



the stew

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the
exchange issue

Featuring
Wayne Lucier
Pages 6 & 7

hear

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On the Cover:

The 'exchange' issue of the Stew covers the theme of exchange in its many forms; from ideas or to currency and much more! We at the Stew would like to exchange the greetings of the season as well, and wish everyone a very happy New Year!

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Resolutions done right



BY CRAIG SMITH

As I'm sitting here in December, writing an article for January, I have to think that I am writing a month ahead. I'm still waiting for us to exchange 2016 for 2017, even though when anyone reads this, that exchange has already been made. We've had our series of gift exchanges throughout the holiday season, and exchanged many pleasantries over the last week. I always think how much of a better place this world would be if those exchanges happened the other 50 weeks of the year, instead of just the final two.

The dictionary definition of exchange is "the act of giving or taking one thing in return for another." In my mind, everything that we do as humans is an exchange in one form or another. When we breathe we exchange oxygen for carbon dioxide. When we eat we exchange food for energy. During our whole lives, we exchange time for money, and money for goods and services. We exchange so many things that one article is never going to cover everything that we do that is covered by that word.

What I did want to write about as we have exchanged one year for another is how to plan or set goals for the next twelve months. The hot

topic of discussion in the first few weeks of January is probably going to be "how was your holidays?" and "did you make any New Year's resolutions?" Every year you hear a lot of the same things: "I want to lose weight," "I want to travel more," "I want to spend more time with my kids," or "I want to get out of debt." Actually, according to Time Magazine, the top 10 resolutions are: lose weight and get fit, quit smoking, learn something new, eat healthier and diet, get out of debt and save money, spend more time with family, travel to new places, be less stressed, volunteer, and drink less. If any of these sound familiar, you are part of the majority. Unfortunately, studies have shown that resolutions last, at the most, a month or two. Anyone with a regular gym membership can tell you that in January, you are fighting to get onto equipment but from February to December, it's smooth sailing with lots of elbow room. So why are resolutions so easily abandoned? There are many reasons, and I'll give you the top 10. Unrealistic resolutions, giving up way too easy, lack of honesty, lack of finances, wrong perspective, extremely lofty resolutions, trying to do it by yourself, time management, not believing you can do it, and my number one pick for not achieving a resolution is no clear

goal or plan to get there.

For years, I was the guy who spent some time between Christmas and New Years thinking about what my resolutions were going to be. I would buy a brand new notebook from the stationers and narrow my resolutions down to ten. I would write them out on the first page of this new notebook and then put it in a drawer in my bedside table... never to be seen again, except until years later when you are looking for something else in that drawer and you notice the book at the bottom. You take it out, have a little chuckle reading it because you haven't achieved any of those resolutions, then put it back for a few more years. I did that for years, but it wasn't until about ten years ago that things for me changed. I know that this may sound like a little bit of a commercial, but I don't mean it to be. I was up late working (I'm a night owl, even though my wife is trying to change me) and normally I would have the TV on for noise as it helps me concentrate; sometimes the music channel, and sometimes a movie. Well, the movie ended and an infomercial started right away. It ended up being an infomercial for "The Secret." I was hooked and ordered the DVD right away, and waited in anticipation for it to come in the mail. To make a long story short, for those that haven't heard about The Secret, it's all about the "universal law of attraction," meaning whatever you keep in your mind you will succeed at. This is not as easy as it seems, but being a photographer, I'm very visual and I came to realize that whatever I had created a photograph of, or cut out a picture of, I had accomplished. The new camera I wanted, I had taped the brochure to my wall and a few months later, I was able to buy it. I was listening to an audio book about Arnold Schwarzenegger and in his teens, he had put up pictures

of body builders in his room. The point to all this is that there really is no huge secret to achieving your goals, but there are tools to get you there.

Once you have decided on your resolutions, make them clear, defined and easily identifiable. If your goal is to lose weight you have to set some parameters. How much do you want to lose, how are you going to do it (in easy to follow steps), and what is your reward? I'm in the process of doing that now. I'm down 51 pounds as of today and my goal is another 19. Once I hit that, I am buying a tailored suit (not as expensive as you might think). I had my goal, my plan and my reward. Keep pictures of what you want to achieve – a different body, the clothing you want to wear, the sunset picture of Mexico – anything visual that will trigger your desire to succeed.

Make your efforts in small chunks. Many 10 minute walks are easier to manage than going to the gym for two hours. Chart your progress. If you are saving money for a purchase, make a savings thermometer. If you are wanting to get into better shape, diarize your workouts. See if there are apps that you can put on your phone to help. Have little alarms that tell you that you should be doing something, or an app that postpones a cigarette for a length of time which increases every day. Break your plan into steps, as little goals are far easier than huge ones.

The biggest help could come from your loved ones, if you share your plan. They might want to work towards a similar goal, or a different one with the same reward. Exchange your ideas and goals for a much greater chance of success.

I hope these ideas help a little bit towards your own resolutions, and I wish you all a happy, healthy and successful 2017.

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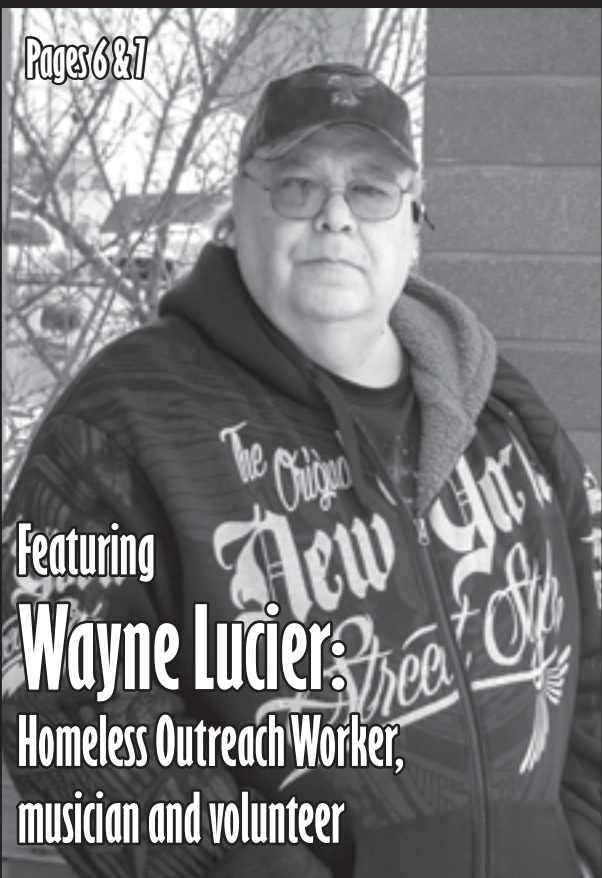
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Small Business Focus:
The business of returns



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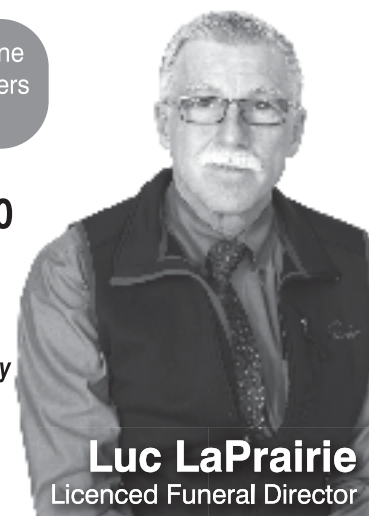
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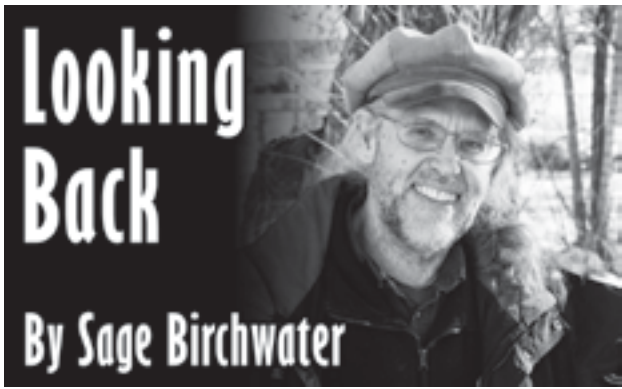
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"My early and invincible love of reading I would not exchange for all the riches of India." ~Edward Gibbon



Eagle Lake Henry, part 5



Looking Back

By Sage Birchwater

Eagle Lake Henry's last days

In March of 1967 Boise Williams was staying at his Aunt Lucy's place on the shore of Chilko Lake in Nemiah Valley. There was still lots of snow on the ground when he got a sudden urge to go and see Eagle Lake Henry.

"I told Lucy I've got to go see my grandfather Eagle Lake Henry, so I saddle up my horse and away I went," Boise says.

It was a two-day journey from Lucy's place, up Nemiah Valley past Konni Lake and up Elkin Creek and through the backcountry to Mountain House where Henry had been living alone since Millie had died.

Boise rode all day and

June Draney was 12 years old in 1953 when her grandmother Alyetta Henry passed away.

"I was lost and thought I won't be able to live anymore," June says. "We had our mother there too, but everybody called Alyetta, Momma."

Two or three years later Henry married Millie West Setah, the widow of Johnny Setah.

"She was from Anahim Lake," June says. "She was Charlie West's sister."

Millie and Johnny

Setah lived in Nemiah Valley and after Johnny died she had continued to live there.

June remembers Alyetta telling Henry on her death bed that he should remarry.

"I know you don't like being alone, so you better find another woman, she told him."

Millie and Henry lived together for about ten years until she passed away in the mid-1960s.



► Eagle Lake Henry & Millie at Mountain House

after a long day in the saddle got to his grandparents Sammy and Annie Bulyan's place on Upper Elkin Creek where his parents were staying.

"The next day I told my mom and dad I'm going to see Eagle Lake Henry and away I went. I rode to Far Meadow, then to Burnt Stable, and

I finally got to Mountain House about ten miles away and walked into Eagle Lake Henry's kitchen, but there was nobody in it."

He says he went into the living room and saw Eagle Lake Henry lying on the couch.

"You kind of saved my life, he told me. I could

hardly believe what he said. There were a bunch of people talking to me, he said. The first bell went. When you hear three bells you die. Then the second bell went. I was just waiting for the third bell when you showed up."

What Eagle Lake Henry said next really

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*“Because it appears to me a hazardous thing to exchange my soul for my shadow.”
~Adelbert von Chamisso*



► Boise Williams



► Eagle Lake Henry on his favourite horse Ginger at Mountain House

...continued from page 4

sent shivers up Boise's spine.

“He said when you left Nemiah, I was looking at you riding your horse. I was looking at you all the way. First you left Lucy's house and stopped at Williams Setah's house, then you went again. Then you stopped at Naghtaneq (Konni Lake). You stayed there for a while then you took off again and rode all the way to Eddie's Upper Place. I was looking at you all the way. Then you stayed overnight at your grandparents' place and then came to my house. You kind of saved my life because the third bell was going to ring.”

Henry told Boise he couldn't eat anymore and was waiting to die. He urged him to cook himself some food and give his horse some grain, and offered to let him spend the night.

“But I could die anytime, he said. It's up to you. You can stay overnight or go back and tell your parents.”

Boise says when somebody tells you something like that, you don't feel right, and you think about it.

“I told him I'll go back and tell my parents.”

After preparing himself a quick meal Boise jumped on his horse and rode the 16 kilometres back to Upper Elkin Creek to let his parents

know about Eagle Lake Henry.

“I got back that same night and told them Henry's not doing too good. He told me he might not make it through the night.”

Early the next morning Boise's parents Eugene and Mabel William, saddled their horses and rode to Mountain House. Henry's neighbours Jack and Diane Castleman were already there.

“Castleman and my dad drove off to Alexis Creek to get Dieter Kellinghusen with the airplane. My mom and Castleman's wife stayed at the house with Grandpa Henry.”

A few hours later Kellinghusen flew to Mountain House with his friend Gerhardt Wilder and they landed on skis in front of Eagle Lake Henry's home.

Kellinghusen says Eagle Lake Henry was sitting at the front of his cabin and was quite frail.

“Obviously he knew it was his last trip,” Kellinghusen says. “He said goodbye to Mrs. Castleman and Boise's mother who helped push him into the plane, then he told Gerhardt and me, this is my last trip, you don't have to bring me back. We radioed the police and the police notified the airport that there is a guy coming that needs a ride to the hospital. So

we flew him to the airport in Williams Lake. When we got there Eagle Lake Henry wanted to know how much it cost and he had the cash money. He paid us for what Gerhardt said we had used for fuel, he said goodbye boys and I will not see you again. They took him to the hospital and three days later he was dead.”

Boise says after Henry lost his second wife Millie, he appreciated having him stop by.

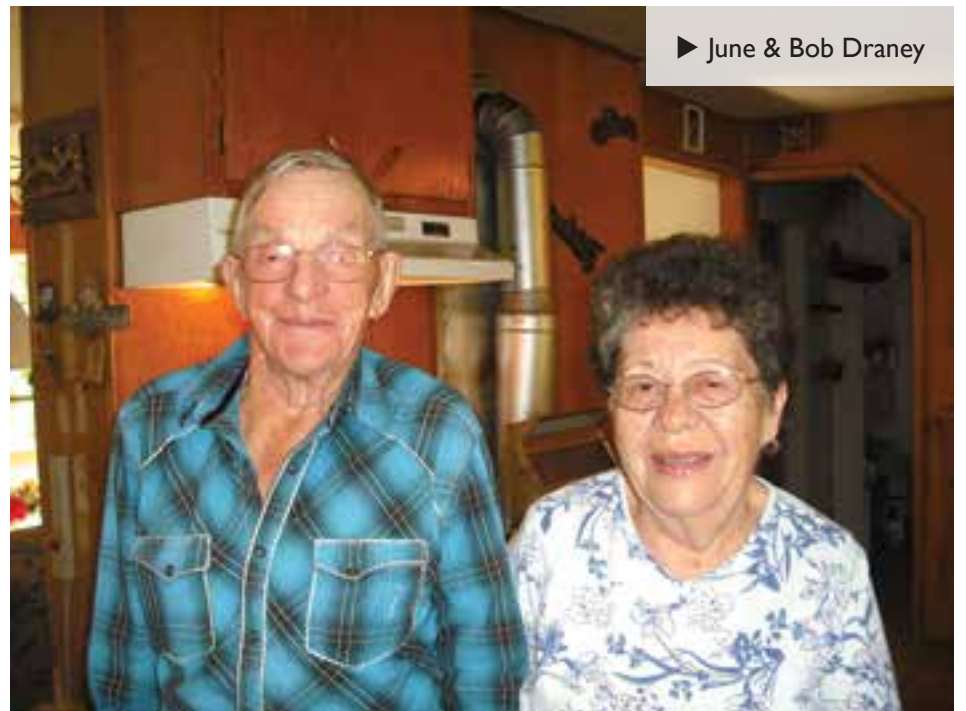
“I used to drop in lots of times and visit him. He likes that. After he lost his second wife he liked having somebody to talk to. He was lonely by himself. He had his dog and two cats, a set of work horses and two saddle horses, that's all he had left.

“He was telling me a story when I dropped in one time. You're not in a hurry are you? Nope. Stay overnight...”

June Draney says her Grandpa Henry was always helping people out like the time he helped Eugene Sammy get his land at the Chaucer Place.

“We had more people on the living room floor because they still had miles to go after they had crossed the river. If the weather was bad then they stayed overnight and he fed their horses.

“Grandpa Henry had both worlds together. He never condemned anyone



► June & Bob Draney

who came in our door, whether you were Indian, white, Chinese or whatever you were. I think he could tell a person's character. There are some people, if you have a good horse they want to get from you, they will come

and give you a drink. He could tell those kind of people if they weren't honest.

“Andy Stuart was a really important guy in Grandpa Henry's world. When his brothers and sisters decided to shop at

Redstone, he chopped a road from Chilko Lake country all the way down the Chilko River to Stuart's store. They used this road for years. It was the only road. The first one put in.”



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flavour of the month



Featuring Wayne Lucier:

Homeless Outreach Worker, musician and volunteer

BY CRAIG SMITH

Although Wayne Lucier was born in San Clara, Manitoba, a small community of about 3,900 northwest of Winnipeg, our personality of the month is a long-time Cariboo resident who moved here in 1973. Growing up and going to school in the next-closest town of Roblin, at 18 he decided to move west and ended up in Williams Lake where his brother lived, and where he worked as a fulltime musician for the next five years. He took one year to work on the rigs in 1980 in Medicine hat, but soon returned to the Lake City. His first job in Williams

Lake was as a bouncer at Francies Supper Club on Oliver Street, which eventually became The Boot. He worked in the area doing bush jobs until he sustained some injuries. Looking for a new career, he took some training in life skills and addictions, and knew this would be his calling.

A renowned First Nations Facilitator named Lee Mason came to Williams Lake offering a Youth Addiction Course, and Wayne jumped at the chance for this training. A little while later, Sage Trainers offered Wayne courses to become a Life Skills Coach. After his training, a pilot project was created because of

Vancouver hosting the Olympics, which created positions of "Homeless Outreach Workers." The project began with six positions throughout B.C. – Wayne thinks he may be the only one left from the original six – and has grown to over 500 positions.

This position, which Wayne has held for 11 years, gets its funding from B.C. Housing but is operated out of the Cariboo Mental Health Association. He loves his job and says if he had to, he would do it for free. He helps the homeless with what they need to eventually get off the street, and he spends as much time there as he

possibly can. When asked about work in the future, Wayne says he will do this job for as long as he is able and his mind is sharp, so there is no thought at all about retirement.

For almost 50 years, Wayne has had a guitar in his hands and has used it to make a living for most of that time. When he isn't playing as a musician, he is using his guitar in his outreach and life skills work. He only plays now at music festivals, and is actually booked for a festival in his hometown in Manitoba later in 2017. Locally, we can see him at the 5th Annual Cariboo Chilcotin Music Jamboree in the second week of August.

His country band mainly consists of Wayne and his brother Arnold, but they add guest musicians all the time.

Wayne is also a long-time Museum volunteer, and volunteers for the Metis Association, a part of his heritage he didn't even know about until he was 15. He is also trying to get "Housing First" started in Williams Lake, and hopes it will take off as it

helps get homeless people started on a new life with permanent, affordable housing and supportive services. If you're looking to help Wayne out he is always looking for furniture to help those in need just give him a call at the CMHA in Williams Lake.

I personally would like to thank Wayne for his service to our community and look forward to hearing him play sometime in 2017.

do



"To love to read is to exchange hours of ennui for hours of delight." ~Charles de Montesquieu



Exploring Australia, the "land down under"



BY SYLVIA RASHBROOK
OF ALL-WAYS TRAVEL

The weather outside is frightful but down-under would be delightful. I would love to exchange our winter climate for that of Australia right now.

The seasons in the southern hemisphere, specifically the destination of Australia, run opposite to those in Canada. The mild spring weather lasts from September to November. Summer spans from December to February. Included in the summer are the longer daylight hours and the warm to hot weather conditions. I'll take this anytime over the bitter cold weather and short daylight hours we are experiencing right now.

On the West side is the Indian Ocean, to the east are the warm Coral and Tasman Seas which open to the Pacific Ocean.

In Australia, the climate varies: Queensland in January/February is similar to Florida in July/August. The southern ocean boasts the distinction of being the only place in the world on the polar-facing side of the hot continent. When the wind comes from the north, the day heats up to over 100°F. If the wind should turn, it will have to cross long stretches of chilly ocean water which will bring the daytime temperature down to 65°F. It's not unusual to have both these happening on the same day. For this reason, one may have to come prepared for all sorts of weather.

It's hot and humid on the coast, boiling hot and dry in the center, up north is the wet season with the possibility of cyclones and flooding.

Summer holidays for the school children begin in December and end at

the end of January, which is during the hot season. Right now, one might consider turning on the air conditioner. This is also the peak season for tourists from colder climates to visit Australia.

But wait, let's explore this continent/country/island and find out what is so appealing for so many people to want to visit Australia, especially during their summer months (besides escaping the winter of Canada).

Australia is the world's sixth largest country with a population of approximately 24,300 million. I am wondering why such a low population, considering it has the Great Barrier Reef and amazingly strange flora and fauna!

In Australia, the Country is divided into states, namely: Western Australia, Northern Territory, Queensland, New South Wales, Victoria and; of course, South Australia in the interior mainland. It does also govern several external territories including the Australian Antarctic Territory, which is Australia's claim to the Antarctica.

Victoria has a varied climate. It can get very hot in the semi-arid northwest area. The southern area is cooler and humid, while the midland provides a cooler, mountainous, mild climate. The average temperature ranges from 30°C in summer to a cool 15°C in the winter (not bad!).

South Australia's temperatures are very similar to Victoria with the exception of the rainfall in the Mount Lofty vicinity which has been recorded as much annually as 1,200mm. The southern-most region reports a Mediterranean-like climate, with mild, wet winters and hot, dry summers.

Now, onward to Queensland, where it is unusually hot in the inland west, and monsoonal in the south where the city of Brisbane and the Great Barrier Reef coastline are located. There is definite variation in the climate schemata because of the large size of the State.

The Northern Territory that includes Darwin has a different type of climate. The northern part has a wet season (November to April) and a dry season (May to October). The coolest temperatures of this State are during the months of June and July with a low of 14°C. The central region is the desert which can reach up to 48°C (wowzer!) with the rainfall reaching 250mm per year.

New South Wales has a

climate that I would say is the closest to our temperatures. The eastern area ranges from humid subtropical to the oceanic climate of the south coast. The Snowy Mountains in the southeast suggest an alpine climate zone, with cool to cold weather all year round. There is snowfall during winter (which would be the months of June and July); however, the climate gets semi-arid to desert towards the west.

Because of its size, Western Australia has a blended, diverse climate. Its location in the southwest produces heavily forested areas which includes Karri, one of the world's tallest trees. This region houses agricultural bases that contain the habitats for terrestrial biodiversity. Sounds like a place I wouldn't mind visiting.

The northern region has an extremely hot climate, and an average annual rainfall of 500 to 1,500mm. The hot desert with its arid landscape is a feature of the greater part of this State. The cold waters of the western coast make most of this State a desert because they produce very little moisture needed for vegetation. SNOWFALL IS RARE IN THIS STATE!

This continent/country of Australia has only recently been explored and inhabited by Europeans. It wasn't until the late 18th Century that European explorers were making serious excursions to the "land down under." They escorted thousands of "ner do wells" to this remote island so that their European countries would not have to deal with them. Australia remained a British penal colony until the 1850's.

These explorers and wayward people met fierce Maori warriors, and discovered the bleak, desert-like Outback, and strange animals they had ever laid eyes upon. In fact, the Platypus was so weird that the Europeans thought it was a patched-up hoax, sprung on them by prankish sailors. It's difficult to believe how far

this country has progressed since then.

Of course, the strange animals (the kangeroos, the koala which lives in the Eucalyptus trees, the platypus among others) are a reason that tourists come to the "land down under." However, by far the biggest draw to this marvelous country is the Great Barrier Reef.

The Great Barrier Reef stretches 2,000km, and is generally accessible from the city of Cairns and the Sunshine Coast (a beach resort area north of Brisbane) to the Gold Coast (a beach starting 80km south of Brisbane). The best time to experience this magnificent reef is from June to January, and the best time for visibility is August to January. Queensland experiences mild winters – pleasant enough for diving and snorkelling in a wetsuit. The Great Barrier Reef is incredibly fragile and one must protect it by not touching the coral or delicate marine animals. If you are budget-oriented, you can pitch a tent on an island to experience the Great Barrier Reef. Campers can enjoy an idyllic tropical setting far from the crowds of the large cities.

And what's in the middle of this continent? Several million square kilometers of bleak, desolate brush and desert called "the Outback." The two main attractions of this desert are Alice Springs (a frontier town that's a showcase for the culture and art of the original people of Australia, the Aborigines) and Uluru or Ayers Rock (a massive red stone that is best seen in the crimson light of sunset). And even more remote is Darwin, a port on the wet, tropical north coast.

Food for thought – if Australia is "down under," are we in Canada "up there?" If you have any desire to go to Australia, now would be a great time to book your trip – come see us for all the information you will need to know to explore the "land down under."

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*"I was not a great guitarist, so I sold my 1960 Fender Stratocaster in exchange for a Shure Microphone, made in Chicago, and a flute."
~Ian Anderson (Jethro Tull)*



ferent games for tabletop miniatures, falling into many different genres of local. For example, the most well known miniature game is cyber sci-fi *Warhammer 40,000*, which is set in the "grim darkness of the 41st millennium". To contrast this, there are games about fantastical beasts and magic users such as *Warmachine* and *Hordes*. Moving away from fiction, you can find historical games replicating the great battles of the world wars. No matter what area interests you, there's a miniature game for you.

Many families have found using the hobby aspect to promote creativity in their kids, and major brain training in learning the games. They can be a fantastic resource to use family time for something fun, creative, and a great pastime for years to come. These games keep growing, and events for them can be found all over the world.

Tabletop war games

BY RICHARD BUTTERS, ADVENTURE GAMES

The new year brings many resolutions, and this year you might be wondering what you can do as a hobby, and a game with your friends and family. With the rise of traditional games increasing evermore, one of the best ways to get into a new hobby is in tabletop wargames!

These games incorporate many skills in the construction and painting of the miniatures, as well as the brain workout it is to play them!

Almost all miniatures across many different games come completely unassembled and unpainted, meaning there's a very large hobby aspect to these games. A great way to be creative, you can

pose the miniatures any way you like, and assemble them in any combinations of gear or add ons you want. Even after that, you need to paint them. This takes a lot of patience, but the payoff is very rewarding. Having a truly unique paint scheme on your models can distinguish your creative prowess to your friends!

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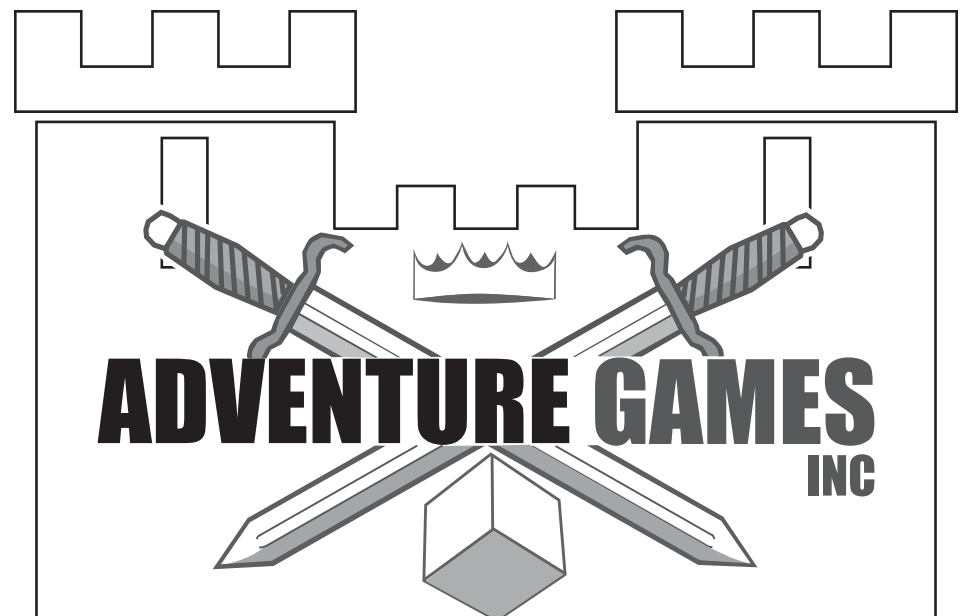
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“Live interaction with a crowd is a cathartic, spiritual kind of exchange, and it’s intensified at a festival.”

~Trent Reznor



Book exchange

Avid readers horde books like a squirrel hordes nuts, but even the most relentless pack rats can run out of space. Book exchange is the practice swapping books between one person and another. Practiced among book groups, friends and colleagues at work, it provides an inexpensive way for people to exchange books, find out about new books and obtain a new book to read without having to pay. Your old book finds a reader, and in return, you get a book to read.

Now you can do it online; book exchange websites make the process of trading books easy. Most are free to use, and some even pay for the postage needed to exchange books. Here’s a few I came across with a brief Google search:

- **Swaptree.com** – Trade books, music or video games
- **BookCrossing.com** – Register your book and then set it free
- **Bookins.com** – Trade and exchange books and DVDs for just the cost of postage
- **BookMooch.com** – Mail your books to someone who wants them for points and then use your points to buy books from other users
- **AbeBooks.com/Canada** – Gives you the option to list books from Canadian exchangers only

How ever you come across your next book, it is definitely the season too curl up under a blanket with one. Here are some ‘exchange’ themed books to check out.



Time Now for the Vinyl Cafe Story Exchange, by Stuart McLean

Stuart McLean and his long-time radio producer, Jess Milton, have collected their favourite stories from a decade of their much-loved show. This is a wise, wonderful collage of rituals and romance, road trips and guitar licks, Saturday-

night hockey games and Sunday morning pancakes. A story about an exploding outhouse sits right beside one about a lost love because that’s just what happens in life. Sad things are all tangled up with funny things and sweet things, too. The voices in these stories are private and personal. Reading this collection is like joining a dinner party hosted by Stuart himself.



The Lincoln Exchange-Contact, by Melvin Rabinowitz

Alan (Ruby) Gentry is recruited by a shadowy government agency called TEMPUS for a mysterious assignment. It turns out that he is to journey to 1828, using a new, secretly developed time travel device, to observe nineteen year old Abraham Lincoln. His instructions are to watch, but absolutely not interfere with anything. Things go awry, however, and Lincoln eventually becomes deathly ill. The only way Gentry can save him is to bring him to our time. Modern medicine delivers him from what would have been a certain death, but the fact that he is in the future has to be kept from him. It isn’t.



Malcolm In The Middle #3: The Exchange Student, by Pam Pollack

Malcolm in the Middle is a TV comedy show for the whole family. This original fiction series reflects the spirit, humor, and voice of the show.

Is Malcolm’s house big enough for two genius kids? (That’s a trick question, right?) Malcolm’s family welcomes a visitor for the week—an exchange student from another school. Oh wait, maybe “welcome” isn’t exactly the right word...

Her name is Camellia. She’s the same age as Malcolm and every bit as smart. She’s as tough as Reese, as cute as Dewey—everyone loves her. She’s even got Francis on her side. Mom and dad are ecstatic; she’s like the daughter they always wanted. She must be stopped!

Baking with Cookie Molds: Secrets and Recipes for Making Amazing Handcrafted Cookies for Your Christmas, Holiday, Wedding, Tea, Party, Swap, Exchange, or Everyday Treat,

by Anne L Watson (Author), and Aaron Shepard (Photographer)
“Anne Watson deserves big hugs from



bakers everywhere for resurrecting the beautiful and tasty art of baking with cookie molds. Loaded with practical advice on everything from the care and cleaning of molds to proper recipe formulation and molding technique, *Baking with Cookie Molds* provides all the know-how one needs to put retired molds back where they belong – off walls and out of cupboards, and into action in our kitchens.” ~Julia Usher, author of *Cookie Swap*, and Director, International Association of Culinary Professionals



The Ongoing Columbian Exchange: Stories of Biological and Economic Transfer in World History, by Christopher Cumo

This unique encyclopedia enables students to understand the myriad ways that the Columbian Exchange shaped the modern world, covering every major living organism from pathogens and plants to insects and mammals. This watershed event in history changed the world, not just in North America but worldwide. The book provides full accounts of demographic and epidemiological trends and how the planet’s current biodiversity resulted from the

events of the Columbian Exchange. It includes primary documents that offer students material for analysis and promote critical thinking skills, thus supporting Common Core State Standards.



Heat Exchange (Boston Fire series), by Shannon Stacey

Lydia Kincaid’s shipping back to Boston, but she’s not happy about it. She left to get away from the firefighting community—her father was a firefighter, her brother is a firefighter and, more importantly, her ex is a firefighter. But family is number one and her father needs her help running the pub he bought when he retired. Soon, Lydia finds it hard to resist the familiar comfort and routine, and even harder to resist her brother’s handsome friend Aidan.

Aidan Hunt is a firefighter because of the Kincaid family. He’s had the hots for Lydia for years, but if ever a woman was off-limits to him, it’s her. But his plan to play it cool until she leaves town again fails, and soon he and Lydia have crossed a line they can’t un-cross.

Being a firefighter’s wife was the hardest thing Lydia’s ever done and she doesn’t know if she has the strength to do it again. Aidan can’t imagine walking away from Boston Fire—even for Lydia. The job and the brotherhood are his life; but if he wants Lydia in it, he’ll have to decide who’s first in his heart.

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Play

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

play



*“Discussion is an exchange of knowledge;
an argument an exchange of ignorance.”
~Robert Quillen*



WILLIAMS LAKE & AREA

January 1,8,15,22,29 Morning Magic, 10am, Game Night, 6pm, Adventure Games, 83C Second Ave S

January 4,11,18,25 Royal Canadian Army Cadet Corps (Rocky Mountain Rangers) meeting, lower hall, Legion 6:15pm

January 4,11,25 Gad-zukes ukulele strum along, Arts & Culture Ctr, 10am

January 5,12,19,26 Jam Night with Busted Remedy, OV Pub, 9:30pm

January 5,12,16,26 Just for Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church, 7:30-9pm

January 5,12,19,26 Pokémon Thursdays,

Adventure Games, 83C Second Ave S, 3:45pm

January 6,13,20,27 Friday Night Magic, Adventure Games, 83C Second Ave S, 5pm

January 7,14,21,28 Warhammer and Table Top Games, Adventure Games, 83C Second Ave S, All Day

January 9 Seniors Bingo, FREE Refreshments, Upper level, Boitanio Mall, 1pm

January 10,11 Auditions, WL Studio Theatre, new actors welcome, “Mary’s Wedding” and “Problem Child,” 366 Yorston St, info: Sheryl-Lynn or Curt 250-392-6162

January 11 CIHL Hockey, Stampeders vs. Tomahawks, Cariboo Memorial Complex, 7:30pm

January 12 Aboriginal Best Program, 1hr info session, Community Futures

Board Room, 266 Oliver St. 11am

January 13,14 Arts on The Fly presents: Safety Meeting 2017 with Marin Patenaude and the Follow Through with Kym Gouchie, live at the Arts Centre, 90 4th Ave N

January 14,15 Round Bottomed Basket Workshop, Arts & Culture Ctr, 90 4th Ave N, 10am-5pm

January 22 Bikers Against Child Abuse (BACA) Meeting, public welcome, Big Brothers and Big Sisters, suite 200-369 Oliver St. 1pm, info: 778-412-9323

January 25-28, February 1-4 WL Studio Theatre presents: Calendar Girls, doors 7:30pm, curtain 8pm, tickets: online, Open Book or Kit & Kaboodle (Feb. 8-11 is Dinner Theatre at The Point, these tickets only at The Open Book)

January 27 Safety Meeting concert series; Andrew Judah and Rowan Dolgihan, Arts & Culture Ctr, 90 4th Ave N

January 27 Messy Church, St. Peters Anglican, 549 Carson Dr. 5pm

January 28,29 3rd Annual Winter Carnival, Boitanio Park

January 29 12th Annual Family Fest, The Gibraltar Room, 10am-2pm

February 10 CMHA's Sweetheart Ball, Gibraltar Room, doors 6:30pm, tickets: 250-392-5512 or info@eerp.ca

February 19 Bridal & Grad Extravaganza, Elks Hall, 11am-3pm, tickets: Brides & Belles and Realm of Toys

QUESNEL & AREA

January 1 New Year's Day Polar Bear Skate, Bouchie Lake Hall, 11am-3pm

January 7 CIHL Hockey, Kangaroos vs. Stampeders, Twin Arenas, 7:30pm

January 7 RCMA Open Mic, The Occidental, 6:30-9:30pm

January 8 Snowed in Comedy Tour, The Occidental, 8-11pm

January 12 CIHL Hockey, Kangaroos vs. Stampeders, Twin Arenas, 7:30pm

January 13 CIHL Hockey, Kangaroos vs. River Kings, Twin Arenas, 7:30pm

January 13,14 The Occidental presents: Fleetwood Mac Tribute featuring Oxy Juicebox, 228 Front St, 8-11pm

January 14 Purple Pirates Magic Pirate Ship, Chuck Mobley Theatre, 2-4pm

January 20 QLA presents: Jasper Wood, Chuck Mobley Theatre, 7:30pm

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January 20 Foxie Follie's Burlesque, The Occidental, 228 Front St. 9-11pm

January 26-29 25th Annual Gold Rush Trail Sled Dog Mail Run, Barkerville, 8am-5pm

January 28 Swedish Candle Making Workshop, Bouchie Lake Country Store, 1-4pm, info: 250-249-0228

January 28 CIHL Hockey, Kangaroos vs. Terrace River Kings, Twin Arenas, 7:30pm

January 28 The Occidental presents: Maureen Washington, Jazz, Blues and the Sweet Notes In Between, 228 Front St, 8-11pm

January 30 Winter Whirlpool, Arts & Recreation Center, 1-3pm

100 MILE HOUSE & AREA

January 1,8,15,22,29 Alcoholics Anonymous, Health Ctr (rear of hospital), 7:30pm

January 2,9,16,23,30 Women's Drop-In Volleyball, Lone Butte Community Hall, 9:30am

January 2,9,16,23,30 Alanon, Health Ctr (rear of hospital), 7pm

January 2,9,16,23,30 Community Bingo, Community Club, Doors open 6pm, starts 7pm, Super Star 8:30pm

January 2,9,16,23,30 Alcoholics Anonymous, #10 Cariboo Gold Estates, 12pm

January 3,17 Photo group, Bridge Lake Community School, info: 250-593-4362

January 3,10,17,24,31 Alcoholics Anonymous, United Church, 8pm

January 3,10,17,24,31 Carpet Bowling Club, Interlakes Hall. 1-4pm

January 3,10,17,24,31 Co-Ed Volleyball, PSO Gym, 7-9pm

January 3,10,17,24,31 Diabetes Drop-in, Health Ctr, 1-2pm

January 3,10,17,24,31 HUGS Help Us Get Slim, 6300 Green Lake Road North, 6:30pm info: Charlotte 250-456-7504

January 4,11,18 Community Bingo, Lac La Hache Community Club, 5:45pm

January 5 CIHL Hockey, Tomahawks vs. Kangaroos, Rolf Zeis Memorial Arena, Lac La Hache, 7:30pm

January 5,12,19,26 Alcoholics Anonymous, 108 Community Centre, 7:30pm

January 5 Mill Site Lodge-Fischer Place Auxiliary, Mill Site Board Room, new members needed

January 5,12,19,26 Royal Canadian Army Cadets, 5830 Horse Lake Road, 6:30pm, call Capt. Kevin Seal for info: 250-395-1181 or cadets2887@shaw.ca

January 5,12,19,26 TOPS Club Take Off Pounds Sensibly, United Church, 6:30pm

January 6,13,20,27 Crib Night, Forest Grove Legion Branch 261, 8pm

January 7,14,21,28 Meat Draw, Forest Grove Legion #261, 4:30-6pm

January 9 Caregiver's support group, Health Ctr Rm 163, info: 250-593-4521

January 9 Great Cariboo Riders, PSO School, new members welcome, 7pm

January 11 Compassionate Friends, support group for bereaved parents, BJ's Donuts, 7:15pm

January 12 CIHL Hockey, Tomahawks vs. River Kings, Rolf Zeis Memorial Arena, Lac La Hache, 7:30pm

January 14-31 Parkside Art Gallery presents: Robert Keziere: The Days of Augusta, info: 250-395-2021

January 20-22 Cariboo Challenge Sled Dog Races, starts at the Heritage Site, info: www.cariboochallengesleddograce.com

January 20-22 Men's Curling Bonspiel 2017, info: Joanne 250-395-2296 or pjdoddridge@shaw.ca

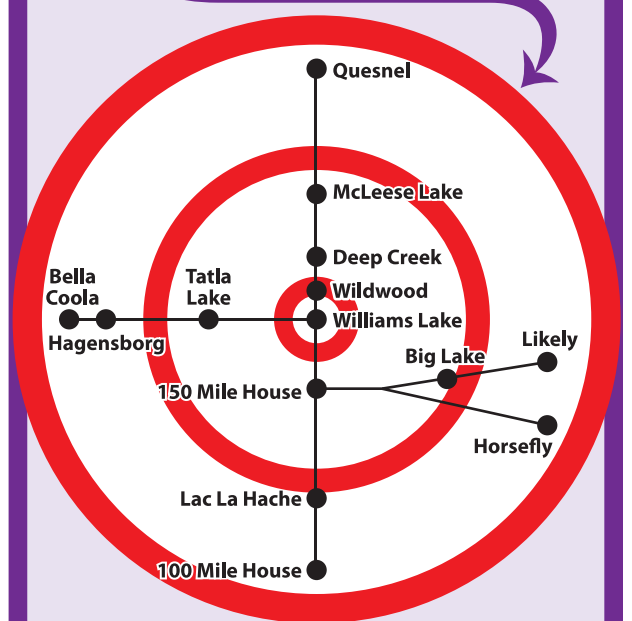
January 31 Cottage Prayer Meeting, 6715 HWY 87 (turn left at the blue Travelling Workshop sign), 7:30-8:30pm, info: 250-395-3743



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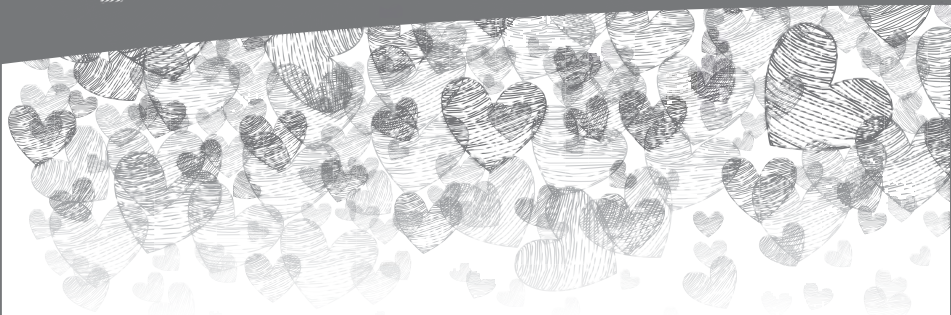
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Upcoming Events by *Events, Etc...*



Canadian Mental Health Association's **Sweetheart Ball**

FRI. FEBRUARY 10, 2017

Location: Gibraltar Room

Doors open @ 6:30 pm, followed by Dinner and Dancing
Dinner & Dancing and a Safe ride home

Tickets: early bird tickets \$75/couple until January 20,
2017, after January 20, 2017 \$85/couple



Williams Lake Ladies' Soccer

Sweetheart Co-Ed Indoor Soccer Tournament

FEBRUARY 10-12, 2017

Entry Fee: \$200/team. It's fun and competitive! To register: email eventsgrants@eerp.ca or call 250-392-5512 or download the registration form from www.eerp.ca/community OR www.williamslakesoccer.com

Canadian Mental Health Association's **St. Patty's Day Poker Tournament**

FRI. MARCH 17, 2017

Location: TBA \$100/ticket

Events, Etc... Leave the details to us!
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Wedding Show & Swap

APRIL 21-22, 2017

Saturday 6 - 9 pm (Fashion Show @ 7pm)

Sunday 10 am-3 pm Location: TBA

Specialists galore will be present for this event to help make your special day unforgettable. Wedding Planners, Décor Specialists, Floral, Music, Photographers, Rentals, Spas, Hair Specialists and more. **Tickets:** \$15/ each, proceeds to the Daybreak Rotary Starfish Backpack Program

Children's Festival

SUN. MAY 28, 2017

Save the date! If you are interested in having a booth or organizing an activity, visit www.eerp.ca/community or contact us: eventsgrants@eerp.ca or 250-392 5512

Canadian Mental Health Association's

Hootenanny

SAT. JULY 1, 2017

Barn Dance, Cariboo Memorial Complex, 8pm to 1am

Tickets: Early bird tickets \$30/each until May 1, 2017, \$35/each after May 1, 2017. Ticket includes dancing and safe ride (pickup and drop off). We'll pick you up at home between 5 & 7:30pm, drop you off at the Rotary Club of Williams Lake's Steak Dinner. After dinner, Boot Scoot Boogie on over to the Complex or we can come get you.

Canadian Mental Health Association's

Hauntfest

SAT. OCTOBER 28, 2017

Doors open @ 6:30 pm, followed by Dinner and Dancing
Dinner & Dancing and a Safe ride home. Location: Gibraltar Room. **Tickets:** early bird tickets \$75/each until August 20, 2017, after August 20, 2017 \$85/each

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"A highly developed stock exchange cannot be a club for the cult of ethics." ~Max Weber

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Little Gremlins

Kids are like mogwais; feed them (ever) and they'll grow like crazy.

This can make your clothing budget seem like a joke. A sad, painful joke as they wear a shirt for half a day and you notice their navels are showing when you swear it was covered that morning.

Thankfully, lots of moms out there came up with clothing exchange events. Time to swap out the old and barely worn for the new and barely worn!

If you can keep it all organized well enough, try to get together or host a swap twice a year: Once for winter clothing and again for summer, just before the season hits. You can end up with a whole new wardrobe for the kidlets without opening your wallet! If you hold it too early, the kids can grow out of the items before the next season even hits.

Call other parental units, post a Facebook event page

and start planning! See if someone has a truck they'd be willing to use to haul off any unclaimed articles to the Salvation Army. That being said, I've been to swaps where one person can load up a whole truck worth on their own and bring it over, then leave. So if you have several people coming, you may want to set a limit of how many items someone can bring. This might encourage them to weed out the ones that maybe aren't in as "like new" condition as the rest. Make a friendly reminder that items should be washed before showing up, too.

For those willing to take on the responsibility of donating all the clothes that are remaining at the end of the exchange, plan an open house style event where people can come and go as they choose. You can skip on the goodies that way, and if you have a whole day available then it can be less chaotic.



... You can end up with a whole new wardrobe for the kidlets without opening your wallet!"

If you want everyone to help return their own items at the end, maybe set it for a few hours at a certain time and ask everyone to bring a couple goodies with them. Keeping the kids fed means they'll be less cranky as you shove them into countless outfits, and a full belly is easier to tell if those pants are going to fit Jimmy Jr. by next week.

If you have spare rooms, label the doors. Put baby clothes in one room, toddler in another, etc. Put the

largest amount in the largest room so folks have a chance to spread it out. This keeps it way more organized for everyone and there's a greater chance most of the clothes will find a new home, meaning there's less to bag up and deliver at the end of the day.

So you got to thin out their closet, there's fewer grey hairs on the horizon, and the kids have new clothes without blowing the budget.

I call that a win-win-win.

Join us and **BLING** in the New Year with sparkly January specials!

Wishing you a healthy, happy 2017!

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“Exchange is creation.” ~Muriel Rukeyser

The business of returns

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If you are anything like me and start your Christmas shopping in September, you might be considering how the usual 30-90 day return policies

will fit your early gift buying schedule.

As a consumer, during any time of the year you should always check what the return or exchange policy is before making any purchase. You can't just assume all retailers will have a 90 day return policy with a receipt. Box stores may

have a standard policy, but small businesses have more freedom to customize their individual return policies.

If you own a retail business, try being flexible with your return policies during the holiday season. Offer gift returns or exchanges that extend past the holiday season in order to give ev-

eryone a chance to sort out gift returns/exchanges once the festivities have settled.

As a business owner, it's important to also let your customers know what to expect; have your return policy in writing, on the back of their receipt. Also post it where your customers can read it before making their final purchase, such as at the checkout counter. Have your cashiers reiterate return policies as they are ringing in purchases; this ensures that any specific return questions can be answered directly, such as letting a customer know if their purchase is a final sale item or any other special return policies on specific purchase items.

If you do not have a Return or Exchange Policy document in place, here are a few thoughts to keep in mind when developing your store policies:

- How long does the customer have to return an item? Typically retailers offer a 30 to 90 day time-frame for returns, but some retailers don't offer any refund policies; exchange only or store credit.

- What condition should the item be in? Will you accept return items that do not have purchase tags still intact, or if the product is not in the original packaging?

- Will you require the original receipt? Can customers return a product without a receipt? This may be more feasible for bigger box companies but smaller retailers may just want to offer exchange only without a receipt.

- Lastly, how will you issue the refund? Often retailers issue refund in the same tender as the product was purchased; cash or credit card. Some retailers, depending on their specific return policy, will only issue credit back to a store gift card; others will give the option to the customer if they want cash back or a credit.

It is not only important to establish and implement a Refund Policy, but to ensure that your staff is educated, and your customers are informed on that policy.



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"I had a feeling about Shakespeare's soliloquies, that there should be a real exchange between the actor and the audience." ~Trevor Nunn



Our art is an energy exchange



BY STACEY POIRIER,
W.L. STUDIO THEATRE

"Art is always an energy exchange." ~Erica Jong

Being involved with the Theatre possesses an interesting array of exchange. We exchange what would normally be free time, to shape and mould a production into fruition. The people that are a part of our regular routine are substituted with cast mates, stage managers, props people, costumers, producers, directors, lighting and sound techs, running crew, make up techs, set builders, and hair gurus. Instead of sleep we live, breathe, and obsess about all the aspects it takes to make our play remarkable. However, not for one moment would we have it any other way.

The energy exchange itself begins as soon as the decision is made to stop whatever, "normal life," activity we are partaking in during the day and shift the gear into "theatre brain."

This switch brings a plethora of different reactions; from acute nausea, euphoria, anxiety, thrill, elation, and fear to an intense mixture containing all of the above. It could almost be said that we exchange relative sanity for intentional minor psychosis. That being said, it is in those moments of increased awareness that we get in our vehicles, hop on our bikes, or lace up our shoes and make the trek to our beloved "home away from home."

The first things we observe as we step foot into the building are the walls, bound with the many faces that share in our love to transpose the life outside, to the world that we create on the stage for our audiences. Countless souls have given their blood, sweat, and tears for a moment in the lights; or the opportunity to move about in the shadows. It is a humbling thought that our society contains such an abundant history of like-minded individuals,

willing to trade the thought of a quiet existence for the chance to chase a passionate dream. Looking at those people every time we enter into the theatre gives us courage and strength to keep the energy that is art alive and thriving.

As the doors from the lobby to the stage are unlocked and thrown aside, the rush of excitement flows through as if the entire universe is contained in that room. The personal transformation begins as the lights are turned on, personal belongings attaching us to the world outside are stowed away, and the character or person that we had put away starts creeping back to the surface.

This part of the exchange is always fascinating. Our own clothing is replaced with costuming, hairstyles are altered to suit the character we are becoming, and makeup is applied to complete the physical change from who we were, to seeing a different person in the mirror. Internally, that quiet voice that was scratching at the surface is now beginning to break through and replace our own familiar tone with that of its own. Our energy shifts into who we need to be for the stage, instead of who we were when we walked into the building. Mannerisms once out of place become

familiar; personalities shift sometimes to the point of being changed drastically; we place our own being into a jar, close the lid, and place it on a high shelf for later. A voice calls for us to take our places, the world goes dark and quiet, we step onto the stage, the lights go up, and the transportation is complete. For the duration of the play, we have exchanged the world we live in for the world that we have created. A place in which people that we have only known for three months are family, a couch that was built six weeks ago has been our couch for decades, our hometown was introduced to us at the first reading of the script, and even though we are not married, we now have a husband or wife and a few children. This is the portrait we paint, night after night.

The success of what we do lies in the ability to grasp the audience in such a manner that the wall between reality and pretend is torn down completely. Not only do we exchange our existence for that of our character, we strive to transport the crowd from their everyday lives into a place where the energy that the stage is exuding draws them in and keeps them entwined until the moment that the curtain drops and the veil is lifted.

Salvation Army News

BY TAMARA ROBINSON, FAMILY SERVICES COORDINATOR/OUTREACH WORKER

Well, we made it through another holiday season! This has been my second Christmas with The Salvation Army and it has been another very busy, but wonderful experience. This Christmas season would not have been a success without the countless volunteers; each and every person, both old and new volunteers in this community who took time out of their busy schedules to help us with various important tasks such as our Kettle Campaign, Christmas Dinner, Christmas hampers, Soup Kitchen, Thrift Store and Drop In Center to name a few. I would also like to acknowledge the various residences and businesses in Williams Lake and surrounding areas for their donations, and for sponsoring families this Christmas.

The Salvation Army has come out of Christmas with renewed energy and excitement, and we are looking forward to serving the community of Williams Lake and surrounding area in 2017.



Worship

267 Borland Street, Williams Lake

Sunday Worship 10:30am,
fellowship coffee after church

Tuesday Bible Study 7-8pm

Food Bank & Drop-In Centre

272 Borland Street, Williams Lake

Breakfast 9-9:45am
and Lunch 12-12:45pm

Museum of the Cariboo Chilcotin and BC Cowboy Hall of Fame

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January 2-16

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“Middle age: when you begin to exchange your emotions for symptoms.” ~Irvin S. Cobb



The artistic barter

A SHORT STORY BY
LINDA PURJUE, W.L.
WRITERS' GROUP

I practice the art of bartering whenever the opportunity arises. Every now and then, I make a very good deal.

I am a fibre artist. I spin the wool fleece of sheep, or the fluffy fibre of alpaca, or whatever fibre I can get my hands on, into yarn that I can then weave or knit into beautiful and useful works of art.

One year, I acquired some Shetland sheep, unspun fleece in three natural colours: rich creamy white, bright copper brown, and subtle chocolatey grey. I spun each of these into slender yarns I felt very good about. Shetland is my favourite breed of sheep fleece to spin; it slips gracefully and gently through my fingers as it is

spun and drawn onto the bobbin of my spinning wheel, so fine, so soft. It almost spins itself into fine, even yarn.

I took these three yarns and knitted patterned earflap hats with them that would cover a person's jaw and tie under the chin to keep the wind and chill out of their ears. I took these hats to the Annual Big Creek Jamboree and entered them into the mini-Fall Fair there.

Also at this fair, a friend of mine, Hazel Henry, had a display of several of her water-colour paintings hung on the walls of the hall. I fell in love with one that depicted a dirt lane stripedly shadowed by brilliantly yellow autumn aspens and blue spruces, ending in a log gate. It resembles, in atmosphere if not exactly physically, my own driveway. I repeatedly

returned to this picture, standing in front of it and taking in each and every little detail of it

Hazel was selling this picture, for hardly more than the frame alone was worth, but which was still more than I had. Rather hopelessly, I offered her a hat in exchange for this lovely painting. To my surprise, she eagerly accepted! She chose the hat she preferred, and handed me the picture.

This picture is hanging in pride of place on my living room wall. I frequently admire it, and it never fails to infuse me with a gentle peace and joy. I love it. Making it all the more precious, not terribly long after this exchange of our artistic endeavours, Hazel died. I truly hope she enjoyed her hat even just a fraction as much as I enjoy my painting.

Chilcotin flat



A SHORT STORY BY
SUSAN CARLSON,
W.L. WRITERS' GROUP

Women from the Chilcotin have a reputation for being handy at a lot of things, like driving a tractor, or a truck with standard transmission. They can chop wood and wrestle calves. They carry booster cables in their trucks and know how to use them. They also know how to change a tire.

So this particular December morning, my reputation was on the line. My friend had taken a much needed break from her ranch duties to visit family and friends, and I was doing her chores while she was gone. I checked my mental list of tasks completed: chopped ice out of the stock tanks; watered horses, cows and calves; watered plants; turned off the generator; chopped wood and re-filled the wood box; fed the cat and gave her the special treats; stoked up the fires.

Done for the day, I headed for my car...and saw the flat rear tire. Not

just low, FLAT.

Flats are not uncommon when one drives graveled roads. My husband has shown me how to change them, but since he's so good at it, I usually just fetch and hold things for him while he gets the job done in a few minutes. I have on occasion had a flat when driving by myself and started the procedure on my own, but there's always been some kind fellow passing by who stops to finish it for me. That wasn't going to happen this time. No one would be "just passing by" this place.

I thought through my options—it took about 15 seconds. To call for road service, I'd have to start up the generator again so the phone would work, then try to explain my location to the call centre so they could enter it on the computer. That would take more time than changing the tire—let alone the hours it would take for a tow truck to get here. Waiting for my husband to get home from a long day's work and then have to come looking for

me, not a good plan. Or I could walk for an hour or two till I got to a more traveled road and hope someone would come by to give me a ride home... nope, it was up to me.

The thermometer had hunkered down at -30°C that morning, so conditions were less than balmy for the project. But the sun beamed down from a bright blue sky, softening the cold bite in the air, and helping me feel hopeful. I prayed that I'd remember to do the right things, and that I'd not do something stupid and injure myself.

I remembered to set the parking brake and got a couple chunks of firewood to block the tires. I loosened the lug nuts BEFORE jacking up the car. I did refer to the manual to remember where to position that rascally jack. But the underside of a car coated with mud and snow doesn't look the same as the picture in the book, so I had to resort to common sense. It would have been painful for an expert tire changer to watch my clumsy progress, especially when I was trying to line up the holes in the rim with the studs. It was a struggle to hold that tire with numb fingers, but eventually the exchange was made.

That evening when my husband got home from work, he inspected my work and gave it his approval. The reputation lives on, just barely.



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"I gave up a lot of things in exchange for my success."
~Billy Sheehan



Gift of exchange

A SHORT STORY BY
ANNE MOUTRAY, W.L.
WRITERS' GROUP

The friendly crow that always seems to be in my tree, squawking at me, one day fluttered down and landed on my shoulder. Suddenly the squawk changed to a quiet murmur as he whispered in my ear, "I'm magic, you know. You always smiled and said nice things to me so now I'm granting you one wish. You can exchange one thing in your life, for anything you want. Choose well."

As I returned to reality, I wondered what I would have exchanged in my life, if I had really been granted such a wish. This would take some thought.

Millie, my scruffy little dog has just decorated my living room carpet with the coffee grounds and other slimy contents of the garbage bag that I had

foolishly left by the door, waiting to be taken out. She has never done that before, but once is once too many. To add to her wickedness, Millie stole a bag of cookies off the dining room table. Then she pranced into the T.V. room where I was sitting and joyfully dropped the empty cookie bag, save for one cookie, at my feet. She thought that saving one cookie for me was going to make it all right. Ha! This would be a good time to exchange the little rascal for one of those beautifully manicured, well mannered, pure bred something-or-others that one sees parading around the field at dog shows. But then again, do I really want a snooty, nose in the air, perfectly groomed creature in place of my funny, scraggly little thief? Can I do without the million laughs a day that Millie brings to our house? No, I cannot. No matter what

terrible thing she may do, Millie is safe from trade.

Maybe I could trade my humble little home for a palace. I would not only be keeping up with the Joneses, but would far surpass them. Then I realize that it is hard enough to keep my few rooms dusted, let alone dusting a whole pile of palace rooms. I have a hard enough time deciding in which of my cozy little rooms I am going to sit; any time not spent dusting would now have to be used in deciding. Besides, a palace would look awfully silly in Williams Lake. Sorry palace, you're out.

I've got it! I'll swap my face for that of Elizabeth Taylor: she doesn't need it any more. Oh, wouldn't it be wonderful to be so beautiful that it would cause everybody to look at me and want to be my friend. Now am I going to spend all my time wondering, to misquote Yeats, "Do you like me for myself alone and not my beautiful face?"

I guess you get to keep your face Elizabeth.

Wait, there is one thing I would be elated to be able to change; why did I not think of it earlier? The gift

of exchange would not be wasted after all.

Me tall, feet small. My size five and a half feet have always been the bane of my life. Step on a pebble and

whoosh, I'm down; a piece of broken pavement and I'm flat on my face; a little misstep and there goes the wrist—again. Please crow, give me my wish for real.

Borrowing for an RRSP?

BY ADELE MCLEARN

Many people are recommended to borrow for an RRSP loan in anticipation of receiving enough of a tax refund in order to pay off the loan.

In my experience, they do not always receive enough of a refund in order to accomplish this goal. The downside of this plan is that now they have another loan payment for the next year. In essence, you are always one year behind in your RRSP contributions.

One alternate suggestion would be not doing a loan for this year – instead set up a monthly automatic deposit into your RRSP

for your tax remittance for the following year. In this way, if there is a month or two that you cannot afford the deposit into your RRSP, you can stop the withdrawal. If you are trying to pay off the RRSP loan from the previous year, you can't stop the withdrawal. It is a loan payment.

I would suggest to set up a budget whereby you know exactly how much income you have and compare that to your monthly obligations. In this way, you will be able to set aside an RRSP contribution without taking the chance of not having enough money at the end of month.

January is the perfect time to re-evaluate your spending patterns and to know exactly where your money goes. It's very difficult to save for your retirement if you don't have a written budget, and if you have a partner be sure to set the budget up together. It's extremely difficult to follow a budget if only one of you is following it. This will also eliminate arguments as to who spent what!

Why not start 2017 right? Prepare a budget and start planning for your retirement now. Every year that goes by is one year closer to your retirement. Are you prepared?

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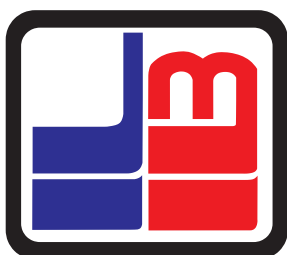
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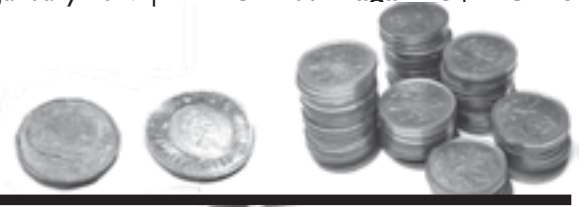


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"What a pity human beings can't exchange problems. Everyone knows exactly how to solve the other fellow's." ~Olin Miller



The key

A SHORT STORY

I stare at myself in the mirror, my shoulder length blonde hair in disarray, and I attempt to smooth it down with my hairbrush. I pinch my cheeks to try to bring some colour in them, since I don't own one speck of makeup.

"Lucy?" My roommate's voice comes from the other side of the bathroom door. "You almost done in there? I have to get ready for work."

I throw my hair up in a messy bun and take one last look. Nodding silently towards the closed door.

"Come in," I say to Jaylene, splashing some water on my face.

She opens the door and smiles at me. "You getting out of the house today?"

I nod at her. "Yep, I decided to forget about the past and go out and get a new job today."

Jaylene's grin grows bigger, "That's great Lucy, I'm proud of you."

I leave the bathroom and walk down the hall and to the left into my bedroom. The apartment is small but affordable and it is easy to feel comfortable here. Walking to the other side of my bed and opening my closet door, I scrutinize my clothes to try and find something

suitable to wear. My last job required me to wear a uniform, and for the last eight years, I haven't really had the opportunity to shop for anything fancy or even business-like.

"Jaylene?" I call from the closet, "Do you have any suggestions of what I should wear?"

"Just a second Lucy," Jaylene calls back.

I could hear her leave the bathroom and rustle around in her closet. About a

minute later she comes in to my room with a pair of dark grey dress pants and a maroon dress shirt.

"This should work for you," she smiles again. "Knock 'em dead."

Later that afternoon I walked into an old antique shop. One that looked like it was family owned, a shop that looked like it could be a place I could be comfortable in.

A bell rings the moment I walk through the old door, and a friendly voice calls "Hello" in a sing song voice from across the room. I look at the little old lady, white hair piled on top of her head and a big feather duster in her hand.

"Welcome to my shop!" She says, hurrying over to me. "My name is Mary, how are you today? Did you just come into browse, or were you looking for something



my shop and ask for a job before, it's quite an interesting situation."

We both stand near the front door in silence for a moment. I shift on my feet and do my best to maintain eye contact with her.

Mary puts out her hand, her palm up and asks, "May I?"

Not fully understanding what she was asking for, I put out my hand anyway. She takes it and stares at my palm. She nods a few times, the smile never leaving her face.

"I tell you what," she says. "If you can come in three days a week to start, we can find something for you."

"Thank you so much," I smile back at her. "That is very kind of you. When would you like me to start?"

Mary hands me the duster she had been holding all this time, "Can you start right now?"

I grab the duster from

specific?"
"Actually,"
I start, feeling my cheeks grow hot. "My name is Lucy, and I was wondering if there was a way that I could help you. I am looking for a part-time job, and your shop looks like a great place to work in."

Mary's smile grows bigger and she looks me up and down.

"I'm sorry," I apologize quickly. "I realize that this might not be the best way to gain employment, it's just that I have had issues with jobs at bigger corporations in the past and I would like to be able to find something that is more 'homey,' I guess."

Mary looks at me with a genuine gleam in her eyes, "Why yes, I don't think that I have ever had anyone actually come into

tower, back in the 1600s. It has been in my family for generations. Old iron, so it is very heavy," Mary leans closer to me and put the chain around my neck, "It always seems to find its way back."

"I can't pay for this," I tell Mary, grabbing the necklace and attempting to take it off.

Mary stops me, "I'm about to close for today. Got some errands and things to run and you've done a lot of dusting in this last hour Lucy. Why don't you take the necklace in exchange for payment for today? Tomorrow when you come in, we can discuss what your schedule and hourly rate will be."

I smile at her and nodded. I didn't really want to take the necklace off, there was something captivating about it.

"Thank you Mary," I say.

"You're welcome, Lucy." She smiles back at me. "I will see you tomorrow at noon."

To be Continued...

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"I would exchange everything for one child of my own." ~Henrietta Szold



Family positive goal-setting

BY DAWN WALL,
WOMEN'S CONTACT
SOCIETY

January, the month that starts the year, brimming with the promise of fresh beginnings, a fresh new page to fill with all your goals for the year, a time for making New Year's resolutions. The problem is that resolutions tend to be such negative statements that arise from the excesses of the month before. I, myself, have stopped making these types of resolutions as I found that I was doomed to fail from the beginning.

Instead I try to focus on exchanging one behavior that I would like to get rid of, for a more positive one. For example: instead of focusing on the need

for my family to eat less junk food (which implies that my family would have to do without some things that they like), I would change my focus to increasing the number of fruits and vegetables we eat (which implies no sacrifice at all).

Goal exchange, instead of making resolutions, is a wonderful way to get children involved in making changes. Children can understand and will work toward positive actions. This can be done as a family, or on an individual basis. You can call a family meeting to list all the things that are really good about how your family works, and positive changes that the family would like to see. Once you have a list of changes, look at the positive behav-

iors that would help make those things happen. The most important thing about this conversation is that there is nothing negative said or any blaming done.

One way to do this and maintain the focus is to make a chart or list.

Things to do more of

Listening:

- Look at each other when we talk.
- Make sure that we really understand what the other person meant by repeating back what you heard.
- Turn off cell phone etc. when someone wants to talk to you.

Reading:

- Have a quiet time during the day when distractions are turned off and there is a quiet time for reading.
- If children are too young to read themselves have a time other than bedtime to curl up together with a book.

Doing:

- Plan to do things together and do them. Make time for family outings, games night, movie afternoon.

Encouraging:

- Focus on how much effort is being put out rather than praising the accomplishment.

Yes:

- Find ways to say yes to requests more often. This does not mean that everyone is a pushover. It may mean that the yes is "Yes we can do _____ right after I finish the dishes. And remember to do it."

Smile:

- Smile at and acknowledge each other let everyone know how important they are.

So let's resolve to pass by all the negative resolutions this year and focus on what we want to see in our lives. On that note, I want to wish you health, happiness and joy in your life and your family this year.

THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

- Sun., Jan. 1** Celebrate those whose last names begin with Z
- Mon., Jan. 2** National Run it Up the Flagpole and See if Anyone Salutes Day
- Tues., Jan. 3** Festival of Sleep Day
- Wed., Jan. 4** Trivia Day
- Thur., Jan. 5** Bird Day
- Fri., Jan. 6** Bean Day
- Sat., Jan. 7** Old Rock Day
- Sun., Jan. 8** Bubble Bath Day
- Tues., Jan. 10** Peculiar People Day
- Fri., Jan. 13** National Rubber Duckie Day
- Sat., Jan. 14** National Dress Up Your Pet Day
- Mon., Jan. 16** National Nothing Day
- Tues., Jan. 17** National Ditch New Year's Resolutions Day
- Wed., Jan. 18** Winnie the Pooh Day
- Thur., Jan. 19** National Popcorn Day
- Tues., Jan. 24** Beer Can Appreciation Day
- Wed., Jan. 25** National Opposite Day
- Sat., Jan. 28** Fun at Work Day
- Tues., Jan. 31** Inspire your Heart with Art Day

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"Truth is, generally I like film festivals; somewhere at some level there's an exchange of ideas." ~Willem Dafoe



Out of the Fridge

By Brice O'Neill

Developing a quick wit and dry, sarcastic sense of humor has really helped me in the last two decades of life in the kitchen. Verbal exchanges evolved with these skills as well. I've gone from "Hey Brice how are you today?" to which I'd reply "Why don't you mind your own business?" to a much more appropriate response like, "Do you really want to know or are you just being polite?" Much better right? I've found that for some odd reason people who do not work in a kitchen

mean and usually rude words is a lot better than punches. Once in a while one of the wait staff thinks they have the ability to throw the odd verbal jab at me or one of my cooks. The next thing you know we are exchanging very lightly veiled insults. This is the most fun that a cook and wait staff can have that doesn't end with exchanging phone numbers. Unfortunately for most wait staff, the years of training to be a verbal warrior creates a thick layer of armor that allows us to dominate any exchange. There are exceptions of course. The ones who have spent the best years of their lives in restaurants also become quite good at the one finger salute.

Cooks live in a constant state of stress, so having an outlet, such as sparring with words, is a time honored tradition that helps to keep us in a good mood and keep our wits sharp. Exchanging good natured, albeit

mean and usually rude words is a lot better than punches. Once in a while one of the wait staff thinks they have the ability to throw the odd verbal jab at me or one of my cooks. The next thing you know we are exchanging very lightly veiled insults. This is the most fun that a cook and wait staff can have that doesn't end with exchanging phone numbers. Unfortunately for most wait staff, the years of training to be a verbal warrior creates a thick layer of armor that allows us to dominate any exchange. There are exceptions of course. The ones who have spent the best years of their lives in restaurants also become quite good at the one finger salute.

I recently worked with a waitress who had spent some time on a busy family restaurant line. The combination of a hardened line cook, a quick wit and a great sense of humor allowed a very special bond of love-hate

between us. It's not often you can threaten to kick a pregnant woman down a flight of stairs and she responds by looking at your knife then in your eyes then back at the knife and then at your groin. That kind of nonverbal but very real exchange is the stuff that puts a smile on a grizzled chef's face. The challenge of spending a lot of time in an environment where verbal exchanges that are rude and quite often offensive and designed to hurt, is when you come home and your 8 year old daughter says "Hey dad how was work?" and you catch yourself thinking, 'Go ahead say it.'

Recipe time! What can we make that fits the theme? Hey... wait a second here, I've written like 14 or so recipes for you guys in this column and you haven't given me one back yet, how is that a fair exchange? Ok... ok, I get it. Life isn't fair, just give us the recipe, Chef. Ok, here is a really easy, super good cookie recipe that you can make for a cookie exchange (clever eh).

Get a box of your favorite moist chocolate cake mix, some icing sugar, one egg, a dash of pure vanilla, eight ounces of cream cheese, and half of a cup of butter, both at room temperature. Beat the cream cheese with the butter until smooth with a mixer, then toss in the egg and vanilla. Now SLOWLY add the cake mix. Cover in the fridge for 2 hours, then roll into

balls about cookie ball size. Roll them in icing sugar, put them on an ungreased sheet pan, and

bake at 350 degrees for 12 minutes. Cool completely then dust with more sugar. Easy eh?

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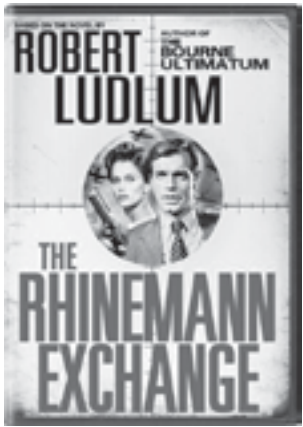
Welcome **Mikaela Mears!**



"Just give me all of you in exchange for me."
~Bryson Tiller, Exchange lyrics



Broaden your movie experience with hidden gems



The Rhinemann Exchange, ages 14 and over
Based on the gripping book by best-selling author Robert Ludlum (*The Bourne Ultimatum*), the must-see miniseries *The Rhinemann Exchange* arrives on DVD for the very first time! Filled with international intrigue and suspense, this World War II thriller follows a U.S. intelligence officer to Argentina where he must arrange the exchange of industrial diamonds and top-secret technology between the Germans and the Allied forces. With a powerhouse cast that includes Stephen Collins and Lauren Hutton, *The Rhinemann Exchange* contains all the original 5 unedited TV hours, and is a jewel of an adventure that you can't afford to miss!

Hillsong Live: A Beautiful Exchange, not rated



Hillsong Church has produced hundreds of Christian songs on

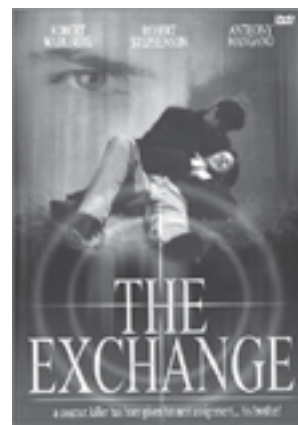
albums since 1992 on more than fifty albums, mostly under their own label, Hillsong Music. This DVD brings praise and worship to a new level of beauty.

Rapid Exchange, starring Lorenzo Lamas and Lance Henriksen, not rated

Over a quarter of a billion dollars is on a 747 bound for Europe and the plan is to steal it all . . . in mid-air. The perfect team has been assembled and every detail has been

examined to pull off the biggest heist in history. A payoff this big, you can't trust anybody.

Lamas & his partner botch a heist job for Henriksen's crime boss character. As payback, they agree to join his team of experts in boarding a govt 747 in mid-flight in secret that's transporting \$250 million US. About as dramatic as an episode of *Magnum PI*.



The Exchange, not rated

The four Naldoff brothers from New England make their living running money scams. The oldest two, Michael and David, are focused on big hits scoring enough money to take care of the entire family for good.

Key Exchange, not rated

Ben Masters, Brooke Adams, Daniel Stern, Danny Aiello and Tony Roberts round out the cast



of this charming romantic comedy about the ups and downs of a young New York couple. Originally a popular off-Broadway play, *Key Exchange* is the story of Lisa and Phillip, who have been maintaining an open relationship. But now she decides towards commitment, which entails an end to his fooling around and giving each other the keys to their separate apartments. However, this gives Phillip some problems -he still wants to fool around, and he's already seen the marriage of his best friend (Stern) disintegrate in short order. It's a bitter-sweet tale of romance, love, commitment and



freedom, and the myths and realities that go with each.

Fullmetal Alchemist, Volume 3: Equivalent Exchange (Episodes 9-12), not rated

The *Fullmetal Alchemist* is one anime series you can't afford to miss. In this volume, Chris Johnston stars as the *Fullmetal Alchemist*, Edward Elric, who is given his first assignment. He is to inspect the coalmines of Youswell, a task he believes to be Mustang's attempt to deter his search for the Philosopher's Stone. Ignoring direct orders, Ed and Al take a detour to a popular tourist town hoping to uncover the smallest fragment of truth behind the Stone's growing legend.

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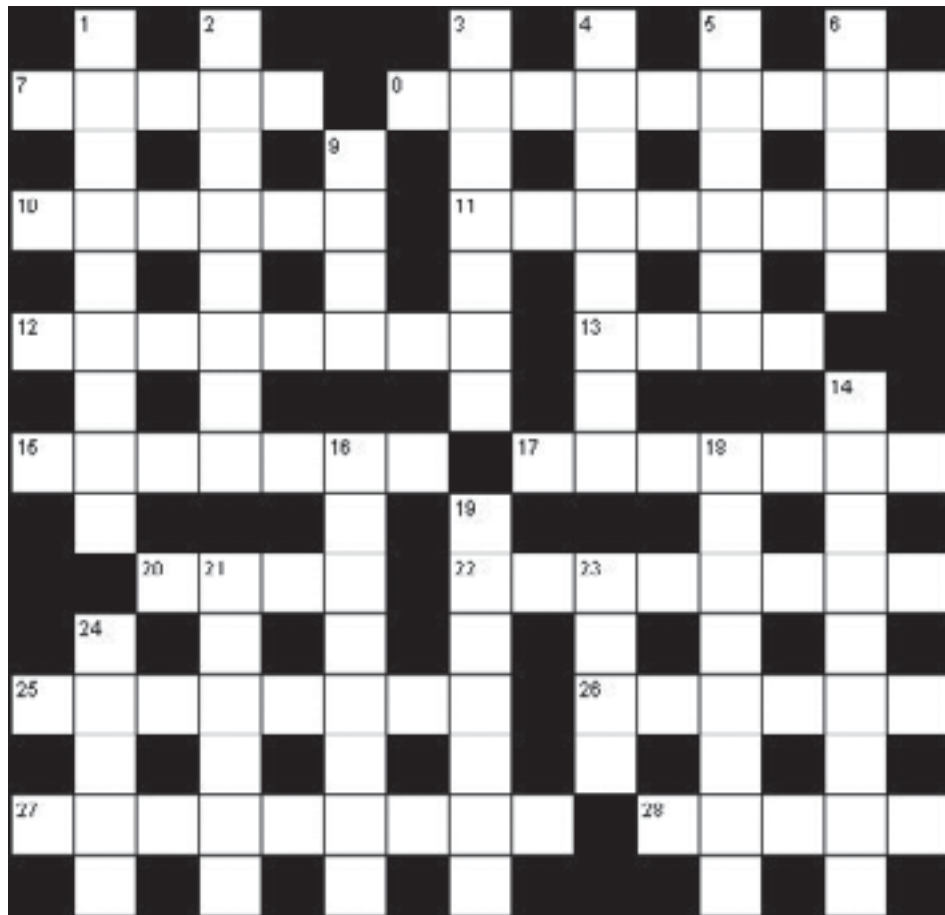
do



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



X-Word Puzzle



1 Midday food including a bit of wadding from which Apollo was shot, amongst many (6,3)

2 Typographic layout involving caryatids, possibly (8)

3 Cry out our quahog should go first (7)

4 Ask: was it turning too far right, symbolically? (8)

5 Much ballyhoo found at a fairground (4-2)

6 Slowly start to kill animals, causing row (5)

7 Jocular chap aboard cart (5)

8 Hard knock to light way of burning off

9 Hold up! Don't go!

10 Conscript's in con-

duit (6)

11 Wrongly put as "pimply", possibly? (8)

12 Whip hanky out - ta! (5,3)

13 Irish intimidators start to quail in this hot country (4)

14 "You twit," says Stan to comic pal? That's rash (9)

15 Shout out from a military building (7)

16 It's going round sun on tracks with a sort of thrombosis (8)

17 Dub carton "thing to ring from" (4,3)

18 Initially lacking in puns or good rational anagrams - must show what this crossword is (8)

19 Look into top of cranium for a mollusc (7)

20 Old autocrat not finishing crazy mix-up (4)

21 Tacky path? (6)

22 It throws Kitty a poor, untidy London taxi, initially (8)

23 Canopy's put aslant (4)

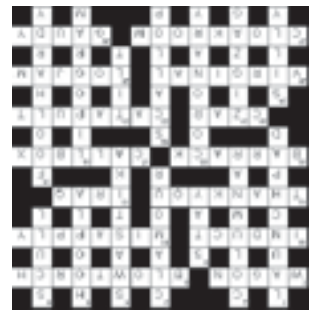
24 A position by a batsman is absurd (5)

25 Virtuous as a harpsichord (8)

26 Catalog fruity mix as "a standstill" (3,3)

27 Put shroud round capacity for a lavatory (9)

28 Vulgar jollity at Oxford? (5)



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