



# the stew

ISSUE 8.10 | NOVEMBER 2017 | FREE

the  
hair issue

Featuring  
**Rick Vreeman**  
Pages 6 & 7



# we speak

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## On the Cover:

Hair can be cut, coloured or styled. We can have too much hair or not enough. Hair can reflect your mood or it can represent freedom of expression. What about animal hair? Hair-raising, hair-brained, by a hair's breadth, or a hairy situation; many possibilities come to mind for this month's hair-themed issue.

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# History of the coif

BY CRAIG SMITH

*"It doesn't matter how long my hair is or what colour my skin is or whether I'm a woman or a man."*

~John Lennon

A quote from an amazing man that lived through eras that were defined by hair. These days you see every hairstyle under the sun, but in Lennon's time, people made judgements about him based on his hair style. It doesn't matter to me now, but being born in the early sixties I also lived through some of that; going through school in the seventies and as a young adult in the eighties.

Before I get into more of my life story, let's look at what comprises hair. I don't have near enough room to get into a science lesson about hair and what it's made of, but basically it's composed mainly of a protein called keratin and the part that is on the outside of your skin is considered dead. The living part that grows beneath your skin is in what's called a 'follicle.' Only mammals have hair, but not all mammals have hair. Hair, once cut, will last two to three years before starting to break down. When you see horror movies and all that's left on the zombies is hair and nails, that's probably not far off, as those things take longer to decompose than skin. Well that's enough of the gross stuff.

The 'hair business' is big money. To give you an example, the hair industry (salon cutting and styling, extensions, wigs, weaves, tools and appliances) generates over five hundred billion just on women and men of African descent. This is more than the Gross Domestic Product, (total sales of goods and services of a country) than every country in the world except the top twenty-three. In 2016, in Canada alone, there are 45,000 businesses that are related to hair care, and my guess is that none of the bigger stores are included in that figure.

Years ago, I was reading an article about the industries that the wave of technology wasn't going to affect much, or at all, and the big one was hair styling. I'm not sure I would trust a computer getting that close to my head with a sharp instrument, as I've seen all the terminator movies. I think the closest so far was a gadget I saw on the movie *Wayne's World* called a 'Suck-Cut.' It was basically a set of clippers with a length guide, hooked up to your vacuum to lift the hair up and into the clippers. As much as this was a joke, there have been other versions of this idea that have tried to crack the retail market such as the "Flow-bee" company, which claims their tool is better than a barber.

This article wouldn't be

complete without touching slightly on the religious aspects of hair, and the hairstyles that religion has dictated. There is Samson from the old testament that lost all his strength when his lover Delilah had his hair cut while he slept. Early Christian women were not permitted to cut their hair or place jewelry or braids in it, and had to cover their head in places of worship. There are some current religions as well that have this practice. Baptized Sikhs do not cut their hair or beards as a symbol of their respect for the perfection of God's creation. Meanwhile, the Christian Bible condemns long hair on males (didn't Jesus have long hair?). Muslim and orthodox Jewish males are required not to cut their beards and to wear head coverings when they pray. In several religions women are required to conceal their hair with a veil.

In the Christian religion, a practice called Tonsure which goes back to the fifth century and continued until 1972, was carried out by monks. It was the shaving of the top of the head as a sign of religious devotion and humility. This practice wasn't limited to just Christians though, and later was also practiced by Muslims, Hindus and Buddhists, and both male and female Monks. The main difference with the other religions though, is that the entire head is shaved.



Native American men traditionally kept their hair long, and when recruited into the military as guides and subjected to a traditional haircut, lost a lot of their tracking skills. The military conducted a study of long-haired and short-haired trackers. In test after test, the long-haired trackers out-performed the short-haired ones. The conclusion was that the long hair gave the trackers added sensitivity, to the point where Native men were not required to cut their hair, and were encouraged not to have their hair cut.

Hair has created a lot of vanity in history. In the fifth century you couldn't be King if you had short hair, so conquering armies would cut the hair of anyone that might have a claim on the throne other than their choice. In the 16th to late 18th centuries, due to diseases, men and women were going bald, which led to the introduction of white powdered wigs called perukes. The styles from 1800 to the present day are many

and varied; from the flattop which showed up first in the early 1900s, to the mullet of the eighties.

I've had long and short hair in the seventies, to long and mullet in the eighties. I started cutting my hair shorter when one of my buddies pointed out I had the same hole in my haircut as he did. I then started cutting it shorter and shorter. Unfortunately, I got my Mom's hair and not Dad's, who at 78 still has dark brown hair.

Unlike men of the past and some men currently, I am not vain about my hair. I will not even attempt a comb-over, like a certain country's President. After doing research for this article, I've realized that I am in the majority, as 85% of men after fifty have some form of hair loss. At 6'2", most people don't see the top of my head anyway, and as long as bald sex symbols, such as Dwayne "The Rock" Johnson, Jason Statham, Bruce Willis and Vin Diesel keep making movies, I don't need my hair back.



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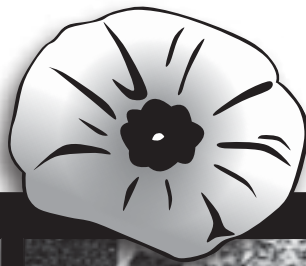


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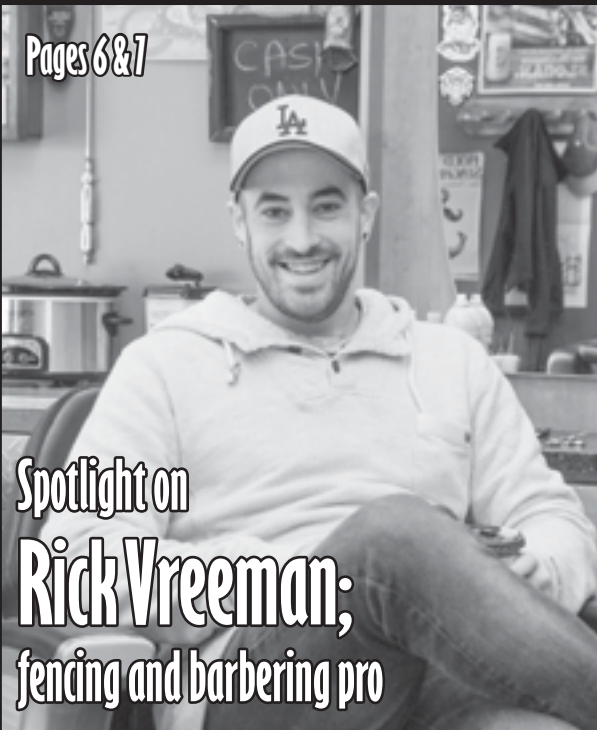


# ingredients



*Lest we forget  
November 11*

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Spotlight on  
**Rick Vreeman;**  
fencing and barbering pro

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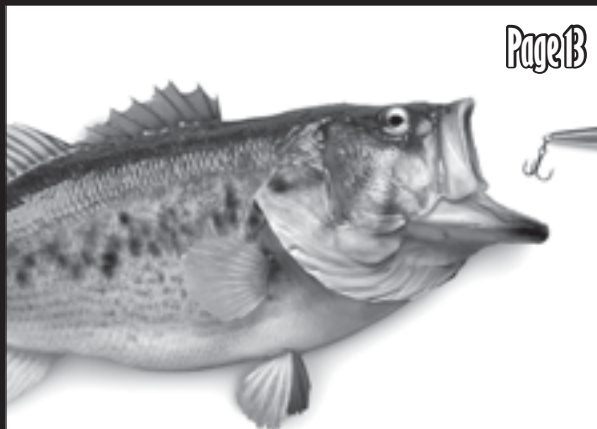
**Travel:**  
Zip lining around the world

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**Looking Back:**  
Tommy Walker of Bella Coola: part 1

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**Home Cooking**  
The hairy scary of real estate

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# hear

## Tommy Walker of Bella Coola: pt. I



**Looking Back**  
By Sage Birchwater

Tommy Walker was larger than life in Atnarko country of the upper Bella Coola Valley when I arrived in the Cariboo Chilcotin Coast in 1973. He left a big footprint in the 19 years he lived in the region.

By the time I showed up he had been gone for 25 years and was living further north near Smithers. But people still talked about him like he had been there yesterday.

Tommy accomplished a lot between the time he arrived in 1929 and pulled out of the country in 1948. In the early 1930s he built

Tweedsmuir Lodge at Stuiie and started the first stampedes in the region. He was considered the godfather of the Anahim Lake Stampede, because after hosting two or three rodeos next to his lodge at Stuiie, the event moved up top to Anahim Lake, 50km away, and has been there ever since.

In 1948 Tommy and his wife Marion loaded up their string of pack horses, and with a couple of young Ulka-tcho horse wranglers, Patrick Jack and Albert Casimer, they headed north 1,440km (900 miles) to the Spatsizi

Plateau. There the Walkers spent the rest of their lives in the country known as British Columbia's "Serengeti".

When I met Patrick and Albert in the early 1990s they still spoke of this epic journey fondly that had occurred more than 40 years earlier.

In 1976 Tommy Walker published his memoir Spatsizi, describing all these events and how he came to Canada as a young man.

When Tommy grew up in England he had a penchant for wilderness. This was largely inspired by the writing of naturalist and Boy Scouts of America founder, Ernest Thompson Seton.

After working in the brewery business in London for four years, he arrived in Bella Coola in September 1929 at 25 years of age. His companion, another young Englishman, was well-heeled. As they stepped off the Cardena steamship onto the dock at Bella Coola the stock

markets were poised to crash on Wall Street.

Walker learned of Bella Coola Valley from the agent-general of British Columbia House in London, FA Pauline. The agent-general rented him a log cabin he owned at Stuiie along the Atnarko River for \$5 a month.

Walker describes Bella Coola and the people he encountered there at that moment in time. They included BF (Filip) Jacobsen, whose writings 40 years earlier inspired the Norwegian settlement of the valley in 1894. There was Gyllenspetz, the rough and ready bachelor outfitter and trapper at Stuiie who built the cabin that Walker had rented. Bill Bowron, the telegraph operator, lived at Atnarko another 15km up the trail past Stuiie. That's where Bert Robson and Maxie Heckmann also lived. Ralph Edwards, the legendary Crusoe of Lonesome Lake, lived another 30km up



the Valley. Domas Squinas, Pete McCormick, George Turner and Austin Hallows were all from "up top" on the Chilcotin Plateau at Anahim Lake and beyond.

All these individuals were legends whose memories were kept alive in conversations around the kitchen tables of the West Chilcotin

and Bella Coola Valley for years afterwards.

At first Tommy Walker thought he might be able to make a living as a fur farmer. This ambition quickly faded when he realized how far away Atnarko was from a reliable food source for the animals. A mink farmer had already pulled up stakes

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# hear

► Domas Squinas family in Stuiie



► Gyllenspetz cabin in Stuiie



...continued from page 4

at Stuiie and moved to the Lower Mainland where waste meat from nearby packing houses was readily available.

Walker described in his memoir how the shock waves of the Great Depression hardly made a ripple on the subsistent lifestyle of the Bella Coola Valley where money had always been in short supply.

"I was confident I could fit in with frontier living," he writes. "I was learning essential skills such as how to use a crosscut saw and a double-bitted axe, but coming up with a livelihood presented a real problem."

Back in the old world, he reflected how every available acre of even marginal land in England was put to some use. This contrasted from the untrammled wilderness of upper Bella Coola Valley.

His companion, whom he never names, was financially secure so he had little worries of how to sustain himself. But Walker's circumstances were different and he had to find a way to earn a living. Both men saw the opportunity to create a livelihood by providing facilities for others to enjoy the pristine beauty of the place they had discovered.

"We decided to build a lodge. All I could contribute was the labour."

By the spring of 1930 they had the foundations for their new lodge well started when the first Dakelh and Tsilhqot'in people rode down from the high country of the Chilcotin Plateau to their more temperate fishing grounds in the valley.

"The head of each family led a mounted entourage of women and children," Walker wrote. "Occasionally a very old lady walked be-

hind, clutching a homemade staff."

Gyllenspetz explained how the indigenous people from the high plateau came down to Atnarko Valley every spring to catch salmon before haying season.

"Watch for Chief Domas Squinas, head of the Ulkatcho people of Anahim Lake," Gyllenspetz said. "He will camp at the smokehouse on top of the hill."

Walker had fenced off his property at the foot of the sandhill next to his cabin before Chief Squinas arrived. He was miffed when Squinas started packing water through his gate without asking permission.

"This was contrary to English protocol and I expressed my displeasure to Chief Squinas," Walker confessed.

He said the chief wasn't amused.

"Maybe I shoot you. I stop here a long time before you come."

Gyllenspetz explain the circumstances of the nomadic plateau people.

"I was able to appreciate the Chief's view that I was the interloper," Walker admitted. "As a result we did not declare war and we soon became friends, bonded by a mutual respect."

A few years later he saw Squinas building a fence of his own around his nearby smokehouse.

"Squinas stop inside; policeman stop outside," he told Walker.

Apparently the law authorities had been hassling Squinas for making home brew, and this was his way to establish some boundaries.

Later that summer Pete McCormick and Austin

► Tweedsmuir Lodge formerly Stuiie Lodge



Hallows showed up with a string of horses to transport some mining prospectors up the Dakelh-Nuxalk Grease Trail into Thunder Mountain to do some drilling. Walker credits Hallows for suggesting he learn to pack a horse as a way to earn some income.

"You should have a trade. With a few head of horses you could make a little money"

Walker says Gyllenspetz taught him how to pack, and when Bowron was offered a job running the telegraph office in Bella Coola, he sold him his pack horse, Charlie, for \$25. Then he bought a saddle from Pete McCormick for another \$25 and was on his way.

Austin Hallows taught Walker how to shoe his horse, showing him how to drive a bevelled nail through the shoe and into the hoof so it emerged at just the right spot to be broken off and clinched to hold the shoe tight.

His first expedition was with Maxie Heckmann who needed to put a new roof on one of his trapping cabins. Maxie had been blown from a mining tunnel as a young man and had lost his left hand, but had become quite adept using his leather-covered stump. Heckmann Pass at the top of the Bella Coola Hill is named after him.

"He gave me my first lesson in packing. He said you have to keep the load

balanced on either side of the saddle or you'll have to keep stopping to fix it"

As the summer progressed, work on the lodge continued and Walker got more accustomed to the routines in the valley.

Mail was driven up the valley twice a month from Hagensborg. Each week everything in the valley centred on 'boat day' when the steamship arrived on Thursdays.

Before Bowron moved to Bella Coola, he convinced Walker to have a telephone installed in his log cabin. A single strand telephone line stretched all the way from Williams Lake to Bella Coola attached to trees in some places.

Bowron brought a phone over to his cabin and screwed it to the log wall. A box be-

neath the mouthpiece housed two round batteries and a long handled receiver hung on a hook. When Bowron installed a short metal horn just above the phone, Walker was curious.

"What on earth is that," he asked.

"Oh that's a howler," Bowron replied. "When you want to make a call make sure the line is free and you don't have to lift the receiver. All the calls and conversations come through the howler."

Walker described it as a community gramophone.

"That's why all telegrams coming in and out of Bella Coola were quite public"

One spring day Andy Holte brought some horses down from Towdystan and commented to Walker that it must have been a hell of a good party he had the previ-

ous winter.

"Someone from your lodge was talking on the phone to Bowser at Anahim Lake and you were making such a racket the noise from our howler made our dogs bark."

Walker surmised it must have been the time when Antone Capoose came down with a load of fur to trade with Andy Christensen.

"We had a bit of a celebration and Andy was dancing with old Antone and beating time with a sooty frying pan on the old man's behind."

Walker said he was rather proud of his accomplishment because not many parties could make dogs bark 60 miles away.

...Check out next month's Stew Magazine for Part 2 of the Tommy Walker legacy.



Kevin Church



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# flavour of the month





# flavour of the month

## Spotlight on Rick Vreeman; fencing and barbering pro

BY CRAIG SMITH

One of Williams Lake's best kept secrets when it comes to hair is a little, out-of-the-way barber shop/hairstyling business on 3rd Avenue called Advance Cut. The proprietors, Rick Vreeman and Julie Inthapagna, do almost no advertising but are as busy as they want to be. They have been partners in life for 6 years, with 2 children, and business partners for 3 years.

Rick was born and raised in Abbotsford, with a two-year interruption that took them to Williams Lake in 2000. Once graduated, Rick wasted no time in going into business for himself. Having learned the trade of fencing while working for his Grandpa's and then his Dad's company, he decided to start a fencing company and sub-contract for his father's company. Thirteen years later, he still considers fencing to be his full-time profession. With the summer we had, I would have thought he would be swamped. He only does chain link and not ranch fencing, and even with very little advertising has a very busy business. When Rick started his fencing business in the lower

mainland, he could work all year round, but once he and Julie moved to Williams Lake, his season was now reduced to spring to fall.

Four years ago, they moved to Williams Lake to be closer to family and make it easier for Julie to visit her family in Edmonton.

Julie's family is dedicated to the hair profession; Dad learned first as his English was better, then he taught his wife. Julie and her sister are hairdressers as well, with their brother being the only odd man out as an accountant.

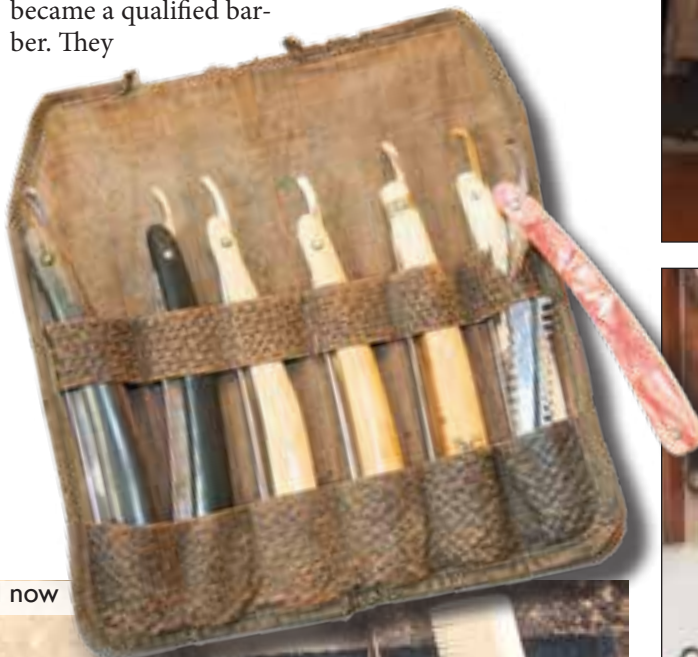
Rick says Julie convinced him to go into barbering, though based on how Rick has decorated his shop, you can tell he loves this profession. After months of training in Edmonton, Rick became a qualified barber. They

opened their business a couple of years ago and named it after Julie's Dad's first shop in Edmonton.

Julie has a very full schedule as she works by appointment. Rick, one of the few actual barbers in town, works like the old-school barbers, with five chairs for waiting, with magazines and a big TV.

They are new to Williams Lake, but are settling in; building their business and building their family. When not working, this couple spends their downtime with family, and can also be found camping, fishing and hunting.

I recommend trying out an old-school hot shave with a straight razor, skilfully done by Rick – one of the few people in town that are properly trained to do it.



► Barbering tools, then and now





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do

# Fall – time to review your finances?



Needless to say – the summer of 2017 can definitely be labelled as a hair-raising time for all of us. Here are a few ideas to consider to help bring your budget back into line.

Contact your utility providers as well as your financial institutions that you deal with. Review your statements from these companies. Ask if there are any adjustments that can be made to your account – costs/services?

Ask for a detailed

explanation of what you are paying and what you are receiving for service. It may be outdated when circumstances change in your home – i.e.: children leaving for university or out on their own – do you still need that very high-speed internet if you are not ‘gaming’ on your computer or streaming programs.

Check your electricity bill – if you have less people living in your home now – are you using less electricity, and therefore should ask the

provider for a change in your monthly equal payment plan?

What about your vehicle insurance – if you no longer have a driver using your car with under 10 years experience, decide if you need to pay the extra cost for covering that person if they are no longer living with you (and won’t drive your car if they come home for a holiday).

Have you reviewed your bank statement to see what service charges are being added to your bank account? Call your Bank to see if there are other more cost-efficient plans that may reduce your monthly expense. Shop for a bank that rewards you for being a good customer!

Credit cards – there are companies that want your business and may offer you 0% interest for

12 months if you switch your outstanding balance to their company. Be sure to read the fine print on these offers! Let your credit card company know that you are looking at another provider to do business with.

Be careful when applying for credit – you do not want companies checking your credit report – every time they

do, it may be considered a ‘hard inquiry’ which may cause your credit score to drop. Keep your credit score as high as you can and only apply for credit when necessary.

These are just a few ideas on how to save money. Is your budget up to date and is it realistic? We all need to start monitoring our money more closely.



## Art Gecko

Showing at the Gecko Tree from **now until Saturday, December 2nd: Christina Mary, *Spirit Calling*.**

Christina set out from Haida Gwaii in the 1990s to embark on a full time career as an artist in the Cariboo. Self taught, she built up a body of work in clay, jewelry, and sculpture, the thread of willow weaving through it all. Christina Mary creates baskets, live sculpture and teaches basket weaving. Nature and the human form have always inspired Christina Mary, and that is evident in her latest work of oil and wax paintings, *Spirit Calling* is an exhibition that explores what’s in the psyche. Looking below the surface, face to face with essence and truth.

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do

# Those tangled masses yearning to be free...



Men's and women's views of hair and haircuts are as different as the genders themselves.

For a woman, the keratinous strands in her crown provide color, shape, style, and even info about the decade of life she is in. How did something so seemingly repetitious and mundane as a haircut get to be as important as it is? Hair isn't even alive! Maybe that's why it won't listen to the words I hurl at it.

Coco Chanel had it

right when she said, "A woman who cuts her hair is about to change her life." For a woman, good hair does not stay home on a weekend! And Iris Appel says when your hair is done properly and you love your shoes, you can get away with a lot of things!

Of course, there is the economy to consider. Hair salons popped up early in rough-hewn towns of the wild west, like Williams Lake. The simple fact that hair

grows, grays, and needs tending provides support for half this town, I am sure. To be sure, great hair doesn't happen by chance—only by appointment.

Bill Cosby used to say that gray hair is God's graffiti. If so, why is there a preponderance of blondes, brunettes and redheads in town—not to mention those with streaks, ash tones, blue extensions, or copper highlights. (And that's just at my house!)

My current coif is called, "I tried." Yet the benefits of doing one's own hair are numerous. For example, arms are toned by all the blow-drying, and standing crooked for hours in front of the mirror requires corrective massage, which benefits both the person and the economy. But there are mundane moments, too.

Great hair emerges only when we head to the shower, and the only time saver I can find in life's busy-ness is the ability to air-dry my strands while driving to town with the windows down!

How many times have I picked up a bottle with the directions, "Lather, rinse, repeat?" That rates right along with having to make my bed every morning—another boring, repetitious duty that I've been doing for far too many years! Would I prefer unkempt?

For the rebellious, the mess on the outside of the head may be directly proportional to the mess on the inside. The finest presentation of ourselves isn't our fashion, haircuts, shoes, or make-up—it's that inner character we continuously cut and shape. And socially, if he calls you beautiful with



your hair all messy and with no makeup on, he's a keeper.

For a child, this rant about hair might fit. "I grew you myself! I gave you life and this is how you repay me?" That's from sixthsensesalong.co in the U.K., where all the children are perfect.

For men...David Allen Coe says long hair can't quite cover up a redneck. So, I asked my husband for his take on hair. He could have said, "When

your hair is perfect I can't even touch it!" But he was kind. He simply said, "Sorry—I can't help you—I'm at a loss!"

Shanti wisdom says it all, "At the end of the day your feet should be dirty, your hair messy, and your eyes sparkling." For life's loose ends, Peter Coppola summarizes, "Tomorrow morning when you wake up and smell the hair-spray—that's all you really need."

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*"Curl it, cut it, dye it. At the end of the day, confidence is the best hairstyle." ~Unknown*

## A new way to play

BY RICHARD BUTTERS,  
ADVENTURE GAMES

Anyone with children, or who is regularly in contact with children, will know that childhood is radically different to the one they remember. The prevalence of technology and especially social

media has changed what it means to be a child almost beyond recognition. With such dramatic changes, is it possible that modern culture is ruining what childhood is? The biggest problem reported by carers of children is that they engage less in imaginative play. Modern

technology means that their attention is being demanded by more and more things, so they don't have the time or inclination to play. If they have more and more video games or ways to access TV, why would they have to make up their own games?

There's also the issue of what children can access online. Before the advent of the internet, caregivers could control what information a child had access to. Now, though, a child can find almost anything online. This can be a real danger if they come across material that's too mature or graphic for them.

The largest problem

children face in modern culture is that of 'helicopter parenting'. The trend of taking control of every aspect of a child's life comes from a place of love, as parents of course want their children to be safe and happy. However, as children aren't able to go out and have their own experiences, they're staying inside and instead experiencing the world through a screen. However, it isn't all doom and gloom. Children may have access to things their parents could never have dreamed of, thanks to the internet. The learning opportunities are almost endless, and they can connect with other children and educational experts from all around the globe. If parents are concerned with what their children are seeing online, it is possible for them to control what gets to them. Parental controls are easily set up on most internet enabled

devices, and encouraging your child to be open and honest with what they're seeing online can go a long way.

Play is different now, but it doesn't mean it's gone. Just like adults did when they were young, children still enjoy playing as their favourite characters in the school yard. There's still plenty of imagination for them to tap into. The difference is that modern children have a wider pool of experiences to draw from when they play their own games. So, is modern culture ruining childhood? Not necessarily. It's true that there are a lot more hair-raising dangers out there for modern children, but there's a lot more opportunity, too. If a child is equipped with the right tools for negotiating the dangers of modern life, then they can have a happy, fulfilling childhood.

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# Stop the violence



BY EVA NAVROT, WOMEN'S COUNSELLOR

Well let's just start with some lines from the song *Hair* by the Cow-sills (1969) – remember that? If not check it out on YouTube. It was written and performed back when having long hair

was a super big deal! The song became a number 1 hit, and remained popular for many years. In its day, that song was a big deal!

*"She asks me why  
I'm just a hairy guy  
I'm hairy noon and night  
Hair that's a fright  
I'm hairy high and low*

*Don't ask me why  
Don't know  
It's not for lack of bread  
Like the Grateful Dead  
Darling  
Gimme a head with hair  
Long beautiful hair  
Shining, gleaming,  
Streaming, flaxen, waxen  
Give me down to there  
hair*

*Shoulder length or longer  
Flow it, show it  
Long as God can grow it  
My hair  
Let it fly in the breeze  
And get caught in the trees  
Give a home to the fleas in  
my hair  
A home for fleas  
A hive for bees  
A nest for birds  
Oh say can you see  
My eyes if you can  
Then my hair's too short..."*

Today, both hair and music are still such a personal form of self-expression.

Times have really changed, and I'm framing this article in the context of my work as a Stopping the Violence Counsellor. It just came to my attention from a co-worker that there was a song that came out in 2008 by Xzibit that seems over-the-top violent to me. I'm sure there are many songs like that, but this song has a line about "choke me, spank me, pull my hair,"

and the song gets worse as it goes on. It makes me ponder the idea that these songs' are so misogynistic in content and degrading to women. Why would anyone really want to listen to them?

I like to think of hair

as a personal expression, an artistic statement, something to have fun with, a trend-setting item.

I guess the times have changed but I believe we can have fun with hair without degrading anyone... what do you think?

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*"Forget not that the earth delights to feel your bare feet and the winds long to play with your hair." ~Khalil Gibran*

## The hairy scary of real estate

Hairy situations abound for some sellers selling their homes. This is especially true for sellers attempting to sell at prices higher than the market can bear. Of course, wanting to sell for as much as you—the owner—feel it's worth only makes sense. After all, you're the one who's lived there, you're the one's who created and keeps all memories made there, and you're also the one who spent big bucks to originally

purchase the place. You want what you want, and you're certainly not going to give it away! Unfortunately, dear reader, the market doesn't care about history. It only cares about now and the future. In short, the market only concerns itself with what it wants and what it's willing to pay. So, like I said, selling a home is sometimes a tad hairy, perhaps even a little scary. To avoid such "hairy scariness", you should

always make sure your home is appropriately priced!

What is appropriate? First, marketing theory says that when marketing anything a seller should consider the four P's: Product, Placement, Promotion, and Price. Price is a huge piece of the marketing puzzle, so unless it's chosen wisely (read: scientifically), the foundation of the process can crumble. Pricing is a crazy science, but one trusted formula states that there are three ranges of pricing. One, the premium range. Two, the market range. Three, the wholesale range. The "premium" range includes properties in a market

most people cannot afford.

"Wholesale" means the high-value low-price range where buyers dream of buying. "Market value" is that range that people have proven willing to buy. An appropriate price for a seller, therefore, would be within the market price range. Anything else loses either money or time. Which leads to the next question. Why price appropriately?

If I'm hungry and go fishing, I'd never choose a lure that only entices 0.5% of the fish in the lake. Instead, I'd choose a lure that would entice 99.5%. Why? Because I'm hungry, and waiting for an improbable 0.5% takes too much time. Time is extremely valuable. People selling homes have motivation for selling. It might be a dream to move closer to their Grand kids. Pricing their home in a way that will



entice 0.5% of the buyers in the market rather than the 99.5% costs less time. And, when no one among us has a date and time stamped on our "ticket to ride outta here," waiting for "pay day" instead of "play day" is a tricky choice.

So, how does one "price" appropriately?

Choose to work with a competent Realtor! A Realtor who's competent is a pricing expert. They've scoured the sales history of your market, identified the price ranges that work, and understand buying behavior. They'll listen to your needs, your wants, your

dreams, your desires, and will help guide you through the muddy hairy process of changing from here to there. If they don't, then you've got the wrong Realtor.

In short, selling your home is a hairy scary scenario that's heavily market dependent. Pricing your place right is a key to beating down the hairy scary. To do that wisely, choose a competent a Realtor with a history of untangling things like price; then, let them help you move past what is sometimes hairy and little bit scary into something brand new and totally cool.



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## Zip lining around the world



Trail Mix

By Sylvia Rashbrook  
of All-Ways Travel

There are many adventure sports that people love, for example bungee jumping, white water rafting, or kayaking on a glacier. To me the most adventurous and hair raising would

be zip lining on some of the scariest zip lines in the world. Apparently, zip lining has various names such as: zip wire, death slide, flying fox, rope slide. Just thinking about doing this outdoor

adventure sport gives me goose bumps. I can only imagine the adrenaline rush! The zip line itself has a pulley suspended on a cable. The cable is normally made of stainless steel (and it should be). Stainless steel is the strongest material to bear the weight and activity of the zip line.

In the case of adventure sports, the zip line pulley and cable are mounted on a high slope of a mountain or high hill with stairs leading to the top. Zip lines are architecturally designed to enable the rider to be carried down the slope by gravity after being strapped into a harness. Another form of dis-

mount is by hanging on to a rope that is attached to a free moving pulley on the cable.

A zip line trolley is framed together with pulleys that run along the cable. Depending on the load of the trolley more than one pulley can be used to reduce the stresses of the load.

The most adrenaline seekers go to the jungles of Costa Rica, Puerto Vallarta, Nicaragua, Nujiang Valley in Yunnan China, Florida; and Whistler BC. There are many zip lines in the United States, Australia and New Zealand.

The highest zip line is in Dubai. It is 300 feet above downtown.

It overlooks the world's tallest building – the Burj Khalifa. The zip line extends 1,800 feet; and takes about 30 seconds to go down the slope where the rider stops at the top of the Dubai Mall roof.

The longest zip line is “the Monster” located in Toroverde Park in Puerto Rico. This prominence was given by the Guinness World Record in 2016. The planners and builders took two years to construct this extraordinary structure. It is 7,234 feet (imperial measurement) long and 1,000 feet high.

If you are a serious student of the zip line and enjoy this type of adventure sport it would be wise to take professional courses (for safety


reasons) to manage the higher, faster zip lines. It would be a good idea to know what to know what zip line equipment is required for different zip line slopes; and especially how to land or stop at the termination points.

The closest that I came to zip lining was as a child on our Family farm in Saskatchewan. Sask Power was installing power lines on the “back 40”. The guy wires were hanging from the poles to the ground. My adventurous brother and cousin helped me onto the wires; and, using a towel (cloth) to hang onto I slid to the ground hanging on to the towel. As my memory recalls, the Sask Power workers found out about our zip lining and my Father was told it was dangerous for children to play around the installation. After a briefing from our Father, we never went back, but it was fun while it lasted.

Toni, one of our travel counsellors, went zip lining during a family trip in Rivera Maya, Mexico. And yes, I have her permission to tell you about her adventure. Toni is terribly afraid of heights, but she was not given an option to refuse the zip line. Somehow, she white-knuckled her way with the others to the top of the stairs where they strapped her in the harness. Of course, she reluctantly let them give her the start. She said that it was the longest, loudest scream that ever came out of her. She laughs about it now, but it was a horrific experience for her at the time. The moral of the story is: if you are afraid of heights do not go zip lining!

If you are interested in hair-raising adventures, please call us at 250-392-6581 and we can set you up with an adrenaline rush.

Just a note of interest, ALL-WAYS Travel will be under new ownership on November 1, so stop by and say hello to the new owner.



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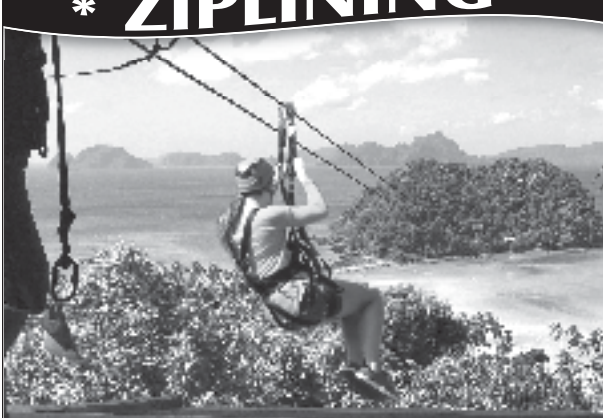
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**Your guide to  
where to go and  
what to do for  
the month of  
November**





## WILLIAMS LAKE & AREA

**November 1-4** "The Woman In Black" WL Studio Theatre production, 4100 Mackenzie Ave N, doors 7:30pm, tickets: [www.wlstudiotheatre.com](http://www.wlstudiotheatre.com)

**November 1,8,15,22,29** Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), offers youth 12-18 the chance to gain new skills and meet new friends, Wednesdays 6:15-9pm, Legion lower hall, info: [www.3064rmrangcadets.org](http://www.3064rmrangcadets.org)

**November 1,8,15,22,29** Preschool Skate, Wednesdays 9-11:30am, Cariboo Memorial Complex

**November 1,8,15,22,29** Adult Skate, Wednesdays noon-1pm, Cariboo Memorial Complex

**November 1,8,15,22,29** Drop In Hulahoop

Workshop, Wednesdays 7pm, Arts Centre 90-4th Ave N

**November 2,9,16,23,30** 55+ Drop In Hockey, Thursdays 10am-11:30, Cariboo Memorial Complex

**November 2,9,16,23,30** Drop In Hockey, Thursdays noon-1pm, Cariboo Memorial Complex

**November 2,9,16,23,30** Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church, Thursdays 7:30-9pm

**November 2,9,16,23,30** Pokemon Thursdays, Adventure Games 83C 2nd Ave. S., 3:45pm

**November 3-25** Station House presents; "Mark Rupp, Terri Smith & Brian McKillican: *Nonsensical*

*Matter,*" mixed media art; Station House Gallery, Mon-Sat 10am-5pm

**November 3-4** Winter Market at the Mall, local vendors, every Friday & Saturday 10am-4pm, Boitanio Mall

**November 3,10,17,24** Live music every Friday evening, CJs Southwestern Grill

**November 3,10,17,24** Friday Night Magic, Adventure Games 83C 2nd Ave. S., 5pm

**November 3,10,17,24** Adult Skate, Fridays 11am-noon, Cariboo Memorial Complex

**November 3,10,17,24** Drop-In Hockey, Fridays noon-1pm, Cariboo Memorial Complex

**November 3,10,17,24** Friday Night Drop-In Co-Ed Soccer, WL Secondary

7-9pm, info: [williamslake-soccer.com](http://williamslake-soccer.com)

**November 3-4** Breaking the Silence, host: Committee for Action Against Sexual Violence, TRU, Fri 6-8pm, Sat 8:30am-4:30pm, register: 250-392-4118

**November 3-4** Early Bird Christmas Craft Sale, crafts, concession, Elks Hall, Fri 11am-8pm, Sat 10am-4pm

**November 4** Sugar Cane Annual Christmas Market, (WLIB) Elizabeth Grouse Gymnasium 10am-3pm

**November 4** 150 Mile Community Hall Christmas Craft Fair, 10am-2pm

**November 4** Horsefly Christmas Market 10am-2:30pm, Horsefly Community Hall

**November 4** Maranatha Market, crafts, silent auction, live music, bake sale, concession, 1278 Lakeview Cres. 10am-4pm

**November 4,18,25** Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave. S., Saturdays all day

**November 4,18,25** Public Skate, Saturdays 1-2:30pm, Cariboo Memorial Complex

**November 5** Daylight Savings Time, clocks "fall back" 1 hour at 2am

**November 5** Ski Swap, cash only, Gibraltar Room 1-4pm (drop off 8-11am)

**November 5** Miocene Christmas Market, Miocene Community Hall 10am-3pm

**November 5,12,19,26** Sunday Morning Magic, Adventure Games 83C 2nd Ave. S., 10am

**November 5,12,19,26** Sunday Game Night, Adventure Games 83C 2nd Ave. S., 6pm

**November 5,12,19,26** Family Skating, Sundays

2:45-4:15pm, Cariboo Memorial Complex

**November 5-6** WL Studio Theatre presents auditions for *The Importance of Being Ernest* by Oscar Wilde, 4 women & 4 men, Kornak & Hamm bldg, Sun 10:30am, Mon 7pm

**November 6** FREE Seniors Bingo & Refreshments, upper level Boitanio Mall 1pm

**November 6,13,20,27** Square Dancing, free at Arts Centre 90 4th Ave N., 7pm

**November 6,13,20,27** Drink & Draw, bring your drawing supplies & join Jazmyn for coffee, Denny's Mondays 6pm

**November 7,14,21,28** Duplicate Bridge Club, everyone welcome, Seniors Activity Centre side door, Tuesdays 7pm

**November 7,14,21,28** Story Time & Puppet Show, free at Library, Tuesdays 10:30am

**November 8-11** Studio Theatre presents "The Woman In Black," tickets: Open Book and Kit & Kaboodle

**November 10** Winter Market at the Mall, local vendors, 10am-4pm, Boitanio Mall

**November 10-11** Cariboo Potters' 2 Day Sale, original pottery by local artists, Arts Centre 90-4th Ave. N., Fri noon-8pm, Sat noon-6pm

**November 11** Remembrance Day Ceremony, City Hall 10:30am

**November 12** McLeese Lake Christmas Market, Hall 9am-3pm

**November 12** Big Lake Craft Fair, Big Lake Community Hall 10am-3pm

**November 13** Lo's Florist Holiday Open House, specials & prizes, noon-8pm, 124B 2nd Ave. N.

**November 16** WL Writers' Group, 3rd Thursday of the month 6pm, Art Centre 90-4th Ave N, info: [Linda.levpur@shaw.ca](mailto:Linda.levpur@shaw.ca)

**November 16-18** Ten Thousand Villages, Cariboo Bethel Church 3-8pm

**November 17-18** Winter Market at the Mall, local vendors, every Friday & Saturday 10am-4pm, Boitanio Mall

**November 18** CIHL Hockey, Stampeders vs Quesnel Kangaroos, food drive, Memorial Complex 7:30pm

**November 18** Made in the Cariboo Craft Sale, handmade items, craft fair bus tour, Discovery Tourist Info Centre 10am-4pm

**November 18** Annual Tea & Bazaar, St. Peter's Anglican Church 11am-2pm

**November 19** Bikers Against Child Abuse (B.A.C.A.) meeting, public welcome, Big Brothers Big Sisters 200-369 Oliver St. 1pm, info: 778-412-9323

**November 20** Good Food Box distribution day, Elks Hall 1-3pm, purchase your box prior to distribution day every 3rd Monday of the month: \$15/large box 250-392-4118

**November 21** Kenny & Dolly: the Ultimate Tribute, Memorial Complex 7:30pm

**November 24-25** Winter Market at the Mall, local vendors, every Friday & Saturday 10am-4pm, Boitanio Mall

**November 25** Skate with Santa, Memorial Complex 1-2:30pm

**November 25** Cariboo Foundation Hospital Trust Annual fund raiser "Fire & Ice," Sacred Heart Hall 6pm, info: Rich 250-392-6053

**November 25-26** Cataline Christmas Craft Fair, Cataline Elementary School 10am-3pm

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# play

*Every effort is made to ensure that these event listings are complete and correct; however, sometimes omissions do occur. We encourage you to contact us with your event's details so we can include it in these free listings. Submit your events to [craig@thestew.ca](mailto:craig@thestew.ca)*

**November 25-26** Medieval Market, prizes, entertainment, farmers market, concession, Lake City Sec WL Campus 10-4

**November 28-Dec2** Friends of the Library Not-So-Secret-Auction, Public Library, proceeds toward furniture for the "young adult" area in the library. (Book Sale runs Dec 1-2)

**December 1** Hobbit House 18th Annual Xmas Open House, tax-free day, door prizes, snacks, 9am-7pm, 71-1st Ave. S.

**December 2** Christmas Dinner & Dance Party with BlueNote, buffet, 19+, cash bar, The Point Banquet Room doors 6:30pm, tickets: Open Book or Adventure Games \$75

**December 2** Winter Lights celebrations: Santa parade downtown 11am, Santa photos & caroling at the Potato House 49 Borland St. 11am-3pm

## QUESNEL & AREA

**November 1,15,29** Long Table Grocery Pop Up Market, 678 Doherty, biweekly 3-6pm

**November 3** Bill Durst, live music, winner 2014 Maple Blues Award, The Occidental 8:30-11pm

**November 4** CIHL Hockey, Kangaroos vs Williams Lake Stampeders, West Fraser Ctr 7:30pm

**November 4** Ski & Outdoor Gear Swap, Hallis Lake

**November 4** RCMA Open Mic Night, The Occidental 6:30-9:30pm, minors welcome until 10pm

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

**November 6-10** IWAU Annual Bake Sale Fund-raiser, UNBC 100 Campus Way 10am-4pm

**November 6,13,20,27** Karaoke with DJ KC, The Occidental, Mondays 7pm

**November 7** QLA presents Travelling Mabels, live at Chuck Mobley Theatre 7:30pm

**November 7,14,21,28** Karaoke with Rob Hess, The Occidental, 7-11pm

**November 9** Corb Lund, live music, Seniors' Ctr 461 Carson Ave, 7-10pm, tickets: Circle S Western Wear

**November 11** The Sweet Alibi, live music, The Occidental 8-11pm

**November 11** KIJHL hockey, Wranglers vs Kamloops Storm, South Cariboo Rec Ctr 7pm

**November 17** Tiny Treats Christmas Open House, 1885 Cypress Rd 5-10pm

**November 17** KIJHL hockey, 100 Mile Wranglers vs Kamloops Storm, West Fraser Ctr 7pm

**November 17-18** North Cariboo Christian School Christmas Fair, Fri 4-8pm, Sat 9am-5pm

**November 18** "Beaux Arts Bazaar" opening reception, Art Gallery 10am-4pm

**November 18** KIJHL hockey, Wranglers vs Sicamous Eagles, South Cariboo Rec Ctr 7pm

**November 18** Lions Garage Sale, south end of Maple Park Mall 9am-2pm

**November 18** Eagle Eyes, live tribute to the Eagles, The Occidental 9pm, tickets: advance \$20 / door \$25

**November 18-Dec23** "Beaux Arts Bazaar," unique handcrafted gifts, Art Gallery 10am-4pm

**November 19** Jacky Es-sombe Children's Concert, Chuck Mobley Theatre, info: 250-747-2207

**November 19** KIJHL hockey, Wranglers vs North Okanagan Knights, South Cariboo Rec Ctr 2pm

**November 24** Kersley Moonlight Madness, Kersley Hall 2-4829 Edwards Rd 6-10pm

**November 25** IWAU Speaker Series & Craft Fair UNBC 100 Campus Way 10am-3pm

**November 25** CIHL Hockey, Kangaroos vs Williams Lake Stampeders, West Fraser Ctr 7:30pm

**November 25** Cariboo ClubHouse's 1st Annual Craft Fair, concession, raffle, child care by donation, 2075 Balsam Ave 9am-3pm

**November 25** Christmas Farmer's Market, Arts & Rec Ctr, 10am-3pm

## 100 MILE HOUSE & AREA

**November 1-11** Park-side Art Gallery Presents fibre artists Claudia Ring & Trish Chung: Wearable Art, Tues-Fri 10am-4pm, Sat 12-4pm

**November 1,8,15,22,29** Bingo, g-ball, loonie ball & progressive, Wednesdays, doors 5:45pm, starts 7pm, Lac La Hache Hall

**November 1,8,15,22,29** Eclectica Community Choir rehearsals, United Church 49 Dogwood Cres, 7-9pm, info: [eclectica@100milearts.com](mailto:eclectica@100milearts.com)

**November 1,15** Log Cabin Quilters, 9:30am-1:30pm, Interlakes Hall 7592 Hwy 24, info: 250-593-4456

**November 2,9,16,23,30** Full Contact Stick Fighting, Info: [www.coillmohr.com](http://www.coillmohr.com)

**November 2,9,16,23,30** TOPS Club, take off pounds sensibly, 6:30pm, United Church, info: Kirsteen 250-395-3344

**November 2,9,16,23,30** Royal Canadian Army Cadets, 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

**November 2,9,16,23,30** Alcoholics Anon, 7:30pm, 108 Community Ctr

**November 3,10,17,24** Crib Night, Forest Grove Legion Fridays 8pm

**November 4-5** Lac la Hache Community Club Christmas Fair & Bazaar, concession, raffle, door prizes, 10am-4pm

**November 4,18,25** Meat Draw, Forest Grove Legion Saturdays 4:30-6pm

**November 4,18,25** Alcoholics Anonymous fireside family group, Saturdays United Church 8pm, info: 250-791-1937

**November 5,12,19,26** Alcoholics Anonymous,

Sundays 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

**November 6,13,20,27** Bingo, doors 6pm, starts 7pm, super star 8:30pm, Community Hall

**November 6,13,20,27** Women's Drop-In Volleyball, 9:30am, Lone Butte Community Hall

**November 7,14,21,28** Alcoholics Anonymous, United Church 8pm

**November 7,14,21,28** HUGS help us get slim, Tuesdays 6:30pm, 6300 N. Green Lake Rd, info: Charlotte 250-456-7504 or Pat 250-456-2491

**November 7,14,21,28** Carpet Bowling Club, 1-4pm, Interlakes Hall, info: Kitty 250-593-4780

**November 7,14,21,28** Co-Ed Drop-In Volleyball, Tuesdays 7-9pm, Peter Skene Ogden gym, info: Kersti 250-395-1353

**November 7,21** Photo Group, 1st & 3rd Tuesday of the month, Bridge Lake School, info: Larry 250-593-4362

**November 8** Compassionate Friends, bereaved parents support group, 2nd Wednesday of the month, BJ's Donuts 7:15pm, 250-395-4417

**November 11** Remembrance Day, parade 10:30am, ceremony 10:55am Community Hall, luncheon by donation (19+) at Legion

**November 11** Forest Grove Remembrance Day, parade 10:30am Hall to Cenotaph, ceremony 10:55am, lunch to follow at Hall

**November 17** Santa Parade on Birch Ave 5:30pm, Moonlight Madness shopping, Hospital's Starry Nights Light Up

**November 18** A Night For You: Benefit Concert, live music, donations to Red Cross, Evangelical Free Church across from Theatre 7-9pm


**November 18** 108 Heritage Site Christmas Market, 108 Mile 11am-5pm

**November 24-25** Winter Arts & Crafts Fair, Community Hall, Fri 3-9pm, Sat 9am-4pm

**November 26** 108 Community Christmas Market, Hall 10am-4pm

**November 28** Cottage Prayer Meeting, every last Tuesday of the month, 6715 Hwy 97 turn left at the blue Travelling Workshop sign, 7:30-8:30pm, info: 250-395-3743

**Special Occasions in Style**

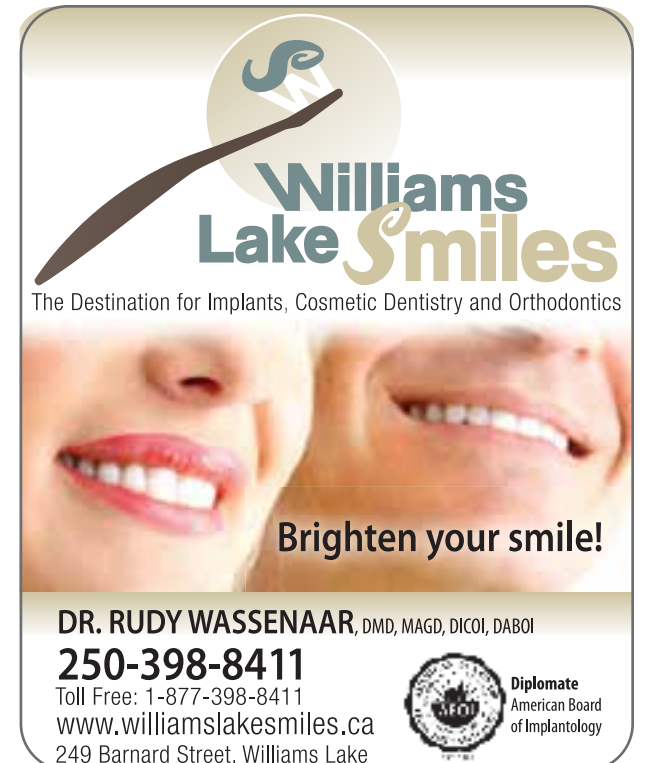


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# do

*"The beauty of a woman is not in the clothes she wears, the figure that she carries or the way she combs her hair." ~Audrey Hepburn*

## Malibu Barbie



My parents were fairly conservative but for whatever reason, when it came to my clothes and my hair, the choice on how to look was always mine.

At 12 I said I wanted streaks but not just any streaks, no I wanted pink, purple and blue. At the time there was a brand called Fudge that specialized in funky colours and for my birthday, my mother obliged.

I learned very quickly that although my parents were cool with whatever I did with my hair, my classmates not so much. I think the nickname "Malibu Barbie" stuck with me all the way to high school. But by then I had worked my way into a full head of purple, or red or green, whatever I chose at the time.

Then I became an adult and I started doing adult things, which for some reason seemed to include keeping a somewhat natural hair colour. A

few years back, coloured hair seemed to make a comeback in the Cariboo and it reminded me of how much I adored my 'bubble gum pink' locks.

The nice thing about the new dye products? They. Are. Temporary! That means the kidlets can go from green to orange to blue every few weeks, and so can I.

Being the age that I am I do get the odd funny glance whereas the kids are far more forgiven, but once the craze started to hit the general populace I saw more and more requests for hair chalk. Switching colours daily? Yes please! And for those that just want to experiment now and then? Perfect!

Recently a customer came through that had a keen interest in hair chalk and today I was able to oblige. She came in, picked her product, excitedly threw down the cash and then looked at what



she was doing.

"You know, I'm turning 66 this year," she told me, with a hint of shame. I grinned from ear to ear and told her that I can only hope that when I'm 66 they'll be coming out with new products to

make my Rainbow Dash hair dreams come true.

What better way to express yourself with something as harmless and fun as colour? Be it permanent or hair chalk, I love it all!



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# Hair-brained reading



## Stephanie's Ponytail, by Robert Munsch

None of the kids in her class wear a ponytail, so Stephanie decides she must have one. The loud, unanimous comment from her classmates is: "Ugly, ugly, very ugly." Steadfast, when all the girls have copied her ponytail, she resolves to try a new style. With true Munsch flair, each of Stephanie's ponytails is more outrageous than the last, while the cast of copycats grows and grows.



## Orbiting the Giant Hairball: A Corporate Fool's Guide to Surviving with Grace, by Gordon MacKenzie

Creativity is crucial to business success. But too often, even the most innovative organization quickly becomes a "giant hairball"—a tangled, impenetrable mass of rules, traditions, and systems, all based on what worked in the past—that exercises an inexorable pull into



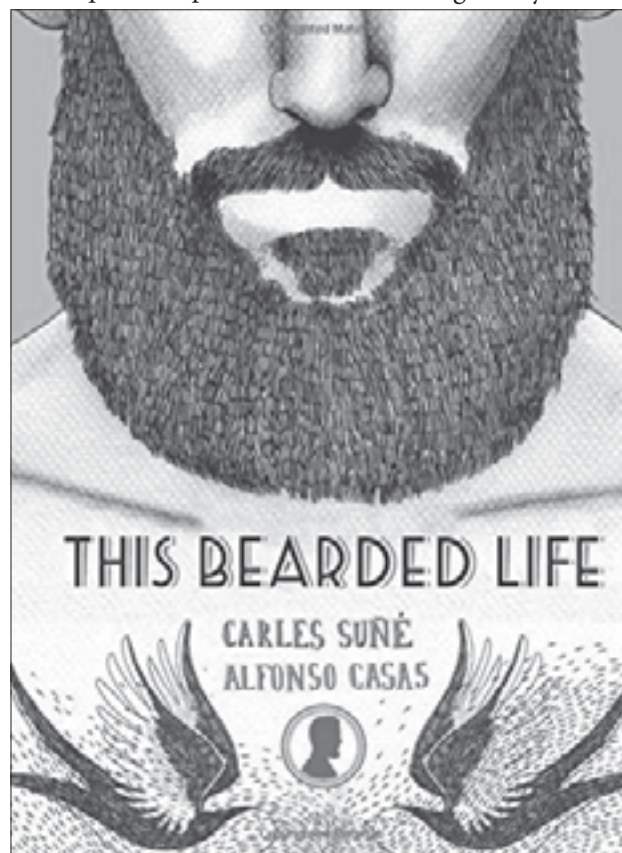
mediocrity. Gordon McKenzie worked at Hallmark Cards for thirty years, many of which he spent inspiring his colleagues to slip the bonds of Corporate Normalcy and rise to orbit—to a mode of dreaming, daring and doing above and beyond the rubber-stamp confines of the administrative mind-set. In his deeply funny book, exuberantly illustrated in full color, he shares the story of his own professional evolution, together with lessons on awakening and fostering creative genius.

Originally self-published and already a business "cult classic", this personally empowering and entertaining look at the intersection between human creativity and the bottom line is now widely available to bookstores. It will be a must-read for any manager looking for new ways to invigorate employees, and any professional who wants to achieve his or her best, most self-expressive, most creative and fulfilling work.

## Crafting with Cat Hair: Cute Handicrafts to Make with Your Cat, by Kaori Tsutaya

Are your favorite sweaters covered with cat hair? Do you love to make quirky and one-of-a-kind crafting projects? If so, then it's time to throw away your lint roller and curl up with

your kitty! Crafting with Cat Hair shows readers how to transform stray clumps of fur into soft and adorable handicrafts. From kitty tote bags and finger puppets to fluffy cat toys, picture frames, and more, these projects are cat-friendly, eco-friendly, and require no special



equipment or training. You can make most of these projects in under an hour—with a little help, of course, from your feline friends!

## This Bearded Life, by Carles Sune & Alfonso Casas

Beard or no beard? This may seem like a trivial question but it reveals fundamental insight into the masculine mind. Beards have been worn by men since the first civilizations, and with the passing of time have become distinctive male traits that look good, add gravitas and denote a certain class.

Today, the beard is an indisputable fashion accessory, essential for all well-dressed, stylish men. Being bearded is more than just having facial hair: it's an attitude, a lifestyle choice, a deliberate and well-intentioned masculinity.

Beautifully illustrated, lovingly composed and artfully curated, this is a delightful gift for all those who delight in the beard. Contents include: The beard boom and lifestyle; Who's who of bearded icons; The beard as a cultural and fashion statement; Indispensable advice and tips on beard care and grooming; Seasonal beard calendar and facial hair glossary.



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# THE STEW MAGAZINE'S Monthly MIX



## HOLIDAYS OF THE MONTH

November 1	Author's Day
November 2	Deviled Eggs Day
November 2	Men Make Dinner Day
November 3	Sandwich Day
November 4	Common Sense Day
November 6	Saxophone Day
November 7	Bittersweet Chocolate with Almonds Day
November 8	Tongue Twister Day
November 10	Forget Me Not Day
November 10	Vanilla Cupcake Day
November 11	Origami Day
November 13	World Kindness Day
November 13	Sadie Hawkins Day
November 14	Spicy Guacamole Day
November 14	Pickle Day
November 15	Clean Out Your Refrigerator Day
November 16	Fast Food Day
November 16	Use Less Stuff Day
November 17	Take A Hike Day
November 20	National Absurdity Day
November 22	Go For a Ride Day
November 24	Buy Nothing Day
November 25	Shopping Reminder Day
November 26	Cake Day
November 29	Electronic Greeting Card Day
November 30	Computer Security Day

do

"Costume, hair and makeup can tell you instantly, or at least give you a larger perception of who a character is." ~Colleen Atwood

## Hair in theatre: art within art



BY MATT DRESSLER,  
WILLIAMS LAKE STUDIO THEATRE

One of the first questions to cross my mind, upon learning of my theme for this column, was: "What do I know at all about hair (and the care and styling of) in general, let alone as it relates to live theatre, having very little of it myself?" Then I began to look at it from a few steps further back, both literally and figuratively.

Our merry band of delightfully insane amateur theatre people has attracted, and created, people with a broad spectrum of natural talents, from maintaining a mental picture of a set and every piece, large and small, on it, and then juggling it all and restoring it again all over again for the following night's performance, to creating the entire surrounding world that is that set, in all its stunning alternate reality, from wood, paint, sweat, tears, toil, and limitless imagination.

And then there are the people who tell the

story that unfolds in this world of our creation. In changing from someone you may see every day, or to whom you may even be related, into the characters we portray on stage, we rely on a few people with an amazing talent that is a key part of our transformation from one to the other. Hair and makeup people (and they, more often than not, are performing both duties at once) are the final step in our transformation from who we were on the street and who we are when we're in that building, in that character's skin.

Having no expertise on hairstyling except from the receiving end, I'll speak instead of its effect on me as a small part of a huge story-telling machine. I was naïve enough, when I was cast in my first play, to think that changing my hairstyle in a noticeable fashion was key to my getting inside my character's skin. As it turns out, there's a lot more to it than that, but it did make me much more aware of, and appreciate, the amazingly talented people who plunk us



down, spin us around, and chute us out the other side of the room to stride onto the stage, proudly wearing our character like our new, more interesting, second skin.

Many of the people who have developed very specific skill sets and perform tasks which are vital to the operation of our bustling little magic-factory, are employed, in boring old real life, in doing things which are quite unrelated. The difference, in my humble opinion, is passion. To see the transformation of another person's outward appearance from that of someone you instantly know on sight, into a being you may barely recognize on close inspection, is the kind of theatre magic that can be performed only by those that truly believe.

Only on the closing night of the entire (usually) three-week run of a play do any of the people in our local community theatre stand on stage and receive the recognition

and the applause that they so richly deserve, but I'd like to begin at the top (so to speak). Thank you to those in charge of wardrobe, props, and makeup as well for being vital parts of the backstage machine, but in keeping with this month's theme, I'd like to thank those who begin our transformation from our heads to our toes. If you're on stage and you have hair, thank those who toil to create your character's look every night.

If you have an interest in doing hair, makeup, props, set construction and/or decorating, lighting sound, or any of the many things required to run our magic machine, and aren't already a member, join your local community theatre society. And come out and see us. The scary magic has begun with *The Woman in Black*, directed by Cathie Hamm and Alix Leary. It'll make your hair stand on end.

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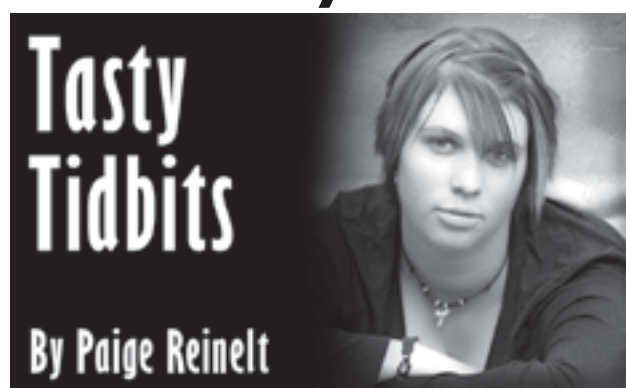
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## The Key



...Short story continued from last month's Stew

As I walk through the front door of work, Mary comes rushing to greet me.

"Lucy! How are you dear? Did you have a good weekend?"

I nod, "What would you like me to do today?"

"Believe it or not, the jewellery cases need to be cleaned!"

"Okay," I smile at her and then head towards the cases.

As I got closer, the

decorative tree that held the necklace when I first got there, came into sight. And hanging on it, was my skeleton key.

I shake my head in disbelief, how did the key end up back here? I walk right up to it and delicately reach out to touch it. The initial spark that was there the first time I touched it, didn't happen this time.

I trace the intricate parts of the skeleton key, and I feel elated but confused.

"Ah, look what you

found." Mary's voice is suddenly behind me.

"I, I don't understand," I stammer.

Mary picks up the key, and holds it in her hand. "Do you remember when I first told you about this necklace?"

I nod, "You said that." "The key always finds its way home," She interrupts me.

I nod again. "Well it chose you last time," she continues. "But something must have happened at your end, because it came back."

I don't know what to say, I knew from the very moment that Jayleen wanted to see it, that I shouldn't have handed it over. And I should have trusted my gut instinct.

"Is it possible to have it back?" I ask, in a scared tone that she would say no. "I can pay for it."

Mary shook her head, "I gave it to you, Lucy."

She put the necklace around my neck, and I welcome the heaviness of the skeleton key once more. A smile is instantly on my face.

"There's that pretty smile," Mary lights up. "Now, it's time for work!"

"I'm on it!" I say, happily.

I grab the Windex, a cloth and set to work.

\*\*\*

The rest of the day went fairly quickly, and the weight of the neck-

lace kept the smile from faltering. I couldn't wait to get home and get back to those dreams.

As I walk through my front door, I am greeted initially by silence. Maybe Jayleen isn't home from work yet. I am thankful for the quiet, because I couldn't help but feel that if she hadn't pushed for the necklace that maybe I wouldn't have lost it in the first place.

I am in my room changing into a T-shirt and shorts when I hear the front door open and close.

"Luce?" Jayleen calls. "You home? I brought dinner."

I smile and come out of my bedroom, "What did you get?"

"Chinese food," she tells me as she is laying the food out. "I had a hankering."

"Sweet," I say, "Thanks."

I walk over to the cupboards and grab two plates.

"Oh look," Jayleen is behind me, grabbing her plate. "You found your necklace."

I nod, wondering if I should tell her exactly where I found it.

"So, where was it?" She asks.

"I, uh found it on the couch." I lie.

"Weird"

"Yeah, I thought so too." I say, avoiding eye

contact.

We finish filling up our plates and head into the living room to eat our dinner and watch TV.

"You want to watch a movie?" Jayleen asks me. "Sure."

"Anything in particular you want to see?"

I shrug my shoulders.

Jayleen turns on Netflix and starts flipping through the movies, "We haven't seen Miss Peregrine's yet."

I look up and watch the quick trailer for Miss Peregrine's Home for Peculiar Children. "Yeah, that looks cool."

We finish dinner and then move from sitting at the coffee table to sitting up on the couch, and as I sink into the couch, I find myself holding onto the necklace. My fingers keep tracing the edges of the key, memorizing each part of it, and I am excited once again to go to bed, and see where it takes me tonight.

"Do you want me to French braid your hair?" Jayleen says during the movie.

Something that she has done numerous times over the time that we've been roommates, I look over to her and see her fiddling with her fingers. She likes to keep them busy, and I love when my hair gets played with.

"Sure," I smile, and move to sit in front of her.

Her fingers rake through my hair and start pulling it off my face.

After the movie, we bring our plates into the kitchen, rinse them off and put them in the dishwasher. Jayleen leans over and pulls me into a hug, which I find kind of weird.

"Are you okay?" I ask her.

"I'm fine, Lucy," she says, looking at me. "I am just a little bit worried about you."

I wave her off, "I'm okay Jay, I swear."

She smiles, "I'm off to bed then."

I nod and head off into my own room. I brush my teeth, and climb in under the covers, slightly eager for what's to come.

I shut my light off and wait for the dreams to come.

But I don't get any of the dreams. I get flashes. Flashes of the beach, the waves, the horse, of Chris. I feel the sand in between my toes if only for a second. I toss and I turn, but my dreams are nothing like they were before. It's almost as though the flashes were telling me that the dreams are saying goodbye.

I jolt up, sweat dripping down. Instinctively I reach again for the skeleton key, but it's not there. Again, it's gone.

To be continued...

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*"Her messy hair a visible attribute of her stubborn spirit. As she shakes it free, she smiles knowing wild is her favourite colour." ~J. Iron Word*

# Hare in the kitchen

## Out of the Fridge

By Brice O'Neill



An open letter to everyone with long hair.

Dear Customer: Hello. Wow! I see you have long hair. Cool, good for you. I bet it feels awesome when you touch it, fondle, play with, run your fingers through, tie up, take down, put in a pony tail, take out of said pony tail etc. Truly, long hair makes the world a much nicer place. Can I ask you a favor though? PLEASE try to avoid doing all those magical feeling things with your amazing flow-

ing locks while in a food service establishment.

Why you may ask? Or you might also think "Forget it buddy; I grew my hair, its mine, I will play with it all I want." Well I am asking because I get upset when food comes back because there is a long (insert colour here) hair on your food, and no one in my kitchen has long hair. If they do it's tied back and or they wear a hair net. So when I look out to the dining room and there you are (or some

one at your table) playing with those luscious locks I cringe. Cooks around the world are so acutely aware of hair near the food and how customers react. When food comes back with "someone's" hair on the plate it forces the kitchen to slow down because we have to remake the dish. Mistakes do happen, we are not infallible, however we have a special hair seeing ability which, unless you work as a cook you would not develop. Have you ever stood in a bank line up and counted the stray hairs stuck to the guys shirt in front of you and barely resist the urge to start picking them off? No? Twenty years in a kitchen would change that. Seeing things like that is so important to our survival. Every dish that goes out, we take a very close look at to make

sure that it is not going to come back. That said, if you see me in my kitchen window frowning while you bang your head like a rock star and I see stray hairs fly around the world, do us both a favour and either shave your head or remember this story. Because... I will remember you! And we can't afford a DNA sequencer to figure out who to blame.

Signed, every cook, ever.

Recipe for **Hasenpfeffer** (rabbit...get it...hare)   
Lame I know, but it has been a long week.

Find a butchered rabbit. Chop one rabbit into 12 pieces, discard the head and feet. Chop up and fry about half a pound of bacon in a deep skillet. Drain. Coat the rabbit with flour, shake off excess. Brown the rabbit in the bacon fat. Remove rabbit, sauté some shallots and garlic. Stir in about one cup of red wine, ½ cup of good chicken stock,



heat to a boil and then add some peppercorn, bay leaf and rosemary and red currant jelly if you can find it. Put the bacon and rabbit back in. Bring it back to a boil, reduce to low

heat, cover and cook for approximately 1 ½ hour. Remove the meat, strain the juice and add corn starch slurry to thicken. Bang done. Easy eh?

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## 'Hairy' selection of movies



### *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

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**Hair** (1979), comedy/drama/musical, 7.6/10 IMDb rating  
"The 'Star Wars' of movie musicals." Claude Bukowski leaves the family ranch in Oklahoma for New York where he is rapidly embraced into the hippie group of youngsters led by Berger, yet he's already been drafted. He soon falls in love with Sheila Franklin, a rich girl but still a rebel inside.

**The Nurse with the Purple Hair** (2017), documentary  
This movie follows Philadelphia Hospice Nurse, Michelle Lasota, as she navigates the difficult world of hospice care with a sense of humor and a

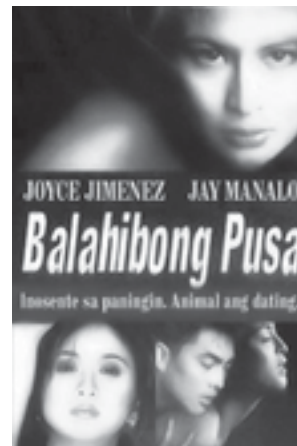


passionate drive to help others as they come to the end of life. Michelle works in an inpatient hospice unit designed exclusively for acute hospice care. This documentary highlights how families can learn to accept the end of life with compassion, wisdom, and grace. It's impossible to watch this movie without feeling deeply grateful to these wonderful caring people as we watch them do their jobs with extraordinary compassion and love.



**The Boy with Green Hair** (1948), comedy/drama/family, 6.8/10 IMDb rating  
Peter Frye, typical American boy, is orphaned when his parents are caught in the London Blitz. He is not told of their fate, but shuttled from one selfish relative to the next, ending with "Gramp," a kindly

ex-vaudevillean. Peter and Gramp, both fond of "Irish bulls," get along fine; but the morning after Peter finally learns he's an orphan, his hair spontaneously turns green! The absurd over-reactions of stupid people overturn his life as the story becomes a parable.



**Cat Hairs/Balahibong Pusa** (2001), crime/romance/thriller, 6.6 IMDb rating  
Sarah is not happy about the idea of her mother Vivian getting married to Michael. But when she confronts Vivian, who describes how happy she is, Sarah eventually gives her consent, although she remains hesitant about Michael. Sarah confides in her 'friend' Nick, with whom she has a relationship her mother disapproves of. Nick also happens to be a mechanic at Michael's shop and is at the same time seeing Becky. What Michael witnesses one fateful night turns out to be a revelation which eventually decides their fate.



**Good Hair** (2009), documentary/comedy, 6.9 IMDb rating  
"Fresh, funny and

altogether fascinating. Audiences will wig out."  
~Variety

Chris Rock, a man with two daughters, asks about good hair. He visits Bronner Brothers' annual hair convention in Atlanta. He tells us about sodium hydroxide, a toxin used to relax hair. He looks at weaves, and he travels to India where tonsure ceremonies produce much of the hair sold in America. A weave is expensive: he asks who makes the money. We visit salons and barber-shops, central to the Black community. Rock asks men if they can touch their mates' hair; no, it's decoration. Various talking heads (many of them women with good hair) comment; It's about self image. Maya Angelou and Tracie Thoms provide perspective.



**Hairspray** (2007), comedy/drama/family, 6.7/10 IMDb rating  
Tracy Turnblad, a teenager with all the right moves, is obsessed with the Corny Collins Show. Every day after school, she and her best friend Penny run home to watch the show and drool over the hot Link Larkin, much to Tracy's mother Edna's dismay. After one of the stars of the show leaves, Corny Collins holds auditions to see who will be the next person on the Corny Collins show. With all the help of her friend Seaweed, Tracy makes it on the show; angering the evil dance queen Amber Von Tussle and her mother Velma, and teaching them a lesson about integration.





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## Craft Brewery of the Month: 4 Mile Brewing

Craft beer month is officially over, but that doesn't mean you should stop trying some new brews. 4 Mile brewing based out of Victoria BC is a small craft brewery bottling up some diverse and tasty beers. Their tale begins in 1858, and includes brothels, ghosts, sea captains, and rogues. Their brewery has a somewhat zany story but their beer speaks for itself. From their mosaic hopped IPA to their spiced sweet potato ale, their beers are flavorful, balanced and well-brewed. They use New World hops and clean, clear BC water, and are overall, a brewery not to be missed.



## Winery of the Month: Intrigue Winery

Be the life of the party when you show up with a bottle of intrigue wine. This boutique estate winery offers wines that are diverse and reasonably priced. The social red is a smooth, easy drinking blend with deep bold flavors of cassis, raspberry liqueur and spiced plums, as well as notes of clove and nutmeg. Their social white is a blend wine that is a nice balance between a dry wine and something on the sweeter side. It's perfect as a gift or for a crowd to enjoy as its flavor profile is broad but balanced. The best part of their social collection of wines is that they are very well balanced and sure to appeal to a diverse range of palates.



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# read

"A hair divides what is false and true." ~Omar Khayyam

## Battle of the burdocks

A SHORT STORY BY  
LINDA PURJUE

"...and whatever you do, don't get the burrs anywhere near your hair!" Our teacher gave our grade six class the final, emphatic instruction before letting us loose on three tables spread liberally with a variety of natural objects. There were rocks of several sorts, seashells, bird nests, eggs, a couple of animal skulls, a selection of feathers from a number of different birds, and leaves and seeds from an assortment of trees and plants, which included a cluster of burdock burrs.

Our task for the lesson was to observe and inspect the collection, answering the 20 questions about them on the worksheet that had been handed out at the beginning of the class.

We wended our way, single file, around the tables, inspecting with our eyes and our hands, reaching and jostling, exclaiming and sharing, gradually filling our papers with answers and observations. I had just passed the cluster of burrs, and was intent on the next specimen, when the boy behind me suddenly swooped up three of the burrs and

deposited them on the back of my head. The impish grin spread across his face quickly turned to a mixture of horror and an 'it's not my fault' expression as I, filled with hot humiliation, tried desperately to extricate the prickly seed heads from my hair.

I was the quiet, grey mouse in the corner, quicker to run and hide than turn and fight. Anyone else would have immediately vociferated loudly the violation of their personal space, and gotten the culprit into instant, deep ka-ka. I retreated to my desk, all the while try-

ing to work my fingers into the tangle of hair and burrs on the back of my head.

The lesson continued, the teacher none the wiser for my predicament. My head down on my desk, and my eyes leaking tears, I finally came to the conclusion that the only solution was to cut the burrs out. Using my not very sharp school scissors, I chewed them through the lock of hair just above the burrs.

For the rest of the day I was teased mercilessly by several of my classmates about the little tuft of hair that stuck up from the back of my head. I, being the little grey mouse, said nothing in return, kept my eyes straight ahead, trying

to ignore them, and wished desperately for the day to be over.

I have had a number of battles with burdock burrs since then, and won most of them. I have carefully combed them out of my daughter's hair, and out of the hair of several of my dogs over the years. Once a friend of mine dove into a patch of weeds, emerging with an full cap of burrs all over her head. I spent a couple of hours with a comb and managed to extricate every last one of the seed heads. Once, my

Mother bought several sheep fleeces from a farmer for a ridiculously low price. When we unrolled them, we found out why; they were covered in burrs. That didn't stop us, though. We managed to card enough fleece to fill several quilts.

Now, I will take an ax to the thick stalks of burdock that love to grow around our barnyard, and throw the plants on a burn pile before the seed heads have matured to stickiest. It is a continuing battle, one I doubt either one of the combatants will win.

## An era of war & protest

A SHORT STORY BY  
LEIGH SANDERSON

"Gimme head with hair  
Hair long beautiful hair,  
Shining, gleaming, stream-  
ing, flaxin, waxen,  
Give me down to there hair  
Shoulder length or longer  
Here baby, there mama  
Everywhere daddy daddy  
Hair, hair hair..."

I remember dancing around the living room shaking my long hair, arms flailing feet flying around and screaming out the words to all the songs on the *Hair* album; the sound blasting through the Hi-Fi stereo.

"Hair, flow it, show it,  
long as God can grow it...  
my hair"

I grew up in the 60's. My mother was a member of a peace group called "Voice of Women" in Canada. She dragged me to demonstrations and protests against companies such as Dow Chemical who provided

materials for weapons sent to the United States to be used in the Vietnam War. I was maybe 12. War? What war? The words 'kill' and 'gun' weren't even in my vocabulary.

My big brother and sister had a group of long haired friends who hung out at our house; they were referred to as 'draft dodgers' from the United States. No idea what that type of person was. The music blasted through the speakers with the voices of Janice Joplin, Jimmy Hendrix and my favorite album—*Hair*. They all bopped around to the tunes.

A couple years went by when my father came up with the idea of selling everything we owned, including the house, to buy a boat and sail around the world. It was 1972 when my eyes opened enough to understand what was going on in the world. I was sixteen. I finally figured out what a 'draft dodger'

was. And it wasn't until we sailed from Hong Kong through Subic Bay in the Philippines that I learned about the Vietnam War. I learned where Vietnam was and what a travesty that war was. The Bay was full of US Navy ships, troops traipsing around Manila and the sounds of bombs were still heard across the South China Sea towards Vietnam. I met a crew of a large schooner sailing ship picking up POWs from Vietnam and dropping them off in the Philippines. It was a motley crew. I even learned that a POW was a prisoner of war. I felt ignorant. I was a child growing up in peaceful Canada totally unaware of the hundreds of thousands of young men being killed in a savage war. I was suddenly living amongst it. But it didn't frighten me, because I didn't realize the extent of what had been happening since 1967.

There have been many

books written and movies made about that war. I never read those books or saw any of the movies. The stage play of *Hair* was created in 1969 but having listened to the album and knowing the words to each and every song, I was too adolescent to know that it was a 'story'.

Not long ago I came upon the 1979 movie *Hair* on television. The opening music pulled me back in time and I started singing along, still remembering all the words, but this time I decided to sit down and actually watch it. The movie saddened me. It was about a group of young hippies protesting the Vietnam War, but the one friend actually got drafted and signed up. The hippie friends couldn't talk him out of it. Before being sent into battle, one long haired friend cut his hair and snuck into the army camp to trade places with his army buddy so he could



have one last party with the gang of friends. Unfortunately, while pretending to be the army buddy, the troop got deployed and before he could even sneak back out, he was thrown into the throes of war. So, there they stood at the end of the movie, the army guy, (who never made it to war) standing over the grave of the hippy guy who was so

opposed to war.

I thought it was a tragedy. I finally understood the words to every song that I knew by heart. I also realized that the young hippies hanging around our house back in the 60s could have been the characters in that movie. They chose to escape from that horror into my world of peace and love in glorious Canada.

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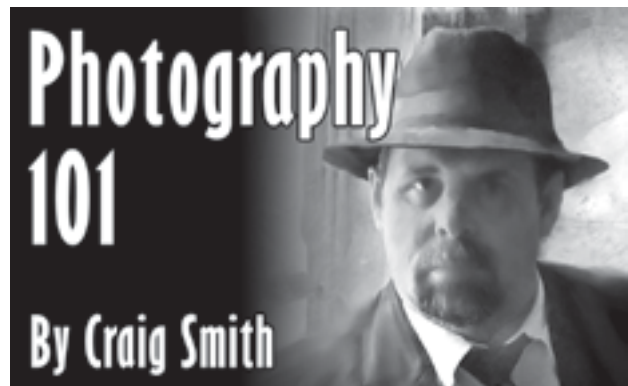
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do

# Add depth & detail to your images



The easiest way for me to tell the difference between someone who understands the technical aspects of photography, and someone who doesn't, is to look at images they have taken that have anything to do with hair. As strange as that sounds, it's a sure giveaway.

There are three phases of doing most things that require some skill. They are unconscious incompetent, conscious incompetent and conscious

competent. I didn't pick the terms but in plain English, you start out not knowing what you are doing and not knowing why. Then you move into not knowing what you are doing but starting to see that some things worked, and some didn't. The last phase is where things are working, and if they don't, you know why they didn't.

All new photographers start out in the first phase. It's now worse, or better, depending on your point

of view, due to huge advances in technology. You put your camera on 'P' for professional and let it do all the work and 75% of the time your images are half decent.

As you move into the second phase, you start to see that if your images had this or that quality to them they would be better, but you are not sure how to do that. This is the learning phase. This is when you are reading and watching everything you can get your hands on. This phase is the toughest, and is when most people give up on the profession. This is when you realize there are a ton of aspects to creating the perfect images that you are seeking.

Once the knowledge you've gained starts to sink in and be second nature, then you are in the third phase. You still make mistakes but

because of your knowledge base, you now know exactly what went wrong.

Now that we have discussed really looking at your images with a critical eye on your journey to making better pictures, let's talk about hair. Create an image of an animal, then take a really close look at it. Can you see individual hairs or is your animal just a blob of colour or black and white? Without understanding how lighting works, it's easy to just turn on your flash when you are taking pictures. Direct flash on cameras close to the lens creates what we call flat lighting. If you ski, you have heard that term before. It means there is no highlight and no shadow detail, so no depth, and everything looks flat. What will allow you to see individual strands of hair is creating highlight



and shadow by having your lighting on an angle. If you are using a flash, you need to bounce it off something light; a ceiling or a card. If you are using the big ball in the sky (i.e. the sun), then angle your subjects in relation to the sun.

As an exercise, rotate

your subject around the light source, print your images, then line them all up together and look at everything with a critical eye. I found that early in my career, I would write down everything I did so I could duplicate it. Until next month, happy shooting.

2018

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## Weird and wonderful gadgets



With this month's theme being hair, I thought why not come up with a list of the best or worst hair-brained tech ideas in recent memory.

I do want to start this list with the first humanoid robot being

given citizenship. The country is Saudi Arabia, and the irony is that Sophia the robot has more rights than the human women that live there.

In my editorial on page 2, I've already talked about the Flow-bee (a haircutting

machine that connects to your vacuum). The funny thing is, that it's been in production since 1987 and sold over two million units, which proves that people will buy anything.

The Japanese have no shortage of weird and wonderful gadgets. If you have ever watched Japanese TV, you might understand that nothing is off limits. Although, mixed in with the outrageous, always seems to be a few inventions that take off. One of the big ones was a Selfie Stick. This item that was ridiculed when it first came out, is now being sold and used everywhere.

How about a silent Karaoke machine, where the microphone covers the lower part of your face? Or there's a cigarette lighter that uses a magnifying glass to start the fire; probably good if you are trying to quit, as I can't see this being as quick as a Bic lighter. These aren't really tech products, but they are gadgets, one for the boys and one for the girls. The girls get a half body pillow that includes an arm and the men get a

lap to put their head in.


Let's go back to North America and start with a rubber device you put in your mouth so that you can lick your cat, called a 'Licki.' There is a portable cordless washing machine that uses foot power instead of electricity to clean your clothes; I would think you also get a good workout during every load. For the executive that needs to stay hydrated, there's a tie that doubles as a flask, called – you guessed it – a flask tie.

For moms with babies crawling, there's the Babymop; a sleeper with the mop built in. You end up with a clean floor and your child is kept busy; what could be better? If you are a multitasker, there's also the Iron Mug; you can have coffee and iron your clothes at the same time. LED's have been appearing everywhere but the weirdest use of them so far has been the LED slippers, so you don't stub your toe on the way to the bathroom in the middle of the night.

The current crop of weird gadgets for 2017 includes a device called a 'Hush Me' which covers your mouth while you are making phone calls, and a frying pan that weighs and tells you how many calories are in the food you are cooking, called 'Smartypan.' LG has a new fridge with a built-in touch-screen computer that I've already seen as a concept in at least three science fiction movies.

As we move steadily into the future, we are going to see more and more strange tech, especially with the ability to raise funds quickly with Websites like Kickstarter. If you have an idea that sounds a little crazy, who knows, you may just be on the road to creating the next Selfie Stick.

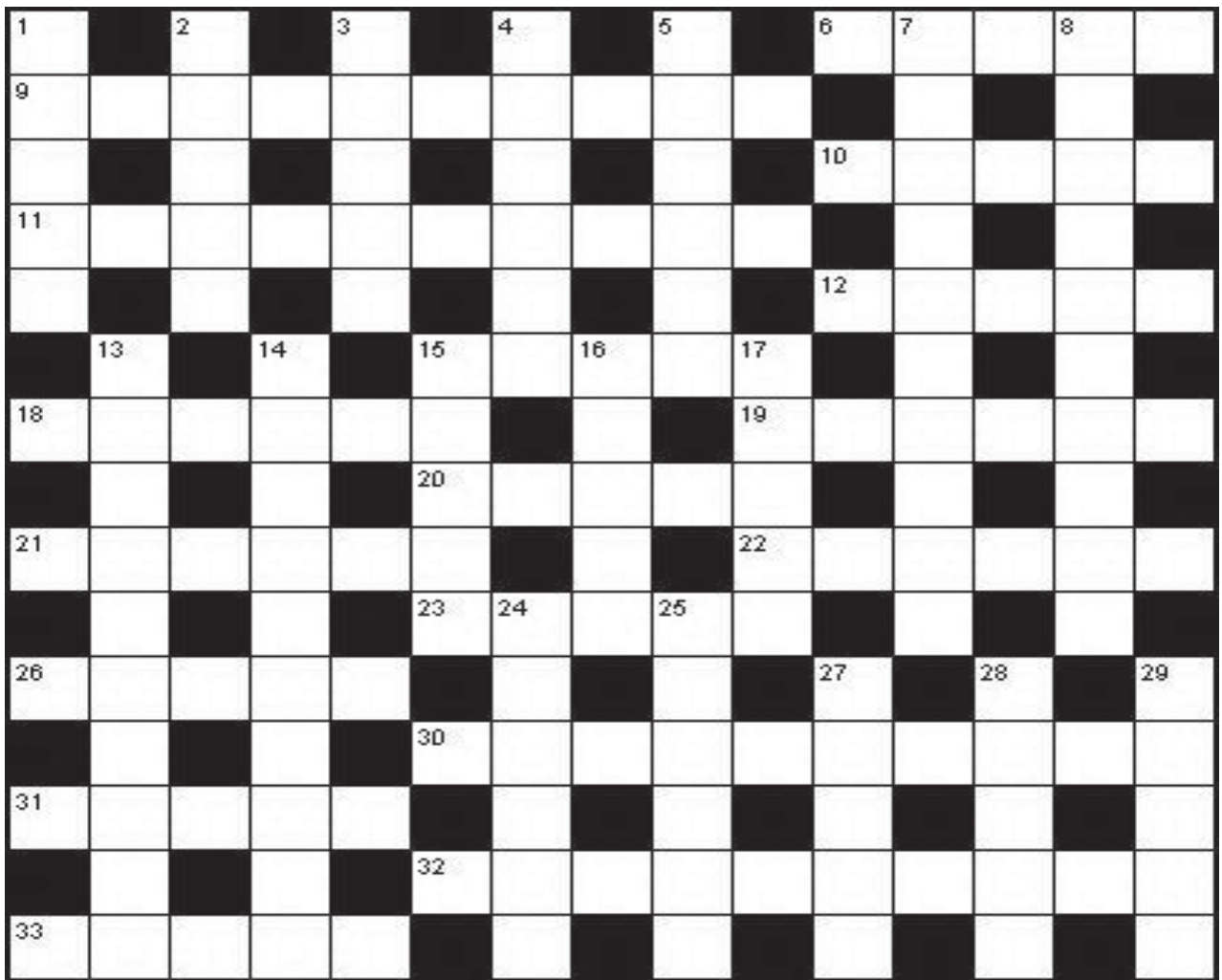
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# X-Word Puzzle

## ACROSS

- 6 Rigid grammatical category (5)
- 9 A quiet oral disagreement concerning geographic position (10)
- 10 Extent of influence of a policeman in the outskirts of Singapore (5)
- 11 Music lover has sound record, we're told (10)
- 12 Cast aspersion on people beginning to drink noisily (5)
- 15 Rescue the right person keeping his money (5)
- 18 Walk on a holy mount?

- (6)
- 19 Astonished by a labyrinth in the present time (6)
- 20 Wrapped up damaged skin (5)
- 21 Hit and miss? (6)
- 22 I be getting directions about cross, wild goats! (6)
- 23 Endlessly share out a relative amount (5)
- 26 Dispose of current previously made bitter (5)
- 30 Performing active scan prevents disease (10)
- 31 Wrong by degree – producing depression (5)
- 32 Counting on a different routine, man! (10)
- 33 Way to get older by degree (5)

## DOWN

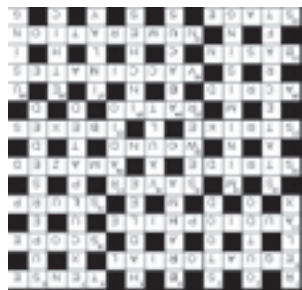
- 1 Be cool about the

French getting cross (5)

- 2 Run circles around United and get the better of them? (5)
- 3 Put circles in standard adopted position (5)
- 4 Support Her Majesty with answer that's bull! (6)
- 5 A former NZ cricketer fooled Bruce (6)
- 7 Expect dual result if proven to be innocent? (10)
- 8 Bobby's boss shortly finds bad deeds old hat (10)
- 13 Treat facts differently in management of public affairs (10)
- 14 Making as brief as possible the note I vocalise (10)

15 Finally fills vessel from a drainpipe (6)

- 16 Leap over burial chamber (5)
- 17 Extra diode is too much for this receiver (5)
- 24 A taxi comes back for you and me? You can count on it! (6)
- 25 Measures slow advances (6)
- 27 Decorative woodwork used in fountain layout (5)
- 28 In charge following the reformed principles (5)
- 29 Employment found if you say give the game away (5)





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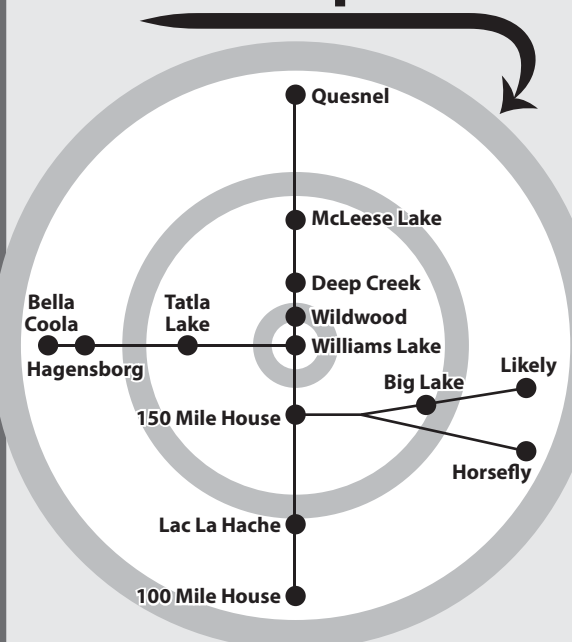
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do

# Birth of a tradition

BY BRENDA BOURDON

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 year \$5,000 was raised.

Since that time the collaboration between Woodland Jewellers and the citizens of Williams Lake has raised just over \$84,500 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. Every penny of the money raised in these raffles stays in Williams Lake.

For the first seven years

Geoff designed diamond rings and each year the ring 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.

Last year Geoff turned his talent to designing a pendant that had a trillion diamond surrounded by pink, yellow and green

diamonds set in yellow, pink and green gold that he alloyed. This year, in celebration

of Canada's 150 Anniversary and Woodland Jewellers 84th Anniversary, Geoff decided to incorporate both events into one piece of jewellery. He designed a 14 karat white gold Maple Leaf pendant set with 150 sparkling round

brilliant cut diamonds surrounded by 84 beautiful red rubies. Setting that many gemstones took him many hours at the bench, but the result is spectacular. There is a total of 2.25 carats of diamonds and .84 carats of rubies. The pendant comes with an 18" wheat chain in 14 karat white gold.

Due to the wildfires this July, the completion date of the pendant was pushed back. We realize that many people in our community have suffered hardships and for those reasons we have only printed 500 tickets this year. The tickets are selling for \$20 each and your chance of winning is even better than ever. This pendant is absolutely beautiful! You really need to see it to appreciate the quality and detail of the craftsmanship, the brilliant sparkle of the 150 diamonds, and the richness of the rubies. The pendant is on display at Woodland Jewellers and you can purchase your ticket there or from the Cariboo

Foundation Hospital Trust board members.

We have some very excited past winners in our community who have purchased a beautiful "one of a kind" designer diamond ring or pendant for only \$20.00. We think that is a very good outcome for everyone concerned. The tickets are available now and the draw is Saturday, November 25th so come in and get yours before they are all gone. Every year the person who won the ring or pendant has said "I never win anything" so this year it might be you saying that.

We would also like to thank the dedicated Cariboo Hospital Trust Foundation board members and all volunteers who have worked so very hard every year to put on an amazing evening of entertainment and great food. A big thank you also to the community of Williams Lake whose citizens and businesses have donated so generously to this event.



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or directly from the band  
[www.thebluenote.ca](http://www.thebluenote.ca)

## Woodland Jewellers' 84th Anniversary Pendant

**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 to help with the purchase of new equipment, and **only 500 are printed**, so hurry in to get yours before they are gone!

A 14 karat white gold Maple Leaf pendant, set with 150 sparkling white diamonds commemorating Canada's 150th, and 84 beautiful red rubies commemorating Woodland Jewellers' 84th anniversary.

Total Weight:  
Diamonds 2.25 carats,  
Rubies 84 carats

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