and throat, lung and oral cancer. Even a small amount like 5 cigarettes a day, will result in a 100% chance of developing advanced gum disease. For that reason, smokers are about twice as likely to lose all of their teeth compared to non-smokers. It's not just smoking tobacco that has negative effects on your oral health: use of smokeless tobacco can be just as harmful to your oral health. The good news is that the risk of tooth loss decreases

after you quit smoking or using smokeless tobacco.

Limit Your Alcohol Intake

You may already know that excessive alcohol intake can have an effect on your overall health, but did you know that it may also affect your oral health? According to the Academy of General Dentistry, those who smoke, eat poorly and consume excessive alcohol also have increased gum recession (periodontal pocketing). Their studies show that smokers who regularly consume alcohol are less likely to brush their teeth on a regular basis and are less concerned about their basic health than nonsmokers.

Brush at Least Twice a Day and Floss at Least Once a Day

Brushing and flossing protect your teeth from decay and gum disease, which is caused by your teeth's most persistent enemy: **plaque** – a sticky, colorless, invisible film of harmful bacteria that builds up on your teeth every day. Both brushing and flossing are equally important for good oral health: according to the Academy of General Dentistry, only flossing can remove plaque from between teeth and below the

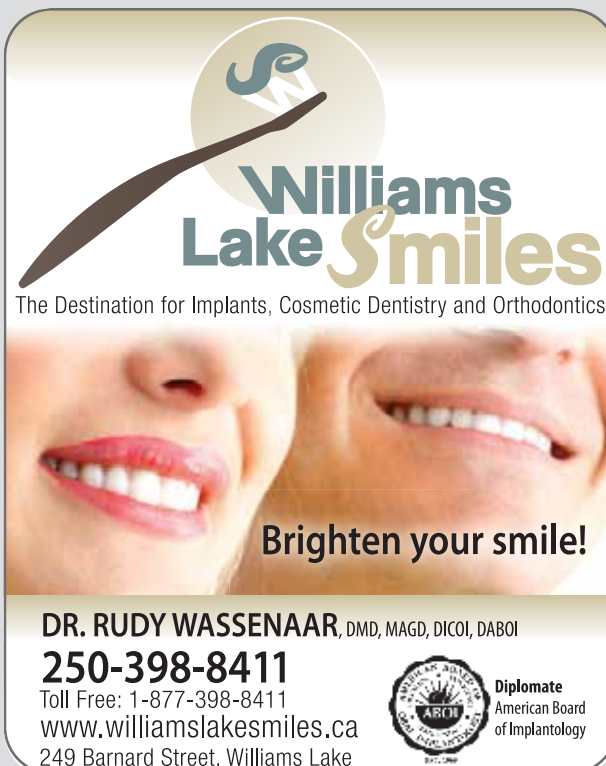
gum line, where decay and gum disease often begins.

Without proper brushing and flossing, you may develop bleeding gums, which may worsen to severely swollen, red, bleeding gums (gingivitis) and eventually, gum disease. Because diseases of the mouth can affect the rest of your body, it is especially important to maintain good oral health.

See Your Dentist for Regular Checkups

By seeing your dentist at least twice a year, you can help prevent any dental health problems before they cause discomfort or require more comprehensive or expensive treatment. Regular visits allow your dentist to monitor your oral health and recommend a dental health regimen to address areas of concern. With today's technology there is almost nothing dentistry cannot do. We are getting better results quicker, and with proper planning it can be quite possible to consider even advanced levels of treatment if that happens to be necessary.


For this New Year, resolve to treat your mouth right: improve your diet, if you are a smoker consider cutting back or quitting altogether, and improve your oral hygiene habits – your teeth and your body will thank you for it!



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Winter Carnival

BY DARRICK BOYES,
FOUNDER & PRESIDENT

Excitement is brewing for the 2nd Annual Williams Lake Winter Carnival, coming up **Saturday, January 30th and Sunday, January 31st.**

I'd first like to send out a big "thank you" to the community of Williams Lake for their generosity. This will be a no-fee event, thanks to our local businesses and volunteers in the community.

This year's Carnival is shaping up to be better than I could have ever imagined when we originally set out to create an event that would pull the entire community together. We have an exciting event planned, beginning with the Williams Lake Lions Club's (FAMOUS) Pancake Breakfast to kick off the morning events. We have also added some

exciting new activities, like the 'kiddie corral playpen' and a mini animal exhibit. The Williams Lake Cross-Country Ski Club will be heading up the cross country ski event, with the folks from Cariboo Ski Source for Sports lending and signing out skis. Williams Lake Puddle Pounders will be leading a FUN attraction – the sledding fun hill. Be sure to check out the snow ball throw, igloo fun, snowman art contest and the carnival face painting too.

Williams Lake Lions Club will be offering coffee and hot chocolate all day for both event days at no charge. Our famous "Cat in the Hat" will be leading the snowshoeing event, and there will be karaoke both days on the main stage. Don't miss our famous magician, Jesaja, who will be

performing both days. We welcome back Tanya Hutchinson who is leading our First Nations tee pee events with traditional drumming and singing. Our popular horse sleigh rides event is back, with three sleigh teams running all day. Our famous food court will once again be bringing you unique foods from around the world, and to stay warm we will have a big bonfire all day!

Remember, this event is brought to you by the community, for the community, so we are looking for your support and volunteers for all events.

Follow us on Facebook for updates and scheduling as we approach the big weekend, and check out our website at www.wlwintercarnival.com for details.



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Time management

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Why does it seem that some people are able to manage and multitask a mass of different projects, and some people barely manage to even complete one project? It is because, to some degree, the multitaskers are able to implement and practice time management, or they are just inherently organized people. As a small business owner, it is important to utilize your time as productively as possible, so when starting your work week it is important to take the additional time to plan/schedule and calculate how much time you will set aside to complete each project. When beginning your morning, instead of just grabbing a cup of java and jumping head-first into your work, take the time to sit down with your agenda and PLAN! An agenda is a simple and great tool for organizing tasks, and there are numerous electronic organizers available from beginner to professional level; if all else fails, ink and an old fashion agenda book still does the trick! Here are some simple



time management tips for small business owners:

- Eliminate your time wasters, set a goal to spend less time on your personal phone calls and appointments. As hard as it may be, unplug from social media, which has become an extensive time waster for people. With current technology making online connecting/networking so accessible, it is far too easy to allow yourself to become distracted by the constant

stream of notifications.

- Come up with a time management plan to prioritize your weekly goals. Decide which projects need to be complete for the upcoming week, and which tasks are urgent. Split them into three levels of importance #1. Should have been done yesterday, #2. Needs to be done today, and #3. Can wait until tomorrow.

- Don't try to do it all yourself. Delegate tasks such as paper shredding

to your employees or outsource to contractors. Hire a local youth to come in once per week and shred your confidential papers; saves you time and helps a youth gain workplace experience.

Lastly, don't try to mimic how others manage their time; everyone has different styles and priorities. Find your own groove, and what works best for you and your business.

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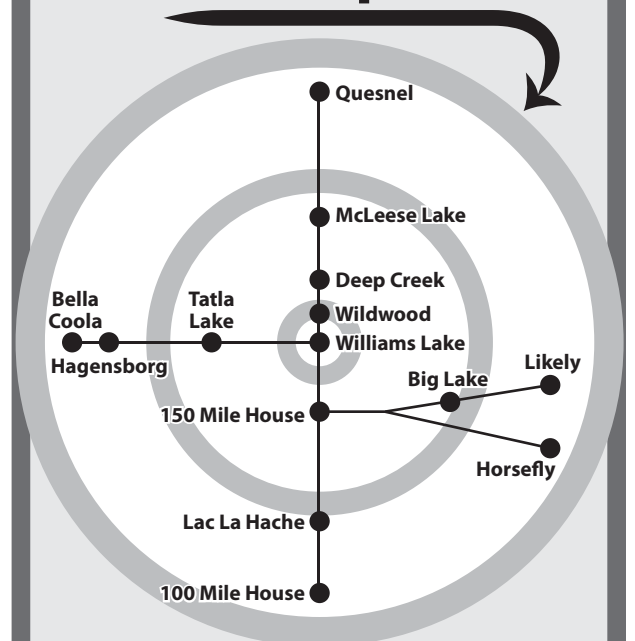
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Potato House happenings

BY BETH HOLDEN

Festival of Trees

The Potato House was proud to be a part of the Festival of Trees located at Signal Point Gaming. Our tree was easy to recognize with a potato on top! This event encouraged the public to 'vote' for their favourite tree by donating non-perishable food items. All proceeds were shared by the Cariboo Chilcotin Child Development Centre and the Salvation Army.

Medieval Market

As usual, Mary Forbes and the Potato House delivered a slice of history to the public, this time about Santa! Many were shocked by his green attire at the Medieval Market; this was his outfit of choice pre-1950. Jana Roller volunteered

her services for two full days of photos with the green Santa. All donations went directly to the Potato House Project.

Winter Lights

During the first weekend of December, the WLBIA banded together to transform the downtown core into a bustling centre of community activity. The Potato House acted as one of the many centres throughout the weekend, offering hot apple cider to those who brought their own cups (we aim for zero waste!), cookies donated by the Bean Counter, photos with red Santa, stories with Mrs. Clause, live music, face painting, and a stories from Williams Lake's historical past. The timing of this event was perfect. The Potato House

has started its heritage renovation process. New wiring allowed for heat and lights, and the staff and board worked hard to transform the years of wear and tear into a cozy humble abode. Once again we would like to thank Jana for her photographic skills and her personal connections with Santa and Mrs. Claus. We would also like to take a moment to thank all the organizers, volunteers, and participants of Winter Lights.

Last Push for 'This Place Matters'

If you have seen the lights spelling out 'This Place Matters' on the roof of the Potato House and have wondered what it means, you are not alone. The Potato House, a heritage building located at 49 Borland

Street in Williams Lake, is one of the lucky projects to be supported by The National Heritage Trust's crowdfunding campaign. All donations will be used for ongoing heritage renovations. We would like to thank all who have donated,

and encourage anyone interested in supporting the Potato House to do so through this website before February 1st – the process is simple – visit thisplacematters.ca, choose the Potato House Project and click FUND THIS PROJECT. Time is ticking, so please help us reach our goal of \$15,000. Every dollar counts.

St. Jean Baptiste

In 2016 we will be adding a new event to our roster, St. Jean Baptiste. June 24 marks the celebration of French Canadian culture. Although we are still in the planning stages of this event we will be celebrating this day with food, stories, games, live music, and a beer garden. For more information or to help plan this event please email the Potato House at grow@potatohouseproject.com.

Annual General Meeting & Potato Social

Do not fear, we are not recruiting new board members! This AGM and social will celebrate the accomplishments of the Potato House, and scheme fun new projects for the future! We are excited about upcoming heritage renovations, continuing to work with local businesses and volunteers, building on exiting projects, and creating new projects and events that support our community and our mandate for history and sustainability.

Join us for the brief AGM and Potato Pot-luck at the Scout Island Nature Centre, Wednesday, January 13, at 5pm.

For more information, visit www.thepotatohouseproject.com, www.thisplacematters.ca, or email grow@the-potatohouse.com.

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4th course	Desserts

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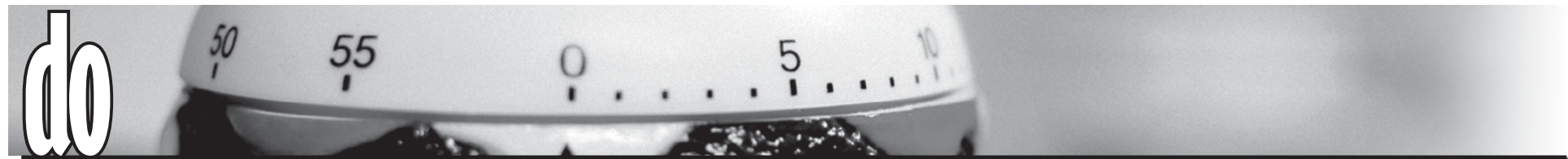
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RAMADA



Pick some 'time' to watch

From time travel to moments in time, there's sure to be something for every member of the family in this shortlist of must-watch, time-themed films.



Back to the Future

The year is 1985 and Marty McFly is your everyday teenager, except for one problem. He is stuck in 1955. After his good friend Doc Emmett Brown is gunned down, Marty ends up sending the DeLorean back thirty years into the past. Now, he must find the Doc and convince him that he is from the future, in order for the Doc to send him back to the future, but this is the least of Marty's problem. After accidentally getting in the way of the important meeting between his future mother and father, Marty must get them back together before he changes time forever, and destroys his own existence.

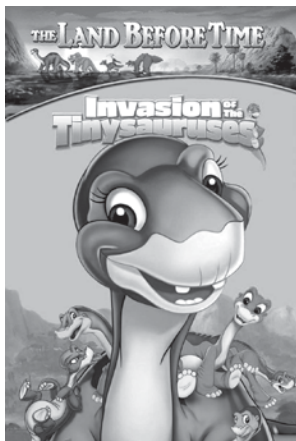
The Time Traveler's Wife

In the early 1970s, Henry DeTamble is in a car accident that kills his mother but which he survives by inadvertent time traveling back



two weeks. Moments later, Henry is helped by an older version of himself who has also traveled back. Unable to control the timing or destinations of his traveling, Henry finds himself drawn to significant people, places, and events in his life but is incapable of changing events beyond the minor differences his presence creates.

In 1991, Henry meets Clare Abshire in the library where he works. She is overjoyed to see him although he is actually meeting her for the first time. Clare explains that she met Henry's future self when she was a child, and that he informed her then that they would meet in the future, which is happening at the moment. Since childhood, Henry has been Clare's best friend and visited her. When Clare turned 18, which is two years before their meeting at the library, the older Henry kissed Clare, leading her to realize that he is romantically involved with her in the future. They begin a relationship, which is challenged by Henry's disorder. His sporadic time traveling is further complicated by arriving



at his destination completely naked.

The Land Before Time XI: Invasion of the Tinysauruses

Every year, as the warm season approaches, a certain tree in Great Valley blooms with pink flowers. Because of the tastiness of these "treesweets", every dinosaur in the valley wants his/her fair share of it. However, because of this tastiness (and the fact that there seems to be only one such tree in the whole valley), there is hardly enough for everyone. Because of this, none may eat any of the treesweets until the day they "reach the peak of their tastiness".

As the film begins, Littlefoot and his friends Ducky, Petrie and Spike are eagerly waiting to nibble the first treesweets. Ducky is about to take one, but Littlefoot quickly tells her to stop and reminds them all that none may take any treesweets until "Nibbling Day". This

however, doesn't stop Petrie from flying to the tree's crown and trying to take one. Just then, Cera's father emerges and states very clearly how every dinosaur in the valley has waited a long time to taste the treesweets. As Cera, too, appears before them, she reminds them that she is the one who is supposed to get the first treesweet because she was the one who found the treesweet-tree in the first place, although it was indeed Littlefoot who did it. Cera also teases Littlefoot for being too little to actually reach the treesweets.



Out of Time

Matthias "Matt" Lee Whitlock (Denzel Washington) is the respected Chief of Police of the fictional small town of Banyan Key, Florida. He has recently executed a successful, high-profile drug bust that turned up \$450,000 in drug money.

Although he enjoys his job, his drinking while on duty is an obvious character flaw, exac-



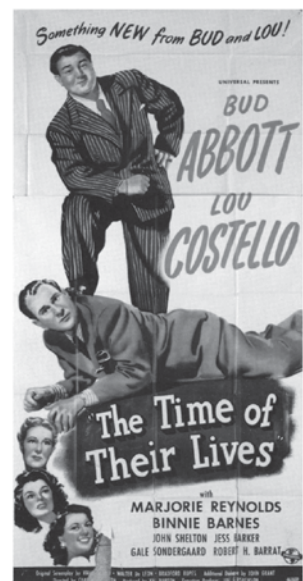
erbated by his pending divorce from his wife, homicide detective Alex Diaz Whitlock (Eva Mendes). Matt is currently seeing local resident Anne Merai-Harrison (Sanaa Lathan) – whose husband Chris (Dean Cain), a former professional quarterback turned security guard, abuses her.

Matt's friend, Chae (John Billingsley), a medical examiner, jokingly wants them to use the \$450,000 to go into business together. Matt, however, finds out that Anne has just been diagnosed with terminal cancer.

Anne intends to reward Matt's loyalty to her by making him the sole beneficiary of her \$1,000,000 life insurance policy. Matt tries to find a way to give Anne some hope and suggests that she should travel to Switzerland to undergo a newly developed treatment. The problem is that Anne has been living beyond her means and does not have any money. Desperate to help her, Matt bends the rules.

The Time Of Their Lives

Bud Abbott and Lou



Costello could never be accused of creating great art, but, at their peak they were one of the more popular teams appearing in movies. Although the tone is far different, their success can be readily compared to Jim Carrey's in the Ace Ventura movies – people who found them overbearing simply couldn't fathom anyone who was a big fan. Still, they had millions of devotees, and *The Time of Their Lives* (1946), a cleverly executed ghost story in which Bud and Lou barely even speak to each other, is one of their strongest outings.

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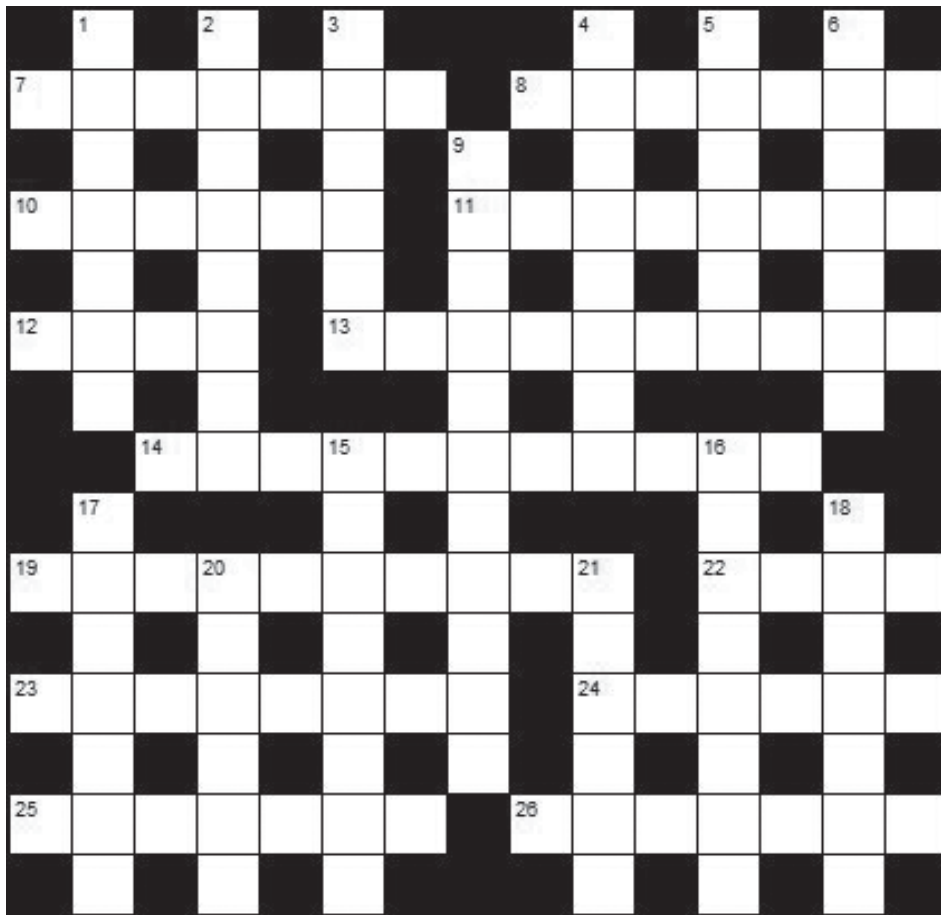
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X-Word Puzzle

ACROSS

- 7 Article missing from collection of antiques? Investigation results (7)
- 8 One Flemish artist or another abandoning Germany for Spain (3,4)
- 10 Composed – a term essentially used for it? (6)
- 11 Drink and drive recklessly? (8)
- 12 Composer renounces his nationality, we hear, for her (4)
- 13 Shrub is planted in the verge by westbound main road (10)
- 14 Knock back drink with airman after opera, but not too much (2,3,6)



19 Record collection containing jazz mostly is

feature of column (10)
22 Close companion at

last given attention (4)
23 DJ is so tense, needing

to become healthier? (8)

24 One has no time for Spanish food (6)

25 Fate of a play about love making comeback (7)

26 Reportedly is acquainted with person that's patient for plastic surgery (4,3)

DOWN

1 Important card game for Spooner is to inflict crippling damage (7)

2 Be sexually aroused by an unpleasant woman, a Swede (8)

3 Associate skins up, to become unconscious (6)

4 So a grass is mistaken for seaweed (8)

5 Children's author and playwright retires, heading for Tasmania (6)

6 A Conservative has to demand enthusiastic

welcome (7)

9 Church's really empty, holding first service of the festive season (11)

15 Ordered John to be at work (2,3,3)

16 Quiet Spanish woman hiding new engineer's glasses (5-3)

17 Inspiration encompasses depth and comprehensiveness (7)

18 Become very fond of female sporting floral clothes (4,3)

20 Hard gangster can cry (6)

21 Use English Master's tactic (6)





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