



the stew

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the
strategy issue

Featuring
Troy Weil
Pages 6 & 7

we speak

2017 2018



On the Cover:

Strategies; games, life, finances and more. Our writers have it all and more in this month's issue.

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The five year plan

BY CRAIG SMITH

It's January, and like last year everyone has spent the final few days of the year coming up with resolutions that they may or may not continue to follow. Why is it that we rarely keep all the resolutions we create at the beginning of every year? The most popular are always, losing weight or quitting some kind of vice. We go great guns at first, then slowly peter out and by the time spring rolls around we are done and back doing what we were doing last December.

This is where this month's 'strategy' theme comes into play. In order for your resolutions to become an everyday habit you will have to put them into play and create a strategy that will work for you. Let's break this down into a strategy that will work. The first thing you need to do is write down your goals or resolutions and reflect on them. Decide if they are what you want, and can you physically follow through on them? This would also be the time to research any help you may need. If you want to lose weight do you have a gym membership or a meal plan? If you want to quit smoking how are you doing it? Do you need a prescription or some over the counter help?

Create a list of things you need to do everyday to achieve your goals. First on the list would be visualize your goal being attained. Think of the things you could do if you weighed less or didn't smoke. Visualize that your goal is already attained, that you have already lost the weight or are a non-smoker. Now define

your why. Why do you need to accomplish these resolutions? Why are they important? How would accomplishing them change your life?

Now you need to deconstruct your goals and make little achievements. Mini goals with rewards are more easily attainable. If your goal is to lose weight, you have a target. Now break that target into mini goals. Have a goal and a reward once a month or every couple of weeks.

Lastly you need to review, reflect and adjust constantly. If your mini goal was to lose 20 pounds in a month and you keep hitting 15 then adjust to 15 or adjust your exercise or food to attain those goals. Follow these strategies and you will have a greater success of achieving your resolutions this year.

Strategies are not only for New Year's resolutions but for all aspects of your life. The same steps you take for your resolutions can be taken for any of your goals. What I've found in the last few years with any of my goals is that pen and paper make a huge difference. Writing out your goals and the steps it takes to get to them, sets your mind on the right path. That is the biggest difference between wishes and goals. Wishes are things that you think about that you hope for. Unfortunately, wishes don't happen very often. By changing how you visualize what you want there is no limit to what you can achieve.

Let's look at the goals you have set for your life. Are they written down? If not, this is a good exercise while you are relaxing after the stressful holiday season.



I set my goals for five years, one year and every quarter. My goals are pretty fluid so as time and circumstances change I adjust my goals. Every year I sit down and adjust my five-year goals. Then I come up with a one-year strategic plan that moves me closer to that goal. Once I have the one-year plan I break it up into quarters so that every three months I have a benchmark as to whether I'm closer to these goals.

Let's look at a real world example. Are you doing what you want to be doing with your life? Is your job satisfying?

If you answered no to either question, then what is your five-year plan? First, set your goal as to what you want to be doing for a profession. That is your end goal. For me I wanted to get my masters in Business. Now you have to work backwards. Let's say you would like to be an engineer. What school would you like to go to? Do the research. Now you have a school. How do you get accepted into that school? Is there upgrading you must do? There is an application and probably interviews. Could you talk to other engineers to find out more about different programs and schools. Now that you know

where you want to go, how are you going to pay for it. Have you saved up, can you get a student loan or help from your family? Now you have your map, and need to break it down by sections. This is a four-year degree, but it has semesters and each semester has a mid part where there is normally a midterm test and a break. So, there's your quarters. Now you can concentrate on just your quarters one at a time planning out how much time you will need to study and have all your papers and projects figured out.

There you go. Simple right? No, it's not. It takes hard work and dedication to be successful at anything in this life and anyone who tells you it's easy is feeding you a line. As harsh as it sounds your life is what you make it and if your strategy is to just let things happen to you, you will not be happy. You will blame others for your misfortune. You will forget about the basic laws of cause and effect. So, let's start 2018 on a positive note. Spend an hour or so and start doing your strategic planning for the life that you deserve and reap all the rewards that you deserve.



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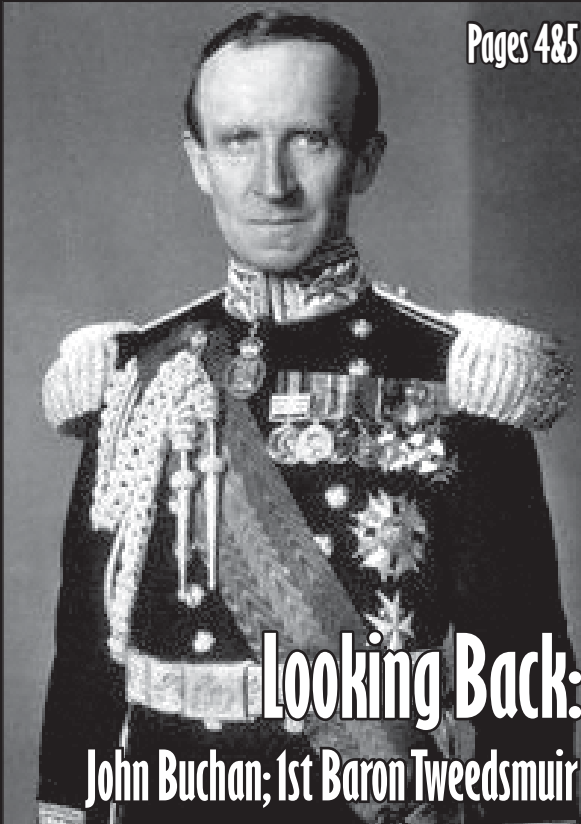
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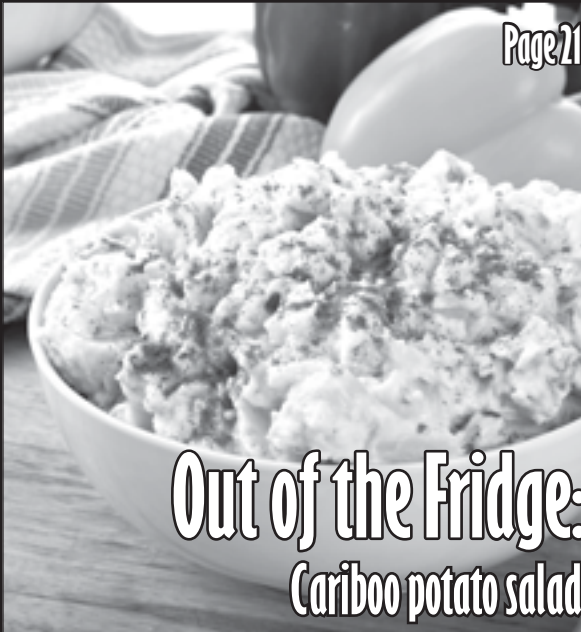
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Cariboo potato salad



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"Sound strategy starts with having the right goal."
~Michael Porter

John Buchan; 1st Baron Tweedsmuir

Looking Back

By Sage Birchwater



Canada's 15th Governor General, First Baron Tweedsmuir of Elfield, came from humble beginnings.

John Buchan was a commoner born in Perth, Scotland on Aug 26, 1875. He grew up in Kirkcaldy, Fife, where his father was a minister for the Free Church of Scotland. His summer holidays spent in the Scottish Borders country helped instill an appreciation for nature, a love for walking, and a fondness for local scenery

and wildlife.

At an early age Buchan showed an aptitude for writing. At seventeen he received a scholarship to the University of Glasgow where he studied classics, wrote poetry and became a published author. At twenty he received a scholarship to Brasenose College, Oxford. By the time he graduated he had authored and edited five books. Throughout his prolific literary career he published over 100 books, including 29 novels, 42

non-fiction accounts, 10 biographies, four books of poetry and 14 edited works.

Buchan graduated from Oxford with a law degree in 1901 and entered the diplomatic service as the private secretary to Alfred Milner, High Commissioner for South Africa and other colonies. Here his experiences provided the background for a series of adventure novels that brought him notoriety and fame. His most famous spy-thriller novel, *The Thirty-Nine Steps*, was later made into a motion picture film by Alfred Hitchcock.

When Buchan returned to London after a couple of years in South Africa, he resumed his writing career as editor of the *Spectator*, a prestigious political magazine.

He married Susan



► Baron Tweedsmuir



chan accepted. On March 27, 1935 the Canadian parliament announced that King George V had "graciously approved" John Buchan as Canada's 15th governor general. It took nearly eight months for Buchan to be officially sworn in, and by that time many changes had taken place, including a transformation of Buchan's identity.

Buchan was a commoner when King George V approved his appointment as Canada's next governor general, but the monarch wanted a nobleman as his vice regal representative. Mackenzie King, then Leader of the Opposition, figured a commoner holding the King's gavel was a good thing. The debacle that led to the Statute of Westminster was still fresh in his mind. But King George V would not be swayed. On June 1, 1935 he elevated Buchan to the peerage, entitling him as First Baron Tweedsmuir of in County Oxford.

By the time Buchan (Lord Tweedsmuir) was officially sworn into office on November 2nd, 1935, Mackenzie King was prime minister once again after defeating Bennett in an October election.

The tide of changes continued to envelop the new governor general when the British monarch passed away on January 20, 1936. King George V was succeeded by his eldest son, King Edward VIII. However 326 days later he abdicated, giving way to his younger brother, King George VI, who was coronated on December 11, 1936.

That's how Buchan began his five-year appointment as Canada's 15th

Charlotte Grosvenor in 1907, and the couple had four children together. With the outbreak of the First World War Buchan used his literary skills to write for the British War Propaganda Bureau as a correspondent in France.

Buchan visited Canada for the first time in 1924 as a guest of Prime Minister William Lyon Mackenzie King. The prime minister was impressed by Buchan's knowledge of Canada and his writing about the Canadian forces fighting in Europe during the First World War as a journalist with the *Spectator*.

Mackenzie King recommended Buchan as a suitable successor to Governor General Lord Byng of Vimy, but Buchan declined the appointment because Canada and Great Britain were tangled in a constitutional dispute. The dispute arose because Governor General Vimy refused to dissolve parliament as Mackenzie King requested, and this refusal was seen as interference by the British government in Canada's affairs.

The dispute was resolved in 1931 with the passage of the Statute of Westminster, and this

proved to be pivotal in the relationship between Great Britain and its former colonies. Essentially it ensured that the British government could no longer legislate laws for its independent commonwealth countries. Thus Canada's sovereignty was enshrined.

Buchan entered politics when he was elected to the British House of Commons in 1927 as the Unionist Party member for the Combined Scottish Universities. He was a popular politician but lacked drive and partisan fervour for a Cabinet post.

In Canada Mackenzie King's Liberals were defeated in 1930 by Richard Bedford (RB) Bennett's Conservatives. Mired in the Great Depression, people couldn't afford gas for their cars so they took out the engines and windows and transformed the chassis into horse-drawn wagons. These vehicles were called 'Bennett Buggies' after the prime minister. In the States they were called Hoover Carts after President Herbert Hoover.

In 1935 Prime Minister Bennett resubmitted John Buchan's name for governor general. This time Bu-



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► FDR and John Buchan



...continued from page 4

governor general, representing three monarchs in just over a year's time.

He also travelled widely throughout the country, striving to unify the diverse cultural components that make up Canada. In 1937 he became the first governor general to visit the Arctic, and it was on this journey that he visited Tweedsmuir Park named in his honour in British Columbia.

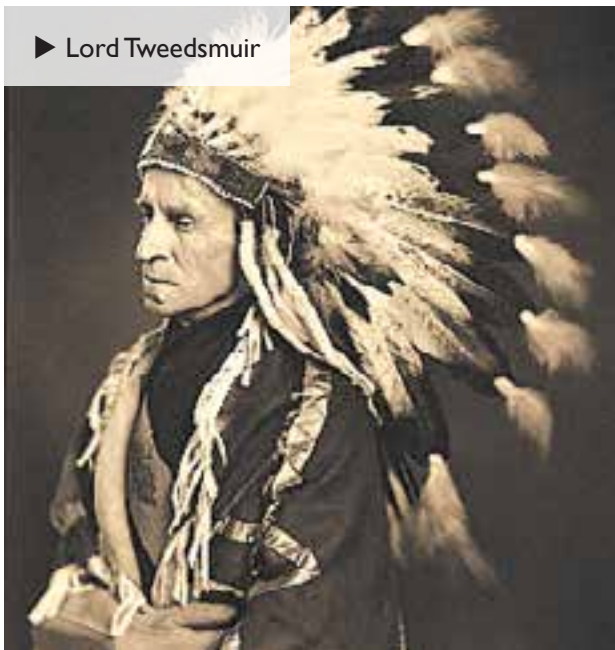
On August 15, 1937 Lord and Lady Tweedsmuir got off the train in Burns Lake and traveled by car to Ootsa Lake. A great encampment had been set up to accommodate them while they explored the scenic wonders in the northern areas of the park by boat and floatplane.

After several days they flew to Bella Coola to visit the southern entrance to the park. That's where they met Tommy Walker, his mother and sister Molly at Stui Lodge.

"We set up a large camp in a clearing across the road from the lodge," Walker wrote. "A line of large banquet tents with silverware to grace the tables faced a row of smaller tents for the waiters, flunkies, cooks and other help."

Once the retinue of provincial politicians had returned by gunboat to Victoria, Lord and Lady Tweedsmuir

► Lord Tweedsmuir



enjoyed a quiet respite at Stui Lodge visiting with Tommy Walker's mother and other residents living in the remote wilds of the region.

Walker said it was John Buchan the author of so many adventure books before he became Lord Tweedsmuir who walked through the forest of At-narko with his alpenstock (iron-tipped hiking pole), and listened to his sister Molly Walker's adventure stories about grizzly bears.

Walker said the following spring a large crate of plants arrived in Stui Lodge from Rideau Hall in Ottawa.

"Lady Tweedsmuir sent them to my mother as she had been impressed with her determination to have a flower garden around our log home."

The following year (1938) Tweedsmuir Provincial Park was officially proclaimed in the gov-

ernor general's honour, and with the governor general's permission, Stui Lodge adopted a new name, Tweedsmuir Lodge.

In the foreword to a booklet published to commemorate his visit, Lord Tweedsmuir wrote, "I have now travelled over most of Canada and have seen many wonderful things, but I have seen nothing more beautiful and more wonderful than the great park which British Columbia has done me the honour to call by my name."

John Buchan (Lord Tweedsmuir) died in office while still serving as governor general. He collapsed from a stroke while shaving and suffered a severe head injury, passing away on February 11, 1940.

In his nearly five years as Canada's 15th governor general, Lord Tweedsmuir contributed much to the

► Lord & Lady
Tweedsmuir at Ootsa Lake

Canadian cultural mosaic.

He and Lady Tweedsmuir established the first proper library at Rideau Hall in Ottawa. As a prolific author he founded the prestigious Governor General's literary awards in 1936 in conjunction with the Canadian Authors Association, recognizing the best writers in Canada.

Buchan encouraged a distinct Canadian identity and national unity. He raised the ire of some imperialists when he said that a Canadian's first loyalty was to Canada and Canada's king, not to the British Commonwealth of Nations.

He also encouraged ethnic groups to maintain their individuality and

each make their contributions to the national character of the country. "The strongest nations are those that are made up of different racial elements," he stated.

...Next month join us for Tommy Walker's epic horseback exodus from Bella Coola Valley to the Spatsizi Plateau.



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flavour of the month



flavour of the month



Featuring Troy Weil

BY CRAIG SMITH

As I was photographing hockey teams this year I saw our feature personality, Troy Weil, going over plays with his team using an iPad and a projector and thought to myself, "There's the person I want to talk to about strategy."

Troy is a Williams Lake born and bred man who has left town only long enough to get a diploma in marketing and work at an employment agency in Vancouver for a year. That was long enough for him to

know he wanted to be back home. After moving back to the puddle, he went to work for his father at Tasco Supplies in 1990. As much as I would love to go into the history of his father's business the length of this article doesn't give me enough room. Let's just say that after working for Dad for the last 25 years starting at the bottom and working his way up Troy is now a partner and has been President of the company for the last five years.

Because of knee issues, Troy's recreational

hockey career ended with the Junior A Williams Lake Mustangs in 1985-86. In the mid 90's Troy received a call from Jack Leggett who was looking for an assistant coach for his Pee wee rep team and Troy jumped at the chance.

Now married with two daughters, one of his daughters, Paityn, wanted to play hockey just like her best friend Brooke Call. This was the year 2006 and female hockey in Williams Lake was non-existent.

This is when a group of parents got together

to sell the idea of a girl's hockey team to the hockey association board. This group consisted of Mike Grace, Roy Call, Kelly Culbert and Troy and they were able to create an Atom team. When the girls were Pee wee age, they put together a Rep team. Their first year was a struggle, but with Troy as Head Coach, and Roy and Mike as Assistants, the team began developing skills and played over 40 games that season. Mike's daughter was a year older and it looked like there wouldn't be enough players to continue, so they had to get permission for other girls to move up to the Ban-

tam division early. This is when things started ramping up for the team and for Troy personally. As far as the team goes, they played a lot more games and had a lot more wins than they had in the previous season.

Troy was asked that year to be the Northern District Coordinator for high performance (Rep) for females. He took over hosting the northern camp in Williams lake where all the best girls would come to play. Even after his daughter decided not to continue with hockey Troy is a dedicated volunteer, continuing on with his Provincial responsibilities including

taking Team BC to a 4th place finish as their Team Lead, plus assistant coaching the local Bantam boy's rep team.

Because his provincial duties are a huge commitment, Troy says he couldn't do the winter volunteering without his incredibly dedicated staff. When asked about his plans for the future, Troy says he is presently evaluating his current five-year goals and is unsure what his future will hold as far as hockey goes.

Whether it is boys' or girls' hockey – go to the arena, support the teams, check out the team strategies, cheer, and enjoy!



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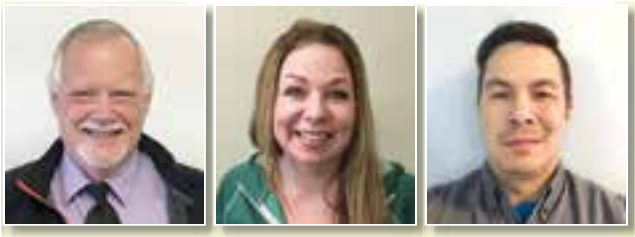
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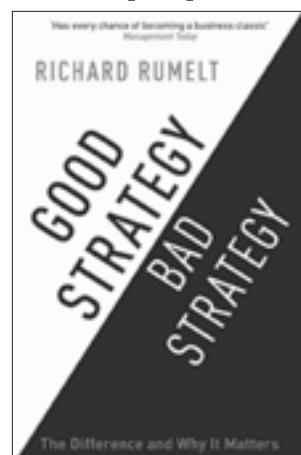
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The Strategy Book by Max Mckeown

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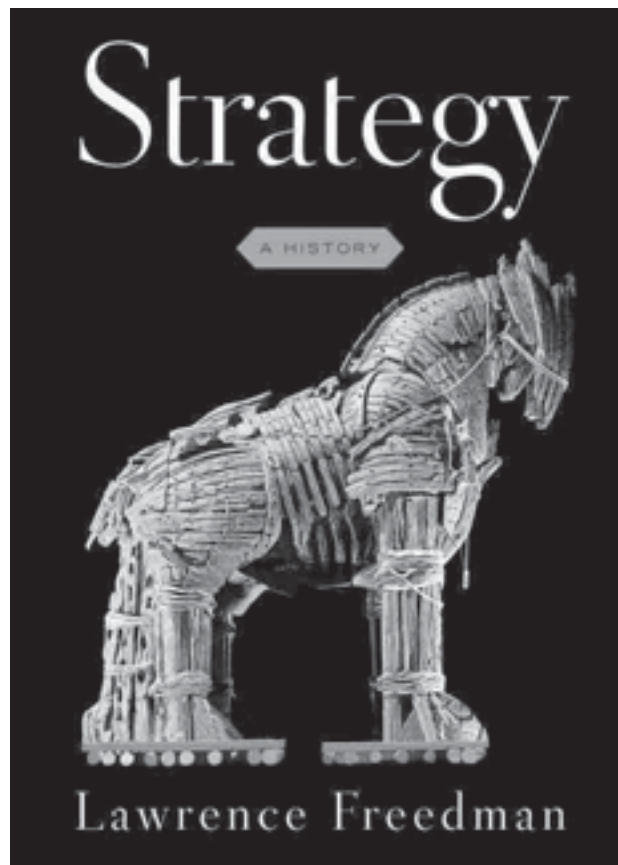


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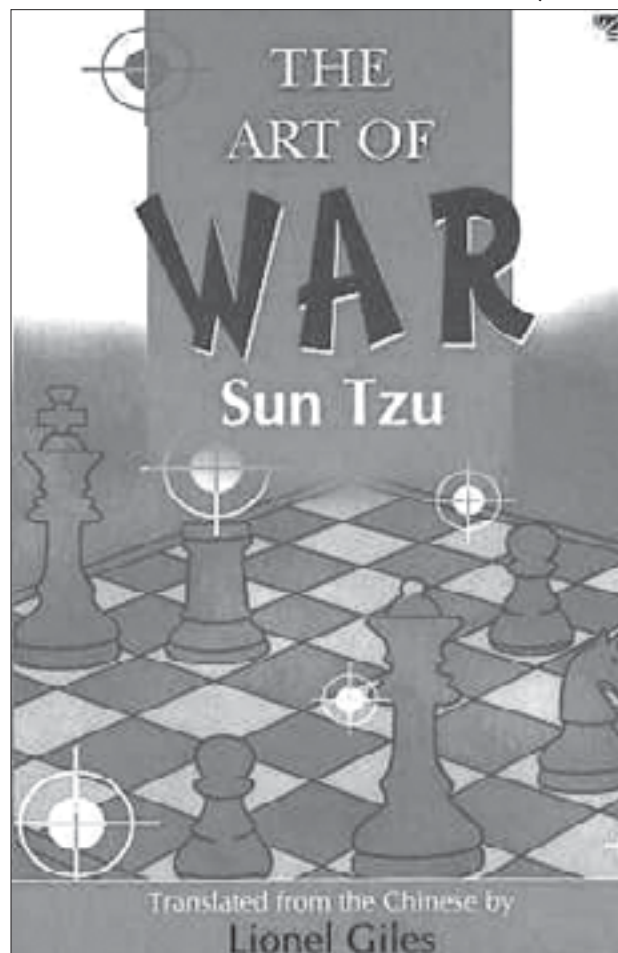
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Handheld gaming – boon or bust?

BY RICHARD BUTTERS,
ADVENTURE GAMES

The majority of us who grew up with gaming as our hobby of choice can easily remember the excitement we felt when we first heard and saw Nintendo's oversized handheld, the Game Boy. Back in those days, the thing looked extremely high-tech and surpassed the expectations of many of its first buyers. Let's forget that it looked like a brick with a screen the size of a soda cracker at the time – it was acceptable then. It was 1990; tech-toys were bulky and people wore purple pants, orange shirts, and neon green cigarette-branded hats.

At the inception of the handheld gaming console, gaming seemed extravagant. It was a new means of enjoying your avocation on the move. But as the market



developed onto matching technologies, handheld gaming seemed to fuse with the technological cravings that congested the world of media. It became more of applying non-gaming features to justify its pricing and to lure non-gamers into the MP3 and movie-playing alternatives to whatever the competi-

tion was at the time. Extra features only mean one thing – extra consumers. It isn't a bad thing, of course, for us who do like both. Then again, a lot of gamers who buy these concoctions seldom use these features. Although graphical improvements soared beyond imagination, the quality of games began to deteriorate

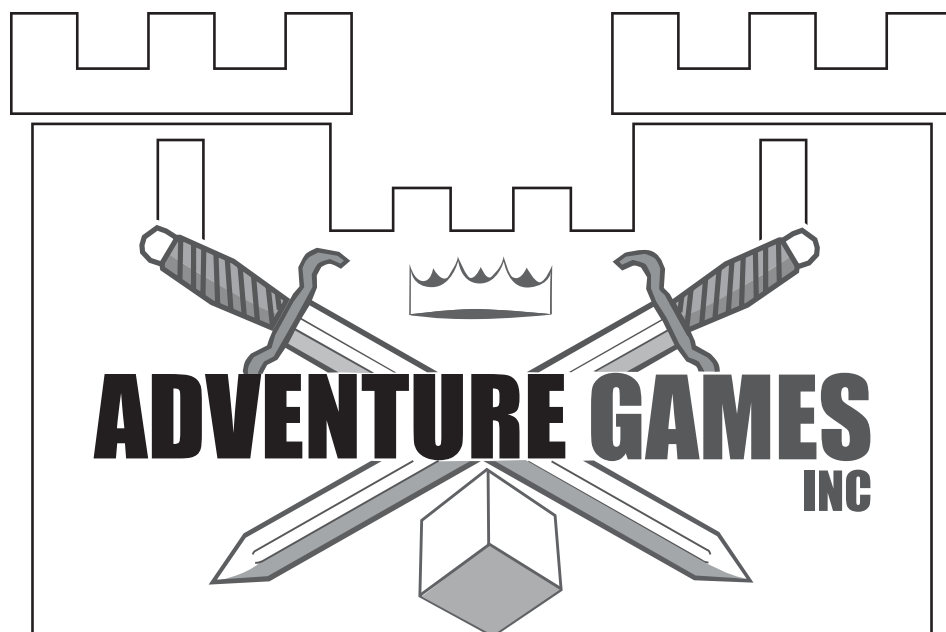
slightly. Games that we would label "good" would spawn once or twice a year, imprinting the question, "What the hell is this thing good for?"

But as one begins to speculate about handheld gaming, we can honestly ask ourselves whether or not handheld gaming is, or ever was, as great as it was

meant to be. How useful is handheld gaming if not for a momentary deliverance of entertainment? The PSP's and the DS's of today only cater to a handful of gamers that, even then, use their handhelds temporarily. These devices have become more competing toys of the technological trends that promote happy-go-lucky features like cameras, popular social networks and media viewers/players. Of course, one could argue that the current consoles of today spew the same substances that handhelds do. The difference, however, is that consoles and PC gaming deliver a richer experience in these fields along with a far bigger ratio of entertaining games as compared to handheld consoles which father top-notch games far less than they should.

So, has handheld gam-

ing really evolved into a great means of entertainment? No. I believe that most of us give our handhelds the little tinkering it needs to convey our great past-times and distract us from the mediocrity that this generation of handhelds has brought forth. Yes, we are presented with mind-blowing titles every now and then. But I'm pretty sure that we've forgotten about that because of the distractions that reside inside in our dwarfed consoles. We can sit there and blatantly lie to ourselves and argue that handheld gaming is good, but for the price I'm paying for them and their games, they should be great. Some of us will argue that handheld gaming is as entertaining as consoles. But I'd have to say that the only advantage that handheld gaming has over traditional console or PC gaming is that you can carry your Nintendo DS around.



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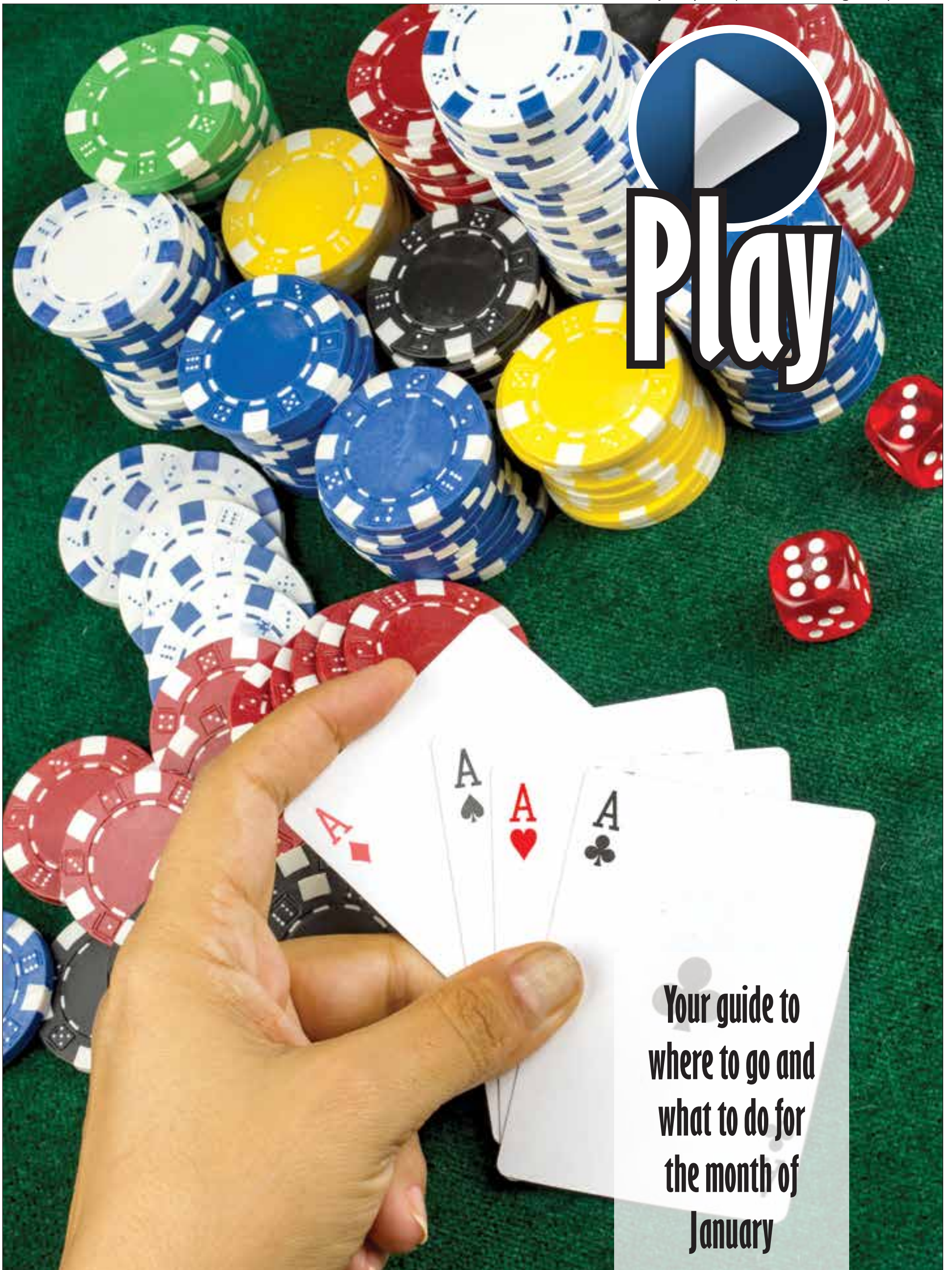
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WILLIAMS LAKE & AREA

January 1-Feb1 Accepting nominations for Women With Heart Award, info/send to: info@womenscontact.org

January 2,9,16,23,30 Duplicate Bridge Club, Seniors Activity Ctr 7pm

January 3-4 Punky Lake Wilderness Winter Hockey Camp, youth 5-17, bring hockey gear, Total Ice 10am, info: Michelle 250-306-2391

January 3,10,17,24 Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), youth 12-18 gain new skills & meet new friends, Wednesdays 6:15-9pm, Legion lower hall, info: www.3064rmrangcadets.org

January 4,11,18,25 Poke-mon Thursdays, Adventure Games 3:45pm

January 5 Rogers Hometown Hockey: Pep Rally, Gi-

braltar Room 10:30am-noon; hockey movie, Paradise Cinemas 2pm; coloring contest, Tourism Centre 9am-5pm

January 5,12,19,26 Live music, Fridays, CJ's South-western Grill

January 5,12,19,26 Friday Night Magic, Adventure Games 83C 2nd Ave S, 5pm

January 6 Rogers Hometown Hockey: Opening Ceremony, Oliver St. & 3rd Ave. noon; Hockey Festival noon-6pm; Stampeders vs. Kelowna Rockets, Memorial Complex 8:30pm

January 6,13,20,27 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, Saturdays

January 7 Rogers Hometown Hockey: Festival, Oliver St & 3rd Ave noon-7pm; Stampeders vs. Kelowna Rockets, Memorial Complex 1:30pm; Parade of Champions to Oliver St & 3rd Ave.

time TBA; pre-game show, Oliver St & 3rd Ave. 3:30pm

January 7,14,21,28 Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

January 7,14,21,28 Sunday Game Night, Adventure Games 83C 2nd Ave S, 6pm

January 8 FREE Seniors Bingo & Refreshments, upper level Boitania Mall 1pm

January 10,17,24,31 Women's Prayer Group, Alley Katz, Wednesdays 7am, info: Rita Corbett 250-392-6598

January 11,18,25 Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church, Thursdays 7:30-9pm

January 12 Atom Development Tourney, competitive hockey, finals Sunday am, Memorial Complex

January 13-27 Prom Gown Trunk Show, info: Brides & Belles 778-412-9787

January 13 Magic Pre-Release, Rivals of Ixalan, Adventure Games 5pm

January 14 Magic Pre-Release, Rivals of Ixalan, Adventure Games 10am

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

January 17-20 *Anything That Moves*, WL Studio Theatre, 4100 Mackenzie Ave N, doors 7:30pm, tickets: www.wlstudiotheatre.com

January 18 WL Writers' Group meets third Thursday of the month 6pm, Art Centre 90-4th Ave N, new members welcome, info: Linda levpur@shaw.ca

January 20 Free Swim sponsored by Lions Club, Memorial Complex 4-7pm

January 20 Strictly Blue Grass, live music every third Sunday, Alley Katz Bistro

January 20 Chillin with Family & Friends at Bull Mountain, Cariboo Ski will be on the hill with free rental, Bull Mountain noon-3pm, info: Jamie.Tanis@fnha.ca

January 21 Bikers Against Child Abuse (BACA) meeting, public welcome, Big Brothers Big Sisters 200-369 Oliver St. 1pm, info: 778-412-9323

January 23 Pottery Classes, Central Cariboo Arts Centre 90 4th Ave N, Tuesdays until Feb 27 from 7-10pm, Sundays Feb 3&10 from 10am-1pm

January 24-27 WL Studio Theatre presents *Anything that Moves*, Studio Theatre at Glendale School 7:30pm

January 25 Live music: Naomi Shore (Twin Peaks) & Noble Son, Gecko Tree 7pm

January 26-28 Timberwolves Bantam Rep Tournament, Final Sun 10:30am, Memorial Complex

January 26-28 Scrapbook Weekend, Fri 4-11pm, Sat 9am-11pm, Sun 9am-2pm, includes meals, info: Doreen 250-392-5451

January 27-28 Blue Fins annual swim meet, Memorial Complex

January 27 Robbie Burns Night, traditional Scottish dinner, dance, highland dancing, WL Pipe Band, Legion hall, tickets: \$30

January 28 13th Annual Family Fest, free, music, crafts, storytelling, puppet shows, door prizes, Gibraltar Room 10am-2pm, info: www.wlchild.ca

January 28 Cheesecake & You, fashion show, all ages, door prizes, vendors, Seniors Activity Ctr 1-3pm, tickets \$10 (includes cheesecake/ coffee or tea/fashion show) available Mon-Fri 9am-3pm at 176 4th Ave N

January 30 Pottery Classes, Central Cariboo Arts Centre 90 4th Ave N, Tuesdays until Feb 27 from 7-10pm, Sundays Feb 3&10 from 10am-1pm

January 31-Feb 3 *Anything That Moves*, WL Studio Theatre production, Dinner Theatre @ The Point, doors 7:30pm, tickets: www.wlstudiotheatre.com

February 3 Craze Carpet Caper storewide sale, United Floors 8am-5pm

February 3-11 27th Giant Used Book Sale, upper level Boitania Mall

February 10 Big Night Out, live music: Run Home Jack, tickets: 250-398-8391

QUESNEL & AREA

January 1 FREE New Year's Pancake Breakfast, Troll Ski Resort 8-10am

January 6 RCMA Open Mic, The Occidental

January 7 Shadow Box Project Party, 1048 W Fraser Rd 1-4pm

January 7 Snowed In Comedy Tour, The Occidental 7-10pm

January 12 Live music by Neil Young Tribute "Live Rust", the Occidental 9-11pm, tickets: \$20 advance, \$25 door

January 13 Wine, Whine and Paint Party, St. John's Anglican Church Hall 465 Kinchant Street 6-10pm, info: Honey 250-992-5875

January 17 Chamber of Commerce Board Elections Luncheon, Billy Barker Showroom, 11:30am-1pm, info: 250-992-7262

January 24 10 Steps to Prepare Your Business for Evacuation, Billy Barker Showroom, 11am-2pm, info: Chamber of Commerce

January 25 Class Circus with Buzz Brass Children's Concert, Chuck Mobley Theatre 8am-5pm, info: Community Arts Council 250-747-2207

January 26-27 Scrapbooking in the New Year, Anglican Church Hall 465 Kinchant St, 10am-10pm

January 25-28 26th Annual Gold Rush Trail Sled Dog Mail Run, participate in the dash Sunday in Barkerville, pre-order your envelope: www.dogsledmail-run.ca

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January 26-27 Vile Pole Arts & OccyJuiceBox band, Occidental, tickets: advance \$25, or door \$30

January 26 Buzz Brass, Chuck Mobley Theatre 7:30pm info: www.qla.ca

January 27 Hallis Lake Loppet 8am-5pm

February 3 Winter Carnival, LeBourdais Park 8am-5pm

February 3 Valentine's Gala, auctions, dinner, Senior's Ctr 6-11pm, info: Hospice Palliative Care Assn

100 MILE HOUSE & AREA

January 1,8,15,22,29 Bingo, Mondays, doors 6pm, starts 7pm, super star 8:30pm, Community Hall

January 1,8,15,22,29 Alanon, Mondays 7pm Health Centre (hospital rear entrance) info: 250-395-2532

January 1,8,15,22,29 Women's Drop-In Volleyball, Mondays 9:30am, Lone Butte Community Hall

January 2,9,16,23,30 Community Band, all ages and experience welcome, practice Tuesdays 7pm Christ the King Lutheran 440 Horse Lk Rd, info: 778-485-5560

January 2,9,16,23,30 Alanon Drop-In, Tuesdays 1-2pm, Community Health Ctr (rear of hospital) info: 250-395-7676

January 2,9,16,23,30 Alcoholics Anon, Tuesdays United Church 8pm

January 2,9,16,23,30 Carpet Bowling Club, Tuesdays 1-4pm, Interlakes Hall, info: Kitty 250-593-4780

January 2,9,16,23,30 Co-Ed Drop-In Volleyball, Tuesdays 7-9pm, Peter Skene Ogden gym, info: Kersti 250-395-1353

January 3,10,17,24,31 Eclectica Community Choir rehearsals, United Church 49 Dogwood Cres, Wednesdays 7-9pm, info: eclectica@100milearts.com

January 3,10,17,24,31 Bingo, g-ball, loonie ball & progressive, Wednesdays, doors 5:45pm, starts 7pm, Lac La Hache Hall

January 4,11,18,25 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

January 4,11,18,25 Alcoholics Anonymous, Thursdays 7:30pm, 108 Community Centre

January 5,12,19,26 Crib Night, Forest Grove Legion Fridays 8pm

January 6,13,20,27 Meat Draw, Forest Grove Legion Saturdays 4:30-6pm

January 6,13,20,27 Alcoholics Anonymous fireside family group, Saturdays United Church 8pm, info: 250-791-1937

January 7 Free Public Skate, sponsored by REMAX 100 Mile House, South Cariboo Rec Ctr 1:15-2:45pm

January 7,14,21,28 Alcoholics Anonymous, Sundays 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

January 8,11,15,18,22,25 Cariboo Calico Quilters, Monday evenings and Thursday afternoons, basement Creekside Senior Ctr, info: Agnes 250-395-6127

January 11 Festival of the Arts committee meeting, new members welcome, Chamber 6:30pm

January 14 Free Public Skate, sponsored by 100 Mile Motel & RV Park, South Cariboo Rec Ctr 1:15-2:45pm

January 16 Photo Group, 1st & 3rd Tuesday of the month, Bridge Lake School, info: Larry 250-593-4362

January 17 Log Cabin Quilters, 1st and 3rd Wednesday of each month

Sept-June 9:30am-1:30pm, Interlakes Hall 7592 Hwy 24, info: 250-593-4456

January 19-21 Men's Curling Bonspiel 2018, info: www.100milecurlingclub.ca

January 19-21 RE/MAX Hockey Tournament, South Cariboo Rec Ctr, info: Greg 250-395-1121

January 25 Chemo Quilts, 4th Thursday of each month, Interlakes Hall, info: 250-593-4456

January 28 Free Public Skate, sponsored by Save On Foods, South Cariboo Rec Ctr 1:15-2:45pm

February 4 Free Skate, sponsored by 100 Mile Safeway, South Cariboo Rec Ctr 1:15-2:45pm

February 7 Chamber Board Meeting, 2-395 Birch Ave 5:45pm

February 8 Festival of the Arts committee meeting, new members welcome, Chamber 6:30pm

February 10 Festival of the Arts registration day, Parkside Ctr

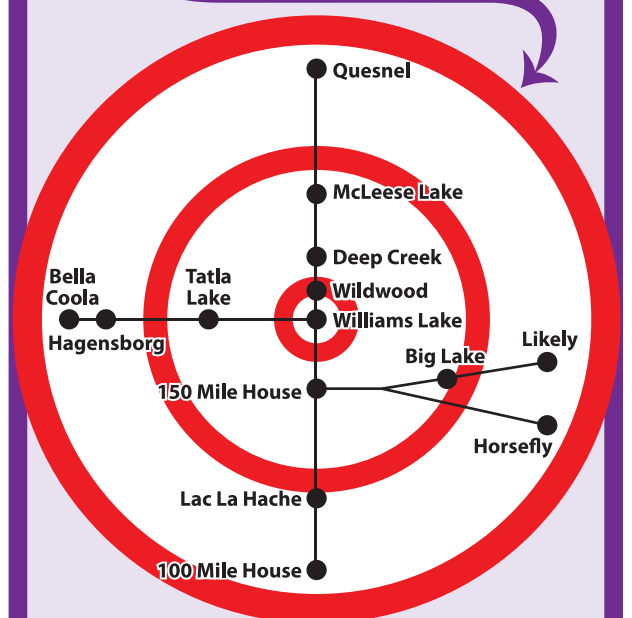
February 16 Nomination deadline, 24th Annual Business Excellence & Citizen of the Year Awards, info/nominations: www.southcariboo-chamber.org



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~Peter Drucker

Guarantee a great production (almost)



BY SHERYL-LYNN LEWIS,
WL STUDIO THEATRE

When I was directing my first play, I asked many people for advice. I was referred to books, to Biddy Jones, and was invited to watch another director. The least helpful suggestion was to "ACT like a director." Granted, I had experience in acting and improv, but I didn't think pretending to be Alfred Hitchcock would be very beneficial.

Common theatre wisdom holds that there

are two strategies to ensure a great production: choose a good script and cast the play well.

A great script will grab you! The characters jump off the page and rest in your heart. You need to feel for what these people are experiencing. You don't have to like them all the time, or understand what choices they are making but you need to have a strong reaction to them. While reading the script, the action of the play comes alive and you see the staging and the

interactions between the characters. You hear their voices. Lighting and sound choices will be inspired by how the play is moving in

your imagination. And you will read and re-read it while discovering new things each time. A passion develops for the script.

Finding one of these scripts can be a trial. There are websites – there used to be paper catalogues! – that list the plays companies publish. They provide a rundown of the number of roles, the type of set and a small paragraph-length plot outline. My experience suggests that the paragraphs lie about – er, artfully embellish – what the story is in order to sell more scripts. I have read play reviews, gone to plays, been inspired by movies and books, had plays given to me by others, borrowed them from the library, and tried other plays

by an author I already like. My experience suggests that even with this screening process, I typically read ten bad plays for every good play I would want to direct.

Casting a play is the most difficult job I have as a director. I rely on the "right" people to audition who want to be involved in a 3 to 4 month project. Auditioning as an actor is hard. You are putting yourself out there for other people to watch and to make judgments about. You do what you can with the improv games, you put energy into the line readings and you remember to react to what your scene partner is giving you. Then I, as the director, look at all

of that effort and decide if you are right for this role on this particular day. When I direct, I try to have a clear vision of what I want the character to be like (naïve, engaging, powerful, dark, etc.) while also knowing what I need the actor to be able to do as the character. Can they use these scripted lines to convince someone that they need to bury the body in the basement? That they truly do love them? That they are not crazy? I ask myself, is the actor compelling? Did they surprise me? Are they willing to open up their heart and soul to this character and draw us into the world of this play? Finally, I want to know if they play well with others. That is, how does the group of people I'm considering fit together to meet the needs of the play? Answering these questions relies on my observations, asking key members of the crew, and sometimes that gut feeling that shouts out, "That one!" Once the decisions are made, then I commit 100% to the people in front of me and we go on a wild journey of discovery and storytelling.

As for my first play – I cast a director in a single character play. It was a great mentoring opportunity.

Anything That Moves is a newer musical that Mary-Jo fell in love with and put much effort in to hunting down the script. See what you think of her casting strategy **January 17th to 20th and 24th to 27th**. Dinner theatre is **January 31st to February 3rd**.

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"There's only one growth strategy: work hard." ~William Hague

4 proven ways to make money in real estate



Ever played Monopoly? Most likely you have. Anyone who's ever played knows that the winning strategy involves owning profitable real estate. One simply needs to buy those most frequented properties, build them up, then sit back and wait. Soon enough, the "dog" always lands on a hotel. Unfortunately, real life isn't played and won with two dice and fake money. Rather, it's a game of complexity and chaos. It can, however, be won through a multitude of strategies. Lucky for us, like Monopoly, owning profitable real estate is one possible pathway to victory. To help you win, this article will provide a summary of the four strategies you can use to make money in real estate.

The first strategy is

cash flow. Simply put, you can make money by buying a house, a condo, a piece of land, or an apartment and renting it out to a high-quality renter. The renter pays you rent, from which you pay expenses. Whatever is left over is yours to play with. To learn more, read Brandon Turner's book on rental property investing.

The second strategy is appreciation. Appreciation refers to the natural increase of the price of real estate. History shows that real estate is pretty much a perpetually increasing asset. It may decrease for a short time, but it will always increase over the long-run. So, to make money via appreciation, you first buy a house at one price, wait, then sell for a profit. Canadian writer Douglas

Gray has written extensively on the subject.

The third strategy is tax savings. Though highly complex, owning a house can be a great way to save on the amount you pay in taxes. When you buy a house, you have the opportunity to deduct an amount of depreciation from your home each year. This amount translates into paying less taxes. In short, less taxes paid equals more money in your pocket. Addition-

ally, if you have a mortgage, you are frequently allowed to deduct the amount of interest you've paid. Again, more money in your pocket.

Lastly, mortgage principal pay-down. If you use a mortgage to buy your home, each monthly payment increases the amount of house you own. This means with each payment, you're growing your ownership equity. For example, if you bought your home with

20% down, then you can be said to own 20% of your house. With each payment, you increase the ownership incrementally.

What's exciting about each of these strategies is that they rarely occur by themselves. Instead, for example, a rental property owner can experience the combined advantage of all four strategies. Similarly, a person who owns their own home benefits from tax savings, mortgage principal pay-

down, and appreciation.

The bottom line is this: each of us can win the game of life when we employ certain strategies to manage the chaos and complexity. Buying profitable real estate is one such strategy. Yes, it requires hard work, and yes, it's a much slower process than winning at Monopoly. But, just as the monocle-wearing rich man in Monopoly might say, it's a strategy that's bound to win time and time again.

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"What's the use of running if you are not on the right road." ~German proverb

The art of planning

BY EVA NAVROT,
WOMEN'S COUN-
SELOR, WOMEN'S
CONTACT SOCIETY

Strategy: Let's talk about strategy to stop violence against women and violence in general. First off, what is a strategy? A plan of action or policy designed to achieve a major or overall aim; the art of planning and directing. Many definitions and many meanings that are often dependent on context. When someone

says strategic planning, I wonder how that is different than just plain old planning. To me it means planning with a system and an action oriented outcome.

So, when it comes to violence against women, domestic violence or just violence in our society what does a strategic plan look like? To answer that, we probably need to look at what has been done, what works and what has not been working. Part of the strategy is

to take an inventory of what has been happening over the years. Historically some programs to prevent violence have some impact but no one program or strategy has been completely effective. There are however some pretty awesome programs available in our communities that have lessened violent crimes. There are educational programs to heighten awareness and teach individuals to look for warning signs of abuse. There

are programs like "Don't be a Bystander" that are very successful within the school systems and through media campaigns. There are many other programs to help victims of violence and to help victims overcome trauma. I am proud to be part of an organization that hosts many such programs. I work in partnership with other agencies that offer a variety of services for women, men and families that are affected by violence.

So developing a strategy for stopping violence against women, children and families is not a simple task. What works for one may not work for another, and I guess another huge challenge would be to stop the violence in the first place. When I think about strategy around preventing violence in our society, I have to think about root causes, societal norms, social standards, peer pres-

sure, and acceptable behavior.

There are communities/societies where violence is minimal; we need to learn from them. It probably starts at the dinner table. What is acceptable at

my dinner table becomes acceptable in the school yard, the mall, the board meeting, the workplace, the city council table, the evening news channel, and eventually becomes what's acceptable in the world. I have a personal responsibility to stop violence, I think it's my job and it's your job and it's our job. It needs to start at home, where I can say "that's not okay." I am a believer in helping others, minimizing violence and taking personal responsibility, as we head into a new year, let's make a personal commitment to address the behaviors wherever we see them...it starts with me. Have a happy and safe 2018 everyone.

Art Gecko

Showing from **January 3-31**: Sister Artists!

Ally Petrin, born and raised here in the Cariboo, is an artist who works primarily in acrylic and watercolours. Ally comes from a family of talented artists, and a lot of her inspiration comes from concepts like light vs. dark, yin and yang, and bringing out the beauty of darker things. Ally is also interested in traditional tattooing, something she hopes to pursue in the future.

Jo-anna Younker is a locally raised artist who has been drawing and painting her whole life. Although this collection is done in acrylic paints, her preferred medium is pencil crayons, and pen and ink. Jo-anna's inspiration for this collection is the tranquility of Buddhism and nature to invoke peace of mind as well as a sense of wanderlust.

Join us Thursday, **January 25th** at 7pm for live music with Naomi Shore (Twin Peaks) and Noble Son.

WANTED!!! Artists of all mediums, now booking for the 2018 season at the Gecko Tree Cafe. Call Beatrix Linde at 250-440-5759 or email bringerojoy8@gmail.com

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Prepare for the shoot

Photography 101

By Craig Smith



For the avid photographer, a new year always seems to include “things I want to photograph.” This year let’s talk about strategies that can be put into place to add projects to your portfolio. One saying that has always stood out and I’ve tried to live my life by is what I call the ‘P’ principal. You may have heard it before and I can’t remember where I heard it first; however, it was either my Dad or my platoon Sergeant when I was in basic training. And it goes like this; prior planning and proper preparation prevents poor performance.

My thoughts, when contemplating personal projects for the year, start with a list describing each image I want to create or a file folder of ads and pictures I have grabbed from the internet. I sit down and narrow these down to a reasonable amount. For me that amount is normally one a month, but depending on how busy

your life is, it could be a lot more.

I’ve used just loose-leaf sheets of paper (or you can get a book if you like) but now comes the strategy or planning part of your projects. Normally I would separate the images I want to do into ones I can only do certain times of the year and ones I can do anytime.

Now that I’ve figured out what I’d like to photograph and when I can; I then comprise a list of what I need for the shoot. Do I need a special backdrop? Do I need props? What equipment am I going to be using? I create a list that has all of these things included. A checklist that will be checked off as I put it all together. There is nothing more aggravating that getting to a location and discovering a crucial piece of equipment is no where to be found. Always at the top of the list is your camera and whatever lenses you are going to be needing for

my camera. A tripod is essential as well as three times the memory that I think I am going to be needing. If I’m out of town then I will also include a laptop and all the cables I need to get the images from my memory cards and into my computer for safekeeping. If I’m taking a laptop I also have to make sure I have my back up external hard drive. I sometimes miss the days of film where the equipment list was shorter. Next, I look at my lighting requirements. Do I need a flash? If so I also need to take enough batteries to power everything. Again, I always go to excess and take double the amount I think I’ll need. I’ll also make a determination as to what modifiers I will need or if I might use a reflector. Once I have all that put together I will now look at props and backgrounds. Adding to my list whatever I need to create the image that I have in my head. I would say about half the time I will draw out a little diagram of what I want the subject to be doing and how I’m placing my lighting and the other half I wing it. Whichever way you decide to go in 2018, may it be the year your creativity shines and until next time, Happy shooting.

In-look and out-look

Food for Thought

By Rita Corbett



If we knew that 2018 would be ‘perfect’ – what a temptation to joy that would be! Of course, in that world everyone would ‘be good’, and life would be fair. So where do our negatives come from – stuff like anger, hatred, and revenge? Are we born that way, or do we start out good and something just goes wrong? (Please don’t say if you were naughty or nice in 2017!)

Some psychologists claim that babies are blank slates – that everything is learned. Others hold that every baby is born good, then bad things happen to change that. Even Marilla Cuthbert in Anne of Green Gables weighs in on this with, “Every baby is the sweetest and the best!” The innocent appeal of a baby is beyond words, but a recent study shared on 60 Minutes offers new understanding in a fascinating report, which may be found at: https://www.youtube.com/watch?v=VX5kAh_CN0k.

The Yale Baby Lab

study suggests babies begin with a sense of justice, then begin to make choices based on differences. Very early on, life becomes ‘us and them’, even before an infant can walk. The little cherubs prefer those who think like them, look like them, and share their values. Then, a little further on, the darlings choose punishment for those critters who make different choices than they do. The origins of bias, animosity, separation, and blame come early. And those babies become us.

A quote from the study says: “We are by nature indifferent, even hostile to strangers; we are prone towards parochialism [closed-mindedness] and bigotry. Some of our instinctive emotional responses, most notably disgust, spur us to do terrible things, including acts of genocide.”

But not all of us act out negative nasties! Can such impulses be curbed, or are we stuck with those tendencies? And what is it that takes

place to turn some of this planet’s tiny inhabitants into great, grown philanthropists? Might I need a bit more guidance yet?

In the research commentary, several influences were seen as capable of shifting self-centeredness into altruism. Acculturation, parents, education, and religion can apparently override our early thinking. A parent’s words can echo in child’s thoughts long after they are grown. Social understandings can nudge us away from our self-focus. And schools are known to open young minds widely. Am I getting trained, or am I still in a baby-mode of thinking?

Our belief systems, whether they include lights, ribbon and wrapping paper, or a variety of merry religious festivals, can lead us into purposes greater than ourselves. What we believe can dial down self-centeredness and give rise to something better. Our values can help us put down that mirror and open some windows.

Will we allow ourselves to change? We can choose ideals that override destructive impulses and promote understanding instead, or carry on as things are. One of this year’s choices may be between looking in and looking out. Perhaps there is something we can learn from a baby, after all.

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The New Year is a great time to start something new! Have you ever wanted to try craft beer but don't know where to start? We're happy to pick something out for you. We have **mystery bags** of craft beer and wine, so you can purchase one and surprise yourself! 2017 was a great year at the store; we expanded and opened our new craft beer section, we had beer-o-logy our craft beer bash, and we won an award for customer service. Overall, it was a great year at SBL and we have our customers to thank for that! We're excited for the New Year. We invite you to follow our Facebook page to stay up to date on all of our events and promotions.

Craft Brewery of the Month: Field House Brewing

If you're looking for quality craft beer that is diverse in flavor yet consistently excellent, look no further than Field House Brewing. Based in Abbotsford BC, their small and talented team creates an experience that begins at their brewery and shines through in their innovative craft beers. Their brewery serves sustainable local foods; they have a "Field House After Dark" party nightly; and they offer growler fills.



Winery of the Month: Painted Rock

Painted Rock winery boasts some of the highest quality wines BC has to offer. Using a Bordeaux-based consultant who advises their hardworking team on winemaking protocol, viticulture, and integration of vineyard and winery, they produce exceptional wines. These high-quality Okanagan wines are distinguished by the excellent care and expertise that went into the planning of the vineyard and the wine making techniques. A bottle of their wine is perfect for a wine expert or as a special occasion treat.



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eat

Cariboo potato salad

Out of the Fridge

By Brice O'Neill



The best-laid plans of mice and men often go awry. This is especially true in a professional kitchen. With all the moving parts involved in successfully preparing food quickly and properly the best plan you can have is being adaptable. One of the things I say all the time is "I don't know what is going to happen but I do know I'm ready." Hours before the rush starts, cooks prepare, we make sure everything we will need is close at hand.

That is our strategy for survival... prep. Without all the preparation and planning, the kitchen can fall apart. Literally! Each dish on the menu, each daily special, each plate of food has a strategic plan behind it. Well thought out for both taste and, of course, the bottom line, cost. The restaurant industry is a game of pennies. Profits margins are so low, that the failure rate in the industry is astronomical. Many restaurateurs wear several

hats, but one of the most important is the business side of things. With a lowly 9-10% net profit margin, any mistake will cost you dearly. Yes, you need to be able to cook, but you better understand and be able to plan your budget.

It was interesting for me being a cook for many years going into the world of politics and how the strategy changes. As some of you may know, I sit on School District 27 School Board as a trustee for the Williams Lake area. Working with lots of other people on a "strategic plan" for over four thousand students, four hundred plus staff and a budget that exceeds sixty million dollars was truly a humbling experience. It was also where I learned the term 'living document'. Unlike my kitchen where plan-



ning and strategy play out in micro seconds, the planning in politics sometimes takes months if not years to come to fruition. The term "crystal ball" comes to mind every time a plan is put in place, never knowing the final outcome. We hope that it works, but it takes quite a while and sometimes we will never see it. Unlike my kitchen, I can't watch these "customers" chew their food and watch as they enjoy every bite. And each decision affects thousands of families with children across the

region. It can be frustrating and an exercise in patience. But it is also rewarding, knowing that the strategic planning helps keep the tax payer's money doing what it was intended to do. Educate our children.

On that note, here is a recipe for **Cariboo Potato Salad**, which my partner Sue designed. It's a nice change from your usual 'potato salad.' Take 12-15 cooked new potatoes quartered, 1-½ cups of green beans, lightly steamed & quartered, 1 red pepper, raw cut in

1/2" pieces, 4 boiled eggs cut up in chunks and 1 stalk of celery. For the dressing, using 3 tbsp mayo, 1-2 tsp milk to thin, ½ tsp old fashion seed mustard, ½ tsp of sesame oil or to taste, ½ tsp dried dill, 1 tsp. sugar (or other sweetener), dash of pepper. Combine all the ingredients and mix gently with a large spoon. It can be served slightly warm just after being made or chilled. Enjoy and we hope you and your family had a wonderful holiday season. Easy eh?



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The 5 W's of travel planning



Planning a trip can be stressful and difficult. That is one of the many reasons why people come to see travel consultants. But before you come to see us there are a few things you need to consider. You need to figure out the 5 W's of strategic travel planning; Where, When, Who, What, and Why.

My favourite thing to ask as a travel consultant is, "Where can you see yourself on vacation?" Is it sitting on a beach

in Mexico drinking a Pina Colada, or maybe roaming the cobblestone streets in Italy? Either way it is important that you consider how you want to spend your well-deserved time off. You have the choice between 7 continents and 195 countries each with their own spectacular offerings. Once you can picture yourself in that destination you need to consider the 'when.'

Every season has its different appeal and

► Toni (Leisure Specialist), MJ (Manager), and Tanya (Corporate Specialist)



price tag. For example, Mexico during Christmas can be very expensive and may be surprisingly out of your budget. But the rates in April

can be at a much lower cost, making it easier to fit into your price range. Something to be aware of is the weather in each destination you plan to travel to. When it's summer in Canada, it's winter in Australia.

When planning your trip, you need to consider 'who' you will be travelling with or if you will be going solo. Whether you are planning for the entire family, or maybe you and your partner just want a romantic getaway, this decision can change your whole trip.

Now that you have figured out who is coming with you on this journey, you need to figure out what you are

going to do. Each destination offers different things to do. For example, you can go to Peru and hike the world-famous UNESCO World Heritage Site, Machu Picchu. If that doesn't interest you then maybe relaxing on the beach in Cayo Coco, Cuba, or maybe even an African Safari in Johannesburg, South Africa will be right for you. There are many options to choose from, so it's important that you think about what you are going to enjoy the most.

Now it's time to figure out the 'why;' why do you want to go on vacation, what is the purpose of your travel? Some people use their well-

deserved time off to go see family in another part of the country, and some people just need to get away from their day-to-day life. Finding out the 'why' will really help you decide what you should or should not do on your vacation.

Once you have an idea of what you are expecting for your vacation, it's time to come see your local travel consultant. We will help you piece together the trip of your dreams and make sure you are taken care of from the moment you walk through our doors until the moment you get back home, we will be with you every step of the way.



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"Study Strategy over the years and achieve the spirit of the warrior. Today is victory over yourself of yesterday; tomorrow is your victory over lesser men."

~Miyamoto Musashi

Strategic business plan updating



BY ALEXIS FORSEILLE,
COMMUNITY FUTURES
CARIBOO CHILCOTIN

The New Year often brings a period of time where our friends and family are strategizing ways to make their New Year resolutions last longer than they did in years past. January feels like a fresh start to whatever you would like to accomplish in the months ahead. For small business owners, this is the perfect time to strategize for your business. Strategizing for a small business can occur in several different ways, however, the best place to begin is right where your small business started; your business plan.

The beginning of a New Year is a prime time to review your business plan. Over the past year your small business may have grown or changed in ways that you did not originally predict. Therefore, many items in your business plan may be outdated. A typical business plan includes an executive

summary, a unique selling point or identified opportunities, market research, marketing and sales, your team, financial forecasts, an implementation plan, and appendices or additional supporting documents. Taking a look at the list above, you can easily identify the major parts of any business plan that may quickly become outdated from year to year. For example, your team of employees may have changed or their roles may have changed within the organization as your small business evolved.

Secondarily, updating your business plan may help determine which direction you would like to steer your business this year. There are several important questions to ask yourself as you strategize your business plan. Do you have any outdated unique selling points? Is there a new competitor in the region? Have you introduced new products or services? Has your target market changed in any way? Do

you have any new supporting documents, business licences, new training certificates or agreements to include in your plan? Becoming better acquainted with your business plan can set you up for success in the year to come.

In particular, there are three sections within the business plan that are the most useful to analyze at the beginning of the New Year. The first is the financial forecast. For many small businesses within the Cariboo-Chilcotin, completing a profit, loss and sales forecast for the year ahead may be difficult after this past summer's interruptions. However, it is important to complete; these forecasts will allow you to realize your businesses potential and allow you to budget in preparation for the months to come. Be careful to not get caught up in the seasonal spending fluctuations as you predict your profit, loss and sales for the year ahead. While business in the Cariboo-Chilcotin is

slowly but surely returning to normal, now is the best time of the year to assess and understand your small business' financial status. A good place to begin is to talk with your accountant and book an appointment with a financial planner. Your accountant will help you understand the past finances and upcoming costs expected for your small business. On the other hand, the financial planner will help you prepare for any changes that will occur to your small business from federal and provincial decisions, such as any new or changing tax laws.

The second section to pay special attention to is the implementation plan. Were you successful in completing the goals or reaching the targets you had originally strategized for your small business? Why or why not? Take some time to reflect on the

goals or targets that you set; are they still worthwhile for your business? If you have accomplished the goals or they are no longer valid for your business, now is the time to set new goals. To set goals with the most viability, try following the S.M.A.R.T. Goal criteria – Specific, Measurable, Attainable, Relevant, and Timely. After writing down a goal, analyze the goal based on the above criteria and try to be as precise as you can be. The more S.M.A.R.T. your goal is, the more successful your implementation plan for the New Year will be.

The last section to strategize over is your marketing and sales plan. Did you follow through on your marketing plan since creating your business plan, and how did the plan reflect within your sales? With a new calendar, it may be time to redesign your marketing and sales plan. Adjust your plan to fit with your business' and

your customers' needs while taking into consideration any changes that have occurred within your business over the past year. To further support your plan, decide on your yearly advertising budget and prepare your small business to be promoted at the most opportune times of the year. Based on your target market, it may be worthwhile to seek new advertising opportunities such as through social media, magazines, newspapers or blogs. A well designed advertising campaign can make all the difference in having your business recognized and remembered by both old and new customers.

Overall, updating your business plan at the beginning of the New Year might feel like you are creating a New Year's resolution for your business. However, this is one resolution you know will be a good fit for you and your small business.

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Poopy pooches and slobbered socks



Do you know what it's like, trying to get an eight-pound puppy to poop in the snow when it's higher than he is? I didn't either until this last Christmas.

You see, he thought it would be a good idea to surprise the 8-year-old with a new hound dog, only we found the perfect one 30 days before Christmas.

Thirty. Days. Before.

Christmas.

That was 30 days of biting tongues and hiding doggy footprints in the snow, running a mini kennel back-and-forth to three different houses, making excuses, training and housebreaking all at once. But we pulled it off; there was one mega-surprised kidlet come Christmas morning.

The brat -erm- puppy and I however, had our

ups and downs beforehand.

Specifically, two dumps in the living room and one attempt on the living room carpet once the snow dumped on us outside.

Once he squatted on the carpet, huge, soulful, evil brown eyes staring up at me, I scooped him up and ran with him outside.

He hit the ground, immediately got distracted by every imaginary scent in the area, and by time he remembered why we were out there his paws were too frozen and sore for him to concentrate on his business.

I scooped him up, warmed his paws in my hands, then set him back down to try again.

Three tries later we finally gave up and I carried the whimpering fluffy mess back into the house while trying to think of an alternative to frozen tootsies.

Despite how pained

he acted, it took no time at all for him to rip to the bedroom and back with a fresh pair of my rolled-up socks in his mouth. I think he did this on purpose, because as soon as I dive-bombed for my socks he assumed the position back on the carpet while eyeballing me.

Too bad the little brat didn't realize this would help me come up with a plan.

I scooped up the poopy-pooch, flipped him upside-down onto my lap, pulled out my ponytail and wrapped my freshly slobbered-on socks onto his feet then used the elastics to keep them in place.

He looked stunned, hurt – betrayed even. But it was too late.

Out we ran back into the yard as I dumped him unceremoniously back into the snow. He froze, but then thought about it. Wiggled his toes, wiggled his tail, he popped a squat and did his business with warm tootsies!

We went 24 hours after that mark without a spot on my floors, so here's hoping!



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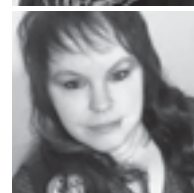
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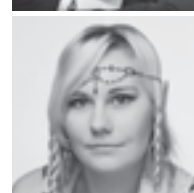
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THE STEW MAGAZINE'S Monthly MIX

HOLIDAYS OF THE MONTH

- Jan 1 Polar Bear Plunge Day
- Jan 2 Buffet Day
- Jan 2 Science Fiction Day
- Jan 3 Fruitcake Toss Day
- Jan 3 Festival of Sleep Day
- Jan 4 Trivia Day
- Jan 5 Bird Day
- Jan 6 Bean Day
- Jan 7 Old Rock Day
- Jan 8 Earth's Rotation Day
- Jan 9 Static Electricity Day
- Jan 9 Clean Off Your Desk Day
- Jan 10 Cut Your Energy Costs Day
- Jan 11 Learn Your Name in Morse Code Day
- Jan 12 Marzipan Day
- Jan 13 Make Your Dreams Come True Day
- Jan 14 Organize Your Home Day
- Jan 15 Strawberry Ice Cream Day
- Jan 16 Nothing Day
- Jan 17 Benjamin Franklin Day
- Jan 17 Kid Inventors' Day
- Jan 17 Ditch New Year's Resolution Day
- Jan 18 Thesaurus Day
- Jan 19 Popcorn Day
- Jan 20 Penguin Awareness Day
- Jan 21 Soup Swap Day
- Jan 22 Hot Sauce Day
- Jan 23 Handwriting Day
- Jan 24 Compliment Day
- Jan 25 Opposite Day
- Jan 27 e-Day
- Jan 28 Data Privacy Day
- Jan 29 Puzzle Day
- Jan 30 Croissant Day
- Jan 31 Backwards Day

do



The year of the robot?



2018, I predict, will be the year of the robot. I'm not getting this info from anywhere other than my own intuition. Now that the average consumer is getting comfortable with products like Google Home and Amazon Echo and soon the Apple Homepod, the next step with robotic automation. One of the first consumer based style robots that I have seen is an interactive type robot named Jibo. This little guy isn't much more than the above-mentioned home devices other than he does recognize you and can carry on a conversation. So basically, he is consumer artificial intelligence that can rotate its

'face' so he is looking at you while chatting. He is a learning robot, so he will remember things you have said to him and bring pertinent information up in future conversations with you. He can take a picture for you and post it where ever you want. He does start off the same way the other interactive products do, in that he needs to hear the wake phrase and in his case, it's "hey Jibo". After he's awake you can actually have a conversation without having that phrase at the beginning of every sentence which sometime gets a little tedious with my google home. Based on the information I have, you can even have him say



Hi or any other greeting when you walk into the room. I think our society is ready for this kind of tech. Initially "Jibo" inventors were looking for a hundred thousand dollars to get things going, almost instantaneous pre-orders for this little guy exceeded 1.8 million. I'm excited about this type of technology as are a lot of other techies. I can see benefits for a multitude of things including social interaction for the single millennials who are flocking to the urban centres but won't talk to anyone around them. Unlike R2D2, who most people on the planet know, this robot speaks in whatever language you want him too and not just beeps and squeaks. This level of robot is called a social robot and is not actually a robot tool, robotic vacuum or a humanoid style or a robot that can do actual physical tasks. He is designed to

take some of your mundane everyday tasks and make them easier and a little fun. Imagine the few minutes you can save by having him dictate a recipe to you as opposed to your going through cookbooks or your computer looking for that chocolate cookie recipe.

I guess the question now is, are you ready for the future? It's happening at an ever-increasing speed and unfortunately, it's getting harder and harder to resist being involved. Even my 78-year-old father now has a Facebook account and a smart phone. My thoughts are that we really need to understand all this new technology and not just let it come into our lives without understanding exactly what it does and how it works. If you have that basic knowledge you might start to get excited about every new technological advance just like me.



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January's blu-ray and DVD new releases



The standard release routine for a movie is regulated by a business model called "release windows." The release windows system was first conceived in the early 1980s, on the brink of the VHS home entertainment market, as a strategy to keep different instances of a movie from competing with each other, allowing the movie to take advantage of different markets (cinema, home video, TV, etc.) at different times.

Here are January's weekly blu-ray and DVD new releases.

TUESDAY JANUARY 2



American Made, IMDb: 7.3, R
Battle of the Sexes, IMDb: 6.9, PG-13
A Question of Faith, IMDb: 4.5, PG
Breathe, IMDb: 7.0, PG-13
The King's Choice, IMDb: 7.3
Brad's Status, IMDb: 6.6, R

Love Beats Rhymes, IMDb: 5.1, R
Rebel In The Rye, IMDb: 6.3, PG-13
Slumber, IMDb: 5.0, R
Ten Days In The Valley: Season 1, IMDb: 5.9
The Stolen, IMDb: 7.6

TUESDAY JANUARY 9



It, IMDb: 7.9, R
The Foreigner, IMDb: 7.2, R

My Little Pony: The Movie, IMDb: 7.0, PG
Marshall, IMDb: 7.1, PG-13
Friend Request, IMDb: 5.4, R
Mark Felt: The Man Who Brought Down the White House, IMDb: 6.0, PG-13
68 Kill, IMDb: 6.0, UR
Bullet Head, R
November Criminals, IMDb: 5.3, PG-13

TUESDAY JANUARY 16



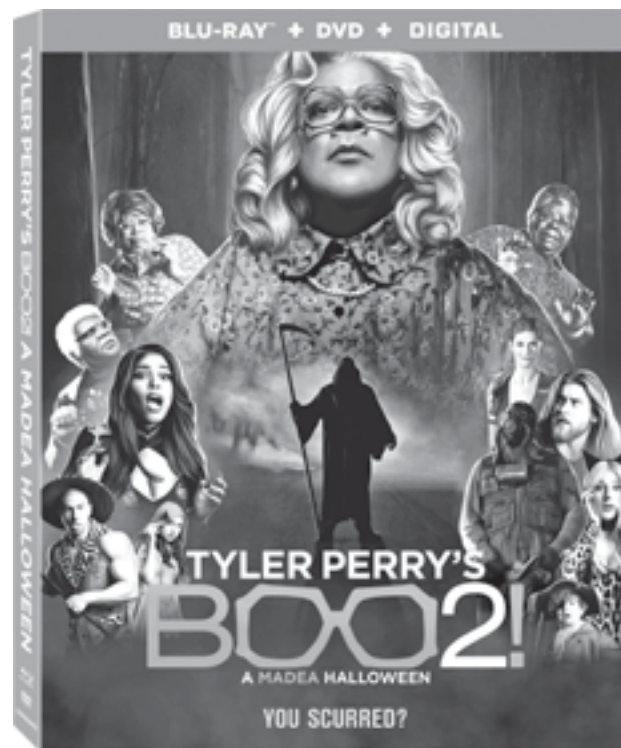
Blade Runner 2049, R
Happy Death Day,

IMDb: 6.6, PG-13
The Snowman, IMDb: 5.2, R
Loving Vincent, IMDb: 8.0, PG-13
9/11, IMDb: 3.4, R
Better Call Saul: Season 3, IMDb: 9.1, TV-14
Beyond Skyline, IMDb: 6.0, R
Crooked House, IMDb: 6.7, PG-13
Gangster Land I, Daniel Blake, IMDb: 8.0, R

TUESDAY JANUARY 23



Jigsaw, IMDb: 6.1, R



Geostorm, IMDb: 5.5, PG-13
Thank You for Your Service, IMDb: 6.7, R
The Killing of a Sacred Deer, IMDb: 7.7, R
Goodbye Christopher Robin, IMDb: 7.3, PG
Chasing the Dragon, IMDb: 7.3
Dirk Gently: S2, IMDb: 8.3, TV-14
Earth: One Amazing Day, IMDb: 7.5, G

TUESDAY JANUARY 30

Boo 2! A Madea Halloween, IMDb: 3.1, PG-13
Professor Marston and the Wonder Women, IMDb: 7.2, R
Last Flag Flying, IMDb: 7.3, R
Death Race: Beyond Anarchy, R
Ray Donovan: The Fifth Season, IMDb: 8.1

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do

*This month's crossword is brought to you
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X-Word Puzzle

ACROSS

1 Imminent calamity as crazy cow models for ads (5,2,8)

9 Anni about to ring the chap who nearly lost a pound (7)

10 A cut of beef wrapped around a piece of Roquefort with English parsnip (7)

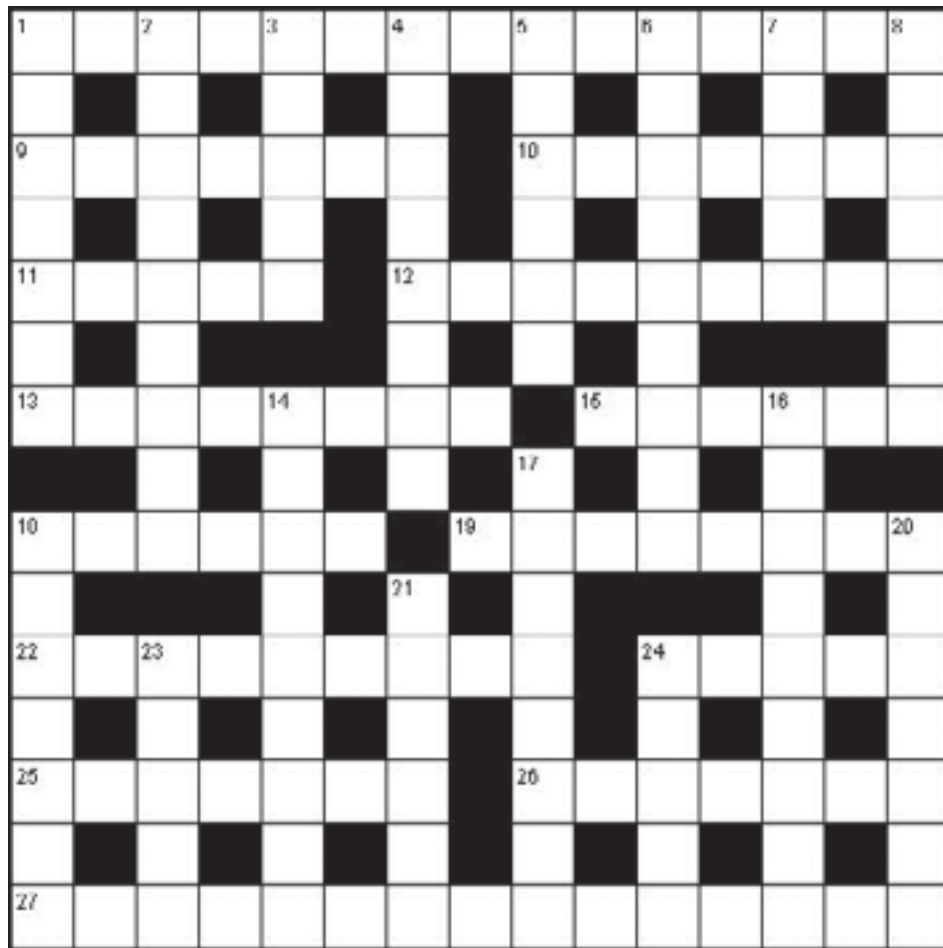
11 21 of the French enemy (5)

12 Eve's agent maybe in town (9)

13 Father takes issue with 21 (8)

15 21's alternative source (6)

18 This social rebel exercises around one after a joint (6)



19 The BBC study of insect food (3-5)

22 Make an impression

21 out east with article on Russia's top doctor (9)

24 Prospero's Art de-

20 gree initially gained in Carthage (5)

25 Arising from a field

of medicine involving supernatural power (7)

26 Poet goes around ancient city with American entertainer (7)

27 Macbeth's witches ride with tresses flying (3,5,7)

DOWN

1 And in uplifting places get to one's feet (5-2)

2 What a cheerleader mustn't be at odds with (3,2,4)

3 21's finished by the sound of it (5)

4 Circle about lost in thick mist in March (8)

5 21's a superior gun (6)

6 Rewrite 'I love Brad' in colour (5,4)

7 Killer whale trapped by the French 21 (5)

8 Pose by spring for 21 (7)

14 Put back in position again in New York? (9)

16 The sudden appearance of a pressing necessity – not unknown to Elizabeth (9)

17 He takes newly married women to Scottish islands (8)

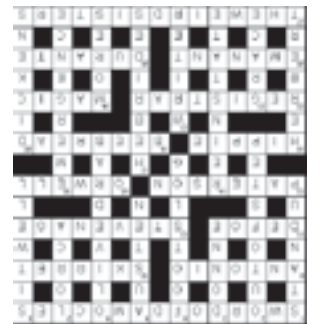
18 21 in 20's Pocket (7)

20 Police return to Livingstone's with 21 (7)

21 Pen legal document with hesitation (6)

23 Old cricketer in thrilling race to get a thousand runs in May (5)

24 Doctor again before the Head of Swedish Customs (5)



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