



# the stew

ISSUE 7.11 | NOVEMBER 2016 | FREE

the  
space issue

Featuring  
**Jazmyn Douillard**  
Pages 6 & 7

# hear

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## On the Cover:

Join us for a trip to outer space, space launch, space travel, wide open spaces, personal space, space cadet, space sci-fi movies and whatever else our writers have come up with to follow along this month's 'space' theme – join them as they boldly go where no one has gone before!

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# Warp factor one

BY CRAIG SMITH

*“Space, the final frontier. These are the voyages of the starship Enterprise. Its 5-year mission: to explore strange new worlds, to seek out new life and new civilizations, to boldly go where no man has gone before.”*

~Star Trek TV Series

Whenever I think of space, this quote always comes first to my mind. I'm old enough to remember the original series when it first came out but not old enough to have been involved in the controversy when it was cancelled. The original series was purchased by another company, went into syndication, and exploded into a cult following that no other movie or TV franchise will ever see. I've written an article before about all the technology that exists today that was thought of because of this show. Although I'm not a diehard Trekkie (or Trekker), I love this show and all the offshoots and movies

from the original series. This romance might be from my love of technology, or my appreciation of the creativity that goes into making something that someone has not heard or seen before. Creating worlds and galaxies that only exist in someone's mind has always captured my attention. Right now, unfortunately, we will never see these places, if they exist, because of our inability to travel at light speed or fold space. However, things change daily and at such a rapid rate that our generation might one day be able to take a holiday on the moon.

Space, in my mind, has always been tied to two things: first, that place past our atmosphere, and second, the amount of people that are standing way too close to me.

I've always been fascinated by space and science fiction – which during my lifetime is becoming 'science fact.' Anyone my age has seen the birth of computers, the explosion that is now the internet, cell phones, supersonic

travel and microwaves and the list of technology just keeps getting better.

When I was younger, I read and watched everything I could that was either science fiction or science fantasy. The first books I remember reading that were not comics were the *John Carter of Mars* series by Edgar Rice Burrows. Years later, I saw it made into a movie, and it was amazing to me how the visuals were almost the same as I had imagined them. That is probably a statement of the quality of the writing, as opposed to my mind's ability to create the visuals. When I was in elementary school, I remember devouring every science fiction book that the library had, and when I ran out of material there, I went to the public library.

One series that I read, written by Williams Shatner, was called *TekWar*, and centered around a police office that was fighting a new drug called "Tek." No one used the old-school ways of getting high anymore... No smoking, no injecting. Tek went right into your brain by the optic nerve, if I remember right. What I thought was so cool is that money had been eliminated – no more paper money or coins – all transactions were now electronic. When two people were exchanging currency, they took their handheld devices, touched them together, and the "credits" went from one account to the other. This story was based in 1992, and electronic transactions are finally starting to happen now. I really do think that the creators and characters from the original *Star Trek* series had the future figured out, as so much that was involved in all those stories either has or is coming to fruition.

*Star Trek* was also a model

for the future, socially. It was the first TV show to have a hugely publicized interracial kiss. The show had a diverse crew, it had a Japanese helmsman, a Russian navigator, an African American female communications officer and a Vulcan or Alien science officer. As we moved to the *Next Generation*, the past enemies of the Federation, such as the Klingons, were now Starfleet officers. It showed that eventually the world would not have borders, no more fighting, and no more disease – at least on Earth anyway. It has had a huge influence on the way technology moved forward.

One of my favorite *Star Trek* movies has a scene in which the enterprise has to travel back in time to 1986 and transport a humpback whale to the future, where they are extinct. They need the whales to communicate with an alien species whose communication probes are accidentally destroying the Earth. Mr. Scott, the engineer, is trying to find some transparent aluminum, which doesn't exist... yet, needs to use a 1986 computer to do some calculations. He says "Computer?" and waits for a response, as the computers on the Enterprise are voice activated. When the engineer he is working with tells him he need to use a keyboard, he says "How Quaint." What's funny is I always wanted a computer that I could just talk to to get things done, and now, in 2016, I have one.

I have a goal of one day going to space. I don't have to be an astronaut, but if my idol Richard Branson of the Virgin companies keeps going the way he has been, then a flight into space will be attainable as long as I can afford the ticket.

## Special Occasions In Style



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# ingredients

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Featured Artist

**Jazmyn Douillard:**  
costumes, toys & illustration



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**Travel:**  
Cape Canaveral &  
Kennedy Space Center



**Medieval-Market:**  
Go back in time, Nov. 19-20

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# Eagle Lake Henry, part three



*Alyetta and Eagle Lake Henry are given a second daughter to raise as their own*

June Draney says a year or two after Eagle Lake Henry and Alyetta adopted her mother, Mary Jane, from Billy Dagg, Joe and Matilda Elkins gave them a second daughter named Dona.

"I guess way back when Joe Elkins was still in the basket, his mother left to go partying, and she left him in his basket hanging

in a tree. Granny Alyetta found him there and brought him home and looked after him. That was before she and Grampa Henry were together.

"He was just a baby so she had to make some white sauce because they didn't have any milk to feed him. Joe became part of the family, and when Alyetta and Grampa

Henry got married they would take Joe Elkins quite a bit when he was still a young boy.

"Eventually Joe Elkins married Matilda and they had a big family. I guess there was a party some place and Matilda left her baby Dona behind. When Dona needed some attention, Granny, being the motherly type, took the baby and was looking after her.

"That's when Joe Elkins said, you know, you raised me. If it wasn't for you I might not be here today. You love babies and Mary Jane needs a sister. How about we give you Dona to raise. So that's how it went."

When the girls were old enough for school, Henry made sure he boarded them out so they could get an education. One year he boarded them out at Riske Creek, then he paid the

Bellamy family and others in Tatlayoko to board the girls so they could go to school there. They both graduated from Grade 8, the highest grade available in the valley. Later they married two brothers from Esdilagh (Alexandria), Pete and Gabby Baptiste.

When Mary Jane and Dona were small, Henry was out checking his traps on horseback late one winter when he came upon a bunch of wild horses. They had a little foal with them that had just been born, and as he got closer with his dogs, the wild bunch spooked and took off. In the confusion, the newborn filly sprinted over next to the Henry's horse and just stuck to its side. Henry thought he better take the young horse home with him because the wild bunch had left and it was too young to leave alone in the wild.



► Pete and Mary Jane Baptiste, and family

The little filly just stuck to the side of his saddle-horse all the way home to Mountain House.

Dona was little and grew attached to the young filly, and it became her horse. They even had it in the house a few times. As the little horse grew up, it was obvious she had come from a good strain. Maybe the Newtons had lost some of their hot-blooded Arabs, because the filly could really run. Dona trained her to ride and named her Black Beauty.

One summer a year or two later, Eagle Lake Henry brought his family

to the annual gathering in the Potato Mountains to dig wild potatoes and celebrate with other Tsilhqot'in families who had come from near and far. People would come from Nemiah Valley, Redstone, Redbrush, Anaham, Stone, Riske Creek and Anahim Lake. They'd stay up on the mountain for a week or two, hunting deer, digging mountain potatoes, picking berries and playing lahal. One of the big highlights of these events was horse racing.

Soon after Eagle Lake Henry and Alyetta had set up camp, Dona and Mary Jane rode down the

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**Night of North Pole Naughtiness**

**Wed. November 23**

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With the Christmas season well on its way, everyone at the North Pole is working hard to make this a holiday to remember. Despite the efforts of the arctic inhabitants, productivity is at an all-time low, upsetting many and putting Santa's legacy at stake. Desperate for a change, there are many who are willing to do almost anything to increase efficiency and restore peace at the North Pole. But only one who will go too far and commit an act of murder in this mystical place. Will it be the audacious elf who believes they could run the workshop better? The remorseful reindeer ready to hide their secrets? Or possibly the unwavering wife who will do anything to protect her family through any ordeal?

As you join together for the Holly, Jolly Christmas party you will mingle with magical guests. In the end, you will need to decipher between the evil and the innocent, the righteous and the responsible, the naughty and the nice. To insure that the Christmas legacy continues unchanged, you will be called upon to employ your sleuthing skills to make certain that the criminal is caught!

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► Francis and Eddie William, Euphasia William holding Mabel William's daughter, Mabel with her baby girl, and Eugene William



...continued from page 4

mountain on the west side into Tatlayoko Valley to pick up the mail. This was a five-hour ride back and forth, dropping 1,000 metres (3,000 feet) to the valley bottom below. Dona was riding her new young filly Henry had brought home from the wild bunch.

June says soon after they left, some people from Nemiah Valley arrived and they were arguing who had the fastest horse. They put up some money and were waiting for Dona's little Black Beauty to get back to the camp. "The minute Dona and Mary Jane returned, they pulled Dona's saddle off and put their saddle on, and they were going to race her. Dona was worried her horse would be too tired, but she won the quarter-mile race, despite having just gone all the way down the mountain and back."

## Eagle Lake Henry helps Eugene Williams find his own place

Boise Williams says Eagle Lake Henry was his Father's Uncle. "We used to call him Grandpa," Boise says.

Boise's father, Eugene Sammy Williams, was the son of Eagle Lake Henry's sister, Annie, and he grew up in the Nemiah Valley and Eagle Lake country. Boise's mother was from Redbrush north of Redstone.

"Before I was born, my family lived in my mother's country around Redbrush for twelve years hunting squirrels and going back and forth between Redbrush and Nemiah Valley."

"My dad would hunt squirrels all the time. He'd go by every tree and look for squirrels in the wintertime, poke with a stick and out they're com-

ing. Shoot them. Then they'd move to Nemiah Valley for maybe a month to visit with my dad's parents. Then my mother wanted to go back to Redstone and they all moved back to Redbrush."

Travelling back and forth they'd always stay with Eagle Lake Henry and Alyetta at Mountain House. One day Henry said to Eugene, "You're moving around just like a coyote. Coyote move his family around to catch rabbits or squirrels until he run out, then he move to another spot."

Henry urged Eugene to consider settling down. "There's a nice place by a creek down here along the river where you could build a ranch. Tomorrow we go look at it."

The next day Henry

► Redbrush Church



► Eagle Lake Henry at Far Meadow with favourite hunting dog Gyp

and Eugene rode down to where Brittany Creek runs into the Chilko River. The place had previously been settled by a man named Chaucer but was now abandoned. At the Chaucer Place Eugene found a bucket strategically placed in the creek to catch the water so he renamed it Nusibaghilin (Noos-ae-bay-leen) which means "water running into a bucket."

The next day, Henry said Eugene's wife and kids could stay with Alyetta at Mountain House while he took Eugene to the government office several days' travel away. There were no govern-

ment offices in Williams Lake in those days, just a few houses, so they may have gone to 150 Mile House or Clinton.

When they got there, Henry explained to Eugene, "This is a government office. This is where you do business." Boise's father didn't know very much English at all.

"My Dad and Grandpa Henry were in the office talking to two guys for a couple of hours. Every once in a while, Eagle Lake Henry asked my Dad, 'Do you understand what they're talking about?' Dad said, no."

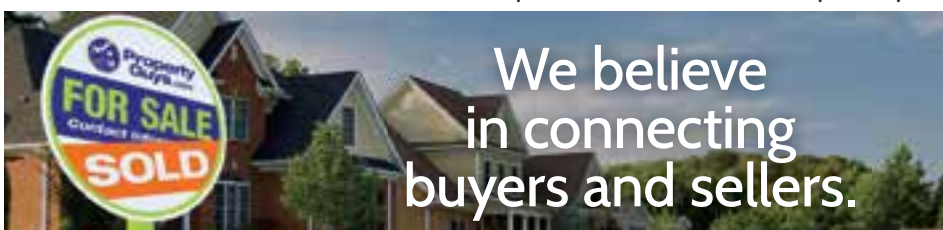
"When they were done, Eagle Lake Henry

told Dad, 'Now you've got some land. You've got a place now.' That's when my Dad settled down and got a little ranch and raised some cattle, horses and his family."

June Draney says at one point the negotiations for the Chaucer Place weren't going very well, and they weren't going to let Eugene buy it.

"Then Grandpa Henry stood up and said, 'Well Eugene, I guess we'll go to Ottawa and see...' Then the guy finally changed his tune and let him have it."

Next month we'll conclude the series on Eagle Lake Henry.



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# flavour of the month



# flavour of the month



## Jazmyn Douillard: costumes, toys & illustration

BY CRAIG SMITH

Our feature artist this month is a relative newcomer to the Cariboo, but with all the things she is involved in you would think she has been here all her life. Born and raised in Kelowna, Jazmyn Douillard first came to Williams Lake when she was 19 to take on a job for the Cariboo Advisor newspaper as a Graphic Designer. Houses were cheaper than in Kelowna and with her job she could afford to buy one. The colder Cariboo winters and lack of night-life called her back to her hometown of Kelowna.

Over the next five years, Jazmyn freelanced as a Designer and worked as a Wedding Consultant. She and her husband bought a house in Kelowna, and when both were laid off due to the recession, they thought it was time to move back to Williams Lake. Jazmyn's parents have been in Williams Lake for a dozen years and her grandparents for over forty. Within days, both her and her husband were working; Jazmyn at the Advisor again and her spouse at Mount Polly.

After about a year, she had early signs of Carpel Tunnel due to using a mouse for long hours

with all the computer work she was doing, and knew she needed to try something else. She was freelance illustrating – something that you can do with a graphics tablet as opposed to a mouse – and was working from home. To get out of the house, she took a part time job helping Sue at the New World Café, and on one of her breaks, she happened to walk into The Book Bin. Jazmyn found out it was for sale, and after having lengthy discussions with her Mother, they became partners and bought the book store business within a week.

Jazmyn knew that they needed something more than used books to sustain their business, so they started changing their store almost right away towards a gift-type store. Wise Owl toys closed around the same time, and the girls jumped at the opportunity to fill that gap. Within eight months, they had phased out the books and filled the store with toys.

You would figure someone this artistically talented would have done some post secondary art training, but Jaz is totally self taught and actually started freelancing as an illustrator for the TD

Bank in Kelowna when she was 14. She does most of her work with pens as she says “they are unforgiving, so you have to get it right the first time.” She has co-produced an adult comic book, done hundreds of comic-style drawings, and is a published novelist with four novels to her credit. She had a brief foray into the local theatre scene, but got burnt out after being involved in every production over a couple of years, doing hair, make-up, costumes and set design. She got involved in an adult form of dress-up called “cosplay” when she was 19, and has made

over a dozen costumes based on fictional characters and her own imagination, and has attended the San Diego Comic Con four times. She has been involved with the Williams Lake Downtown BIA, writes for The Stew Magazine, and has taught numerous classes for the Art Galleries in town.

For the first time in her life, she says she doesn't know what the future holds for her, but stay tuned as she has a few ideas – I personally am looking forward to seeing what she has up her sleeve – it's sure to be awesome.

do

*“Two things inspire me to awe – the starry heavens above, and the moral universe within.” ~Albert Einstein*

# Space by design

BY SHERYL-LYNN LEWIS, WILLIAMS LAKE STUDIO THEATRE

There's a faraway look that directors get in their eyes. It usually happens on a Saturday when they are helping to build a set for the play that's on stage before their own. What they're seeing has nothing to do with what is currently in front of them – none of those walls, that colour, this couch. What they are looking at, what they are imagining, is what is coming next when the space is theirs.

A set designer's job is to take the vision of the director and the needs of the play, and to create the world in which the characters come to life. The playwright provides the time period and often a description of the ideal setting, sometimes with drawings and furniture

included. The text of the play provides more clues, as entrance and exit places are made clear. Sometimes specific furniture is mentioned in the dialogue – “Come, sit beside me on the divan” – which needs to be honoured. These contextual elements provide the outline for the play's world.

Set designers take this “bare bones” information and then imagine all the grand possibilities. A play set on a beach? What if we cover the stage with real sand? How do we create a space that needs to be the inside of a house during a blizzard and the outside of a house in springtime? What happens if we build the house walls out of snow banks that hide the outdoor furniture? How do we make a living room look like the 1970's? What kind of set can suggest multiple locations?



Solutions come from late nights lying awake, collaboration, and much tossing around of ideas – giant books, indoor playgrounds, wardrobes that open to become walls, and someday a waterslide. At this point, it's about exploring everything, about not limiting yourself to what might be ‘doable,’ or editing ideas.

When the play's needs have been met, and something feels “right” to the designer, the set idea needs to be communicated to others. Bidy Jones would do beautiful watercolour renderings of her sets. Curt Sprickerhoff builds Lego

models with working doors. I prefer drawing on graph paper. There have been sets drawn on bar napkins, made out of paper, or created on the miniature model of the Studio Theatre stage. This is often when I need to be reminded to make sure there is room for the actors to move. With the big ideas – walls, doors, staircases, etc. – fixed in place, the details can be added.

Architectural elements, paint colours, and furniture design all help to place a play in a particular time period. Harvest gold and avocado green put us solidly in the 1970's. Pink

and turquoise recall elements of the 1950's. Wood paneling might put us into our parents' basement or an upper class British drawing room, depending on the finishing touches.

Once the physical elements are decided, the designer needs to consider the emotional impact of the set. Tall walls can be regal and classic, or loom over the actors and make them seem small. Curved or wonky lines suggest fun and something light hearted. There can be a feeling of nostalgia or disconnect, depending on the set elements.

In doing the set for *Mindgame*, by Anthony Horowitz, I started by reading the play to get a feel for its location and for the necessary elements – two doors, window, mirror, pictures and bookshelves. Then Brad Lawryk, the director, and I sat down for many discussions about what he saw for the play, and

the mood he wanted to achieve. Small sketches were made and remade until the idea morphed into what will be onstage **November 9 to 26**. We chalked out the wall lines on the floor, then moved the furniture around the physical space to find the best configuration. The desk I thought would fit on the upper stage moved to the lower space to allow actors room to move. Internet searches for “English drawing room,” “paneled library,” and “Tudor” provided inspiration for the wall finish. With the set design complete, theatre magic takes over to get it built, with many volunteers and weekend hours transforming the black space so it becomes the world of the characters.

The next time you see an upcoming director with a gleam in their eye, know that they are designing space.

**The Gingerbread House**  
**Saturday, December 3 Party**  
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# JM NEWS



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## Happy Times at JM

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*"Be humble for you are made of earth, be noble for you are made of stars." ~Serbian Proverb*

# Winter Lights Festival Dec. 2-4

BY KATE LINES,  
DOWNTOWN  
WILLIAMS LAKE BIA

Winter Lights is coming again to downtown Williams Lake the first weekend of December. This 3-day festival is put on in partnership with the Cariboo Regional District, the City of Williams Lake, the Central Cariboo Arts and Culture Society and the Central Business Improvement Association. The BIA invites all local and regional communities to come downtown and celebrate the Christmas season Dec 2, 3 and 4. Winter Lights starts Friday December 2nd with **Late Night Shopping with Mummies!** Imagine exploring downtown stores from 6pm – 9pm, with mummies (carolers) travelling door to door singing and asking for treats. Angela

Sommer will start off the caroling at 6pm outside the BIA office at 327 Oliver Street. People can walk and sing through the streets with the choirs, or they can branch off with their own singing groups and sing for treats at downtown stores of their choosing. Saturday December 3rd will start with the **Santa Parade** from 11am – 12pm, followed by **Midday Madness** downtown from 12 – 4pm. Watch for insane Christmas deals posted in the Wednesday Tribune November 30th, and plan your shopping route! After the parade, **Santa and Studio Theatre actors will be entertaining the crowds at CJ's Restaurant** from 12 – 2pm while **Christmas Stories are performed at the Library** from 12pm to 4pm. The 3-day festival ends on Sunday with **Skate and**

**Win at the Rec Centre** from 1pm to 4:15pm. All are welcome to skate for free and enter to win prizes provided by downtown businesses – prize draws

are 2-2:30pm. Make sure you mark your calendar and join us downtown December 2, 3 and 4 for the Winter Lights community festival.

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# Winter Lights 2016

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Shop downtown and carol door-to-door for treats: 6pm - 9pm

## Saturday December 3rd

### *Santa Parade and Midday Madness!*

Santa Parade along Oliver Street: 11am - 12pm

Midday Madness Downtown: 12pm - 4pm

Santa & Studio Theatre at CJ's Restaurant: 12pm - 2pm

Christmas Stories at the Library: 12pm - 4pm

## Sunday December 4th

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*“For the wise man looks into space and he knows there is no limited dimension.” ~Lao Tzu*



# Professional gaming

BY RICHARD BUTTERS, ADVENTURE GAMES

The past few years have seen the rise of a special type of competition; professional gaming. This can take several forms, from the very well known “e-sports” (electronic sports), to lesser

known venues such as professional *Magic: The Gathering*. These competitions can have huge prize pools, and attract players from all around the world. Although organized online and offline competitions have long been a part of video game culture, participation

and spectatorship of such events have seen a large surge in popularity from the late 2000s and early 2010s. While competitions around 2000 were largely between amateurs, the proliferation of professional competitions and growing viewership now supports a significant

number of professional players and teams, and many video game developers now build features into their games designed to facilitate such competition.

There are more similarities between e-sports and professional sports (such as football or basketball) than you might think. Players in both fields dedicate innumerable hours to honing their craft by practicing with teammates, training on particular fields or maps, and devoting nearly every waking moment to making themselves better at their prospective aspirations. There are now professional gamers who can, and do, make a living playing video games, and the salaries range from just over \$115k to more than \$506k for the top player, with the average being \$218k. The global e-sports market generated US\$325 million of revenue in 2015 and is

expected to make \$463 million in 2016; the global e-sports audience in 2015 was 226 million people.

On the flip side of the coin to electronic gaming, there is plenty of opportunity for traditional gaming, most notably, *Magic: The Gathering*. *Magic* hosts dozens of both amateur and professional level tournaments all around the world, some of which are as close as Vancouver! They are broken into three broad categories, the Grand Prix, Pro Tour, and World Championships. Grand Prix events are an open invitation to get into competitive *Magic*. The top finishers of a GP can walk away with as much as \$10,000, and an invitation to the Pro Tour. This is where things get serious for *Magic*, Pro Tour events are held 4 times per year, with a first place prize purse of \$50,000. Beyond both of those lies the World Champion-

ships, where only the best “duke it out” to become crowned the best player in the world.

Money is a great motivator, but just like professional athletes, there’s more to the story. The attraction to fame – to become the next big thing – is a draw for those searching for acceptance. There’s also the motivation of doing what you love for a living – a feeling unfelt in many lives. These men and women feel truly that their passion is in gaming, and they continue to push the envelope of skill in their field. Be it ultra-fast reflexes in a real-time strategy video game, or the patience and planning of professional card games, they have, without a doubt, earned the respect of their peers and the viewership around the world. These events will continue to grow over the years, and I for one eagerly await the next big event to tune in to!

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# Curator's Corner: Barney Boe

BY WILLIAM ADAMS, MUSEUM OF THE CARIBOO CHILCOTIN

In September 2016, with storage and display space at a premium, the Museum of the Cariboo Chilcotin accepted the donation of another saddle into its collection of more than 50 storied saddles. This saddle, like the rest in the museum's collection, has a provenance, giving it a significance that is more than just the aesthetics of its adornment with ornate silver plating. This saddle was once owned by legendary Williams Lake pioneer-resident, Barney Boe.

A man of many talents and interests, Boe was a plumbing and heating contractor by trade, an exceptional all-around athlete, an entrepreneur, an outdoorsman and a bush pilot. He was born in Norway in 1887, im-

migrating firstly to the United States as a teenager, and finding himself in San Francisco where he lived through the catastrophic 1906 earthquake.

Boe moved on to Vancouver where he became a plumbing and heating contractor. He came to the Cariboo during the 1920s, initially to do mechanical work for the Pacific Great Eastern Railway, and then he decided to settle in Williams Lake, setting up a plumbing and heating business which was located on the corner of Oliver Street and Second Avenue. His entrepreneurial spirit led him into the mining industry, acquiring a gold

mine on Cedar Creek, near Likely.

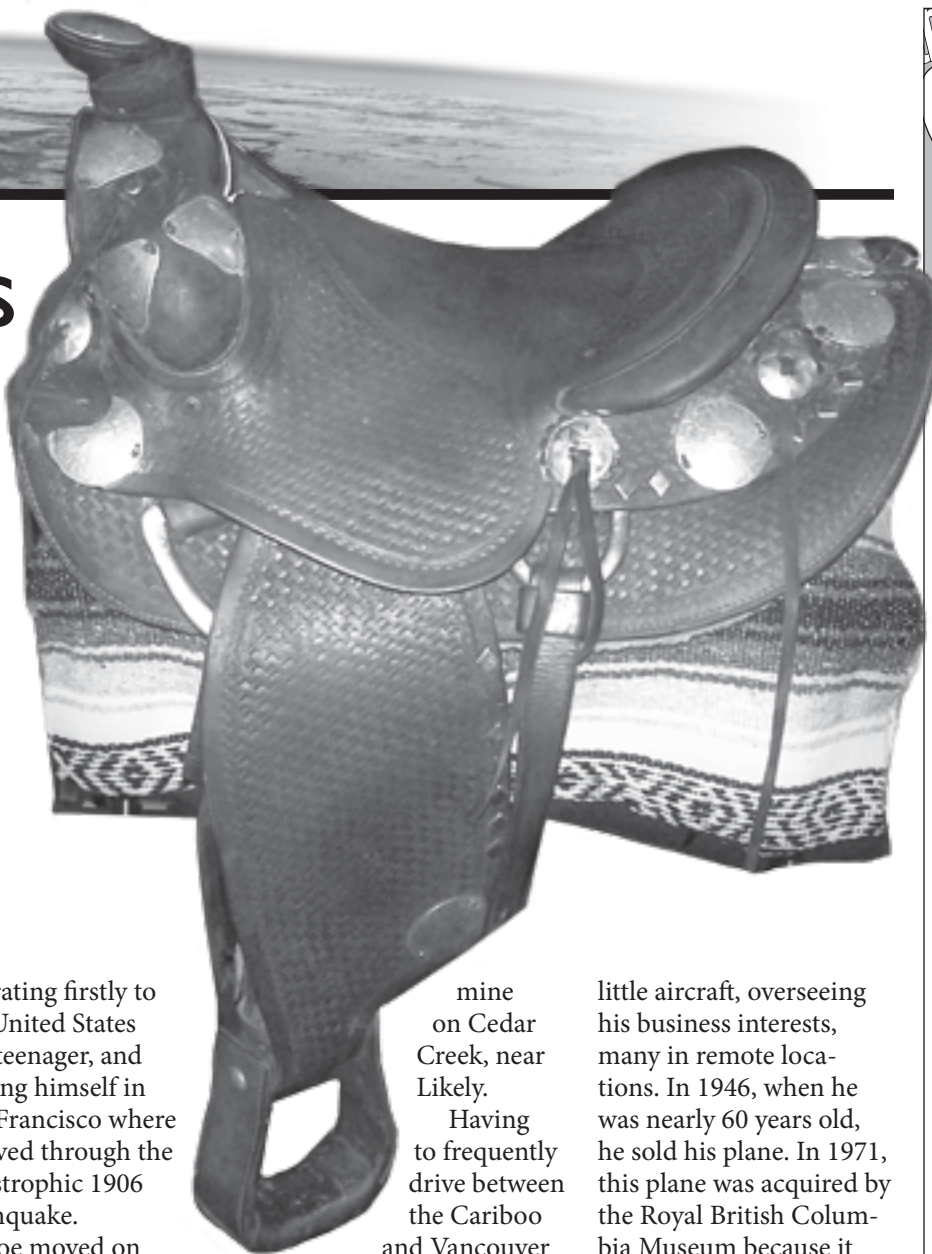
Having to frequently drive between the Cariboo and Vancouver via the treacherous Fraser Canyon Highway surely influenced Boe's decision to buy an aircraft and learn to fly. In the late summer of 1930, he picked up his plane, a CF-AOD civilian sport-trainer in Fort Erie, Ontario, and daringly, with the help from a trained pilot, flew the open cockpit bi-plane across the continent to British Columbia.

For almost two decades, Boe logged thousands of kilometres in this

little aircraft, overseeing his business interests, many in remote locations. In 1946, when he was nearly 60 years old, he sold his plane. In 1971, this plane was acquired by the Royal British Columbia Museum because it was the oldest registered active aircraft in Canada.

In 1987, Boe celebrated his 100th birthday at his lakeshore home at Williams Lake. He died in 1992 at age 105 in Langley, British Columbia.

To view this Barney Boe saddle, visit the Museum of the Cariboo Chilcotin located at 113 Fourth Avenue North in Williams Lake, open Tuesday through Saturday, 11:00 am to 4:00 pm.



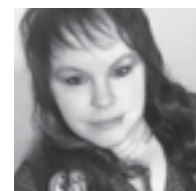
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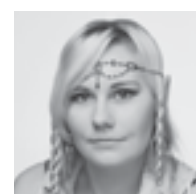
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# read

*“That’s one small step for man, one giant leap for mankind.” ~Neil Armstrong*

## Best space books for all ages



Great books about space can inspire a brand new interest in exploring the wonders of the universe, or can answer those big, burning questions. Check out these entertaining, inspiring books about space exploration and space science for budding astronomers of any age.



**Look Inside Space**, by Rob Lloyd Jones  
**Age: 3 and up**

For parents of young kids, this book is a must-have to share the history and wild technology of space exploration with starry-eyed toddlers. The book uses cute illustrations and more than 70 flaps to explore the history of human spaceflight, and the basics of stars, planets and more. *Look Inside Space* has a rugged cover (to withstand toddler tantrums), but care must be taken with the nested flaps. It is especially enjoyable for pre-school and Kindergarten-



age kids just starting out to explore space on their own.

**Little Kids' First Big Book of Space**, by Catherine Hughes and David Aguilar

**Age: 4-8**  
Introduce young children to Earth, the solar system and beyond with gorgeous images and simple, easy-to-understand text to explain tough concepts (such as black holes). Check out the tips at the back of the book about how to spark or further kids' interest in space science and exploration.



**Pluto's Secret: An Icy World's Tale of Discovery**, by Margaret A. Weitekamp, with David DeVorkin

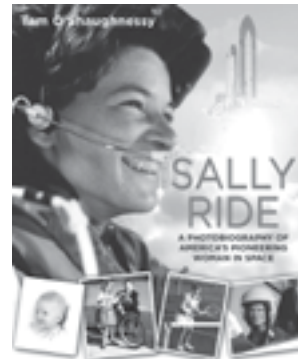
**Age: 6 and up**  
This book takes readers on a guided tour of the historic sighting of Pluto in 1930 to the planet's reclassification to a dwarf planet in 2006, with entertaining illustrations leading the way. A photo spread on the people and telescopes, as well as a Pluto glossary make this book essential for budding astronomers.



**Welcome to Mars: Making a Home on the Red Planet**, by Buzz Aldrin, with Marianne J. Dyson

**Age: 8 to 12**  
Kids can hop aboard the first expedition to Mars with this new book. Aldrin's tale about a trip on the "Aldrin Cyclor" spaceship to Mars covers the history of Mars exploration, the steps needed to get there and the process of building out from the first tentative toehold to a

permanent colony on the planet. It's full of countless specific details — exactly what the first explorers will and won't need to bring along, the best and most entertaining modes of transportation once there and exactly why the first habitats will be round and bubble-like, to name a (very) few. The book is also peppered with hands-on activities to demonstrate aspects of the journey and the planet's conditions.



**Sally Ride: A Photobiography of America's Pioneering Woman in Space**, by Tam O'Shaughnessy

**Age: 10 and up**  
Sally Ride is celebrated as the first American woman to fly in space, and she made her mark later in life as a science writer and STEM popularizer before her death at 61 — but before that, she was a young tennis star and a college student aiming to be a professor. This kids' photobiography brings all those eras into vivid focus with extensive photographs and tidbits placed through an engaging narrative of her life. Aspiring astronauts and young space fans will enjoy the look into Ride's personality and growth, as well as the space travel facts and figures, and for adults too, this book



offers a rare look at the famously private astronaut's life from someone who knew her better than anyone.



**A User's Guide to the Universe: Surviving the Perils of Black Holes, Time Paradoxes, and Quantum Uncertainty**, by Dave Goldberg

**Age: 10 and up**  
*A User's Guide to the Universe* may be one of the most entertaining science books I've ever read. Overflowing with jokes, cartoons and a general sense of silliness, the book is a 5th- or 6th-grade-appropriate introduction to fascinating topics like time travel, life on other planets and the Big Bang. Both entertaining and educational, the book offers up a surprising amount of science and never condescends to its audience. It's the perfect book for kids who are curious about big questions, but also serves as a great resource for adults who want a fun and easy



introduction to the science of the universe.

**Max Goes to the Space Station**, by Jeffrey Bennett, Illustrations by Michael Carroll

**Age: All ages**  
This tale about a dog called Max and his adventures to the International Space Station is not only an accurate look at what life in space is like — the book actually went to space, joining the station's library in 2014 as part of the Story Time from Space project. With amazing illustrations, *Max Goes to the Space Station* takes the pooch on a voyage to the station by way of NASA's Johnson Space Center and Kennedy Space Center, with readers learning all sorts of fun facts about space-ships, the space station, and life in weightlessness along the way. Max even helps the station crew through an emergency. The book is great for kids of all ages, and includes "Big Kid Boxes" on the science of space for older kids age 8 and up.

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## Shared office spaces

SUBMITTED BY FLOR-ENCE GONYER, COMMUNITY FUTURES CARIBOO CHILCOTIN

*“We’re all working together, that’s the Secret”*  
~Sam Walton

One of the key components to consider in your business planning stage is where you will set up shop. Will you lease a commercial space, work out of a home office, or manage a virtual business? During the concept stage, an entrepreneur generally has an abstract picture in their mind of what they imagine their business to look like, but once they start working their cash flows, the real-

ity of the actual startup cost sets in. This generally is when that the abstract image gets scaled back for a more practical option.

Take this into consideration when renting commercially; first you need to find a suitable space that fits your size, location, and price requirements. You would then need to negotiate specific details of your lease agreement. Will you be paying a portion of the property taxes? Do you need to pay for utilities and parking? Are you responsible for maintenance and repair costs? All these start up operational and overhead costs could break the

bank before you even get a chance to open your doors. If you’re looking to get into the swing of business during a specific season or up and running within a month, keep in mind that this process could take months and may not fit into your start up timeframe. On the flip side, working from home you may not have to deal with the time & financial constraints of commercial leasing, but will it outweigh the potential disadvantage of working without a visible presence? Not having a physical business location for face to face client interaction or walk in clientele could potentially put limi-

tations on the growth of your business.

When faced with these financial and physical obstacles, what are the alternative options? What is the middle ground between storefront, home-based and virtual? The answer can be as simple as shared office rentals or otherwise called “co-working” spaces. This is a great alternative for entrepreneurs in their first year of start-up, as it provides an office space within an existing business environment. Co-working office spaces offer the benefit of sharing general overhead costs such as Wi-Fi, photocopiers, and in some cases, even sharing costs of a front receptionist with other local entrepreneurs. Depending on where you are located (rural or urban) you may have the option of various rental arrangements. Rental agreements can be on a month to month basis, or just based on a set number of days or hours per week, and as little as using a space for an hour long meeting. At our local Community Futures building, we offer co-working rental spaces on a monthly, daily or hourly basis, and a friendly front reception for walk in clients. Co-working spaces offer a great start up alternative, plus they provide a networking environment and business connections that you wouldn’t necessarily find in a homebased or virtual business.

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*“Rocket Science is tough, and rockets have a way of failing.” ~Astronaut Sally Ride*



# Cape Canaveral & Kennedy Space Center

BY SYLVIA RASHBROOK, ALL-WAYS TRAVEL

When I told my Granddaughter that I was doing an article on ‘space,’ she quickly asked whether I was going to write about sending people to Mars. “No,” I replied, “it’s about Cape Canaveral.” I asked her what she knew about sending people to the planet Mars, because I had never heard about that. She told me how NASA is preparing people to live on Mars, in total isolation from our planet by the mid-2030s. Meanwhile, NASA is planning to send commercial vehicles into outer space, to and from Earth’s orbit, to be financed by private companies in the very near future. The space vehicles should be ready to go in 2017. These are amazing facts to know, considering that space travel began in the mid-twentieth century.

I have wondered why the American Research and Development Board under the Joint Chiefs of Staff chose Cape Canaveral to be the location to launch missiles and

undertake space travel. The chosen site would need to be isolated from centres of population, provide a large expanse of space over which powerful missiles could fly; and accommodate the installation of several downrange tracking stations. It would also facilitate a base for military operational headquarters.

The name “Cape Canaveral” is made up of two simple Spanish words – Cape of course; and ‘cane breaker.’ However, during the celebration of the 500th anniversary of Christopher Columbus’ voyage, the Smithsonian Institute re-named it “place of the cane bearers.” That appears to be more appropriate.

The Cape Canaveral area was a perfect site for the establishment of a missile range; covering approximately 15,000 acres, and accessible by road, rail and shipping routes. The weather was also favourable most of the year.

The Cape Canaveral Air Force Station, which later became known as the Cape Kennedy Air Force Station, is located in Brevard County, Florida.

The facility is southeast of the NASA Kennedy Space Center on Adjacent Merritt Island. Cape Canaveral Space Center and Kennedy Space Center are linked by bridges and causeways. Cape Canaveral provides a runway close to the missile launch complexes for military airlift aircraft.

Early testing of space travel started at Cape Canaveral in 1956. The American/Soviet Union competition to launch a missile into space first was fierce. However, the Soviets successfully started space travel by launching the Sputnik satellite in October, 1957. The Americans’ attempt at space travel at the end of that same year ended in their rocket Vanguard TV3 exploding on the launch pad.

NASA was formed in December 1959, after the Department of Defence transferred military personal and the Firing Range Laboratory to become the launch operations directorate for space travel. It was President John Kennedy’s goal to launch a rocket to the moon before 1970. Because the Cape Canav-

eral area was inadequate to launch the mammoth sized rocket for lunar travel, the site was moved adjacent to Cape Canaveral on Merritt Island. The center is located north north-west of Cape Canaveral on the Atlantic Ocean, midway between Miami and Jacksonville. It is known as Florida’s Space Coast. It is approximately 55km long and 10 km wide, covering 570 km.

The Facility was named by President Lyndon Johnson shortly after the assassination of President John Kennedy – wisely so, since the late President Kennedy was instrumental in getting the new site built. He was very interested in getting space travel “off the ground.” I remember the challenges and competition that prevailed during this mad rush to space.

The KSC is a major tourist attraction in Florida. It reportedly welcomes about 1.5 million visitors per year. The visitors’ complex offers a range of activities for tourists such as: exhibits, films, tours, and even meeting an astronaut. The site is approximately one hour away from the

infamous Disney World; it is not unusual for tourists to take in both attractions during their stay in Florida. You can also witness the space shuttles – Discovery, Endeavour, Atlantis and the prototype Enterprise which never reached orbit. They are now museum pieces as NASA enters a new period of spaceflight history, namely commercial space travel and a launch to the planet Mars.

The KSC site serves as a designated wildlife sanctuary, mainly because of its restricted area. It embodies the Mosquito Lagoon, the Indian River, the Merritt Island National Wildlife Refuge, and the Canaveral National Seashore. This sanctuary houses the bald eagle, American alligators, wild boars, eastern diamondback rattlesnakes, the Florida panther and manatees.

Historically, from 1967 to 1973, the KSC launched 13 Saturn V, including the 10 Apollo missions after Apollo 7. The final launch from Cape Canaveral was the Gemini 12 on November 11, 1966. Thereafter, the KSC and other sites

were utilized. On July 16, 1969, the first mission to the Moon was launched at the KSC. I remember the excitement and wonder of watching this on television. Of course, the words “One small step for man, one giant leap for mankind,” have gone down in infamy.

The shuttle program ended in 2011, which brought big changes to the KSC and Cape Canaveral. Statistics show that the workforce was reduced from 15,000 to 8,000 workers. The hope is for the future space travel that will take Earth’s civilization to a new level where we can see future habitations on other planets. President Obama set out tasks for future space travel such as commercial flights, getting people to a near-Earth asteroid by 2025 and a flight to Mars by mid-2030. This is indeed a heavy undertaking. The goal is to explore deeper space destinations and do more research, such as creating life-sustaining space centres.

The research that has been established in the KSC has been well-utilized by the human race. It extends from knowledge of the environment of our planet Earth, to intricate food production, touching every aspect of our lives. One can only guess what our grandchildren and great grandchildren will witness as a result of space travel and research. Actually, I think it’s pretty exciting. If this inspires you to take a trip to Cape Canaveral, please contact us at ALL-WAYS Travel and we will get you there.

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**November 1,8,15,22,29** Preschool Skating, Cariboo Memorial Complex, 12-1pm

**November 1,8,15,22,29** 55+ Drop In Hockey, Cariboo Memorial Complex, 11:30am-12:30pm

**November 3** OAPO Bazaar Luncheon Bake Sale, Seniors Activity Ctr, 11:30am-1:30pm

**November 3** FREE Small Business appreciation month learning session; Financial Planning for Entrepreneurs, guest speaker Bob Piderman, 266 Oliver St, pre-register: 250-392-3626

**November 3** Chris Harris Book Launch, Central Cariboo Arts Ctr, 6:30pm

**November 3,10,17,24** Jam Night with Busted Remedy, OV Pub, 9:30pm

**November 3,10,17,24** Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys music studio, everyone welcome, Anglican Church, 7:30-9pm

**November 3,10,17,24** Pokémon Thursdays, Adventure Games, 3:45pm

**November 4** Greek Dinner, Maranatha School, 6:30pm, tickets: school

**November 4-26** Station House Gallery & Pinnacle Renewable Energy present Cat Fink: The joy Diary, and Brian Garten with Mariah & Madison Schachtel/Garten: Generations

**November 4,5** Potters Guild Fall Show & Sale, Central Cariboo Arts Ctr, Fri 12-8pm, Sat 10am-4pm

**November 4,12,18,19,25,26** Market at the Mall, upper lvl Boitanio Mall, 10am-4pm

**November 4,5** Early Bird Christmas Craft Fair, Elks Hall 11am-7pm, info: 250-296-3590

**November 4,11,18,25** Friday Night Magic, Adventure Games, 5pm

**November 5** Christmas Market, Horsefly community hall 10am-3pm

**November 5** Christmas Market, Kinikinik Restaurant, 9391 Hwy 20 Redstone, 11am-4pm info: 250-394-6000

**November 5** Fall Bazaar and Tea, Sacred Heart Church hall, 12-3pm

**November 5** 2nd Annual Home Based Business Fair, collecting food bank donations at the door, Ramada Convention Ctr, 10am-4pm

**November 5** Christmas Fair, TRU gym, 1-4pm

**November 5,12,19,26** Warhammer and Tabletop Games, Adventure Games, 83C Second Ave, all day

**November 6** Daylight Savings Time, Turn clocks back 1 hour at 2am

**November 6** Christmas Market, Miocene community hall, 10am-3pm

**November 6,13,20,27** Sunday Morning Magic, 10am, Game Night, Adventure Games, 6pm

**November 7** Seniors Bingo, FREE refreshments, upper lvl Boitanio Mall, 1pm

**November 7,14,21,28** Square Dancing, info: Dana 250-932-3066

**November 8** BCSPCA Wags, Whiskers & Wine, New World Café, 7-9pm

**November 9** FREE Small Business appreciation month learning session, Small Business Financing with guest speaker Ginny Mulvahill, 266 Oliver St, pre-register: 250-392-3626

**November 9-12,6-19,23-26** WL Studio Theatre production; Mindgame, doors 7:30pm, curtain 8pm, tickets: online or Open Book and About-face Photography

**November 11** Remembrance Day Ceremony, starts at Gibraltar Room followed by a parade to the Cenotaph at City Hall, 10am-12pm

**November 12** FREE Skate sponsored by The BC Lioness Club, Cariboo Memorial Complex, 1-2:30pm

**November 13** Christmas Market, McLeese Lake Hall, 9am-3pm

**November 17** Baby Fest, Gibraltar Room, Cariboo Memorial Complex 3-6pm

**November 17-20** Ten Thousand Villages Sale, Cariboo Bethel Church, Thurs-Sat 3-8pm, Sun 10am-3pm

**November 18** Operation Christmas Shoe Box, Bethel Church, 9am-4:30pm, info: 250-398-6731

**November 19,20** Craft Fair, Cataline School, Sat 10am-3pm, Sun 11am-3pm

**November 19** St. Peters Anglican Church Annual Tea & Bazaar, 11am-2pm

**November 19** Museum of the Cariboo Chilcotin Cowboy Christmas, Gibraltar Room, Market 10am-3pm, Concert 7pm

**November 19** Made in Cariboo Craft Sale, Tourism Discovery Ctr, 10am-3pm

**November 19,20** Medieval Market, Lake City Secondary WLSS Campus, 10am-4pm

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

**November 23** Ho, Ho Homicide dinner/mystery, New World Café, 6:30pm, tickets: 250-392-5512

**November 24** Chamber of Commerce Luncheon, Signal Point, 11:45am-1pm

**November 25** Messy Church, St. Peters Anglican, 5-7pm

**November 25** Hobbit House Open House, 9am-7pm

**November 25,26** Earth Friendly Holiday, Central Cariboo Arts Ctr, info: 250-398-7929

**November 26** CIHL Hockey, Stampeders vs Rampage, Memorial Complex, 7pm

**November 26** Cariboo Foundation Hospital Trust Annual Christmas Gala, Sacred Heart hall, 5:30pm-1am, tickets: Remax

**December 2** Blue Note Christmas Dinner & Dance Party, Signal Point, 6:30pm tickets: Adventure Games, Open Book or the band

**December 2,3,4** Winter Lights Festival, Downtown, info: WLCBIA 250-398-5717

**December 3** Santa Parade, Downtown, 11am-12pm

**December 3** The Gingerbread House Party, Limelight, doors 5pm, tickets: 250-392-5512

## QUESNEL & AREA

**November 3** Live music, The Fallaways, Occidental 8-10pm

**November 3** Live music, Jack Garton & Sundown Spell, Occidental 9pm-12am

**November 3** Soup for Syria Volunteers Meeting, Rec Ctr lounge 7-8pm

**November 4,5** Pre-Christmas Craft Fair, Seniors Ctr, Fri 1-7pm, Sat 10am-3pm

**November 4,18** Women's Mindfulness Circle, Pen-Y-Bryn Farm 6-9pm, info: 250-747-2684

**November 5** Hansi's Equine Sports Therapy Clinic, Backcountry Horsemen 10am-5pm

**November 5** Cariboo Christmas Fair, Correlieu Secondary, Sat 10am-4pm, Sun 10am-3pm

**November 5** Beaux Arts Opening Reception, Art Gallery 1-5pm

**November 5** RCMA Open Mic, Occidental 7pm

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**November 5** Rotary Foundation 100 years of doing good in the world dinner & auction, Lodge 5:30pm

**November 5** Mover's Moustached Musicians Open Mic, Occidental 6:30-9:30pm

**November 5** Cariboo Hoofbeats Assisted Activity Program Society's (CHAAPS) 3rd Annual Gala Dinner & Auction, Billy Barker Hotel show-room 5:30-10pm

**November 6** Daylight Savings Time, turn clocks back 1 hour at 2am

**November 7** Terri Clark Back to my Roots tour, Seniors Ctr, 7:30-10pm, tickets: Circle 'S' Western Wear

**November 7** Back Country Horseman AGM, 345 Anderson Dr 6-8pm

**November 11** Remembrance Day Ceremony, Cenotaph, 10:30am-12pm

**November 12** Winter Small Business Fair, Lodge RBI Building 10am-4pm

**November 12** Live music, Mathias Rock, Occidental 8-10pm

**November 12** Rumble #21, 1 Rivers Boxing Club, 2-10pm

**November 13** 2nd Annual Christmas Food Ride, Back Country Horseman, 11am-2pm

**November 16** QLA presents: The Wardens, Chuck Mobley Theatre, 7:30pm

**November 16** QLA presents; Violinist Jasper Wood, Chuck Mobley Theatre, 7:30pm

**November 18** Christmas Fair/Shopping Extravaganza, 1885 Cypress Rd 6-10pm

**November 18** Foxxie Follies Burlesque, Occidental, 9-11pm

**November 18** Moonlight Madness, Downtown info: 250-991-0527

**November 19** Inspiring Women Amongst Us, UNBC Campus 12-4pm

**November 19** QDH-PCA Rock Around the Clock Auction & Dinner, Seniors Ctr, 5:30-11pm

**November 19,20** Christmas Market, West Park Mall, 9am-5pm

**November 20** Corin Raymond all ages show, Occidental, 7pm

**November 24** Live music, Bobby Dove, Occidental, 7-9:30pm

**November 25** CIHL Hockey, Kangaroos vs Stampeders, Twin Arenas 7pm

**November 26** Baracuda/All Fired Up, Occidental 8-11pm

**November 26** Christmas Market, Arts & Rec Ctr, 10am-3pm

**November 27** CIHL Hockey, Kangaroos vs Rampage, Arena 1pm

**November 29** RCMA Meeting, Occidental 7-9pm

**100 MILE HOUSE & AREA**

**November 1,8,15,22, 29** Alcoholics Anonymous, United Church, 8pm

**November 1,8,15,22, 29** HUGS (help us get slim) 6300 N Green Lk Rd 6:30pm info: 250-456-7504

**November 1,8,15,22, 29** Interlakes Carpet Bowling Club, Interlakes Hall 1-4pm info: Kitty 250-593-4780

**November 1,8,15,22, 29** Diabetes Drop-in, Health Ctr (rear of hospital) 1-2pm, info: 250-395-7676

**November 1,8,15,22, 29** Co-Ed Volleyball, PSO Secondary, 7-9pm info: Kersti 250-395-1353

**November 1-12** Curator Tom Godin; Orphaned Art-Re-Appreciated, Parkside Art Gallery

**November 1,15** Photo Group, Bridge Lk School, info: Larry 250-593-4362

**November 2,9,16,23, 30** Community Bingo, Lac La Hache Community Club, doors 5:45pm

**November 2-4,9-11,16-18,23-25** Youth Resource Centre, Wed 5:30-9pm, Thurs-Fri 3:30-9pm, info: Nicole 250-395-3636

**November 3** Mill Site Lodge Fischer Place Aux, Mill Site board room, new members needed 10:30am

**November 3,10,17,24** Royal Canadian Army Cadets, 2887 Rocky Mtn Rangers, 5830 Horse Lk Rd, 6:30pm, info: 250-395-1181

**November 3,10,17,24** Alcoholics Anonymous, 108 Community Ctr 7:30pm

**November 4,11,18,25** Crib Night, Forest Grove Legion 8pm

**November 5** Lions Dinner & Auction, Community Hall, doors 5:30pm, tickets: Whimsy Gifts and Life Cycle Financial

**November 5,6** Christmas Craft Fair and Bazaar, Lac La Hache Community Club, 10am-4pm

**November 5,12,19,26** Meat Draw, Forest Grove Legion 4:30-6pm

**November 5,12,19,26** Alcoholics Anonymous Fireside Family Group, United Church, 8pm

**November 6** Daylight Savings Time, turn clocks back 1 hour at 2am

**November 6,13,20,27** Alcoholics Anonymous, Community Health Ctr (rear of hospital), 7:30pm

**November 7,14,21,28** Women's Drop-in Volleyball, Lone Butte Hall 9:30am

**November 7,14,21,28** Alanon, Community Health Ctr (rear of hospital) 7pm

**November 7,14,21,28** Community Bingo, 100 Mile Community Club, doors 6pm, starts 7pm

**November 7,14,21,28** Alcoholics Anonymous, #10 Cariboo Gold Estates 12pm

**November 9** Compassionate Friends support

group for bereaved parents, BJ's donuts 7:15pm

**November 11** Remembrance Day Celebrations, Community Hall 10:30am

**November 11** Remembrance Day Parade, Forest Grove Hall to Cenotaph, 10:30am

**November 14** Caregivers support group, rm 1636 Health Ctr (rear of hospital)

**November 14** Great Cariboo Riders, PSO Secondary, new members welcome, 7pm info: 250-395-4126

**November 18** Santa Claus Parade, Birch Ave 5:30-7pm

**November 18** Starry Nights Fundraiser, Hospital Parking Lot, 7pm

**November 18-20** Curling Bonspiel, mixed,

Curling Rink, info: 250-395-5265

**November 19-30** 8th Annual Christmas Bazaar, Parkside Art Gallery, Tues-Fri 10am-4pm, Sat noon-4pm

**November 20-30** Parkside Art Gallery 8th Annual Christmas Bazaar

**November 25-27** 100 Mile Performing Arts Society presents; Over the River & Through the Woods, comedy by Joe DiPietro, Martin Exeter Hall, Fri-Sat 7pm, Sun 1pm, tickets: Didis and Donex

**November 27** 108 Community Christmas market, 108 Hall, 10am-4pm

**November 29** Cottage Prayer Meeting Group, 6715 Hwy 97 N, 7:30-8:30pm, info: 250-395-3749



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*"The heart looks to space  
to be away from Earth."  
~Richard Jefferies*



## In Flanders Fields

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders Fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders Fields.*

~ Lieutenant Colonel John McCrae, 1915

## Lest We Forget

## Space for indoor cats



BY DR. STEPHANIE KRUMSIEK, DVM, WILLIAMS LAKE VETERINARY HOSPITAL

Who doesn't like fall? Crispy air, clear nights, frost on the ground and sunshine during the day, at least in theory...

When the temperatures drop, a lot of pets – especially cats – are drawn towards warmer spots, in particular, the woodstove. If you have more than one cat and all of them are indoor/outdoor, then now is the time when cleaning litter boxes, washing cat dishes and doing laundry for the pets becomes more intense. What can also change is the hierarchy within the group. The pecking order may have to be rearranged – who gets the best spot in front of the woodstove, above or beside it?

Cats are, despite their reputation, quite social animals; they just show it differently than other species. Sometimes their social interactions with

others of their own kind can be very subtle and sometimes the opposite is the case. What all cats have in common, no matter what their individual personality is like:

**Cats can't handle stress** very well and stress can lead to problems, the most common one being inappropriate urination that can be caused by simple inflammation of the urinary tract which can lead to the life threatening situation of a 'blocked cat' if left untreated. Careful monitoring of your furry friend especially at this time of the year can help you avoid emergency visits to the vet hospital.

**Cats love to stay clean.** You can help them if you provide a fresh litter box for each cat in the household at all times. Who doesn't want to have a nice toilet? Not enough litter boxes is the number one stressor for indoor cats. Also important is the location of the litter box and the litter being used in it. You don't want the litter box in an area that

is a high traffic zone; the cat doesn't like that either. Litter that produces a lot of dust when used or has a strong smell might also irritate your cat. In multi-cat households, make sure the individual litter boxes are preferably set up in different locations and not side-by-side. It is all about privacy when it comes to going to the bathroom.

Especially in multi-cat or multi-pet households, you want to avoid having pet dining areas close to the pet bathroom area.

**Cats have class.**

And cats always need a way out. At wintertime when they spend more time inside, they can also be easier 'prey' for the puppy or the toddler or

the other cat that loves to pick on them. Providing enough (higher up) resting spots, hiding places and sleeping areas can help reduce the stress for your kitty. The same applies for the cat's dishes: place the dishes in a safe spot where nobody else except you and the cats can reach them.

Does it sound like you need to rebuild your home? Not at all, just a few considerations to make life with these wonderful creatures more enjoyable for everyone. If your cats are outdoors all year round, I am sure you have a warmer place for them in the barn or in the garage with fresh water available, and a cozy spot to hang out during the chilly time of the year.

Have a great purring winter!

## Gecko Art

Showing now until November 19, be sure and drop by the Gecko Tree to enjoy the local photography featuring photos that focus on those special moments in life that bring us all together.

November 22 until December 24 features the art of Lakecity Secondary's Carson Campus grade 12 students. Teacher Siobhan Wright had her students work on their portfolios. Drop by to enjoy the variety of works created by this group of talented young people.

Grab a coffee, stop for lunch and dessert while you are enjoying this month's art show and sale at the Gecko Tree Café on Mackenzie Avenue.

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

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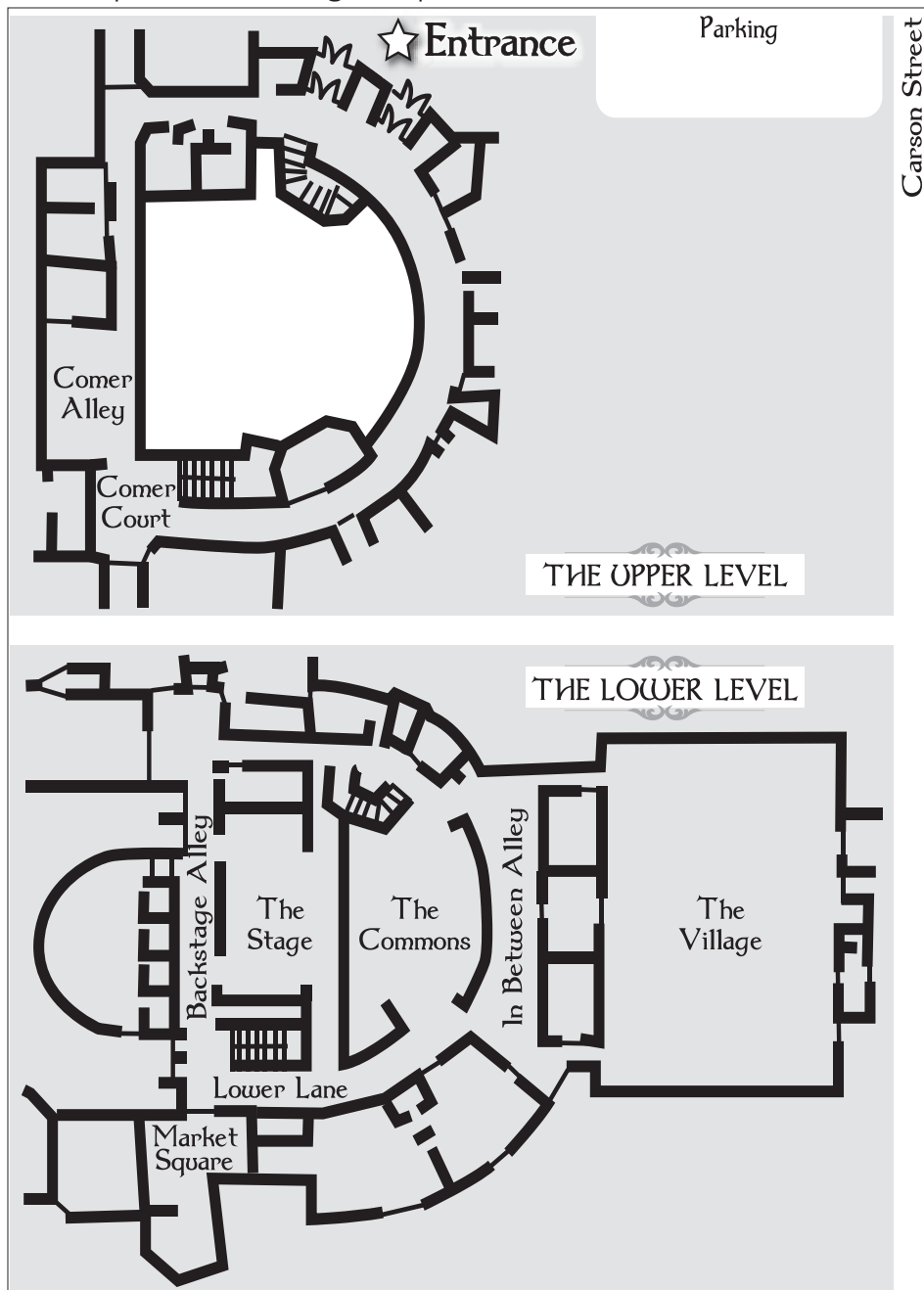
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# Go back in time, Nov. 19-20

BY CHRISTIE MAYALL



*Music from the main stage in the Commons can be heard as you*

*wend your way around the balcony and peruse the stalls of the vendors...*

From the lively Commons to the busy main Village, from the intimate Backstage Alley to Comer Court and the Market Square, the Medieval Market makes use of many of the interesting spaces at the WL Campus of Lake City Secondary School.

As you walk through the doors at the main entrance on Carson Drive, you feel transported through time and space. You are greeted by students wearing medieval costumes. The scent of fir and cedar from Fenton's Wreaths mixes with the aroma of home-cooked soup and fresh buns from the concession. You may be tempted by some Dyevine Fudge or wildberry jam. Citizens of the Shire of Coill Mohr (the local branch of the Society for Creative Anachronism) will demonstrate several types of medieval weaving. Music from the main stage in the Commons can be heard as you wend your way around the balcony and peruse the stalls of the vendors in the Upper Level alleyway. Or you may hear the clash of swords as the warriors of Coill Mohr engage in combat, in full armour, armed with swords and shields.

In Comer Court, kids of

all ages will be able to have their picture taken with an old-fashioned Santa. Make sure to explore Comer Alley, Backstage Alley, the Market Square, Lower Lane and the In Between Alley on your way to the Commons and the main Village.

Along with many returning favourite vendors, there are over 30 vendors who are new to the market. New vendors include Grace Adamson with her crystals, Jim Benson's hand-turned pens and seam-rippers, Claire Bertoli's Paper Mae, Shalene Ostrom with Sassy X-Stitching, Keith Chapman's Intarsia Wood Art, Jackie Chipp's Celestial Organic Herbs, Enola Chrona's hand-beaded moccasins and mittens, Trish Chung's felted fashion and art, Jan and Marcel Derepentigny's Wild Things in Wood, Fancoise Dutoit's Hillside Garden Produce, Laurie Embree's Pine Branch Pottery which includes ceramic sinks, Christine Folster-Mason's Country

Decorations, Lindsay Harrison and Olivia Steward's Strong Rocks and Small Town Lettering Company, Zephyra Holdal's Rogue-Z Crafts, Tara Holloway's Finn and Ark Children's Clothing, Andrea Hughes and Deena Rhodes' quilting, Margaret Inoue's Cocoaro Craft Chocolate, Sheila McQuarrie's silver jewelry, Mareike Moore's sewing and zentangles, Lindsay Neufeld's fine art, Cheryl Norquay's upcycled glass and art, Donna Patterson's sauerkraut, Mariah Reimer's wood carvings, Sarah Shortreed's barnwood picture frames, Shari and Ueli Suter's produce and Wealde Wood, Gerry Tenning's metal décor, Betty and Brian Thomas' horseshoe art, Shaylene Dahl with Over the Moon herbal products, Robert Johnson's wood carvings and the Society for Creative Anachronism with medieval weaving.

There will be live music on two stages and a hearty concession. A new feature of the entertainment this year will be medieval fighting on the main stage. So take your time and wander through the nooks and crannies of the Medieval Market to find those special gifts, enjoy a delicious home-cooked lunch from the concession, and listen to the talent of our local musicians. Maybe you'll even win a door prize!

Admission is \$5 for the weekend or \$3 for Sunday only (kids under 12 free). It's **November 19 and 20 from 10am until 4pm at the Williams Lake Campus of Lake City Secondary on Carson Drive.** If you are bringing a stroller, we suggest that you shop on Sunday, when it is a little quieter.

# Medieval Market

**November 19-20**  
**10am-4pm**

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*“Sometimes you have to get up really high to understand how small you really are.” ~Felix Baumgartner*

# Help your family’s stars shine

BY DAWN WALL,  
WOMEN’S CONTACT  
SOCIETY

Families are so much like the constellations that fill our skies. In most families, parents form the core and are what allows the family to function. Our children are our stars; they fill our lives with amazement, with joy and with light. The question is how many of our

children know that they are our stars and what can we do to make sure all of our children know they are our stars.

People who are “stars” in life have a positive image of themselves. They can look in the mirror and like what they see. This is a positive self-image. When they look inside themselves, they are comfortable with what they see. These

are feelings of positive self-worth. Children are not born with positive or negative feelings about themselves; their experiences in life, and how these experiences reflect back on them, creates this image.

Does this really mean we must keep all negativity out of our children’s lives, that they should never lose at a game or hear a negative word? Will always being positive towards your child lead to creating narcissistic, arrogant children? The answer is no – not if we work with our children in ways that develop a realistic understanding of their strengths and weaknesses. So what does this really look like when we set out to make our children feel like, and become, the “stars” we know they are?

We often feel that we need to continually praise our children whether it is deserved or not to make them feel that they are successes. Unfortunately, continual praise does not accomplish this. In fact, an approach like this can be more detrimental than helpful. Children come to feel that it is not them that you love, but their successes. When you instead shift to encouragement, the focus is on the child’s effort, regardless of



the outcome. This allows you to compliment and encourage children, even when the result is not the best. When your children struggle or fail in their attempt, when you reflect on their effort you are letting your child know that your love for them is unconditional.

We all want to protect our children from being hurt emotionally or getting hurt physically. We all try, even though this is an impossible task. Children need to be allowed to take healthy risks within a framework that is acceptable to you. They need to take chances, to make choices and to be responsible for the consequences of decisions that they make. For example, if your child is

a picky eater, make sure that everything on the table is a healthy choice so that no matter what your child chooses, you are comfortable with the choice made.

Let your children know that they are an important part of the family. Let them know how much you appreciate them. Let them know that they are valued simply because they are who they are. This can be a random comment (no specific event or behaviour involved) as to how thankful you are that you are their Mom or Dad. Let them know that they do make a contribution to the family, that they make a difference by just being part of the family, and that the adults notice

them and what they do. Finally, just talk – have conversations with your children, don’t just talk to them. Listen closely to what they say, then pay attention and respond respectfully to what your children tell you. From this, they become aware of how important they are to you, and to the family as a whole. This is the way your children learn how they feel about themselves and how to treat others. They learn that they are important members of the family, and worthy of attention and respect. Children live up to what they feel we believe them to be. So let’s encourage our children to be all that they can, and ignite the light within. Let your family’s stars shine.

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*"To a mind that is still, the universe surrenders." ~Lao Tzu*



“

*As the Family Services Coordinator and Outreach worker at The Salvation Army, I see many friends on a daily basis that do not have any safe space to call their own. Many of our friends do not have a home or family support to rely on, and truly, my heart breaks for them. To address this intense need for a safe space we have our Drop In Center.*

# Safe spaces

BY TAMARA ROBINSON, WILLIAMS LAKE SALVATION ARMY

Today I want to talk about how important space is. Now I am not talking about “outer space,” although there is a bunch of important stuff floating around out

there... but rather, I want to talk about the space(s) where we go to relax, celebrate, get away, rest or retreat to in times of need.

I know how important my space is! Not only is my “personal space” important, but I’m talking about the places I treasure, where I know I can

go if I need to “be me,” relax or retreat. I know how important it is for me to go home at the end of a long day and relax, go outside, read a book or just play with my dog; I am truly thankful, and I cannot imagine not having such a blessing in my life... which I know I take for granted.

As the Family Services Coordinator and Outreach worker at The Salvation Army, I see many friends on a daily basis that do not have any safe space to call their own. Many of our friends do not have a home or

family support to rely on, and truly, my heart breaks for them. To address this intense need for a safe space we have our Drop In Center.

The Salvation Army Drop In Center, located at 272 Borland Street, is open Mondays to Fridays from 9:00am to 4:00 pm. Everyone is welcome to stop by, have a cup of coffee, a snack and talk with one another. We offer a range of activities for folks, which include Netflix, internet access and a full gym; as well, we address their physical, emotional, and spiritual needs on a very personal level.

Our numbers continue to rise here in Family Services. We have served over 2,000 prepared meals last month, and have seen a steady incline in families needing assistance from our food bank.

For Thanksgiving, we provided a turkey dinner for those who did not have anywhere else to go. We saw a total of 195 friends join us for this special day. I would like to say thank you once again to all of our volunteers and RCMP for coming to

help us make and serve this meal to our friends.

If you are interested in volunteering with us, we have opportunities available in all areas of Family Services as well as in our Thrift Store. Our space

here wouldn't be possible without each and every volunteer we have – so thank you again. Please contact Tamara Robinson at 250-392-2423 ext. 208 for further information.



## 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

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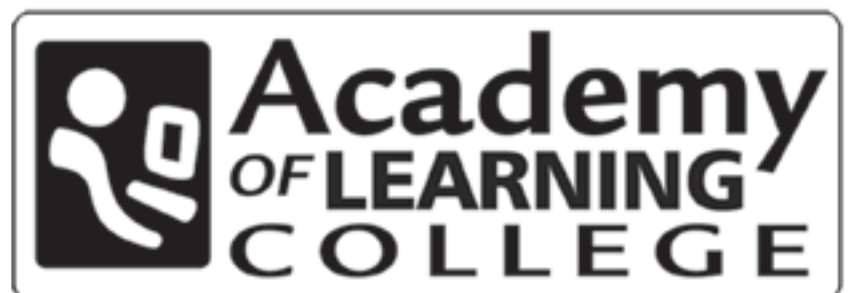
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# Purple caterpillar



It wasn't too long ago that we lived in a four-bedroom house with two large living rooms, a huge kitchen and a whole world of storage. "Cleaning day" was never, in my wildest dreams, a single day.

It wasn't too long after we moved into that house that we noticed the storage was filling up, as were the bedrooms, and yet the fourth room was almost never entered. There were more toys, craft supplies, musical equipment, games and so much more *stuff* crammed into every corner than I ever thought possible. I tripped over a two-foot-long purple caterpillar and wondered where it even came from, and why would it possibly be sitting next to my wine cabinet?

We were quickly running out of space, and that square footage was being taken up by forgotten and discarded items, never to be touched again, though occasionally dusted.

I dreaded the idea of

asking the kidlets to part with their hoarding – er – collected items, and my own, so instead, one Sunday afternoon I asked them to grab their most prized possessions.

They ran around and dumped toys and other things that currently held their interest in the middle of the living room, at first in excitement, then in confusion, then I think there was a little fear.

I told them to go ahead and dig through their rooms and find the stuff they were still fond of, and to put it in the middle of their floors. As much mess as they wanted to make, and no repercussions. That, of course, took away some of the fear.

They grabbed surprisingly little, and so did I. I entered the nightmare that was my craft room, a place I no longer used more than once a month, and decided they weren't the only ones about to purge.

Once we were all done,



I told them to look around at the mess *outside* of their piles.

*Stuff. Everywhere.*

They looked up at me, a little apprehensive, a little fearful, and I asked them to name something against the wall behind them without turning around.

They couldn't. Because there was too. Much. Stuff.

I asked them if they would miss something that they couldn't even remember they had.

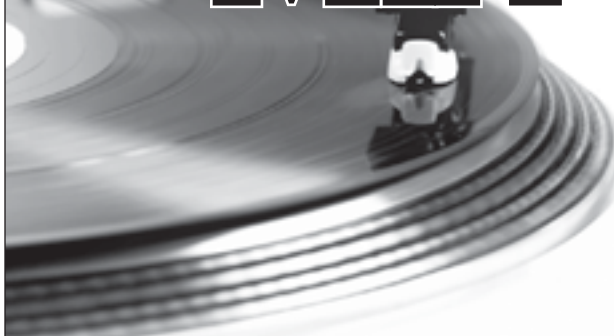
(I'm pretty sure there was some teeth-grinding at this point from the eldest.) A very reluctant "...no" finally escaped.

So, together we separated and bagged it all. If it didn't have sentimental value or wasn't currently being used, it went away.

We kept working well into the evening and quickly the apprehension dissipated as we laughed over memories, mostly from misguided gifts from Aunt Judith. Honestly, who needs a two-foot-long purple caterpillar whose sole purpose is to store

"The moon is a friend for the lonesome to talk to." ~Carl Sandburg

# THE STEW MAGAZINE'S Monthly MIX



## HOLIDAYS OF THE MONTH

November 1-30

November

An annual event involving the growing of moustaches during the month of November to raise awareness of various cancers, such as prostate cancer, with a charity event at Movember.com. The goal of Movember is to "change the face of men's health" by encouraging men ("Mo Bros") to get involved, promoting awareness to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt a healthier lifestyle.

### November 3 Men Make Dinner Day

A beautiful image isn't it? Part of the bucolic yesteryear images of the 50's, when the man worked and the woman stayed home (working harder than him most days!) to keep the house in order and running, it's not surprising that while the tradition of the wife making dinner has persisted, most of the time it's as part of a two earner household.

### November 9 World Freedom Day

In many parts of the world, freedom is something that is taken for granted. Unfortunately, there are more places in the world where there isn't freedom; people are forced to live empty, unfulfilling lives so the rulers of their countries don't have them thrown in jail, or worse. If you don't know what it means to be afraid to voice your opinion, then you can consider yourself very lucky to live in a place where liberty is a priority as well as a basic right.

**Open 7 days a week!**

for November & December 11am to 4pm on Sundays

**2016 Corporate Christmas Program!**

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# SIGNAL POINT NEWS!

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### DID YOU KNOW?

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

Last year approximately \$968,700 went back to the Williams Lake community and surrounding area from gaming dollars!

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

### DID YOU KNOW?

If you have validated a **lottery ticket** at a BCLC Lottery Ticket Centre and won a prize under \$10,000, you can **claim your prize LOCALLY!**

#### Prize Payout Under \$2,000

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Prizes \$10,000 and greater must be claimed at the BCLC office in Kamloops or Vancouver. Call 1-866-815-0222 for more info.

## Come and support this great event and share in the Christmas Spirit!

### How it works:

- 1) **Decorate a Tree:** local charities are challenged to decorate a Christmas tree for the Festival
- 2) **Vote:** guests who bring a food or toy donation will receive a ballot to cast a vote for their favourite tree
- 3) **Found Money Donation:** The top 3 voted trees will split Signal Point's Oct.-Dec. accumulation of Found Money
- 4) **Donations to Local Charities:** toy and food donations will be distributed amongst these local charities:

## 2<sup>nd</sup> Annual FESTIVAL OF TREES November 27 to December 17



cariboo chilcotin child development centre association <i>Investing in kids</i>	Boys & Girls Clubs of Williams Lake	Williams Lake Association for Community Living
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# Managing your debt

BY ADELE MCLEARN



Debt – almost all of us have it. Everyone should have a credit card that they manage well in order to secure a great credit score.

Most of us have debt in the form of: mortgage, vehicle loans, credit cards, or lines of credit. While these are, in many cases, inevitable, we do want to start managing our debt load, which also means managing our spending patterns. Too many companies make it too easy to buy those items that we are talked into believing that we need – new appliances, new furniture, vacation trips, etc.

If you feel overwhelmed by the debt cycle, you may want to begin looking at getting yourself out of debt. It will not be easy. You have to change your attitude

about money – and material items. What is money? It is simply math. Think twice about buying that item that you have to have!

Where to begin: create a realistic budget – how much money comes in and where does it go out? Do you know?

What interest rates are you paying on every debt item – consider using a consolidation loan to pay off high interest credit cards. But... do not get into the spiral of using your credit cards again after you pay them off. Use them to buy the necessities – fuel, groceries,

utilities, etc. but then pay off the credit card immediately for all of the things that you just used the card for. This will build your credit score while teaching you how to manage debt.

One thought to consider: what is a need and what is a 'want?' This will help you determine what to purchase and how much you spend on that purchase.

Try to get out of debt now with interest rates being low – if you wait until they begin to increase, it will be much more difficult to accomplish the goal of reducing your debt load.

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*"There are no passengers on spaceship Earth. We are all crew." ~Marshall McLuhan*

# My 'spaced out' ways



my runners. Where were they? Out in the car, of course. Out to the car I ran, and searched the front and back seats. No runners. I rushed backed to the house, unlocked the door, and went in and ransacked an over-flowing cupboard. No runners. Time passing. Back to the car and I flung open the trunk. Lots and lots of junk but no runners.

"Where in the world...?"

Then I just happened to look at my feet. You guessed it. I was clad in one pair of lovely, comfortable, almost new runners. I arrived at tai chi only twenty minutes late and slightly 'spaced out.'

The next interesting episode took place a few years ago when I was going on a walking trip in England. At that time, there was a nice little passenger train that ran through Williams Lake to North Vancouver, so I decided to take that. I said good bye to my weeping mother, tossed my pack-sack into friend's car and climbed in myself, was driven to the station, and chatted with my friend in the waiting room until the train arrived. I boarded, settled myself comfortably in my seat and watched the platform sliding slowly away. I then looked idly at the shoes of the girl opposite and didn't even need to look at my own feet. I knew without the shadow of a doubt that I was on my way to England for a walking trip in my bedroom slippers!

your rhododendron bush blooming yet?"

"Oh, I don't know," I answered truthfully, because I didn't.

"It should be full of blossoms by now," answered the teacher. "It must be late this year."

That afternoon, when I returned home from school, I saw that the arch was not only covered with a profusion of blooms, but that I had to pass sideways through the arch in order to avoid being attacked by the branches. I must have been doing this for some days and never once noticed the gorgeous flowers. 'Spaced out.'

The next example of my not being quite 'with it' occurred some time later. I was headed for my tai chi course and needed

Part of being 'spaced out,' as I understand it, is being highly unobservant or at least not 'with it.'

Long ago while working in Merritt, I lived in a teacherage and on the path leading up to this teacherage was an arch with a rhododendron-like bush climbing all over it. One spring day as I entered the school, one of the teachers asked, "Is

## Writers' Showcase

Short Stories by the Williams Lake Writer's Group

SHORT STORY BY ANNE MOUTRAY, WILLIAMS LAKE WRITERS' GROUP

I am 'spaced out.' You could say I am confused, irrational, odd, addled or absurd but I prefer 'spaced out'; it sounds interesting and exotic, doesn't it? No, I'm not on alcohol or drugs (except for the occasional aspirin). I'm just spaced out.



## Infinite space

POEM BY LINDA PURJUE, WILLIAMS LAKE WRITERS' GROUP

When the sun goes down  
The blue-sky curtain is drawn  
From the infinite stage of the universe  
Revealing countless sequins of light

Sparkling,

Twinkling,

Beckoning from the night sky of black velvet;  
Sequins that are suns,  
Sequins that are galaxies,  
Sequins that are intergalactic clouds  
of dust and gases.

Some are as far away as the life cycle of a salmon,  
Others as far as the life span of a human,  
Or the span of life on our home planet,  
Or even beyond the beginnings of our galaxy.  
They are dreams;  
Dreams of worlds like ours,  
And worlds unlike ours,  
Worlds filled with barrenness,  
Worlds filled with unique life,  
Worlds beyond our imagination and dreams.

Galaxies and stars and worlds  
Surge in measured time and speed  
Expanding the limits of the Universe  
To ends that may have no end.  
How can we,  
Infinitesimally minute specks of animated matter,  
Even to begin to comprehend

The magnitude,

The vastness,

The purpose,

Of Space.

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# Science and potatoes



A lot of kids learn about things like dinosaurs or mechanics that direct them to a field of research. When I was about ten or so, I learned something really cool and I've been fascinated with it ever since. It was a simple truth that shattered my perception of reality. Nothing actually touches, because two different objects cannot occupy the same space at the same time. If they did, it would cause a nuclear reaction.

Things never touch

because everything is made of atoms. Atoms contain electrons and electrons repel each other. What we call "touching" is our brain interpreting the electromagnetic force between atoms created by electron repulsion. Our brains perceive the electromagnetic force created by electron repulsion as "touching" (it's actually more like hovering at  $10^{-8}$  meters apart). The only things in the universe that can actually occupy the same space are bosons and photons.

Wow, that was a lot to take in, wasn't it? I bet you're thinking a few different things here such as "Wow Brice, you sure know a lot of science stuff!" or more likely, "What the heck man, this is supposed to be funny. You're funny. Say something funny, dance, monkey dance!"

The reason that this scientific fact has always stuck with me throughout my life is because I've always had a problem with space, in particular, my personal space. I feel like there is an invisible bubble surrounding my body and when people get too close, they enter my bubble, and well, that's a problem for me. I don't want people in my bubble. It's mine exclusively, and you are not welcome in it. As you would expect, this was a difficult lesson for people who wanted to be close to me physically. Hugging me

would cause a quick retreat from them with my hands up in a defensive boxing stance. It was kinda weird with my Mom, who, as so many Moms do, loved to hug her kids (also my mom could have kicked my butt if she was so inclined). As a child, I would just grin and bear it. As an adult, I've actually come to enjoy it, and I have two kids, so obviously I learned to get comfortable with it. Once I entered life in a professional kitchen, it occurred to me that there is zero personal space there; you don't get any and you are not entitled to any. You do what is called "the dance," where we move around each other like heavily tattooed, overweight, smelly ballerinas who are quite regularly hung over and trying desperately to not injure one another with something hot and/or sharp. This is a real exercise in personal space management.

Let's try a **recipe for a**



**stuffed baked potato** and getting all that "stuff" back into a smaller space. See what I did there? Clever eh? Put one russet potato, washed well and dried, in a 400° oven for 1 hour. Then let it cool for about 10 minutes. Cut it in half lengthwise and scoop out the potato, leaving approximately 1/8 inch of the 'meat' in the bottom and sides – this is important or it will collapse. Put the scooped out potato into a bowl with some melted butter and 1 tablespoon of warm cream, half a tea-

spoon of sour cream, some finely chopped green onion and bacon bits. Mash it with a fork until all of the lumps are gone and then use your whisk attachment on your hand held mixer to add air. Be careful that you don't over-whip because it will turn into glue (if it's glue, throw it away and try again). Then place it back into the empty shells. Put it on a baking tray and sprinkle with sea salt, black pepper, melted butter and your favorite cheese. Roast for 15 minutes at 400° or until the cheese is melted. Easy eh?




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# Time's run out

...Continued from October's Stew Magazine

Tommy lay quietly in bed, hearing his father talk to Joan out in the hallway. Jack believed that his son had fallen asleep. But he didn't. He waited, listening to the low voices, and knowing that Joan was manipulating his father in some way. Tommy needed to figure out what happened to the fireplace. Where did it go? Where did Joan make it go?

Jack crept into the room, crossed the floor over to his cot and laid down on it. He listened to the quiet sounds of his slumbering son and thought of Joan. Jack enjoyed being here with her and with his son. Something felt right about it, but he questioned why Tommy was fighting against it. He stared at Joan's beautiful face

behind his closed eyelids and soon was fast asleep.

Tommy didn't have to wait long before his father was fast asleep. Jack's snoring was a good indicator that Tommy didn't have to worry about him waking up either. When Jack was asleep, he slept like the dead. Tommy swung the blanket over his legs and sat up, his eyes adjusting to the darkness. He was going to find that fireplace and he was going to get himself and his dad out of here for good.

As he snuck over to his dad's cot, he whispered, "Dad?"

Jack grunted, rolled over and began to snore again.

The floor creaked underneath his feet as Tommy made his way to the door, creaking it open, inch by inch. He was afraid that it would

## Tasty Tidbits

By Paige Knights-Smith



make a sound and wake either his dad or Joan. And he couldn't afford for them to know what he was doing. Not after his outburst earlier. Tommy took one quiet step after another, listening for any other sounds.

The living room was not far from his bedroom; a short trip down the dark hallway and off to the right. Tommy followed his feet, they seemed to know where they were going. There was no light on in the house, but Tommy's eyes managed to adjust. His fingers trailed along the wall, tracing the lines of the wood panels.

He turned into the living room; the hardness of the couch brushed his leg as he walked past.

That wall. The one that had held the fireplace only an hour or so before, still stood empty. The pictures still hanging in the abstract way they did after Jack pointed them out. Even in the pale light coming through the living room windows, the grey colour of the wall stood out along the other walls that were all an earth tone. One abstract wall against many. Tommy stood in front of it, hating every inch of that wall, knowing that it once held

the one thing that could get them back home.

His hands shot out, once again searching the wall for anything that could give way to a fireplace. Tommy's fingers traced along every inch of the wall, feeling every bump, every extra fleck of paint. He looked behind photos and along every seam. The panels of the grey wood were stuck, nothing was moving and Tommy began to feel anger rise up in his throat.

"Where are you hiding?" Tommy whispered out loud.

Dropping down to his knees as quietly as he could, Tommy began to search the floor. He was hoping to find some kind of evidence that the fireplace at least had been there. There were no creases, not even dust on the floor. It was just an empty space.

Tommy needed to scream at something, to let his anger out. But he couldn't do it here. His father wasn't going to take his side on this. He stood up, and suddenly felt dizzy. He needed out of here, he needed fresh air. There was a sliding door several feet down from the abstract wall and Tommy quickly walked over to it, opening it easily and slipping outside.

The cold air of the night hit him like a ton of bricks, and it knocked him to his knees. Taking in deep breaths over the next several minutes, the dizziness began to fade and Tommy could fi-

nally feel calm. He looked around the deck, seeing the chairs that he and his father had sat in earlier today, when they first arrived. But was it only today? To Tommy it felt like they had been there for longer than just a day.

Then Tommy got a thought inside of his head as his gaze went towards the garden. What had they ate that day? A lot of fruit. Tommy got up and walked through the tall bushes that held the fruit. Surrounding himself, he walked between them and found a path.

"No way," He said out loud.

The path led towards the trees. The same giant palm trees that first caught Tommy and Jack's attention. Only a few more minutes of walking the path and Tommy stumbled upon one giant tree. The trunk looked wrong to him, so he walked up to it. Feeling the bark cut into his fingertips, he trailed it around to the other side.

There on the other side of the giant tree, nestled inside its trunk, was the fireplace.

"No!" Tommy yelped, before clapping his hand over his mouth.

He was happy, and almost too excited. But he walked up the path a little ways, back towards the house.

"What are you doing out here, Tommy?" Joan's voice came out of the darkness.

To be continued...

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

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For regional specific information visit our website at [www.cccipc.ca](http://www.cccipc.ca) email us at [info@cccipc.ca](mailto:info@cccipc.ca) or call 250-855-WEED (9333).



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

# Space movies & the final frontier



Space-Sci-fi is a large genre that is often associated with nerdy, cult-like followings, so choosing the best series or movie is no easy task, but I think we can all agree that each movie on this list is worth watching!



### Star Trek Series

I'm a huge 'Trekkie,' and to be honest, my favorite *Star Trek* is the original 3-season TV Series, which I own and have watched so many times I can almost recite the scripts word-for-word. Popular opinion says *The Wrath of Khan* is

the heavy favourite of the 12 movies in this series.



### Star Wars Series

I really think the series needs to be watched in its

entirety to fully appreciate it. I love the Ewoks, so my favourite in the series would probably be *Return of the Jedi*.



### Alien Series

This series rated high in the opinion polls, and is popular with fans that like the action-horror side of sci-fi. Personally, it just has too many things jumping out to scare you, for my taste!



### 2001: A Space Odyssey

Truly a classic, this movie directed by Stanley Kubrick is a must-watch for all true sci-fi enthusiasts. It is widely regarded

as one of the greatest and most influential films ever made, deemed "culturally, historically, or aesthetically significant" by the US Library of Congress.



### The Fifth Element

Watch as Bruce Willis, Gary Oldman and Milla Jovovich fight to save the planet Earth in the 23rd century, with humour, an entertaining storyline, and great acting.

### Apollo 13

The all-star cast directed by Ron Howard makes this docudrama and space adventure a great classic.

### Total Recall

Action, adventure, humour, sci-fi – and Arnold Schwarzenegger – what more would you want? Get out the popcorn and prepare to be entertained.



### Close Encounters of the Third Kind

This widely acclaimed Spielberg movie is an-



other classic, must-watch selection.

### E.T. the Extra-Terrestrial

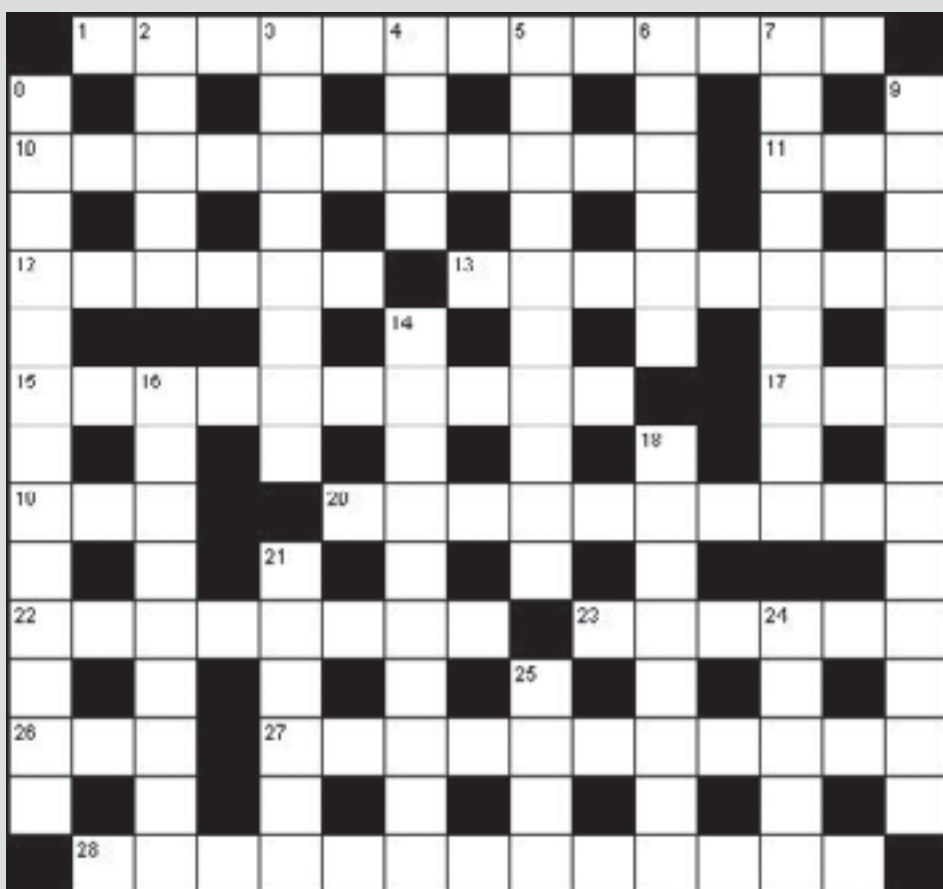
Great for kids and adults alike, this classic began my addiction to sci-fi. This little alien will capture your heart and make you want to meet one too!

*Hitch Hikers Guide to the Galaxy*, *Avatar*, *Independence Day*, *Men in Black*, *Planet of the Apes*, *Predator*, *Stargate*, *Armageddon*; the sci-fi nerd in me could just go on and on. There are so many more excellent space-related movies to choose from, but I have to end the list somewhere! Happy space travels; pick out a movie and boldly go where no one has gone before!

## X-Word Puzzle

### ACROSS

- 1 Crazy? Ha ha, Kurt Cobain's 14 25 28 (13)
- 10 In a way that worries, changing from SW to N without changing directions (11)
- 11 Short section, 7x8x9 (3)
- 12 Does really well, exchanging large for small insurance complement (6)
- 13 Decoration is right in ship (8)
- 15 Wind down before opulence removing operation (10)
- 17 Outlaw folded-back



- 19 Short official to sound
- 20 Fire a nod, or other-
- 22 Second doctor partly

alluding to return of the simple ... (8)

23 ... as outwardly tough mother shows health problem (6)

26 Boston's wet embargo – in all, the central element (3)

27 Some land on tick? Without \$1000? That's poetic (11)

28 Maniacal? Side 'A' proffers 1 (4,2,7)

### DOWN

2 Score 99 with magic strokes (5)

3 14 of each futurist (thus Latin) lord (8)

4 Pin one in nothing (4)

5 Knife found in beast's heart? (3-7)

6 Oh to sound, to breathe! (6)

7 Rebuilt unmade tin plants' coats (9)

8 He, when very cold,



gets this 9 about identity (13)

9 Ring Lynn, roll ball 12 (4-9)

14 Rebuilt on calf shed for which players switch ends (6,4)

16 Concerned with challenging sentences, Apple tell a tale (having let AI off) (9)

18 Decorated female scholar pursues return of drudge (8)

21 Plumb a dairy shed: plumy fumes! (3,3)

24 She takes grave exception at her surrounds (5)

25 Whip-cut (4)

do

# Birth of a tradition

BY BRENDA BOURDON,  
WOODLAND  
JEWELLERS

In 2009, Cindy Watt had an idea for a great way of celebrating Woodland Jewellers' 76th anniversary. She decided to have her nephew, Geoff Bourdon, design a one-of-a-kind custom diamond ring to be raffled off with all proceeds going to the hospital. That first year, \$5,000 was raised.

Since that time, the collaboration between Woodland Jewellers and the citizens of Williams Lake has raised just over \$73,000 to go towards purchasing equipment for our local hospital.

"We need a good hospital in our community, and as we already have

great staff at our hospital, we want to be a part of making it even better. Every time someone can have a procedure or test done here in Williams Lake, rather than having to drive somewhere else, we all win." Cindy Watt says.

Each year the diamond ring has had a different theme. It started with hearts to reflect the generosity of our community, and has progressed to include pink diamonds for breast cancer, a blue diamond for prostate cancer and yellow diamonds for the April Daffodil Campaign.

After seven years of designing diamond rings, Geoff has this year turned his talent to designing a stunning dia-

mond pendant instead. The pendant has a .43 carat Trillion diamond at its centre and is surrounded by yellow, pink and green diamonds that are set in 14, 18 and 19 karat yellow, pink and green gold, valued at \$9,500. Geoff has added a new skill to his repertoire and is alloying gold to create the different colours. A total of 1.08 carats of sparkling diamonds are set in this beautiful pendant.

Once again the \$20 tickets are limited to 600 being printed. In order to get your chance at winning this pendant, head in to Woodland Jewellers, view the pendant and purchase your ticket.

We have some very excited past winners in

our community who have purchased a beautiful, one-of-a-kind designer diamond ring for only \$20.00. We think that is a very good outcome for everyone concerned. **The tickets are available now and can be purchased from any foundation director of the Cariboo Memorial Hospital or at Woodland Jewellers.** The draw is Saturday, November 26, and tickets are limited, so come in and get your ticket now before they're gone. Every year the person who has won the ring has said, "I never win anything;" this year you could be the one saying that!



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Check out our Facebook page @JTA 4x4 Ltd

Tickets for your chance to win this gorgeous pendant are **only \$20** and are **available at Woodland Jewellers.**

Proceeds go to the Cariboo Memorial Hospital Auxiliary and **only 600 are printed**, so hurry in to get yours before they are gone!

**Woodland Jewellers' 83rd Anniversary pendant is valued at \$9500.**

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