

the Gamod issue

Featuring Kimberly Futcher Pages 6 & 7



On the Cover:

Diamonds; these gems are a sparkling symbol of love, they are timeless, strong, and sharp. Join us as our writers explore all the facets of the word 'diamond!'

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Let's talk 'diamonds BY CRAIG SMITH

The word diamond comes from the Greek word 'unbreakable' or 'unalterable'. Whenever we hear that word, we also hear all the clichés. Diamonds are a girl's best friend. Diamonds are forever. Diamond in the rough. No pressure, no diamond. Blood diamonds. Conflict diamonds... I made the mistake of looking for diamond quotes on the internet and found thousands; too many to share in this short article. In my technology article, further on in this issue of The Stew, I touched on a lot of the ways diamonds are used due to chemical composition and conductive properties.

There are industries that use diamonds because they are the hardest naturally occurring substance found on this planet. I did take my research a bit further, and found that, not only had diamonds lost their 'hardest' title to a few man-made compositions, but two natural occurring compositions were recently discovered to be up to 50% harder than diamonds. The only problem is they are both so rare, neither one would ever become a mainstream product like diamonds have become. What's funny is that the hardest (diamonds) and the softest (graphite) natural occurring substances are made of the exact same thing (carbon). If you want to go a little further with carbon, the human body is made up of mostly three things; oxygen, hydrogen and carbon (93%). Add nitrogen, and we have four elements that make up 96% of the human body. I remember one of the Star Trek movie aliens referring to humans as 'carbon units'. How do we get different substances from the same element? These are called 'allotropes,' a term referring to the different ways the element bonds, and in what configurations.

For instance, graphite conducts electricity very well, whereas diamonds don't. You can use coal to heat your home, but not diamonds (although why would you). I didn't really want this to be a chemistry lesson but it is turning out that way. Carbon is one of the most plentiful elements on Earth. Every living thing - plant or animal – is made of carbon. We breathe it out in the form of carbon dioxide, and plants breathe it in. It is all around us in the form of gas, oil, plastics and believe it or not, clothing.

Let's go back to diamonds. Naturally occurring diamonds are made between 140-190 kilometers below the surface of the Earth, beginning with carbon and applying a huge amount of time, temperature and pressure to it. The diamonds are then brought to the surface by way of volcanic eruptions.

First recognized and mined in India about 6,000 years ago, diamonds became treasured as gemstones and it wasn't until later that their industrial uses became known. Fast-forward to the 1700s, and diamonds were being discovered in other places around the world. Now the biggest producers of diamonds are South America, Africa, Australia, Russia and Canada.

So, this being our February issue, we can also relate diamonds to Valentine's day. I always thought it would be the most popular proposal day, as its probably the easiest for a lot of guys. I was wrong, but not too far wrong with my reasoning, as the most popular days for engagement are Christmas Eve, Christmas day and New Years Day, rounding out the top three. Looking at a half dozen surveys, Valentine's day is still in the top 10 of proposal days. Having said that, let's help these young men (current average age of newly



engaged couples is 24) pick out the ring to pop the question.

Buying a ring is not a do-it-yourself type of project, so I suggest going into a jewelry store to pick one out, and leaning on their professional advice.

When searching for engagement rings, you look at two things, the metal and the rock. I am by no means an expert, so if there are those of you reading that know more about rings than I do, please be kind. Having said that, let's break down the steps.

First, you will need to establish your budget. Back in the 30s, the biggest diamond company in the world was De Beers corporation from Johannesburg, South Africa. They did everything from diamond exploration, to mining, to retail, controlling the entire supply chain. This is the company that had the slogan, "A diamond is forever." In the 1980s, they also created a huge marketing campaign that basically stated that your fiancé should be worth the investment of two months' salary or more, implying if you spent that much, that other men seeing the huge ring on her finger wouldn't hit on her. It really was brilliant marketing, as many years later men still talk about this guideline. So, forget the guideline and really decide what you can afford.

Next, it really should be a sur-

prise. Figure out a time, place and scenario. It doesn't have to be elaborate, but put some thought into it.

Now, the ring. What is her style and her size? Take a ring that she doesn't wear very much to the jeweller to get the size. It's easier if you don't have to have it resized later. Next, pick out the style of band; thin, thick, fancy, plain, gold, silver or some other metal.

Finally, it's time to choose the diamond, classified by the 4 C's: cut, colour, clarity and carat.

Cut not only refers to the shape of the stone, but also the angles; diamonds that are well cut tend to sparkle more Diamonds come in many colours, and this is a choice of preference and budget. Clarity refers to the level of other minerals or imperfections in the diamond. Carat is the weight of the diamond; the bigger the diamond, the more the cost. For those of you that are fact junkies (just in case you go on Jeopardy), one metric carat is .2 grams and the world's largest rough diamond weighs in at 3,106 carats.

Now that I have given you more information about diamonds than you'll probably ever need, if you do get engaged this Valentines Day, don't forget to grab our 2018 Wedding Guide, right next to where you picked up your copy of The Stew, and from all of us, congratulations!

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LOOKING BACK: Exodus from Stuic to Spatsizi —Tommy Walker part 4





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Exodus from Stuie to Spatsizi – Tommy Walker part 4



Patrick Jack and Albert Casimer were both young men when Tommy Walker hired them to help take his string of packhorses and saddle horses 900 miles (1.400 km) from the Bella Coola valley to the Spatsizi Plateau in 1948. It was an epic trek, and more than four decades later, Albert and Patrick still spoke of this adventure as if it had happened yesterday.

Tommy Walker came to the Bella Coola valley from England in 1929 as a twenty-five-year-old and established a tourist lodge

at Stuie, 40 miles (65 km) up the valley from tidewater. Then after 19 years, he decided to pull out of the country and seek greener pastures. The Bella Coola valley was becoming too civilized for his liking.

Walker was drawn to unspoiled wilderness. He was especially excited when the creation of Tweedsmuir Park was announced in 1937. He saw this wilderness preserve as a way to safeguard the indigenous way of life of the Ulkatcho people toward whom he had grown a great fondness. The Ulkatchoten frequented the Rainbow Mountains and rich furbearing country along the Dean River north of Anahim Lake

Walker felt the remoteness of the Ulkatcho homeland, equidistant from "inept government agencies" was their strongest asset for retaining their independence. "They were almost beyond reach of an indifferent officialdom of two Indian Agencies," Walker wrote in his memoir. "The park will protect the undisturbed ecology of the Ulkatcho homeland from unfettered development and the pressure of cattlemen seeking virgin pastures."

Walker said the settlers and indigenous inhabitants were able to mingle easily in the freedom of an unrestrictive society, despite cultural differences. "We didn't always understand each

other's customs but neither did we meddle in the other's affairs?

One of the great social successes was the annual stampede that Walker initiated on the flat next to his lodge at Stuie. "Indians and settlers came from ranches and homesteads, from Ulkatcho to the Chilcotin," he said. "Chief Domas Squinas particularly enjoyed the gatherings because he was fond of a little gambling."

The bone game Lahal, like other indigenous practices such as the potlatch, was frowned upon by police authorities and Indian Agents, but this didn't deter Old Squinas. "Each night hed sit on a block of wood in his smokehouse under the tall firs and beat his drum in time with the Lahal chant. Like a croupier, he'd watch the chanting teams."

Everyone, native and

settler, rode in the horse races and bucking contests. "It was easy for the settler and the aboriginal to merge with little friction in a wide land where there was scope for all."

As the pang of the Great Depression ended, Walker continued taking guests into the mountains by horseback. One group of clients consisted of twelve women and a man, and Walker didn't have difficulty convincing his friend George Draney to guide them on the trail while he managed the lodge. One of the riders, Marion Bulloch-Webster, returned the following year and while helping Walker take his horses to Anahim Lake for the winter, the two became engaged. They were married the following March.

Walker describes how wealthy VIPs from across the world sought out fishing

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and hunting opportunities in the raw Canadian wilderness to clear their minds from the stresses of their jobs. These were the clients he brought into the high country of Tweedsmuir Park and the Chilcotin Plateau.

During the off season, Tommy and Marion would travel around to visit their clients in Portland Oregon, San Francisco, and other metropolitan centres to drum up more business.

"I soon discovered that busy executives always found time to talk about hunting and fishing. These men realized the need to recharge their batteries in the untamed surroundings close to nature."

Not all VIPs were the same.

Walker describes a party of wealthy Americans from Chicago who arrived at the dock in Bella Coola with

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Valentine's Day is Wednesday Feb. 14 Floríst teleflora. 😭



"Darkness will fall on the city, It seems to follow you too. And though you don't ask for pity, there's nothin' that you can do, no, no. Whoo, black diamond." ~KISS (Black Diamond)





... continued from page 4

an arsenal of high-powered rifles stuffed into expensive scabbards. He said they looked grim in their new Stetson hats with leather straps under their chins. "It was my first experience with VIP hunters and when I met them at the wharf, I was appalled."

He compares this to Canadian industrialist HR McMillan.

"When HR McMillan arrived, he handed me his old weather-beaten Winchester .30.06 to put into the truck while he walked across the dock to shake hands with a local logger. He never forgot anyone who worked for him in the woods in the early days."

It was through HR Mc-Millan that Tommy Walker got wind of the Spatsizi Plateau in northern British Columbia. After that, there was no turning back.

In 1946, Tommy and Marion sold Tweedsmuir Lodge to Colonel Corbould. By that time, the citizens of the Bella Coola valley, led by Cliff Kopas and Elijah Gurr, were pushing for a road through the Coast Mountains to the Chilcotin Plateau. This assured the Lodge a rosy future, but for the Walkers it spelled the end of their untrammeled wilderness. Free of the fishing resort, they figured they would continue their horse

packing ventures without the added responsibilities managing a lodge.

Then the lure of the Spatsizi wilderness beckoned them. Over the winter of 1947-48, they prepared for their grand exodus.

What they hadn't anticipated was the record snowpack that occurred that winter across British Columbia. The spring freshets of 1948 burst the banks of the lower Fraser River, causing widespread flooding from Hope to Richmond. Bella Coola was similarly inundated with washouts and flooding as Tommy and Marion, along with their three wranglers; Patrick Jack, Albert Casimer and Colonel Mike TenBroeke, began their epic undertaking in late May.

On May 26, they brought 15 horses east from Stuie to Young Creek to find that one of the three stringers supporting Young Creek Bridge had washed out. Gingerly, they led one horse after the other over the raging waters. Ascending the steep precipice trail, they found more bridge washouts and high water.

At Cless Pocket Ranch, Patrick and Albert said farewell to family and friends who they wouldn't see until the fall.

Their route took them over the Itcha Mountains



bye to family at cless pocket

into the Blackwater country and the Home Ranch of Pan Phillips. The heavy snowfall had hit Pan hard too. He had run out of hay that winter and lost 50 head of horses, but he still had three horses to sell to Tommy. Patrick and Albert halter-broke them in an afternoon

They crossed the Blackwater River on a raft and swam the horses to the other side. Ten miles up the trail Pan's horses bolted and returned home, but the trekkers continued up the rough wagon road without them. Tommy was able to procure more horses at Vanderhoof.

The prejudice of the day wouldn't allow Patrick and Albert to be served in the Vanderhoof restaurant because they were indigenous. However, Tommy and Marion met up with Rich Hobson and his wife Gloria who were friends with the hotel owner. An exception was made to serve them, as long as Patrick and Albert were with the Walkers. This is a sad statement of those times

After resting up for a few days, Albert and Patrick drove the horses to Fort St James, where Tommy arranged to have the horses and supplies barged up Stuart Lake, and through rivers and waterways to the north end of Takla Lake. They had travelled 300

miles (480 km) in 25 days to Fort St James; one week behind schedule. On June 28th, they departed with the scows, about to cross the threshold into the northern wilderness.

Travelling with three scows lashed together was an ordeal. On July 1st, they unloaded the horses at Takla Lake and continued their perilous journey overland following the Driftwood River. They were now in country notsettled by homesteaders, and each curve of the trail brought new adventures. Finding sufficient feed for the animals remained a constant concern.

Tommy noted that Patrick Jack, Albert Casimer and Mike TenBroeke all had a home to return to, but he



Patrick Jack & Albert Casimier



Squinas got her hay up. For both men, the journey to this faraway land broadened their horizons and changed their lives forever.

Tommy and Marion spent the next 25 years in their wilderness 'Shangri-La' before retiring to Smithers in the mid-1970s. For more about their lives and this adventure, read Tommy's 1976 book, Spatsizi.

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and Marion were chasing a dream into an uncertain future.

"Our outfit - horses, saddles, tents and other equipment - was our livelihood, and we were carrying it all with us into a wilderness in quest of a dream valley," he wrote.

Albert returned home two weeks earlier than Patrick to make sure his grandmother Christine



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Featuring: Kimberly Futcher

BY CRAIG SMITH

February's feature personality is a relative newcomer to Williams Lake but has made a huge splash in the local wedding industry. Kimberly Futcher was born in Abbotsford and her family started moving around between Fraser Lake, Vanderhoof and Prince George from age 5 to 12. When she was 12, they moved to 150 Mile House, where Kim finished high school. After graduation, Kim moved to Vanderhoof and worked at a guest lodge north of Anahim Lake for the next 20 years, where she flew in for her shifts. Wanting a change of pace, Kim enrolled in an Applied **Business** Technology course at the College of New Caledonia in Vanderhoof. She graduated with her diploma on a Friday, and was working in her new profession on Monday. For the next two years, she worked for a company called Avison Management Services as an accounts payable and payroll manager. She then moved over to a First Nations Health organization and worked organizing medical travel for clients for two and a half years.

In 2013, Kim and her husband Kevin moved to Williams Lake and Kim started working at Better at Home as a program coordinator. A couple of years before their move, Kim started an online business for used wedding and prom gowns. Things were doing well so Kim took the next step and opened a retail outlet in Vanderhoof selling consignment gowns. Once they made

the move to Williams Lake Kim opened another store this time she was selling new product instead of used and consignment. Her new store, "Brides and Belles" was born in 2014 in the Delainey Centre Mall but soon outgrew that space, moving to her present location at 160A Oliver Street (formerly Walt's Menswear).

Kim's business has grown in leaps and bounds and has now expanded into prom, mother of the bride, flower girl and bridesmaids' dresses, catering to all sizes. As well, you will now find in her store hair accessories, veils, and rentals of suits and tuxedos. Kim has also expanded her staff; originally running the store herself, and then adding two staff members.

After participating in a few bridal shows, Kim found that there was a need for an event that was a little more targeted, so she decided to organize her own event; this year will be the second annual **Bridal & Grad Extravaganza at TRU on February 25th, 11am to 3pm.**

When she's not running her business or working at Better at Home, Kim volunteers at the Cancer Society and the Seniors Activity Centre, and is part of the Hospital Trust Society. She loves to travel and has a passion for training dogs – presently working with a German Sheppard.

The future looks bright for this local entrepreneur, so if you are lucky enough to be a part of a wedding or grad this summer, give her a visit.







Travel the world and make lasting memories



TONI LINDE, SENIOR TRAVEL COUNSELLOR

Looking into travel, the world we live on has limitless "travel diamonds." These are the precious gems of memories we acquire, that bore into our very consciousness. With the world itself being the biggest 'diamond in the rough.'

When we think of a diamond, our first mental instinct is to think of the best, most valuable, most beautiful, and strongest gemstone known to man. A gem that glistens and sparkles when light touches it. Diamonds adorn us and are also used to assist many technologies.

Diamonds are a prized rarity around the world. The irony is that even though they're found through hard work, these gems, also known as jewels or treasures, are a natural creation formed from pressure, carbon, extreme heat and time. Initially, when discovered, they do need to be cleaned up, hence the term: 'a diamond in the rough.' When exposed to light, the jewel dazzles you with its beauty and gives you a sensation of a majestic awe.

On close inspection, diamonds go through an independent process of assessment, evaluating color, cut, clarity and carat weight to determine the monetary value.

We, as travelers, also assess and process, knowingly or not. However, instead of a monetary value placed on the 'travel diamond,' we put a value instead on the memory of what travel has taken place, grading it like a diamond. In doing so, all of our senses – sight, smell, touch, sound and taste – are awakened and heightened, to be on task to seek and embrace 'travel diamonds' as we come across them.

We choose our memories from our travel experience and take home our own independently gauged 'travel diamonds.' Such is equally the case when our worldly ideology puts a value on anything we associate with the word 'diamond.' The word gives us the opportunity to associate the value with our own personal travel. And to gauge our experiences foremost in our memory.

We, as a society that chooses to travel, are all driven by curiosity, want, and need, regardless of whether we consciously evaluate our choices, or not.

In the world of travel, we will hear the word 'diamond' and instinctively associate to a higher caliber of quality, beauty and strength above all. No matter the associated context; luxury diamond travel resorts. diamond class cruises, diamond accommodations, diamond clubs, diamond glove butler service, diamond perks, inclusive of transportation by land, sea or sky and more.

Before you leave home with the want or need to travel, you will need to answer several questions. Where will you go? What will you want? When will you go? Who is going? Why do you want to travel? Your greatest resource to help narrow your focus is your local travel counselor. You will move forward with ease, to get you into the world and collect your memory 'travel diamonds.'

Discover every continent; North America, South America, Europe, Africa, Asia, Australia and Antarctica. Go into the world, the 'diamond in the rough,' and collect your 'travel diamonds' to lock in your memory vaults. Go exploring, see the land, the oceans and the world. Travel, and when you return home, you will be rich with memories, ready for you to think of and share, or to keep all to yourself, tempting you to go out there again and seek more jewels. Memories are priceless!



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Attitude is Everything, by Jeff Keller

This is a 'success manual' that gives readers a step-by-



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The Happiness Equation: Want Nothing + Do Anything = Have Everything, by Neil Pasricha

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how you think about everything—your time, your career, your relationships, your family, and, ultimately, your happiness.



Key to Yourself: Opening the Door to a Joyful Life from Within, by Venice J. Bloodworth

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The Five Love Languag-

Between busy schedules and long days, expressing love can fall by the wayside. We forget the simple things that say, "I love you," which seem to either not get said, or not get through. This is about saying it - and hearing it - clearly. No gimmicks, no psychoanalyzing, just learning to express love in your





The Art of Shen Ku: First Intergalactic Artform of the *Entire Universe*, by Zeek What is Shen Ku?

Roughly translated: "Pure Traveler" or "Phantom Passenger." Zeek's book is about mastering the skill and knowledge of practically everything anyone comes across while on Earth. Irreverent and quirky, serious and 100% straightforward, it explores hundreds of topics from a broad spectrum of life situations, and gives ingeniously simple advice on how to cope with them, overcome them, use them, and benefit from them.



The Writings of Florence Scovel Shinn, by Florence **Scovel Shinn**



Collected here are all four of Florence Scovel Shinn's landmark books of timeless wisdom and advice: The Game of Life, Your Word is Your Wand, The Power of the Spoken Word, and The Secret Door to Success.

The Richest Man in Babylon, by George S. Clason

This inspirational book unveils the secrets to wealth, providing priceless suggestions, advice, unforgettable parables, financial problemsolving tools, and invaluable information which will get you on your way to riches. It's the book to read for all who want financial success.



Who Says You Can't? You Do, by Daniel Chidiac Standing out for his incisive wisdom and complete lack of gimmicks, Chidiac is an inspiring, insightful, and honest guide. His empowering system has spread organically, and it has already changed the lives of legions of readers. With practical exercises and interactive tools, this book challenges you to ask hard questions and make life-changing decisions and ultimately guides you to the fulfillment you have been seeking. Get ready to be intrigued, fascinated, and amazed, not by this book, but by your own power.



Lovingkindness: The Revolutionary Art of Happiness (Shambhala Classics), by Sharon Salzberg and Jon Kabat-Zinn

Throughout our lives, we long to love ourselves more deeply and find a greater sense of connection with others Our fear of intimacy - both with others and with ourselves - creates feelings of pain and longing. But these feelings can also awaken in us the desire for freedom and the willingness to take up the spiritual path.

Learn how the Buddhist path of 'lovingkindness' can help us discover the radiant, joyful heart within each of us. This practice of 'lovingkindness' is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others.





es, by Gary Chapman

spouse's language.









Virtual Reality is a computer-generated simulation of a three-dimensional image or environment that can be interacted with in a seemingly real or physical way by a person using special electronic equipment, such as a helmet with a screen inside or gloves fitted with sensors.

In other words, you strap on a head set and are able to experience situations and games as if they were real.







Beginner Magic

BY RICHARD BUTTERS, **ADVENTURE GAMES**

For new players, Magic: The Gathering can be an intimidating prospect. I mean, just look behind the counter at your local game store and you will see dozens of different expansion boxes, each with a crazy, esoteric name, and dozens more starter sets to help cement that feeling of being overwhelmed. What exactly do black and green dots on the boxes mean? Thankfully, Wizards of the Coast is here to help with the Magic Open House. This event is designed specifically for new players, old players who haven't played in a long time, or even for existing players trying to introduce their friends to the world of Magic. Everyone attending a Magic Open House will get a free welcome deck and a special foil promotional card.

The key to having a good time is to not be intimidated. This event is designed for new players or those with very little experience with Magic. So, don't worry about not knowing the rules, or what each colour of deck means. Each store running a Magic Open House event is going to have someone there to run it. They will teach you how to play, give you recommendations on what colour of deck is best for you, and answer your questions.

When you are just starting out in Magic, it's important to focus on

your game and just have fun. Don't get too caught in the rabbit hole that are expansion packs yet. Show up to the Magic Open House and explore a vast, incredible game with an equally vast, incredible community. Magic can be as involved or immersive as you choose it to be. Do you want to commit and try to qualify for the Pro Tour? How about have a casual game on hand for those lazy Sunday mornings? This is a game that can deliver fun and enjoyment based on your own personal desires. Try it out – at worst, you get to spend an afternoon out of the house and learning a new game – at best, you can discover a new passion.

Play

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



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January 31-Feb 3 WL Studio Theatre presents Ann-Marie MacDonald's Anything That Moves, Dinner Theatre @ The Point, doors 7:30pm, www.wlstudiotheatre.com

February 2-March23 Equilibrium Ecstatic Dance, 7:30pm, 65 1st Ave S

February 2-4 Drawing Workshop, Arts Centre, register: 250-392-7329

February 2-24 Station House Gallery presents Georgia Lesley with *"Is That Tree Dancing"* & Alexa Black with *"Wild Like Moonlight"*

February 2,9,16,23 Friday Night Magic, Adventure Games, 5:30pm

February 3 Freezin for a Reason Polar Bear Plunge, prizes: raise money for your community group/team/ cause, Scout Island 12pm **February 3** Annual Wild Game Banquet, Elks Hall, doors 5pm, dinner 6pm, tickets: Chilcotin Guns

February 3 Gold Rush Snowmobile Trail Ride, Horsefly, info: 250-398-5328

February 3,10,17,24 Free Tumble & Play, ages 9mos-5yrs, Marie Sharpe School, Saturdays 10-11:30am

February 3,10,17,24 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, all day

February 3-24 27th Annual Daybreak Rotary Club's Giant Used Book Sale, upper level Boitanio Mall

February 4 Pancake Breakfast, Legion corner of 4th & Barnard, 8:30-11:30am

February 4,11,18,25 Sunday Morning Magic10am, Sunday Game Night 5pm, Adventure Games **February 5** FREE Seniors Bingo & Refreshments, upper level Boitanio Mall 1pm

February 6,13,20,27 Duplicate Bridge Club, everyone welcome, Seniors Activity Ctr side door, Tuesdays 7pm

February 6,13,20,27 Pottery Classes, Central Cariboo Arts Centre, 7-10pm

February 6,13,20,27 Drink & Draw, bring your drawing supplies and have a coffee, Tuesdays 6pm, Denny's Restaurant, info: Jazmyn/Realm of Toys

February 7 WLVFD Firefighter Recruiting Night, hiring information session, fire hall on Hodgson Rd 7pm, info: www.williamslake.ca

February 7,14,21,28 Women's Prayer Group, Wednesdays 7am, Alley Katz, info: Rita 250-392-6598

February 7,14,21,28 Royal Canadian Army Cadet



www.WoodlandJewellers.ca • 250.392.5423 f 150 Oliver Street, Williams Lake • Mon to Fri 9:30am-5:30pm, Sat 9:30am-5pm Corps, youth 12-18, gain new skills friends, 6:15-9pm, Legion lower hall, info: www.3064rmrangcadets.org

February 8,15,22 Just For Fun ladies singing group, new singers welcome, Anglican Church 7:30-9pm

February 9 Operation Smile, fundraiser for children's cleft palate surgery, stop by Credit Union during the day, or pre-order Feb 7 for delivery: 250-398-8740

February 9 Recording artist JUNK with guests, all ages freestyle rap show, CJs Southwestern Grill 8pm-2am

February 10 Essential Oils 101, Library 11am-1pm

February 10 Eagleview Crack Out, Eagle View Equestrian Ctr 1pm

February 10 live music: Remarkables, Billy Bob's Bar & Grill, 1114 Denny Rd

February 10 Big Night Out, Big Brothers Big Sisters fundraiser, live music: Run Home Jack, gowns available at Glass Slipper, safe ride home, Sacred Heart school, tickets: 250-398-8391

February 10-11 Sweetheart Co-Ed Indoor Soccer Tournament, \$200/team, Columneetza, info: Betty 250-392-5512

February 10 A Change of Heart fundraiser, live music, appies, cocktails, dancing, auction, TRU 6-11pm

February 12 Powder Kings' Snowmobile Club appreciation day, Yank's Peak parking lot, info: Mark Snowball

February 14 Valentines Pet Photos, proceeds to the SPCA, Legion downstairs 385 Barnard St, 3-6pm

February 15 WL Writers' Group meeting, new members welcome, Art Centre 90-4th Ave N, 6pm

February 16 Mens & Ladies Bonspiel, Curling Rink 9am-6pm, info: www. williamslakecurling.com **February 16** Free Story Time for Preschoolers with puppet show, Library 10:30

February 16 Ladies Night Open House, free entry, small business trade show, proceeds to PAC for school trips, classroom resources, Chilcotin Road School 6-9pm

February 17 Craft Beer Festival, fundraiser, 5-9pm, info: info@williamslakecraftbeerfestival.com

February 17 Super Smash Bros. WiiU 1v1 Tournament, \$10 entry, RTP pizza dinner, Adventure Games 5pm

February 17-18 Barrel Racing Clinics: Andrea Udal, lunch provided, Eagle View Equestrian Ctr, register:780-512-9896

February 17-20 Great Backyard Bird Count, learn to identify with birding expert & environmental educator, free family event, Scout Island Nature Ctr, register: 250-398-8532

February 18 Bikers Against Child Abuse (BACA) meeting, public welcome, Big Brothers Big Sisters 200-369 Oliver St. 1pm, 778-412-9323

February 18 Strickly Blue Grass live music, Alley Katz

February 19 Good Food Box distribution day, Elks Hall 1-3pm, purchase your box prior to distribution day: \$15/large box 250-392-4118

February 24 Stampede Assn Dinner & Dance, doors 5pm, Elks Hall, tickets: Margetts Meats

February 25 2018 Bridal & Grad Extravaganza, TRU 1250 Western Ave 11am-3pm, tickets: 778-412-9787

February 26 SPCA Open House, cupcakes & canines, SPCA Bond Lk Rd, 11am-8pm

March 2-4 Arts on the Fly presents Dark Times: 3-day all-ages music festival, tickets/ info: www.artsonthefly.com/ darktimes

March 4 Shibari Japanese Art of Knot Tying workshop, choice of couples' or ladies' events, tickets: Charm's, 525 Borland St upstairs

QUESNEL & AREA

February 1 Live music: Melisande [électrotrad], The Occidental 228 Front St, 7pm

February 1 Film Club presents the documentary: *"Faces Places,*" Carib Theatre 367 Reid St, 6:30pm, info: www.quesnelfilmclub.ca

February 1 Rod & Gun Club AGM, Bouchie Lk Hall 7:30pm

February 2-March3 Art Gallery presents *"Art; It's In Our Nature,*" 500 North Star Rd Tues-Sat 10am-4pm. Feb 2, 7-9pm reception with award presentation at 6:30pm

February 2 Gold Pan City Dance: Student Soloist Gala, 228 Front St 7pm, tickets: The Occidental or dance studio

February 3 Winter Carnival, scavenger hunt, musical chairs, tug o' war, food & more at LeBourdais Park, free skate at West Fraser Ctr 10:30-12:30, info: 250-992-8200

February 3 Great Ball of Fire Sno-Pitch Tournament, LeBourdais Park 5pm, register/info: 250-985-0510

February 3 Home Tweet Home painting party with Cheryl in the warehouse, Bouchie Lake Country Store 11am-1pm, pre-register: 250-249-0228

February 3 QDHPA Hearts for Hospice Valentine's Auction Gala, live/ silent auctions, baskets, dinner/dance & more, live music: Kordaroy, Senior's Ctr 6-11pm, tickets: 250-985-5816

February 3 Cabin Fever Dinner & Dance, Quesnel Fiddlers, Legion 5:30pm, tickets: 250-992-5081

February 3 RCMA "Feeding Our Kids With Music" Open Mic, all ages, proceeds to SD#28 breakfast program, The Occidental 228 Front St, 6:30-9:30pm

"Boron is carbon's neighbour on the periodic table, which means it can do a passable carbon impression and wriggle its way into the matrix of a diamond." ~Sam Kean





February 5 Farm to Market Mixer, free entry, no host bar, Barkerville Brewing 185 Davie St 6:30-8

February 7 Transportation Plan Hwy 97 Open House, MOT & Infrastructure, Seniors Ctr 461 Carson Ave 3-7pm, info: shawn. clough@gov.bc.ca

February 8 Intro to Growing Sprouts & Microgreens, Long Table Grocery 6-8pm, pre-register: longtablelocal@gmail.com

February 8 Lawnchair Travel Series: Horse Trekking and the Golden Eagle Fest in Mongolia Altai Mtns, Bouchie Lk Hall 7-9pm

February 9 Trekking the Manaslu Circuit in Nepal, cash admission or appy/desert donation, Hallis Lk Lodge 7-9pm, info: 250-992-2855

February 10 Legion Valentine's Dinner & Dance,, happy hour 5:30, dinner 6:30, tickets: 250-992-6819

February 10 An Enjoyable Evening, Valentines auction, desserts, dancing, Anglican Church Hall 7-11pm, tickets: 250-992-6152

February 12 Family Day at Troll, lift tickets 50% off, Troll Mountain Ski Resort 7271 Barkerville Hwy 9am-3:20pm

February 12 2nd Annual Festival du Sucre & National Flag Day, Bouchie Lk Store 11am-3pm

February 12 Family Day at the Pool, activities & games, Arts & Rec Ctr 1:30-3:30pm

February 13 10 Steps to Prepare Your Business For Evacuation, Chamber hosts Dale Wheeldon, Billy Barker Showroom 11am-2pm, info/ RSVP: 250-992-7262

February 15 Lawnchair Travel Series: culture of Kathmandu and Tibetan Buddhism, Bouchie Lk Hall 7-9pm

February 16 Foxxie Follies Varietease Show, The Occidental 9pm, advance tickets

February 16-17 Live music: Wise Youngblood, hard rock from Vancouver, Cariboo Hotel 254 Front St, 9:30pm

February 17 Wells Gourmet Ski, starts at Bear's Paw Café in Wells, intl. cuisine, film festival Sunset Theatre, info: 1-866-994-2345

February 17 Valentine's Dinner, Dance & Auction, Occidental 5-11pm, tickets: 250-992-2481

February 17 Wine, Whine & Paint Party, painting supplies included, Anglican Church Hall 6:30-10pm, reservation: 250-992-5785

February 18 Gelli Plate & Monoprinting Workshop with Sybille Muschik, materials provided, bring your apron/stamps/stencils, Bouchie Lk Store 1-3pm

February 21 Super Bingo, 668 Doherty Dr 7-10pm

February 22 Duffle Bag Theatre children's concert, Chuck Mobley Theatre 8am

February 22 Lawnchair Travel Series: Trekking Nepal, Bouchie Lk Hall 7-9pm

February 24 Inspirational Women: Story of Love, Light & Hope, Northstar Church 7pm, tickets: 250-992-8830



March 1 QLA presents: "Of Church and State," Chuck Mobley Theatre 7:30pm

March 1 Film Club: "The Other Side of Hope," Carib Theatre 6:30pm, www. quesnelfilmclub.ca

March 1 Lawnchair Travel Series: Cape Breton & St Lawrence, Bouchie Lk Hall 7-9pm

100 MILE HOUSE & AREA

February 1-17 Parkside Gallery presents in the main gallery 401 Cedar Ave: Christina Mary "*Spirit Calling*" and at the Showcase Gallery 475 Birch: *Neil Pinkett*, info: www.parksideartgallery.ca

February 1,8,15,22 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

February 1,8,15,22 Alcoholics Anonymous, Thursdays 7:30pm, 108 Community Ctr

February 1,5,8,15,19, 22,26 Cariboo Calico Quilters, Mon/Thurs, Creekside Senior Ctr: 250-395-6127

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Williams Lake

February 2,9,16,23 Crib, Forest Grove Legion 8pm

February 3,10,17,24 Meat Draw, Forest Grove Legion Saturdays 4:30-6pm

February 3,10,17,24 Alcoholics Anonymous fireside family group, United Church 8pm, info: 250-791-1937

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

February 4,11,18,25 Alcoholics Anonymous, Sundays 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

February 5,19,26 Bingo, Mondays, doors 6pm, starts 7pm, Community Hall

February 5,19,26 Alanon, Mondays 7pm Health Centre (hospital rear entrance) info: 250-395-2532

February 5,19,26 Women`s Drop-In Volleyball, 9:30am, Lone Butte Hall

February 6,20 Photo Group, 1st & 3rd Tuesday of the month, Bridge Lake School, info: 250-593-4362

February 6,13,20,27 Community Band, all ages and experience welcome, practice Tuesdays 7pm Christ the King Lutheran 440 Horse Lk Rd, info: 778-485-5560

Find us on Facebook

February 6,13,20,27 Alanon Drop-In, Tuesdays 1-2pm, Community Health Ctr, info: 250-395-7676

February 6,13,20,27 Alcoholics Anonymous, United Church 8pm

February 6,13,20,27 Carpet Bowling Club, Tuesdays 1-4pm, Interlakes Hall, info: 250-593-4780

February 6,13,20,27 Co-Ed Drop-In Volleyball, Tuesdays 7-9pm, Peter Skene Ogden gym, info: Kersti 250-395-1353

February 7,21 Log Cabin Quilters, 9:30am-1:30pm, Interlakes Hall 7592 Hwy 24, info: 250-593-4456

February 7,14,21,28 Eclectica Community Choir rehearsals, United Church 49 Dogwood Cres, Wed 7-9pm, eclectica@100milearts.com

February 7,14,21,28 Bingo, g-ball, loonie ball & progressive, Wednesdays, doors 5:45pm, starts 7pm, Lac La Hache Hall

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

February 10 Interlakes Dinner & Dance, live music: Classmates, Interlakes Community Ctr 5-10pm, tickets: \$10, Country Pedlar & Interlakes Rona **February 10** Festival of the Arts registration, Parkside Art Gallery downstairs, info: www.100milefestivalofthearts.ca/syllabus.html

February 10 18th Annual Cowboy Concert, Martin Exeter Hall, 2pm & 7pm, info: 250-456-2425, tickets: \$15 Work n Play

February 10-11 Ryan Larson Memorial Snowball Tournament, Interlakes Rodeo Grounds, info: 250-706-3877

February 11 Interlakes Outhouse Races, registration 10am, races, games, snow sculpture competition, bonfire, sleigh rides, pre-register: 250-593-4244 www.interlakes-outhouse-races.com

February 10 Festival of the Arts registration, Parkside Ctr

February 10 Deka Lake VFD Ice Fishing Derby, weigh in 7am-2pm

February 12 Family Day at Mt Timothy 9am-4pm

February 16 Nomination deadline, Business Excellence & Citizen of the Year, www. southcariboochamber.org

February 23-Mar10

Parkside Art Gallery presents: Steve & Jack Monk "A *Father & Son Show*," info: www.parksideartgallery.ca







Branding your small business

BY ALEXIS FORSEILLE, COMMUNITY FUTURES CARIBOO CHILCOTIN

Is your small business a 'diamond in the rough?' When beginning a small business, it is easy to get caught up in the details of your business plan and trying to get exposure for your new business. However, did you spend the right amount of time on the finishing touches to make your business shine? It may be time to consider your brand.

"A brand is a set of expectations, memories, stories and relationships that, taken together, account for a consumer's decision to choose one product or service over another"–Seth Godin

Branding distinguishes your business from your competitors and helps people quickly identify your products or organization. The goal of any brand is to create a recognizable and familiar business identity that customers are drawn towards. Consistency is the key to the success of your brand. The average person will need to see your branding 5 to 7 times before they will remember your business. Branding can be achieved through visual aspects, advertising, products, and personal experiences.

The visual aspects of branding include logo design, colour scheme, website design, and document designs. To be recognizable, you need a logo. Local companies with professional graphic designers on staff are specially trained in communication design, and can guide you towards a finished result that makes the best possible first impression. There are also online services available, such as www.top-10bestlogodesign.com.

A logo design must be unique and specific to your business. It must represent

Trustworthy & Reliable

Full Line Mechanical Repair Shop

your business across all applications (web, promotional, signage and more), and it should be in a style that won't become dated or no longer reflect your business direction in the years to come. You may want your logo to represent your business in general, rather than include all the specifics about what you do; in this case, less is more.

When building your logo, consider all aspects as they best represent your business, and not simply your personal taste. Educated decisions must be made about the colour scheme, the font, and if an image will be associated with your logo.

Your logo design should represent your business in every way, but above all, it should have a professional appearance.

Colour is a very important aspect to creating a brand, and will help people relate to and understand

vour business. Different colours have different psychological properties, and the same colour may mean something different for each person. For example, red can represent strength and warmth but can also represent aggression. On the other hand, blue is an intellectual colour that can promote trust, and a sense of calm for some, but can feel cold and unfriendly to others. Branding your company to incorporate the feelings you want to evoke in your customers is all about knowing the business culture you want your customers to experience.

Secondarily to your business name and logo, companies often enhance their branding by forming a tagline or slogan that positively recognizes what the business stands for. A tagline should be memorable, relatable for all customers, positive, professional, and simple. The goal for your tagline is for it to be so recognizable that it is a visual or audible representation of your brand that leaves customers thinking about your business. Among the top taglines in the world are DeBeers "A diamond is forever", and Nike's "Just do it."

When all the foundation work is complete, the final step to successfully branding your business is integrating your brand into everything you do.

Once you have created your logo, it is time to design the rest of your visual branding based on your chosen design. If your logo incorporates colour, use the same colours to build a colour scheme that can be used on your website and any documents you create. If your logo is black and white, choose the best colour scheme for your business type.

With a well-defined colour scheme, your next step in branding is creating a website that matches the look of your logo and the feel of your business. This will help make your business' brand more recognizable to customers. Further, creating document templates for you or your employees to use with your logo, chosen font types, and colour scheme will help promote a standard of quality within your business and for your customers. Templates may include; your business cards, letterhead, invoices, fax cover letters, and email signatures. The matching documents will give a professional visual of your business and help reinforce your brand with your customers. Advertisements that

are printed should include your logo and your tagline. Meanwhile, advertisements via radio should include your tagline with your business name.

Lastly, with some effort, branding your business should go above and beyond by incorporating your brand into your customer's personal experiences. As said by the CEO of Amazon, Jeff Bezos, "Branding is what people say about you when you are not in the room." As the business owner, you can set the standard for how you and your employees dress, how you respond to requests or questions, and the overall experience you create for each customer. Consistency is the key to making your company outshine the competition.

To take your small business to the next level, some structured work towards branding your business can make all the difference. With a consistent image that positively portrays your business and allows for quick recognition, you are one step closer to creating an amazing brand. The polishing touch to make your 'diamond in the rough' shine is in the way you represent your brand in every experience with the customer.

Red Cross wildfire support for small business

BY SUE LACHANCE, COMMUNITY FUTURES CARIBOO CHILCOTIN

The Wildfire Recovery Support Program for small business is being offered through Community Futures. Ambassadors will be available for one-on-one support throughout the entire Cariboo Chilcotin region, to help with paperwork and program referrals. We encourage businesses that have not applied for Red Cross Phase II funding (up to \$18,500 is available) to call for assistance 250-392-3626. This program will be available until April 6, 2018.

✓ Business Plan Consultation

✓ Succession Planning

✓ Start-Up Mentoring



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 Small Business Resource Centre
 How Can We Help?

 Community Futures invests time, resources and expertise with entrepreneurs in our

 • Business Lending
 • Workshops & Training

and expertise with entrepreneurs in our communities. We are here to help businesses succeed and grow.

250-392-3626 or 1-888-879-5399

266 Oliver Street, Williams Lake • cfdc@cfdccariboo.com • www.cfdccariboo.com Serving Williams Lake, Bella Coola, McLeese Lake, Likely, Horsefly, 100 Mile House & 70 Mile House



HOLIDAYS OF HE MONTH

- Feb I Work Naked Day
- Feb 2 Play Your Ukulele Day
- Eat Ice Cream for Breakfast Day Feb 3
- Feb 4 Thank Your Mailman Day
- Stuffed Mushroom Day Feb 4
- Feb 5 National Weatherperson's Day
- Chocolate Fondue Day Feb 5
- Feb 7 Send a Card to a Friend Day
- Feb 9 Toothache Day
- Bagel and Lox Day Feb 9
- Feb 10 Umbrella Day
- Feb II Make a Friend Day
- Feb 11 Don't Cry Over Spilled Milk Day
- Feb 12 Clean Out Your Computer Day
- Feb 13 World Radio Day
- Feb 15 Gumdrop Day
- Feb 16 Do a Grouch a Favor Day
- Feb 17 Random Act of Kindness Day
- Feb 18 Battery Day
- Feb 19 Chocolate Mint Day
- Feb 22 Be Humble Day
- Feb 23 Internatl. Dog Biscuit Appreciation Day

FORMERLY KENDRA'S FIRST AID

- Feb 24 Tortilla Chip Day
- Feb 26 Pistachio Day

Mobile Treatment Centers

Drug & Alcohol Testing

- Mobile Collector

(Urine, Saliva, Breath Alcohol, Hair & DNA)

• Construction Safety Officers (CSO)

Paramedics, EMRs

- DOT Certified

Safe Certified

OFA Advanced

- Feb 26 Tell a Fairy Tale Day
- Feb 28 Public Sleeping Day



"My father was like an unpolished diamond – tough outside but warm inside." ~Harshvardhan Rane

ow deep I go

POEM BY KATHY MACDONALD (to the tune of "How Far I'll Go" from Moana)

- I've been sitting on the edge of the warm bed, feeling tired for forever,
- Never really knowing why.

I wish I could be an early riser, but crawl back under the covers.

No matter how hard I try.

Every alarm I set, every tried lifehack, Every coffee I brew, every attempt leads back, To the place you'd agree that I shouldn't be, The cozy cave I crave.

Feel the down in my favourite duvet, It calls me. And I don't keep score, how much I snore. Wrapped like a girl burrito, Drooled-on pillow, And no one knows, how deep my sleep goes.

I know that it's truly my own fault, I can't seem to adult, Sleeping Saturday away. But maybe it's a gift to others, I stay under the covers, Keeping grumpiness at bay.

I can get my eight, sometimes make it twelve, Always press the snooze, morning workouts shelved. Sleeping through every nine-minute bell, What is wrong with me?

See the sun as it pierces the blinds, It's noon. Only doctors can say, is it narcolepsy?

Drag my butt out of bed to the Bean, For coffee.

Cause baristas know, my energy's low.

Still the dip in my old Serta mattress, It wants me.

And caffeine can't long, fight the siren's song. If I'm gone, you know where I am at, Come find me.

And we can spoon; swear we'll get up soon.

Art Gecko

The Gecko Tree Cafe will be closed for February, but the upcoming 2018 Art season promises to be as exciting as the last, with a fabulous line up of talented local artists being showcased each month.

When the Gecko Tree re-opens in March, cafe goers will have the pleasure of viewing Cheri Carrier's mixed media art, Cheri is the owner of the Pink Room, an art store in Williams Lake.

As the year progresses, a variety of medias will be on display, including oils, acrylics, watercolours, fibre art and much more. There are only two spots left, for any of you artists out there that would like to display your masterpieces! Contact Beatrix Linde at 250-440-5759 or email bringerofjoy8@ gmail.com





"If I had a ringtone, it would probably be Neil Diamond." ~ Evan Spiegel

Houses: how to spot a gem



Evervone wants to make millions! Real estate is a sought-after strategy for doing just that. House flipping has become a code for real estate riches. While it's true that flipping can lead to a financial promised land, you're likely aware it's not as easy as it looks on television. In our local market, finding the right property to flip can be tricky. To help you find a 'diamond in the rough,' I've isolated a

few top tips for spotting a grime-covered gem.

Look past the chaos. Despite advice from real estate agents, lots of sellers refuse to stage their homes. That sometimes means trash, dirty laundry, and other sundries clog up photos and ultimately camouflage a possible diamond. To find a diamond, therefore, you must be willing to look deeper than the distracting chaos. Sometimes what lies beneath is something

'sparkly,' awaiting the light of your discernment and efforts.

Once past the ugliness, look for 'good bones.' That means look to the frame, the foundation, and the structure of the home. Check for big cracks in the foundation, check for leaks anywhere, and watch for dank, musty, mold smells. These, whether the home looks clean or cluttered, can mean a huge problem! If you don't see any of these – and a qualified inspector confirms it then you may have 'hit pay dirt.'

Another tip is to remove yourself from the equation. In short, think of the buyers and their possible needs. A 'flipper' home is ultimately for them, not you. So, ask yourself if it has the kinds of things



(or has the potential to have the kinds of things, after sweat and elbow grease) that the buyer will want. Think 'target market.' Do they have kids? Will they be older folks? Having your 'target market' in mind is sound business thinking and can help you find a gem.

Think of the end user too, in terms of house layout and flow. Some homes have terrible flow. Poorly laid out kitchens, for example, make life difficult for people. Restricted movement frustrates everyone! So, find homes with adequate layout in their various sections. If the layout is poor, perhaps a bit of construction can cure it. With a kitchen or bathroom, however; the cost of renovation can be beyond the effort. Speaking of cost,

it is key to spotting a gem among the weeds. Calculate costs wisely. Costs can kill profit.

Think 'good enough.' Some 'flippers' believe everything must be fixed in order to flip for profit. Good enough, however, wins the race. Some buyers, especially in our market, actually want a few areas where they can add value themselves. So, the house needn't be perfect. 'Good enough' can also reduce costs and contribute to profit.

This short article is not enough to outline all the ways to spot a 'diamond in the rough.' For now, however, know that finding a moneymaking flip includes seeing beyond ugliness, solid bones, donning the buyer's mind, layout considerations, cost calculations, and adopting an attitude of 'good enough.' These tips, plus wisdom from your own further research and the help of a professional Realtor, can aid you in uncovering your hidden jewel.







Renée Lozeau Ad Design, Layout & Prepress

Brice O'Neill Out of the Fridae

Sage Birchwater Looking Back



Jazmyn Douillard Pint Sized

Michael Jones Home Cooking

Tanya Vigeant Trail Mix **Eva Navrot** Adele McLearn Liquid Assets **Richard Butters**

Women

Gaming

Alexis Forseille **Business** Williams Lake Writer's Group Writers' Showcas Williams Lake

Studio Theatre Behind the Curtain

THE STEW Magazine is an independently owned and operated monthly arts, entertainment, recreation and leisure magazine published in the Cariboo. All information contained in this magazine was correct to the best of our knowledge at press time. Opinions expressed by contributors are not neccessarily those of The Stew or its employees. The Stew's advertising customers assume sole responsibili-ty for correctness of their advertising – we require approval in writing of each ad before it is published. Please note that while most articles submitted will be used, we can not guarantee that an article will appear in the Stew, or in any specific issue. We reserve the right to refuse any advertising or editorial submission which we believe to be inconsistent with the philosophy of this publication. Articles will be selected for inclusion by the editor based on content and available space, and may be edited for spelling, grammar, content or length as needed. All content of this be edited for spelling, grammar, content or length as needed. All content of this publication is 0 The Stew Magazine 2016, unless otherwise specified.

"Adversity is the diamond dust Heaven polishes its jewels with." ~Thomas Carlyle

Bling in your stomach



Lately vintage candy has been making a comeback. Long Neapolitan taffy, Dots that taste like soap, Pixy Sticks and, my favourite, Ring Pops. Do you remember

Ring Pops? Sticky, tasty,

ooey gooey diamond juice running down your fingers. They were also a sign that childhood was coming to an end, when the 'adjustable' ring built for a toddler pinched your finger so hard you'd



have a blood blister before you were done the candy. But you didn't really care, because your crush from down the road gave it to you, and hey, what's a better engagement ring than an edible one? You may have to break the piggy bank for it, but you'll recover once the next round of allowance gets deposited, or you dig through the couch cushions.

When vintage toys come back into style, they usually make a reappearance with a twist. New colours, new packaging, 'better' designs, and the like. But with candy? Nope, it always resurfaces as if you just found it under your couch cushion from a decade ago.

The only thing that seems to change is the price, and they decide to mock you with it by printing the original "5 cent!" sticker onto the packaging. Which of course makes the stores look like jerks for charging 75 cents – what a mark up!

Last night while we were organizing the camping equipment the kidlets, we made a discovery – an absolutely ancient looking pack of Big League Chew.

My first thought was "...When's the last time we went camping?" and I was about to strongly suggest the wrinkled pack go directly into the garbage, but they already had it ripped open and were blowing bubbles before I could loudly proclaim, "EW!"

To my surprise, the grape gum didn't disintegrate, and they happily blew bubbles for the next few minutes before the flavour vanished. In went another gob, and another, until I gave in.

Typically, I find when you try vintage candy for the first time in more years than you care to admit, you question your childhood taste buds and your memory. It couldn't have tasted that bad, right? Well I remember Big Chew bursting with grapey goodness, but wasn't confident my memory would hold up.

Holy moly, was I wrong. It was as delicious (and quick fading) as I remember. The kids and I had a bubble blowing contest until the pack was depleted, and I promised that if they went grocery shopping with me later we'd hunt for a fresh pack. That was the easiest shopping trip ever!

We didn't find any more purple bubble gum, but my finger does have a distinct blood blister on it now where a bit of tasty bling might have been.

Chamber Bites BY THE WILLIAMS LAKE & DISTRICT CHAMBER OF COMMERCE

Welcome to our newest members as of December 2017: Cogenica Media Inc. and One Therapy Rehabilitation.

We invite members and guests to attend our General Meeting luncheons which are held the last Thursday of each month at 11:45 a.m. to 1:00 p.m. Chamber meetings offer businesses the opportunity to meet and get to network with other businesses and like-minded people. Please note that all reservations are considered final and for no shows who do not cancel by the Wednesday before our meeting, you may be invoiced for your lunch costs. We have had a number of last minute cancellations and the Chamber cannot continue to absorb this cost. Thank you for your consideration!

The Chamber is partnering with the City of Williams Lake, City of Quesnel and the Quesnel Chamber to participate in a number of trade shows starting in February. This will be a big push to encourage more visitors to our area as well as opportunities to talk about employment opportunities, real estate and investment. The Chamber has participated in many trade shows in the past and this is a great opportunity to help our community and region connect with potential visitors to the area.

ICSI (Integrated Community Safety Initiative) has grant applications open for community projects aimed at reducing crime and increasing community safety. Funding of up to \$10,000 per project is available to First Nations and non-First Nations community organizations in Williams Lake and the region. Apply at www.tinyurl.com/ ICSIapplication. If you have questions, contact Lisa Mueller at 250-631-3396.

The Chamber is planning a couple of events for Chamber Week February 19 – 23. If you would like to partner with us to hold an event, contact our office at 250-392-5025 or email to visitors@ telus.net. We are currently open Monday to Friday from 9 to 5.



station at the foot of Oliver Street, Williams Lake





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South Broadway

customers at South Broadway Liquor Store! Looking for that special something for the one you love? South Broad-

Happy Valentíne's Day to all of our



un-Mon-Tue-V

Thurs-Fri-Sat 9am

Wed 🤇

the one you love? South Broadway Liquor store has everything you need!

- A selection of fine wines and champagne
 - Roger's Chocolates

• Beautiful custom-made gift baskets For your Craft Beer lovers we also have Custom Craft Beer Crates. Perhaps you would like to sign up your loved one for our Craft Beer of the Month Club or Wine Club...

Outstanding Service

South Broadway Liquor is always coming up with new ways to provide outstanding customer service... watch for us!



Valentines Day Recipe

Love Martíní 🅎

¹/₂ ounce Malibu Rum
¹/₂ ounce Peach Schnapps
1 ounce vodka
3 ounce cranberry juice
2 strawberries
A wedge of lime

Sugar Sugar Use the lime and sugar to rim the glass. Garnish your Love Martinis with a couple strawberry hearts and a strawberry on the

rim! Enjoy !!





1730 South Broadway, Williams Lake (below the Laughing Loon) Check out our new website **WWW_Sbliguor_Ca**

"I never worry about diets. The only carrots that interest me are the number you get in a diamond." ~Mae West

Making the invisiblevisible!



MACDONALD

In 2012, while visiting Johannesburg, a Californian born graffiti artist known as ABOVE made international headlines after painting a mural critical of the diamond trade. Placed on a wall on the edge of Jewel City, Joburg's diamond industry sector containing nearly 300 diamond trading companies, the huge, black-outlined letters declared "Diamonds are a Woman's Best Friend and a Man's Worst Enemy". The

art instituated that wars in countries like Sierra Leone, the Democratic Republic of Congo and Liberia funded through the pursuit and sale of so-called conflict diamonds, and producing the deaths and displacement of millions of people, made the stones a major antagonist to human rights.

Representatives of Jewel City argued that its companies have never traded in conflict diamonds and others insisted that the Kimberley Process, the body charged with ensuring that as few conflict diamonds as possible reach consumers, has helped reduce the presence of such diamonds to 5-10% in the global market, compared to about 25% before the Kimberley Process was instituted. But critics countered that loopholes and a narrow definition of what actually makes a diamond "conflictfree" has allowed diamonds linked to human rights abuses to legally enter global trade. ABOVE recognized his power as an artist to reinvigorate conversation around the industry's related social injustices.

In diamond-rich Zimbabwe, Silvanos Mudzvova, an actor and playwright, has also used his visibility and art for protest. Mudzvova was arrested in 2016 for performing his play Missing Diamonds, I Need My Share! outside the Parliament Building. The one-man play criticizes then-president Mugabe and the government's curious "misplacement" of \$15 billion from diamond sales. The play quickly became famous in Zimbabwe and reached international attention, and was even presented at the Bergen Afro Arts Festival in Norway. Mudzvova now stages what he calls "hit-and-run" street shows without warning to avoid further arrests.

Such activist theatre is being used by theatre groups around the world. Ayyam Al Masrah, which translates to Theatre Day Productions, performs regularly in the Gaza Strip. Their street play In the Rectangle of Doubt tackles racial discrimination through the story of a young Bedouin named Salem as he grows up in the village of Um al Nasser but faces intolerance when he moves and becomes a minority in the central Gaza Strip. Members of the group have said such issues are seldom

portrayed so openly in this part of the world and Gaza audiences have been struck by the unflinching production.

Similarly, in 1989 Port Gibson, Mississippi, Yale University's Cornerstone Theatre mounted a biracial production of Romeo and Juliet. Using many white and black local residents as actors, the troupe's adaptation of the play kept the spirit of Shakespeare's original script while also commenting on Southern society and Port Gibson's noticeable racial segregation. Almost 25 years after, the diverse leadership of the city was nationally acknowledged and residents gave credit to the play as the catalyst for change.

Here in Canada, Mixed Company Theatre is known as the official heart of forum theatre. This type of theatre involves audience members being "specto-actors", allowing them to direct different tactics for the actors to perform on-stage in an attempt to shift the play's outcome, and even re-enact scenes from the play themselves to try new approaches to a portrayed situation. This removal of passive watching of a play is meant to help the audience deeply engage in the examination of social challenges, such as racism, sexism, homelessness, LG-BTQ issues and education reform.

Theatre for Living's Artistic and Managing Director, David Diamond, recently said to the Prince George Citizen that "one of the roles of theatre, in my mind, is to make the invisible visible." Protest art can bring those things kept below the surface to the fore. As pressure makes diamonds, provocation through art can make change.

And be sure not to miss the Williams Lake Studio Theatre's dinner theatre presentation of the funny and heart-warming musical *Anything That Moves* at The Point, running **January 31 – February 3.** Tickets are for sale at The Open Book.



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Writers' Show

Short Stories by the Williams Lake Writer's Group

nutty valentine

BY SUSAN CARLSON

My boyfriend had come to pick me up from the girls' dorm at the college we both attended. The dorm lounge was empty just then, so we sat down in a corner to talk.

"Here's your valentine," he said, handing me a brown envelope with "Gun Club" scrawled across the front. I wasn't surprised about the envelope. He was president of the gun club—a group that learned about gun safety, did target shooting, and watched movies about hunting, canoeing and other outdoor activities. And we often made cards for each other on special occasions, using whatever materials we had on hand.

I chuckled when I saw the handmade birch bark



canoe glued to red paper. Two stick people-male and female, with walnut shell heads - paddled on a wavy blue line of water. Hearts were penned in the corners of the card. The message read: I'm nuts over you, Valentine. Canoe be forever mine?

The card was a tribute to several canoeing adventures we went on together as we dated and fell in love. I thanked him with a hug, assuming the words on the card were just a Valentine's Day expression, not a serious proposal.

There's something for you under the girl's head," he said. Thinking it was a piece of candy I said, "I'll probably have it later."

"Have it now," he said. A little puzzled at the hint of urgency in his voice, I said, "Okay."

Inside the shell was something wrapped in tissue paper. I can't believe how clueless I was. I was totally stunned when I unwrapped... a sparkling diamond engagement ring! That was 50 years

ago. We still go canoeing together. • FLOWERS FOR

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Facets of life

POEM BY LINDA PURJUE

I have never lusted after the compressed carbon. That sends humans into furies and frenzies and grasping greed; The element that has been matured By eons and eons of heat and force Into mineral ice that glitters with innocent malice fracturing colourless light into spectral rainbows.

The precious gems of my life Flow with my life, Are products of life, Are jewels in the crown of my life: A grandchild's small face. With laughing, brilliant eyes And perfect laughing mouth Bowed upwards with glee, Smooth-skinned, unblemished, Rosy with health and joy of living, of loving, of being. An old friend With years of sorrow and happiness Embroidered in her face And knotted in her hands, Capable and busy, Easing the lives of those around her With care and love.

My partner in life

Who has trod the years beside me Leaning and being leant on, Sharing loads and laughter, Hard times and sweet times, My rock of granite That sparkles with rainbows of love.

A dog with trusting, laughing eyes; A garden filled With sustenance and beauty, Food for body and soul; Early morning sunlight glistening on drops of dew; The sweet sparkle of birdsong; The rush of wind in the trees; The lace of freshly fallen snow on winters' bare branches and twigs;

All of these are facets of the diamonds of my life.





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"Proverbs are mental gems gathered in the diamond fields of the mind." ~ William R. Alger



Hardened by experience & Udon soup



Thinking about this month's Stew theme, Diamonds and kitchens don't really fit together; I mean if you have a diamond ring and want to keep it, preparing food and washing dishes are a bad idea. I could also compare being\becoming a cook to

a 'diamond in the rough'; our skills start out as burning stuff, then having the rough edges chipped away, being cut in the right places and polished until an acceptable product has been achieved, that people will pay for.

Then it struck me!

I will tell you about a conversation I overheard in a kitchen where I was the Sous Chef. Cook #1: "Yeah, I was pretty blasted last night – I didn't even get home until like 4 or something. I don't even remember how I got there." Cook #2 (laughing): "Ya, I've done that! You better not let Brice know how hungover you are, or he will make your life unlivable." I smiled and thought 'I totally would, and now I'm going to.' Cook #1: "Dude...ya, he is here today isn't he? Is he angry today, did he look angry?" Cook #2: "Nah, I don't think he is angry yet, its still early. I'll tell you one thing though, that guy is so hard that I bet if he sat on a chunk of coal. when he stood up it would be a diamond!" Laughter ensued, and I knew this was my moment to make my presence in the kitchen known.

Recipe time!

a lot of Asian food because A) I like it and B) it's easy, so here is my UDON soup recipe.

Put thin sliced garlic, onion and peppers in a soup pot on medium heat, add a couple tablespoons of sesame oil and cook until the onion is soft. Add as much stock of your choosing (chicken, vegetable, beef, you can buy decent stock/broth pretty much anywhere) to make as much soup as you want then bring it to a boil. Put in the Udon. (Udon is a fat Asian noodle that you can buy, it looks like really fat white spaghetti noodles and is typically sold in packets of 4. Look in the Asian section of the super market) add what ever else you like to eat, cooked chicken, thin sliced raw beef, broccoli, grasshoppers (whatever, I don't judge) bring to a boil for about 5 minutes then with tongs and a ladle, portion the soup into bowls and



Lately I've been making chow down. easy eh? QUALITY AX TAX SERVICES Business • Personal • Farm • Rental Your helpful, friendly Tax Experts! 250-392-6502

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"There are three things extremely hard: steel, a diamond, and to know one's self." ~Benjamin Franklin

The sparkling history of tech



I always knew that diamonds were important in the tech industry, but it wasn't until I did a little research that I realized just how important. As a kid, I knew that there was a diamond in my record player.

Some of our younger readers may not know the history; long before CDs and MP3, we had the phonograph record or LP record – our source of music until the 80s. Records have been around since the mid-1800s, used to capture audio (spoken word or music) so it could

be played again and again. The first records were open-ended cylinders made of wax. The first phonograph was invented by Thomas Edison (the lightbulb guy), and was capable of recording and playing back sound. The modern records introduced in the early 1900s remained popular until the invention of the CD in the late 80's, and were then made out of a plastic called celluloid instead of wax, making them much more durable.

Records came in different speeds, or revolutions

per minute. For instance, the big records in your Mom and Dad's collection are probably 33.3, and the smaller ones are what we used to call '45s.' 45s are the vintage equivalent of buying one song at a time from the Apple Store. They had a song on each side; normally a hit song on side A and an obscure song on the B-side. So if you've heard the term 'Bside' before, that's where it comes from. Now that I have given you the history, let's talk a little about why they used a diamond on the needle to take the grooves of the record and convert it into sound. If you look at the groove on a 12inch LP, it travels about a half a mile around the record before it reaches the end – and that's only 45 minutes of music! Now, go and listen to album upon album, and the miles start adding up. Even though diamonds are one of the

hardest substances known to man, you still had to buy a new needle after about 500 hours or so of playing, because the diamond begins to wear, flatten out and do damage to your records.

Record players were not the first, and certainly won't be the last use for diamonds in technology. At this point in time, diamonds are used in electronics for circuits, components, and semiconductors. Power management uses, such as amplifiers, controllers, and inverters use diamonds. Solar energy and cells are now using a combination of silicon and diamonds for their new technology. Waste management, water purification and oil and gas drilling have been using diamonds for awhile in their industries. Diamonds are now used extensively in biomedical applications, laser systems and quantum computing.



The uses for diamonds in the tech industry due to their unique chemical and electro characteristics are expanding on a daily basis, so don't be surprised when you hear that your favourite piece of tech gear might also have a carat or two in it.



"Invest in the human soul. Who knows, it might be a diamond in the rough." ~Mary McLeod Bethune

Engagement and wedding photography tips



Whenever I hear diamonds mentioned to do with photography I think of two things; engagements and weddings. If you've been 'shooting' with any kind of regularity, you have probably had a friend or a relative ask you to take their wedding or engagement pictures for them. Sometimes the reason is that they like

your work, and sometimes it's that they are on a budget and know you have a nice camera. Engagement photos are never an issue. You have lots of time, and if they don't like what you did, they can have the photos taken again.

When it comes to amateur photographers and weddings, I would say, "be very, very careful." This is a one-shot deal - you have one opportunity to capture the photos they want - so if you are not 100% confident in your abilities, it might be best to say no. There is nothing worse than two relatives that don't talk because one was the photographer, and one was the bride who wasn't happy with the shots. Photography is an art, and all art is subjective; in other words, what you like and what someone else likes might not match.

Having said all that (and also warning you that it is hard work), if you still want to photograph a wedding, I will share some tips and tricks that I have learned over the last

thirty years.

When you first start talking to a bride, you should be taking copious notes. Little things they say will tell you what they are looking for. Do they want something posed, or more editorial and fluid. Do they want interaction with the camera, or is it strictly an observer. It is always a good idea to be extra careful that the bride doesn't try and lock you into one particular style of shooting as well, because sometimes what she says and what she means are two different things. I knew a photographer many years ago that took a bride at her word. She was just gushing about his ultra

soft focus, whimsical style of photography, saying that's how she wanted her wedding shot... Just like a fairy tale. When she got the images back and every image was soft focus, she wasn't happy that the photographer didn't have some with crisp focus as well. Unfortunately, back in those days we used to do a lot of our effects at the time of shooting - once it was done a certain way, there was no going backwards. Today, we can shoot everything in an unfiltered state and add effects in Photoshop non-destructively. One thing I always

ask brides to do is create a file (either physically or digitally)

of images that they absolutely love. This will give you a more concrete idea of what she is looking for.

One of the best ways to see what a bride likes and doesn't like as far as style is to do their engagement photos. You can immediately tell whether you are going to be able to work together on the big day, and you can see how the couple's personalities will translate to film.

I will continue this topic next month, as we have a little time before wedding season, and there are many more tips and tricks I'd like to share with you.

Until next month, Happy shooting.







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DVD/Blu-Ray New Releases for February



ways they have never even

imagined before. With each

passing second making their prospects of a potential

escape more tenuous, this

crew must draw upon every

resource to make a go of it.

A Fantastic Woman,

For a transgender woman,

the curve balls that life throws

nightclub singer and waitress,

Marina, loses her older boy-

friend, Orlando, to a sudden

illness on her birthday, she's

and amazing life they shared

together had insulated her

from those who loathe her

lando's death, Marina finds

herself suddenly at the center

of an investigation. Her trans

status automatically makes

her suspicious in the eyes of

many people. Orlando's fam-

ily considers her abnormal.

They even attempt to keep

of the apartment. Marina

isn't the type to give up. She became the fantastic woman

that Orlando fell in love with

her from his funeral and out

very existence. After Or-

reminded that the loving

hit twice as hard. When a

imdb: 7.5, R, drama

You're sure to find some gems worth watching in this month's selection of new releases!

Week of February 2



Cloverfield, horror/science fiction

Although astronauts routinely perform science experiments on spacecraft, we rarely have seen just how catastrophic they can be-until now. When a particle accelerator goes awry, suddenly the entire crew of a spacecraft must fight to stay alive. Relying upon all of their considerable skills and talents, they will need to improvise in





by fighting for herself. *Winchester*, PG-13, horror/fantasy

Starring Helen Mirren and Jason Clarke. Laura BrentWhen her husband William and their daughter die, Sarah Winchester discovers that she's the majority shareholder of William's repeating rifle business. After speaking with a medium in Boston who claimed to speak to William, she travels to California to build a house to appease those killed by his rifles. William's spirit also told Sarah that she must never stop extending the house. When Dr. Price arrives to determine the state of Sarah's mental health for the company's other shareholders, he tells her that he doesn't believe in what he can't see. With the seven-story mansion ever-growing in size, Price discovers that it provides plenty of opportunities for him to "see" the truth.

Week of February 9



Peter Rabbit, PG, anima-

tion Starring James Corden and Domhnall Gleeson. Beatrix Potter's classic tales of a white-tailed young rabbit and the farmer of his favorite patch of garden have a new twist now that there's a friendly neighbor right next door. In order to befriend her, Peter and Mr. McGregor must try to outwit each other



without revealing their longlasting feud and losing the affectionate attention of their neighbor. This only leads each to go to greater lengths in order to be the one who comes out on top of their rivalry.

Fifty Shades Freed, R, drama/romance

Starring Dakota Johnson, Jamie Dornan and Kim Basinger. In this final installment of the Fifty Shades trilogy, Anastasia and Christian are forced to reveal themselves on the most intimate level yet. Amid tropical scenery, Christian will need to decide whether or not he can make himself vulnerable to Anastasia and truly become the man he was destined to be. With outside forces trying to interfere with their love at every turn, their lives have never been more challenging. With everything that they have already been through, the stakes couldn't be any higher.

The 15:17 to Paris, PG-13, drama/thriller

Director Clint Eastwood; It's just like any other train ride to Paris-until it isn't. When three American soldiers discover a terrorist plot on their train, it quickly becomes obvious that they will need to rely upon their training in order to thwart the plot before the lives of 500 people are in peril. A routine trip through Europe has transformed into anything but a vacation when these men are tasked with the unthinkable-stopping a heinous act in its tracks.

Week of February 16 Early Man, animation/

comedy Starring Eddie Redmayne, Tom Hiddleston and Maisie Williams. The animated comedy Early



Age. A young boy named Dug leads a relatively peaceful existence with the other members of his tribe. They spend time hunting and riding woolly mammoths. Their lives are disrupted when the Bronze Age arrives in the form of the evil Lord Nooth. Now, Dug and his tribe must unite to stop Lord Nooth from destroying their home.

Black Panther, action/ adventure/sci-fi

Starring Chadwick Boseman, Michael B. Jordan, Lupita Nyong'o, Danai Gurira, and Forest Whitaker. After avenging the death of his father, King T'Challa returns to his native land of Wakanda in Africa. However, he soon discovers that there are subversive elements within his own country. Foreign forces are plotting to use Wakanda's wealth and knowledge for their own ends, and internal foes are scheming to take advantage of this instability. Relying on the amazing powers given to him by a mysterious herb, T'Challa must once again don his black superhero suit to save his people.

Samson, action/drama

Starring Jackson Rathbone, Billy Zane and Taylor James. Samson, with his super human strength, is called by God to lead the Hebrews out of slavery. To avenge the death of the love of his life, Samson goes to war with the Philistine army. Unfortunately, he falls in love with a beautiful temptress who betrays him to his enemies, who imprison him. Who will win in the end? Love and war go hand in hand in this action-packed drama.



Week of February 23

Annihilation, adventure/ sci-fi/thriller

Starring Natalie Portman and Jennifer Jason Leigh. When the husband of a biologist, Lena, disappears after going on an expedition into an environmental disaster area, Lena volunteers to go with the expedition tasked with finding out what happened to his team. Lena's team consists of a psychologist who leads the expedition, an anthropologist, a linguist and a surveyor. When they enter the area, they discover many fantastic alterations to the flora and fauna. They also discover that the environment seems to have a mind of its own. Humans are the interlopers and the enemy. Lena tries to find the answers she needs while struggling to survive "annihilation."

Game Night, R, action/ comedy/horror

Starring Rachel McAdams and Jason Bateman. Max and his wife, Annie, and their friends get together for "Game Night" on a regular basis. His brother, Brooks, who's hosting the event this time, informs them that they're having a murder mystery party. Someone in the room will be kidnapped during the party. The other players must do everything they can to find him to win the grand prize. Brooks warns them that they won't know what is real or fake. When the door breaks open suddenly and Brooks is kidnapped, Max and the other players believe that it's merely the start of the mystery. What happens next proves that a real kidnapping can cause a lot of hilarious and even deadly confusion when everyone thinks it's just a game.



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

X-Word Puzzle

ACROSS

1 A pecan pie, perhaps? (6)

4 British award in American subject for unspeakable work (7)

9,19a, 22 4a's first 10's first enquiry: "Where'm I, angel – Thanet? Wales?" (He's confused) (4,5,2,5,4,5)

10 She can 20 a female assembly to find time for church (5)

11 Head of department starts to grasp point of getting soaked (5)

12 Such as 4a, perhaps blob had to make a mess! (9)

13 Drool at German flower (7)



provide with fortune (6) 17 Validate a trying time,

19 See 9

22 See 9

God, according to ancient scripture (5)

26 Engaged, as one might be following a breakdown? (2,3)

27 Scan needed for onetime woman smoker (9)

28 The Learning Zone only partially explains Emin "artwork" (7)

29 East of Luxor, I entertain select few 6)

DOWN

1 Where beasts cohabit in mixed-sex arrangement: wish: "I should be out of that!" (7)

2 Three of four points about Germany's requirements (5)

3 Father's blood transfusion delays early start for the dance (4,5)

4 In Queen's Drive a purveyor of seafood in song (7)

5 Afraid to be in debt having broken record (5)

6 Hypnotist flogs car for a tenner, abandoning meetings (9)

7 The sound of the grotto? (2,2,2)

8 Chance of kneading Mama's biggest bagel (6) 14 Involved, unfortunate-

ly, with mines (2,3,4)

16 Tiller mirrors tiller (9)

18 One may snare tip-top talk show performer (7) 19 Rider, say, addressed informally (6)

20 English plainsong holds new delight (7)

21 Bible-thumps? (6) 23 Poet initially appearing in high street store?

(5)25 Sweet clued as this?

(5)



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