



the stew

ISSUE 9.04 | APRIL 2018 | FREE

the
closet issue

Featuring
Courtney Vreeman
Pages 6 & 7

I HAVE
NOTHING
TO WEAR

we speak

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On the Cover:

Closets abound in this issue of The Stew! Join as we explore all types.

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Closet tax

BY CRAIG SMITH

These days, facts are everywhere. You can't go a day without someone telling you something they believe to be a fact. It might be as simple as, "Hey, did you hear so-and-so is dating so-and-so," or as complicated and hurtful as passing on gossip about someone you heard was arrested (but you find out later it isn't true). When I was trying to come up with what to write about our theme "closets", this month I started reading about a "closet tax" that supposedly existed back in the 1700-1800s in the USA. I thought that would be kind of cool to find out more about it. The articles I read sounded like hearsay. People didn't have a lot of belongings back then (not like now where they need extra closets just for their shoes) and houses were taxed by the amount of rooms people had in their homes. Closets were another room technically, so they were taxed, hence "closet tax". After reading a few more articles from historical sites I found that the "closet tax" didn't exist and was just a really good story to explain why some older houses didn't have closets. Maybe a sales tactic invented by a colonial realtor?

The point of my story is that there is so much misinformation out there and it's making life, in some respects, a little dangerous and a little scary. With the internet, we now have vast amounts of information at our fingertips, accessible in seconds. Unfortunately,

that information is not always correct. Recently I have gone back to school and am working on my master's degree in business. The last time I was in university the internet did not exist so when I had to do research I went to the library and spent hours going through books. The nice thing about research back in the 80's was that if the book was in the university's library, the information was factual, and you could use it. Fast forward to 2018 and do the same research, but now with Google, spending hours making sure that the research you are collecting is *actually* factual. It seems like for every fact online there is an opposite fact or opinion. The trick I've now found is that there are certain sites that most people quote as being gospel when in fact they aren't. Let's take the big one that most people get their information from and that is "Wikipedia". Wikipedia calls itself the online encyclopedia that anyone can edit. Let's let that sink in for a minute. Anyone can edit an article that a lot of people are accepting as fact without any concrete proof. There are many "Wikis" which is a Hawaiian word for quick. The premise of any wiki is that it's a website that users collaborate to modify content. Basically, what that means is that if you don't agree with the content you have the ability to change it. In some ways that is a dangerous way of collecting "factual" information. If you're curious as to whether

or not I'm allowed to use Wikipedia as a source when I'm writing papers for school, the answer is no. The trick in reading the Wikipedia articles is to skip to the bottom of the page and follow the references that were used to write the article. As long as the reference doesn't refer to another Wikipedia article, you have half a chance of it being a credible source.

I know it's a big segue into what I wanted this article to be mainly about but here we go. I wanted to concentrate on false information but more so on the social media side. I know that I have also been guilty of it a few times but I'm going to throw rocks in a glass house and give you some guidelines to follow before you hit that post or comment button and maybe I will heed my own advice and follow them as well. With social media and the internet, it's easy to share an article we have read without doing any research, or doing a little research and coming to the wrong conclusions. I have seen so many people without medical degrees weigh in on a problem that someone has giving what they feel is a definitive solution to their ailment. I've seen engineering solutions come from people that only have the information that google, and Wikipedia gave them. I've said it before and I will say it again; this is a dangerous practice, because if you are halfway eloquent, people will accept your opinion as fact without checking. The second dangerous practice that I've seen, and I am guilty of this too is sharing articles because you agree with them.

The problem here is that there are as many fake or spoof news sites as there are real or credible ones. Another problem also comes from sharing an article from years ago like it was today's news. Commenting with false information just because you heard it from someone else can not only cause some unneeded stress but might also label you as a bearer of untruths. This hit home for me during the fires last summer with all the untruths, false information and half correct statements that were made on social media. One of my friends was told that his house had burnt to the ground, only to find out a few days later that it hadn't. He is a pretty laid-back guy, but I imagine this affected him and his family. I'm sure the person that passed it on had heard it from a "reliable" source. That is only one of the many stories that I heard over the summer months that caused more damage than good – all in the race to be the first person to tell everyone the news.

This article got a little heavier than I had originally wanted but I think I got my point across. The internet is a wonderful thing and it does give us access to a world of knowledge, we just have to be careful with how we use it, as a little knowledge can be a dangerous thing. Do your research and be the credible source in the discussion. I'm a movie buff so I'm going to end with a quote from Marv of the movie *Sin City*; "When I want to find something out, I find someone that knows more than me and I ask them"



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**Courtney
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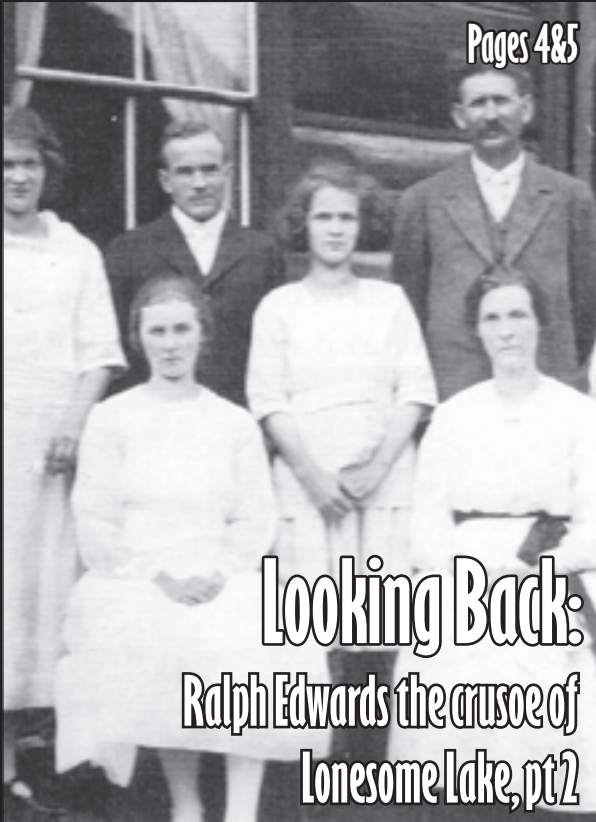
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5 house hunting questions that
could save you a broken heart



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Ralph Edwards the crusoe of Lonesome Lake, pt 2



Ralph Edwards returned home to Bella Coola after serving two years with the American army signal corps in the First World War. It was September 1919 when he stepped off the Union steamship onto the wharf in Bella Coola. Compared to the hell of war, his wilderness paradise populated by grizzly bears, cougars and wolves was a welcome respite. Prior to the war he had spent five years at Lonesome Lake building his homestead, which he named The Birches, and now he was eager to resume his pioneering

effort.

Maxie Heckman, the one-armed trapper at Atnarko welcomed Ralph into his stopping house beside the river a day's journey from The Birches. A night at Maxie's was the surest way to catch up on the latest news about men in the valley who had gone to war and never returned.

Accommodation at Maxie's hadn't changed much in the two years Ralph had been away. The smoke begrimed guest room in the attic with two double beds and blankets infused with sweat and smoke

were still the same. Each lodger dutifully hung the blankets over a rafter to dissuade mice from colonizing the bedding after their night's rest.

Maxie's guesthouse offered Ralph a welcome respite during his comings and goings to get his mail and supplies. Beyond Maxie's place the rugged trail followed the Atnarko River past Stillwater Lake to the outflow of Lonesome Lake. From there the rugged trail crossed the river and followed the west side of Lonesome Lake to The Birches at the far end of the lake. When he had supplies to bring in Ralph boated or rafted down the lake. In winter he walked on the ice.

After his two-year absence, Ralph couldn't find the dugout he had cached at the outflow of Lonesome Lake, so he hastily built a raft and constructed a set of oars to propel it. As he proceeded down the lake he shot three black bears and loaded the carcasses aboard his makeshift craft. It was all

he could do to keep afloat as he neared home, but it meant fresh meat, lard for cooking, grease for his boots, and hides to sell to the fur buyer for cash income.

Nobody had been near his homestead since he had been gone, but Mother Nature hadn't wasted any time reclaiming his civilizing efforts. Second growth trees had invaded the six acres of fields and pasture he had cleared, and his garden was a riot of weeds. Some of the fruit trees in his orchard had perished from frost or from animals chewing the trunks, but Ralph was pleased that his wilderness abode had stayed intact during his absence. His house built beside a babbling creek was still sound, and he quickly resumed his efforts to clear more land and get his traps ready for winter.

A week after Ralph returned, his brother Earle arrived after being discharged from the Canadian army. Earle

had spent one year with Ralph at Lonesome Lake prior to answering the call of patriotic duty which took him to the battlefields of Europe. He too was eager to pick up where he had left off.

Earle was new to trapping so Ralph showed him how to set traps to snare the fur bearers. Trapping was the mainstay of the backwoods economy in those days and Earle established his own trapping area in the rugged headwaters of the Talchako River west of Ralph's area. The region was well stocked with beaver, mink and muskrat, and by spring both men reaped bountiful harvests of fur.

By the summer of 1920 Ralph awoke to the fact he needed a horse to help pack in supplies and work the ground on his homestead. He hiked up the Charlotte Lake trail to the Chilcotin Plateau and bought a young colt from Tom Engbretson at Towdystan for \$10. He named the horse

Ginty, and the faithful animal proved to be one of the most important assets on the farm for many years to come. The following year Ralph added two more horses to his pack string, Queenie and Old Blue, and this enabled him to haul in farm equipment and supplies from the end of the road at Stui.

After trapping with Ralph for a couple of seasons and trying his hand at fishing, Earle left the country for Oregon. Ralph turned 30 years old in 1921 and had gotten over his broken heart from Helen Cathie's rejection several years earlier. In his solitude he staved off loneliness by putting in 18-hour-days building his homestead. His horse and dog provided companionship, but he badly wanted a wife to fill the void in his personal life.

This was easier said than done.

George Powers of Charlotte Lake and George Turner of Kleena Kleene had taken

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~Sarah Jessica Parker (Carrie Bradshaw)



► Maxie Heckman with Isabel Edwards



► Union steamship Catala serving Bella Coola



► Ralph & Ethel's wedding, 1923

...continued from page 4

indigenous women for their partners, but Ralph was pretty fixed on having a spouse from his own ethnic background.

Isabel Edwards, who married Ralph's brother Earle in 1926, said that settler women only inhabited the lower 45 kilometres of the valley. "It was a bachelor's world beyond the Seventh Day Adventist colony at Firvale," she wrote in her 1980 memoir *Ruffles on my Longjohns*. "All the settlers along the Atnarko were young men in their prime, eager to carve a home for themselves out of the dense forests."

She listed several single

men who had come to trap and open up the Atnarko Valley frontier. Gyllenspitze was a Swedish aristocrat; Creswell was an Oxford University educated remittance man; brothers Max and Lou Heckman were miners from Switzerland; George Young was a miner from England; Mark Marvin was rumoured to have been an English diplomat; the Chadwell brothers were from Oregon; and so were the Ratcliffs, Milo, Frank, Walter and Johnny.

Some of these bachelors, like the Ratcliffs, eventually got married and moved further

down the valley, only returning for a couple of months each winter to run their traplines.

On his infrequent forays into civilization to get his mail and supplies, Ralph started spending more and more time at Firvale. Ostensibly he came to see the Ratcliffs, but he would also visit the Hobers, a Seventh Day Adventist family with a large number of children. Their oldest daughter Ethel, 18 years old, had caught Ralph's eye.

"John Hober reminded me of my relatives, and we spent long hours talking about religion and politics," Ralph

said in his memoir.

He tried to convince himself he was taking the long trips into Firvale to talk religion with John Hober, but the real reason was Ethel.

Courting Ethel was a challenge. There was a 13-year age difference between the two and the Hobers didn't make it easy. They were very strict and would not permit any parlour romancing or hand holding in their domain. So in October 1922 Ralph invited Mrs. Hober and Ethel to come and spend a week with him at The Birches. They willingly agreed and with Ralph leading

the way they set out on the 30-mile (50 km) journey from Stuuie by horseback.

Both Ethel and her mother were impressed by the home Ralph had crafted in the wilderness. Ethel and Ralph got better acquainted taking long walks together and going on short hunting and trapping forays. Ralph was impressed by Ethel's ability to handle the wild and her capacity to manage the horses. Both mother and daughter loved Lonesome Lake and its enchanted view. As the week drew to a close Ralph mustered up the courage to ask Ethel to marry him.

"As we tramped back along the treacherous trail to Firvale, Ethel and I had somehow become engaged."

They were married the following summer, on August 23, 1923, at the Hober home. Everyone within miles of Firvale came to wish them well.

Within a few hours of their simple Adventist ceremony, Ralph and Ethel headed up to the trail by horseback. Lonesome Lake wasn't going to be lonesome any more.

Next month read Part 3 of the Crusoes of Lonesome Lake starting a family.

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flavour of the month

"There's a she-wolf in your closet, let it out so it can breathe..." ~Shakira



Featuring Courtney Vreeman

BY CRAIG SMITH

This month's feature is a relative newcomer to the world of business, but is already on her second highly successful business in less than five years. Courtney Vreeman was born and graduated in Abbotsford, but up until graduation, she made many moves with her parents between the lower mainland and Williams Lake. After graduation she held jobs in the service industry until, at 23, she followed her parents to Williams Lake, where she took a job at Fit City and met her significant other, Clay. She then

applied for and got a job with Peterson Construction driving a "Wiggle Wagon" style dump truck and stayed there until she and Clay decided to start a family. Having two boys in quick succession, Courtney needed something else to keep her busy, and after a trip to Mexico, decided to start a tanning company and Mist Me Airbrush Tan was born. A short course, a small investment in equipment, and she was in business; and business boomed right away. She did sessions out of her house and on location, and the party concept of selling was a big success.

After two and a half years she sold the business, as it didn't fit into her life as a new mom.

Her current business came from spending time with a girlfriend who bought a Cricut material cutter. This little machine cuts vinyl and other materials for small signs, t-shirts, and other craft projects. She was hooked, and went and bought one, and then a second. She started making designs for personal use, then began to offer her designer shirts for sale – it wouldn't be a stretch to say that this little business is going viral. Her business started

out as "Creatively Courtney," but after a year when she saw the rapid growth, she realized that was not a name that was going to scale her business the way she wanted, so Still North Design Co. was born. In October 2017, with perfect timing before Christmas, she created a design that took off and she quickly realized she was running out of space at home. Her next step was to find retail space; her current location on Broadway next to Total Pet opened in February. If you haven't been to the new location to admire her store interior, you're truly missing out – she

has used wood from pallets, rope and steel piping to create a unique look.

Courtney has been working hard at her current business, and when I say 'hard,' I'm talking seven days a week, long hours, and bleeding fingers from getting her 800-plus orders a month out the door. She has only been operating for a couple of years and has already received a 'best home-based business' award from the Chamber of Commerce. In addition to Still North Design Co, she also has a children's clothing line, "The Bremner Boys Clothing," and "Pinot and Pine" painting parties. Her store also showcases local products; Suds Natural Soaps,

Cariboo Candle, Soak Bath Bombs, Cache Allen Creations and Aveline and Co bracelets.

As far as the future, she's not looking too far ahead, but said slyly that she has a few other projects in the works that she can't talk about yet. Expanding to Prince George and Kamloops isn't out of the question and she definitely wants to look at some wholesale options.

I see many great things in the future for this entrepreneur, so stop in and visit her new retail store or visit her website www.stillnorthdesignco.ca to see what she's up to this week.

flavour of the month





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"Skeletons in the closet, ghosts out in the hall..." ~Spirit of the West

Voyage of discovery



BY STACEY POIRIER

"Narnia! It's all in the wardrobe just like I told you!" –C.S. Lewis

When I was a little girl, one of my most favourite games to play was dress up. My mother kept a tickle trunk for my sisters and I in our closet full of various costume pieces and props to match. We even dressed up our immensely patient dog on many occasions. After all the preparations were made, we would then

perform elaborate dance numbers and tragic tales with brave warrior Princesses and talking animals. While I have progressed in age, my adoration for dressing up has not changed. As any member of the Williams Lake Studio Theatre will tell you, we are given a gift of the opportunity to play dress up once again as well as the freedom to nourish our dramatic sides.

Our wonderful theatre is full of closets and hid-

den spaces. If you walk past the seating and turn to your right, you are transported to Wardrobe Way. Each item has been carefully cataloged and cared for by our brilliant clothiers. Both sides are lined with racks and racks of costuming brilliance brought to life by the many needle workers and foragers that have frequented our domain over the course of our sixty-two seasons. Suits and gowns and hats from every era and social class hang in the makeshift repository waiting for their turn to be under the lights once again. Turn the corner once more to find yourself in Canister Corridor occupied by rows of treasure chests. Open one up and you have unleashed a plethora of performances past with the discovery of blouses, tunics, knickers, trousers,

pantaloon, jeans, t-shirts, pullovers, and all manner of foldable garment. Further digging into this store of curiosity will afford crates of mythical creatures, Santa suits, evil villains, glamorous gowns, and swoon worthy period pieces. Journey a little further down the lane and you will find that you have travelled full circle back to the theatre entry doors, exactly where this adventure opened.

For the brave souls with a want of certain peril, you are welcome to wander towards a door at the far side of our theatre. Opening this vault will lead you down the rabbit hole into Dooohickey Dungeon. Thingamajigs, doodads, gizmos, and whatchamacallits line the walls as far as the eye can see. This place holds the objects of past plays hiding in every nook and cranny, cherishing the memories of when they



The real voyage of discovery consists not in seeking new landscapes but in having new eyes.

~Marcel Proust

were useful. Every item tells a story of its own. A tea cup that has travelled back in time to grace the table of a well to do gentleman, a brief case that sat beside the desk of a salesman, a quill held in the hand of a young writer wishing to be more than ordinary, and a light meant for appeasing the ghosts that grace our theatre. At first glance, this space is a wee bit overwhelming but if you stand very still and close your eyes, you can almost feel each prop coming to life with the hope of being chosen to travel back up-

stairs and onto the stage.

While I am no longer little, I try my best to not grow up too much. Thankfully, my Williams Lake Studio Theatre family provides a wondrous place for anyone to be themselves and remember what it feels like to just simply play. Our doors are always open to each and every curious individual wanting to try something new or rekindle a passion that may have been temporarily forgotten. Wander our way, you will not forget or regret it.

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"Tell me are you looking down? Do you see us with a closet full of fear..."
~Hootie & The Blowfish

April's new blu-ray and DVD releases



APRIL 3, 2018



13 Reasons Why: Season One, IMDb: 8.5, TV-MA, DVD

Clay Jensen is devastated when his friend Hannah commits suicide before they can even graduate high school. One day, however, he finds a mysterious package on his doorstep containing 13 audio tapes. They were recorded by Hannah, and each tape tells a story about a person that she considers responsible for her death. As Clay listens to the tapes, he falls into a dark rabbit hole filled with lies, secrets, betrayals and even crimes perpetrated by his friends and classmates. The question is what to do about it... and which tape is going to be his own.

Jane, IMDb: 8.0, DVD

Chesapeake Shores: Season 2, IMDb: 7.9, DVD

Thelma, IMDb: 7.5, DVD

BALLERS: YR 3, IMDb: 7.5, TV-MA, DVD, Blu-ray

Sweet Virginia, IMDb: 6.2, R, DVD, Blu-ray

Insidious: The Last Key, IMDb: 5.8, PG-13, DVD, Blu-ray

Permanent, IMDb: 5.5, PG-13, DVD, Blu-ray

Father Figures, IMDb: 5.0, R, DVD, Blu-ray

Looking Glass, IMDb: 4.6, R, DVD, Blu-ray

Beast of Burden, IMDb: 4.0, R, DVD, Blu-ray

Basmati Blues, IMDb: 3.6, DVD, Blu-ray

APRIL 10, 2018

Outlander Season 3, IMDb: 8.8, DVD, Blu-ray
Outlander takes audiences along for the adventure of Claire Randall, a nurse in the process of rekindling her marriage to her husband Frank after the couple spent five years apart during World War II. As



the two are enjoying a trip to Scotland, where Frank is conducting research about his family roots, an unexpected chain of events draws Claire back to the year 1743. While there she meets and is forced to marry Jamie Fraser, a bold and handsome Scottish Warrior. This turn of events leaves Claire torn between two men, two time periods and two very different lives.

Phantom Thread, IMDb: 8.4, R, DVD, Blu-ray

The Greatest Showman, IMDb: 8.0, PG, DVD, Blu-ray, 4K

Vice Principals: The Complete Series, SD + Digital HD, IMDb: 7.9, TV-MA, DVD

Molly's Game, IMDb: 7.6, R, DVD, Blu-ray

All the Money in the World, IMDb: 7.2, R, DVD, Blu-ray

My Friend Dahmer, IMDb: 6.8, R, DVD, Blu-ray

Braven, IMDb: 6.5, R, DVD, Blu-ray

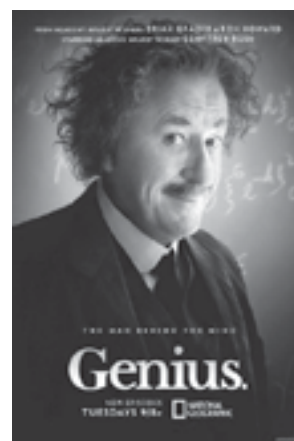
The Tribes Of Palos Verdes, IMDb: 5.4, R, DVD, Blu-ray

Proud Mary, IMDb: 5.0, R, DVD, Blu-ray

Gone Are The Days, IMDb: NA, R, DVD, Blu-ray

DCU: Suicide Squad: Hell To Pay, IMDb: NA, R, DVD, Blu-ray, 4K

APRIL 17, 2018



Genius: Einstein, IMDb: 8.4, TV-14, DVD
What makes someone a genius? Many would define a genius as a person who is incredibly exceptional in one or more extraordinary ways. Does intelligence alone make someone a genius? What about creativity? What roles do genetics and childhood influences play? Does popularity have any impact? Are there more introvert or extrovert people who are defined by this term? Throughout human history, a wide range of people from diverse backgrounds have been called "geniuses." Follow the lives of these rare people from birth to death, including their relationships, educations, loves, triumphs

and even their failures, to learn more about what defines genius.

The Post, IMDb: 7.4, PG-13, DVD, Blu-ray, 4K

Claws: Season 1, IMDb: 7.3, TV-MA, DVD

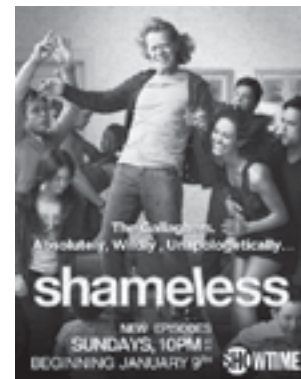
Killjoys: Season Three, IMDb: 7.1, DVD, Blu-ray

The Commuter, IMDb: 6.5, PG-13, DVD, Blu-ray, 4K

Honor Up, IMDb: 3.3, R, DVD, Blu-ray

Deep Blue Sea 2, IMDb: NA, R, DVD, Blu-ray

APRIL 24, 2018



Shameless: Season 8, IMDb: 8.4, TV-MA, DVD
Shameless follows Frank Gallagher, an alcoholic, dysfunctional single father of six children living in a tough Chicago neighborhood. Fiona, the oldest, is a 20-something struggling to find her way in the world while serving as the de facto parent to her five siblings. Lip, the oldest brother, is a genius who would rather apply his sharp wit to petty crime than to academics. Ian, slightly younger,

is gay in a neighborhood that isn't exactly gay-friendly, and in love with a closeted violent thug. Scrappy middle-schooler Debbie is fiercely devoted to her family, and Carl, only a year younger, has developed a frightening talent for pyrotechnics. Baby Liam is the youngest, and together they'll all go to any extreme to stay together and survive.

Paddington 2, IMDb: 8.2, PG, DVD, Blu-ray

Masterpiece Mystery!: Unforgotten, Season 1, IMDb: 8.0, DVD, Blu-ray

Bombshell: The Hedy Lamarr Story, IMDb: 7.5, DVD, Blu-ray

Hostiles, IMDb: 7.3, R, DVD, Blu-ray, 4K

Den of Thieves, IMDb: 7.2, R, DVD, Blu-ray

Film Stars Don't Die in Liverpool, IMDb: 6.9, R, DVD

Maze Runner: The Death Cure, IMDb: 6.8, PG-13, DVD, Blu-ray

Backstabbing For Beginners, IMDb: 6.6, R, DVD, Blu-ray

Zombies, IMDb: 6.6, DVD

Forever My Girl, IMDb: 6.0, PG, DVD, Blu-ray

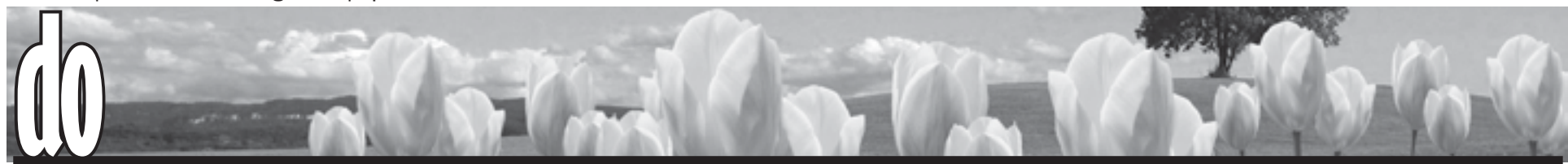
The Strange Ones, IMDb: 5.0, R, DVD

7 Guardians of the Tomb, IMDb: 4.5, TV-MA, DVD, Blu-ray

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Competition versus aggression



BY RICHARD BUTTERS,
ADVENTURE GAMES

Do video games make people violent? This question has been the topic of many heated debates, and there have been just as many studies trying to prove or disprove the correlation between the two. Still, the studies have failed to gather enough evidence to draw a definitive answer. However,

from what I have collected and my personal experiences, I believe that video games do not cause violent criminal behavior.

One important factor that has led me to this deduction is the fact that youth violence has decreased during the rise of the video game industry. This sole fact seems to contradict the claim that video games cause violent criminal behavior.

Although, this fact alone does not completely debunk a correlation between violent video games and violence.

Many studies, such as those performed by the APA (American Psychological Association), have found that video games do cause increased levels of aggression, and I for one can vouch that this is true. Many times after jumping into multi-player I find that I am very

frustrated or angry if I lost the game. However, it is not the actual violence in the video game that has caused my aggression, but the competitive aspect of it. Like anyone else, I do not like to lose. The APA has also found a correlation between competitiveness in video games and aggression, and it was higher than the previous proposal.

Correlation between

competition and aggressive behavior can also be viewed in sports. In tennis, for example, I have often seen tennis players such as Novak Djokovic throw their racquets on the ground in a moment of anger and frustration after having lost a point. This reaction is just one of many examples where an athlete has been seen with a heightened level of aggression during competition. It doesn't mean that the athlete is going to go around murdering people because he lost a game. In fact, most of these athletes have never committed a violent crime before, and if they had, it was usually not related to the sport itself. My point here is that competition will often cause heightened levels of aggression.

Nevertheless, the media is usually quick to attribute youth violence to video games. In the past, violent movies suffered from these claims, but as they became more commonplace, this opinion subsided. Neither

violent movies nor violent video games cause increased levels of criminal behavior, but rather, violent people enjoy violent movies and violent video games. Something the media often fails to address.

Just because I enjoy video games, that on occasion happen to be violent, does not make me a violent person myself. I would never think of harming another person. Like most other "gamers," I can differentiate fiction from reality, and hence, will not commit any crime because of something I saw in a video game. Only someone who is already violent may take inspiration from a video game. If you take away the video game, the person will still be violent and just as likely to commit a crime, albeit through some other method. If video games truly did make people violent, then the world would be in chaos because I and millions of other "gamers" would have committed a crime already.



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MAGIC Standard Showdown
Saturdays 12pm

MAGIC Sunday Draft 10am

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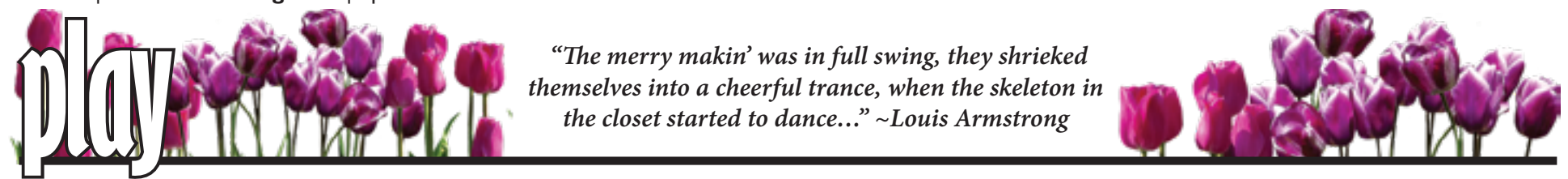
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Play

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



“The merry makin’ was in full swing, they shrieked themselves into a cheerful trance, when the skeleton in the closet started to dance...” ~Louis Armstrong

WILLIAMS LAKE & AREA

April 1,8,15,22,29
Magic Sunday Draft, Adventure Games 83C 2nd Ave S, 10am

April 1,8,15,22,29
Board Game Night, Adventure Games 83C 2nd Ave S, Sundays 5pm

April 3,10,17,24 Duplicate Bridge Club, everyone welcome, Seniors Activity Centre side door, Tuesdays 7pm

April 4,11,18,25 Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), offers youth 12-18 the chance to gain new skills and meet new friends, Wednesdays 6:15-9pm, Legion lower hall, info: www.3064rmrangcadets.org

April 5 Garden Club meeting, first Thursday of the month, new members

welcome, Arts Centre 90-4th Ave N, doors 6:30pm, info: 250-392-2769

April 6-7 Big Brothers Big Sisters Bowl For Kids Sake, fundraiser helps local children, Wild Wild West theme, lanes fill fast so book your time/lane early, info/reservations: 250-398-8391

April 6-28 Station House Gallery presents: (Main Gallery) Terrill Welch “Light of Place Exposed,” and (Upper Gallery) Simone Benjamin “Infinite Affirmations”

April 6,13,20,27 Friday Night Magic, Adventure Games 83C 2nd Ave S, 5:30pm

April 6,13,20,27 Live music at CJ’s Southwestern Grill, prime rib buffet, fridays 5-8pm

April 7 BCBRA Barrel Race, Eagle View Equestrian 1pm

April 7,14,21,28 Magic Standard Showdown, Adventure Games 83C 2nd Ave S, Saturdays noon

April 7,14,21,28 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, Saturdays all day

April 8 Nutrition Walk & Run, Memorial Complex 11am

April 9 FREE Seniors Bingo & Refreshments, upper level Boitania Mall 1pm

April 9-11 2018 Cariboo Festival, Vocal/Coral, info: www.cariboofestival.ca

April 10 Drink & Draw, Tuesdays 6pm, Dennys, info: Jazmyn at Realm of Toys

April 11 The Threat of Illegal and Unsustainable Wildlife Trade to Tortoises and Freshwater Turtles, free presentation by Dr.

Chris R. Shepherd, Scout Island Nature House 7pm, info: 250 398 8532

April 12 2018 Cariboo Festival, Speech Arts, info: www.cariboofestival.ca

April 13 SPCA Freaky Friday Feline Festival, fundraiser open house, reduced rates for adult cat adoptions, prizes, 709 Bond Lake Rd 11am-8pm

April 14 Soccer Players Camp & Festival, coaches’ clinic & players camps, Esler Fields 9am

April 15 Bikers Against Child Abuse (BACA) public meeting, all welcome, Big Brothers Big Sisters boardroom 200-369 Oliver St. 1pm, info: 778-412-9323 (3rd Sunday of each month)

April 15 Strickly Blue Grass, live music every 3rd Sunday, Alley Katz

April 15 Gymkhana, Trail Riders Arena, info: 250-267-2357

April 16 Good Food Box distribution day, Elks Hall 1-3pm, purchase your box prior to distribution day every 3rd Monday of the month: \$15/large box 250-392-4118

April 16-18 Cariboo Festival, Piano, info: www.cariboofestival.ca

April 19 Tween L8Nite Pool Party, Memorial Complex 8-10pm, info: 250-398-7665

April 19 WL Writers’ Group meets third Thursday of the month 6pm, Art Centre 90-4th Ave N, new members welcome, info: Linda.levpur@shaw.ca

April 19-20 81st Annual Bull Show & Sale, Stockyard on Cattle Dr, info: 250-392-0858

April 20 Handbags for Hope auction, Signal Point 6pm, info: Women’s Contact Society

April 20-22 Indoor Rodeo, Memorial Complex, info: wlindoor@shaw.ca

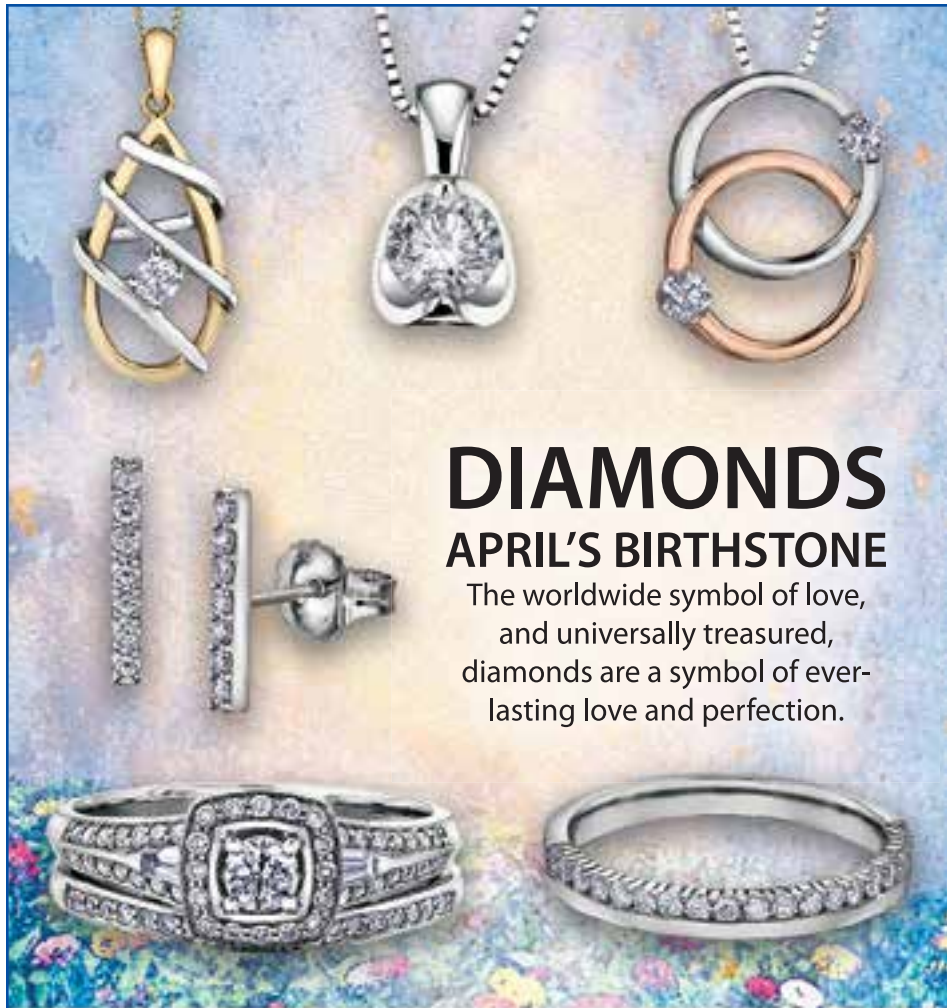
April 21 BCBRA Barrel Race, Eagle View Equestrian 1pm

April 21 Birds & Bees & Flowers & Trees, ages 13+, Memorial Complex 10am-1pm

April 22 Handmade in the Cariboo market, local goods & businesses, Elks Hall 10am-4pm

April 27-28 Used Clothing Sale, Seniors Activity Centre 9-3

April 28 Cariboo Festival Honours Concert, Cariboo Bethel Church 7pm, info: www.cariboofestival.ca



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April 28 Big Hole, Boys & Girls Club fundraiser, dinner 6pm, DJ Lynden Grosso at 8pm, Golf & Tennis Club, info: 250-392-6026

April 28 Energy Medicine Life Skills, 10am-4pm, info: www.facebook.com/events/174618873155328/

April 28-29 Cariboo Piecemakers present In Stitches Quilt Show & Sale, door prizes, merchants, entertainment, curling rink 800 Mackenzie Ave, Sat 10am-6pm, Sun 10am-4pm, info/register: 250-392-2879

QUESNEL & AREA

April 6 Horse First Aid for Kids/Youth, no experience required, First Equestrian Horse Ranch 2343 Reiersen Rd 3:30-8pm, preregister: 250-261-2711

April 7 Equine Health & Emergency First Aid, First Equestrian Horse Ranch 2343 Reiersen Rd 9am-5pm, preregister: 250-261-2711

April 7-8 Cariboo Mining Association Spring Training Session, Elks Hall 9am-3pm, preregister: cariboominingassociation@hotmail.com

April 7 Big Top Gala, magic show, auction, games, draw, Seniors Centre 6-10pm, tickets: Circle S Western Wear

April 7 RCMA "Feeding Our Kids With Music" Open Mic, The Occidental, first Sat of the month

April 8 Livestock Disaster Planning & Preparedness, First Equestrian Horse Ranch, 2343 Reiersen Rd, 9am-5pm, preregister: 250-261-2711

April 8 Gelli Plate and Monoprint Printing Workshop, bring an apron/stamps/stencils, Bouchie Lake Store 1-3pm

April 10 Felted Fairy Houses, Long Table Grocery 6-8pm, preregister: longtablelocal@gmail.com

April 11 Business Networking Night, The Occidental 5:30-7:30pm, preregister 250-992-7691

April 13 Art Gallery Opening Reception, high school showcase, 500 North Star Rd 7-9pm

April 20 Spring Splash-down at the Pool, games, prizes, contests, face painting, Rec Ctr 500 North Star Rd 1-3pm

April 20 QLA presents Lucas Myers Campground, murder mystery comedy with music, Chuck Mobley Theatre 7:30pm

April 20 Live music with Lisa Brokop: Legendary Ladies of Country, The Occidental 228 Front St, 7-10pm

April 20-22 7th Annual BC Gold Show, gold panning, vendors, prizes, guest speakers, displays, Alex Fraser Park in the Agri Plex 102 North Star Rd, Fri 5-9pm, Sat 10am-5pm, kids' Sunday event 10am-2pm

April 21 Captain Future, Chuck Mobley Theatre 850 Anderson Dr 8am-5pm

April 21 Pruning & Planting seminar, Richbar Golf & Gardens 10:30am, pre-register: 250-747-2915

April 26-29 Country Bluegrass Jamboree, Seniors Ctr 461 Carson Ave, info/tickets: 250-992-5696

April 27 Bowl For Kids Sake 2018, Rev Bowling Lanes, preregister: 250-992-7257

April 28 Fairy Garden seminar, Richbar Golf & Gardens 10:30am, pre-register: 250-747-2915

April 26-28 3rd Itty Bitty Burlesque Festival, performances, workshops, The Occidental 228 Front St

April 28-29 Home & Outdoor Adventure Show, West Fraser Ctr 500 Barlow Ave

April 28-29 MCQMX North round 1 racing, Oval Rd

100 MILE HOUSE & AREA

April 1 3rd Annual Community Easter Egg Hunt, free, everyone welcome, South Cariboo Rec Ctr Ball Diamond, kids up to 6yrs: 11:30am, kids 7-12 years: noon

April 2,9,16,23,30 Bingo, Mondays, doors 6pm, starts 7pm, super star 8:30pm, Community Hall

April 2,9,16,23,30 Alanon, Mondays 7pm Health Centre (hospital rear entrance) info: 250-395-2532

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

April 3,10,17,24 Community Band, all ages and experience welcome, practice Tuesdays 7pm Christ the King Lutheran 440 Horse Lk Rd, info: Dave 778-485-5560

April 3,10,17,24 Alanon Drop-In, Tuesdays 1-2pm, Community Health Ctr (rear of hospital) info: 250-395-7676

April 3,10,17,24 Alcoholics Anonymous,

Tuesdays United Church 8pm

April 3,10,17,24 Carpet Bowling Club, Tuesdays 1-4pm, Interlakes Hall, info: Kitty 250-593-4780

April 3,10,17,24 Co-Ed Drop-In Volleyball, Tuesdays 7-9pm, Peter Skene Ogden gym, info: Kersti 250-395-1353

April 3, 17 Photo Group, 1st & 3rd Tuesday of the month, Bridge Lake School, info: Larry 250-593-4362

April 4,11,18,25 Eclectica Community Choir rehearsals, United Church 49 Dogwood Cres, Wednesdays 7-9pm, info: eclectica@100milearts.com

April 4,18 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

April 4,11,18,25 Bingo, g-ball, loonie ball & progressive, Wednesdays, doors 5:45pm, starts 7pm, Lac la Hache Hall

April 5,9,12,16,19, 23,26,30 Cariboo Calico Quilters, Monday evenings and Thursday afternoons, basement Creekside Senior Ctr, info: Agnes 250-395-6127

April 5,12,19,26 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

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

April 6,13,20,27 Crib Night, Forest Grove Legion Fridays 8pm

April 7 Heffley Creek Community Yard Sale, Heffley Hall 9am-2pm

April 7,14,21,28 Meat Draw, Forest Grove Legion Saturdays 4:30-6pm

April 7,14,21,28 Alcoholics Anonymous fireside family group, Saturdays United Church 8pm, info: 250-791-1937

April 8,15,22,29 Alcoholics Anonymous, Sundays 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

April 11-15 Mountain Fever Bluegrass Camp, Flying U Ranch, Green Lake 3pm, info: www.facebook.com/events/143742169613967/

April 12 Festival of the Arts committee meeting, new members welcome, Chamber 6:30pm

April 13 Festival of the Arts Committee Meeting, new members welcome, Chamber office 10am

April 14 Charity Ghost Hunt, 108 Mile Museum 8-11pm

April 22-25 Festival of the Arts, piano, Martin Exeter Hall, info: www.100milefestivalof-thearts.ca

April 27-May26 Parkside Art Gallery presents: Tom Godin, "100 Species in 100 Mile: a Birding Event"

April 27-28 Festival of the Arts, instrumental, Martin Exeter Hall, info: www.100milefestivalof-thearts.ca

April 30-May2 Festival of the Arts, speech arts, Martin Exeter Hall, info: www.100milefestivalof-thearts.ca

April 30-May4 Festival of the Arts, vocal, Martin Exeter Hall, info: www.100milefestivalof-thearts.ca

May 5 Festival of the Arts, showcase concert, Martin Exeter Hall 7pm, info: www.100milefestivalof-thearts.ca

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"If you can't get rid of the skeleton in your closet, you'd best teach it to dance." ~George Bernard Shaw

The professional closet

BY ALEXIS FORSEILLE,
COMMUNITY
FUTURES CARIBOO
CHILCOTIN

What's in your professional closet? Small businesses take on many shapes and forms across every industry. With that said, our work wardrobes may take on several different appearances. While being a small business owner allows for room to make decisions about your wardrobe without constraint, there are several things to keep in mind.

We unfortunately live in a world where first impressions mean a lot. Studies show people make their assessment of a person within the first few seconds of seeing them. Further, the amount of time that passes after those first seconds does not make a difference in the opinion formed. Before someone speaks for the first time, an impression has already been made about the persons expected personality, occupation and intelligence. Appearance, posture and clothing choice help determine the outcome of a first impression. Someone who presents themselves in a clean and tidy manner has a greater chance for people to relate to them in a positive manner after the first impression has been formed.

Before you go design a new professional wardrobe or keep wearing your weekend clothes, there are a couple of questions to think about. What industry is your business a part of? What are your industry work attire standards? What type of business activities will you be doing?

Depending on your industry, your work wardrobe could be anything from a suit, to coveralls. Your line of work may decide the type of wardrobe you own before you can decide for yourself. For example, for a mechanic, coveralls are a much better option to protect yourself and your clothing than a suit. Further, your industry may specify the type of attire that is either required by professionals in the field or is the "status quo". When starting out as a small business, your best bet is to dress professional and job appropriate. How you dress yourself for the job the customer is expecting you to perform, will help determine the confidence the customer has in your ability to perform the work.

Different types of business activity will require you to have different types of attire. If your business requires you to make cold calls to clients' homes or other businesses, this provides a great opportunity

to wear your logo and represent your company. You could easily wear a shirt and ball cap with your logo on it, paired with fresh jeans or dress pants. Remember that your outfit should be professional and clean. If you are a subcontractor, be mindful of the way the other employees dress while on the jobsite. In an office setting, this may mean having a pair of clean shoes. Meanwhile, on an outdoor jobsite, this may mean wearing long sleeves.

Your professional closet may contain items meant for more specific purposes than your everyday work. These could include attending networking events, attending events your business has contributed to, conducting presentations, or attending and presenting at a tradeshow. In any of the above situations, you and your business will be the center of attention for at least a few minutes in several potential customers' lives. At any of the events, it would be advisable to dress more professionally than during your regular business activities. Polish your shoes and iron out any wrinkles in your shirt or pants. A polished look puts you in the right place to make valuable first and lasting impressions on everyone you

meet and see. Always remember that posture and appearance go hand-in-hand with your clothing choice when making a first impression.

For small businesses with employees, it may be a good idea to set guidelines or expectations for working attire. As employees are representatives of your company and brand, their first impressions on your customers count.

Do you allow open toed shoes, shorts, or ripped articles of clothing in the workplace? Do you want your employees to match with shirts that show your logo? Do you allow graphic t-shirts not displaying your logo at the workplace? Do you care if your employees wear jeans or dress pants? Does your business sell items of clothing that employees could show off by wearing?

When setting the clothing guidelines in any industry, always remember safety factors. Also, analyze the practicality and functionality of the wardrobe to make sure everything is affordable and comfortable for your employees. If you do require your employees to wear things that they would not wear anywhere else, such as shirts with logos or coveralls, you could win employer of the year for trying to provide the items at a discount or as part of their employment contract. Lastly, if you set guidelines, be sure to follow them yourself.

Overall, whatever your job may be, it is always wise to have a professional work wardrobe. While the goal to impress others may seem superficial, you only get one chance to make a lasting impression on everyone you meet. Make that first impression count by making sure your small business work closet is up to standards.

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SEE

"There is something about a closet that makes a skeleton terribly restless."
~Wilson Mizner

Curator's Corner

Conserving closeted artifacts is a matter of civic well-being

BY JOE BORSATO,
MA, BA (HONS.)

The Museum of the Cariboo Chilcotin finds all sorts of interesting items that come from people's closets. While this may seem trivial at first, in fact the preservation and care of these interesting pieces of history is fundamental to the intellectual and cultural health of our society. In a collection of over 25,000 items there are many pieces that require careful attention to reduce their degradation over time. Many books, paper articles, and other two-dimensional archives for example are best stored in unbuffered acid-free boxes to prevent the spread of contaminants over time. Fortu-

nately, since the museum moved into the Tourism Discovery Centre last July, we have been able to preserve its collection using many of these resources, thereby allowing the collection to remain extant longer and more securely. The preservation of artifacts naturally ensures that the items which connect viewers to a sense of past experiences and knowledge can remain for generations, if not centuries.

Identifying artifacts can be challenging, especially when information is scant or unreliable. Over the past year, the museum has acquired several dozen items, including but not limited to a vintage jukebox, a large bible from the nineteenth century, some birchbark

baskets, a few historic maps, and a mint-condition wedding dress that was apparently worn by the mother of Kathryn Coddington, about whom little is known. The dress was found along with the accompanying photo but little else is known about the item or its wearer. If anyone recognizes the image or the people in it, they are encouraged to contact the museum. If anyone has some small heirlooms, memorabilia, photos, manuscripts, or other heritage materials that they would like to donate for posterity, they are also encouraged to contact or visit the museum at its new location on south Broadway Ave, Williams Lake.

Conserving artifacts also requires careful preservation of non-physical materials, such as data that pertains to artifacts or their narratives. Items such as the Coddington dress are interesting because they are reflective of a

phenomenon known as dissociation, which refers to the gradual loss of vital information relating to an artifact. Dissociation can lead to the complete loss of any information relating to an artifact, rendering it essentially meaningless. Without getting too existentialist, that can be a problem for an institution such as a museum, which endeavours to preserve data and prevent the loss of valuable documentation for the sake of conserving public memory and historical consciousness. In an era of "fake news," misinformation, and growing distrust of traditional media sources, museums are becoming increasingly spotlighted to play more central roles in civic engagement. Museums provide accurate, testable, and reliable information that is well-researched and interpreted with attention to detail and nuance. These concepts remain just as important, perhaps



even more important, in the twenty-first century than they were in the twentieth.

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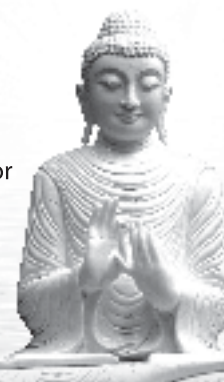
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do

"Now that the slate is clean, and the closet's all cleared out, what do I do now..."
~SheDAISY

House hunting questions to save you a broken heart



Before reaching for a dream, be sure reality isn't posed to hold you back. Often hidden in a closet of denial, reality can sometimes burst forth to restrict our plans.

I recently worked with a client-couple who swore they'd found their dream home. 2800 square feet of bliss with a view! After touring the home, we discussed making an offer. They were ready and excited.

Headed back to the office, things changed. Their feet grew cold. They liked

the home plenty. However, realities about their wants, their financial abilities, and the fears of change burst into consciousness. They were torn and heartbroken. The wife actually cried as they were forced to let go of their dream home.

They wanted what they wanted, but the realities hidden the closet couldn't be ignored. Had they asked themselves a few simple questions before getting into the car to view a possible dream, they could have escaped the pain of losing. What questions are

those, you ask? Read on.

What's the equity situation of your current home?

My clients had believed they had equity enough to purchase the more expensive dream home. They did not. Had they realized this, pain could have been avoided. The lesson? Before setting out to see new homes, call your lender to determine your current equity. My clients had lived in their home only three years; had they lived there for five, they would have had enough equity to warrant the change.

What's your current income situation?

In addition to low equity, my clients also hadn't considered their income to debt servicing ratio. In short, they weren't earning enough to justify a larger mortgage payment. The lesson? In addition to equity, make sure your income supports your move.

Is it really "time" for you to move?

Where you live now might be exactly where you want to live forever. In the case of my clients, they also really liked their current home. They'd upgraded and customized their home to fit them exactly. The fear of changing into something new overwhelmed them when they actually thought about it. In short, the "time" wasn't right. The lesson? Be sure you're really ready for something different.

What's the market like? In general, is it a good time to move?

A hot market is contagious. When lots of people are selling, when lots of people are buying, everyone wants to join in the merriment. Reality is, however, that sometimes despite the movement of the masses, it's best to stay put. Hot markets can mean hot prices (aka overpriced



homes). The lesson is two-fold: use your sense rather than your emotions when it comes time to buy or sell. Also, talk to your Realtor to get an accurate understanding of the market. Use their expertise to help you make your choices.

What are current interest rates like?

Interest rates can be confusing and sometimes boring. However, current rates affect your purchasing power. They also help you sell your home faster. My clients would have needed

to sell before buying. Current rates could foster or hinder that sale. The lesson? Your best interests are best served by an understanding of interest. So, talk to your lender before seeking bliss.

Questions have power; the power to help determine our best course. Before looking and risking love of the untimely impossible, make sure you have answered these questions as honestly and wisely as possible. It may save you from a broken heart.

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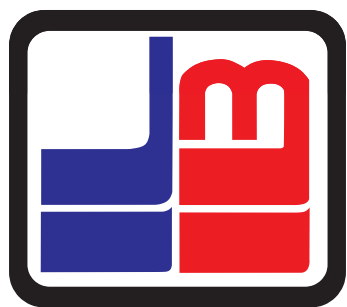
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"I am stuck in a closet with Vanna White..."
~Weird Al Yankovic

Tax Season ...what, already?

It's that time of year – the time that we love to see how much money we can retrieve from Revenue Canada... or how much more we have to pay!



Here is a checklist to ensure that you have every tax receipt that you need to take to your tax preparer (it is your responsibility to make sure that you have all of them) for processing your 2017 tax return. In Canada, the taxation system is such that the onus of proof is on the taxpayer – not the tax preparer.

- T4 – from your employer
- T4A – possibly your Union or if you are self-

employed – a statement of your earnings/commissions paid

- T4A (OAS) – Old Age Security money received
- T4A (P) – Canada Pension Plan money received
- T5 – Interest collected from savings accounts with financial institutions
- T4RSP – if you withdrew money from your RRSP
- Cash or Lifelong Learning Program or Home Buyer's Program

- RRSP contribution receipt – March to December, 2017

- RRSP contribution receipt – first 60 days of 2018 (yes, you must claim these on your 2017 tax return – you can carry them forward to the 2018 tax year but you must do so on your 2017 tax return

- Money owed – if you owe Revenue Canada money on your 2017 tax return, you must pay it by April 30th – otherwise interest begins accruing from May 1st onward until the amount is paid in full

- Medical Expenses – be sure to check your deductible which is based on your gross earnings. This means that you must have more expenses higher than your deductible – otherwise – it may not impact your refund/taxes owed

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"I'm sorry, Momma, I never meant to hurt you, I never meant to make you cry, but tonight I'm cleanin' out my closet." ~Eminem

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If the shoe fits

BY ALICIA FENN,
BSc. (Kin), C. Ped (C),
CARIBOO ORTHOTICS

Prior to working in the field of Pedorthics, I believed that perfect shoe fit meant the shoe was my size. Size is a great place to start, but there is a lot more involved in finding a good fit when it comes to footwear. For one thing, footwear is not sized evenly across the board. It is always important to try on a shoe before purchasing it, because a size 9 in one brand may fit more like a size 8 in another! Not only that, but sometimes within one company, several different lasts – three-dimensional moulds shaped like feet – may be used, causing variances within one brand. I would recommend trying on both the left and the right shoe, ensuring there is ample length when bearing weight on your feet. For example, in running shoes or work boots, there should be roughly one half a thumb-width of space between the end of the longest toe and shoe when the person is standing up. This will ensure the foot has enough space and wiggle room when it

swells slightly throughout the day, and as the foot elongates forward when walking or running.

Once the proper length is determined, width should also be checked. Finding the right width for some people can be challenging, so knowing different brands of shoes that work for your foot type will be helpful. For example, individuals that have narrow feet should consider brands like Asics and Mizuno – whereas New Balance and Brooks generally fit wide feet better.

If you always find your feet are uncomfortable no matter what shoe you wear, I would recommend getting your feet assessed by an expert – it may be that arch support is needed. Remember – shoes generally do not have built in arch support so purchasing an off-the-shelf insole or custom orthotic is needed to support the arches inside of a shoe.

There are many more tips and tricks for finding the “perfect fitting shoe,” so I would recommend doing some research and asking questions as you are shoe shopping!

Art Gecko

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“I art, therefore I am.” ~Dwayne Davis

Dwayne's interest and use of many types of media has kept him busy throughout his artistic career. In addition to works of art in mediums of acrylic, oil, watercolor and pencil, Dwayne creates interior and exterior murals for both public and private patrons, in and around his hometown of Williams Lake. Dwayne has finished over thirty murals since starting Davis Arts in 1999, as well, he involves himself with teaching classes, and workshops, working with local students of different ages and skill levels, commissions, consulting, design, and working with other artists on varied projects.

By using a looser impressionistic painting style, Dwayne keeps his work from becoming too weighted and controlled. Although the bulk of his paintings tend to be scenes, portraits, or some representation of reality, often taken from photos, they are purposely devoid of refined detail. Playing with different painting styles, lighting techniques, along with varied colour and compositional usage, the subject of any painting will shine through in its own distinct way. It is through the artist's choices of theme, setting, pallet and style that need to feed off each other to work well as a final finished design.

Between a pedestrian piece and a masterpiece may only be the difference made in a choice of a colour, or a single mark made that changes the whole direction of a painting. More contrast placed here, instead of there, or a different treatment put there instead of here, and the whole design is much altered. For the foreground sets the stage, back ground reveals the atmosphere, while colour and texture set the rhythm, it is the positive and negative space that describe the subject, and light and shadow fulfill the subject's expression. If all comes together just right, the finished work becomes sweet visual music of a song to grip hold the heart.

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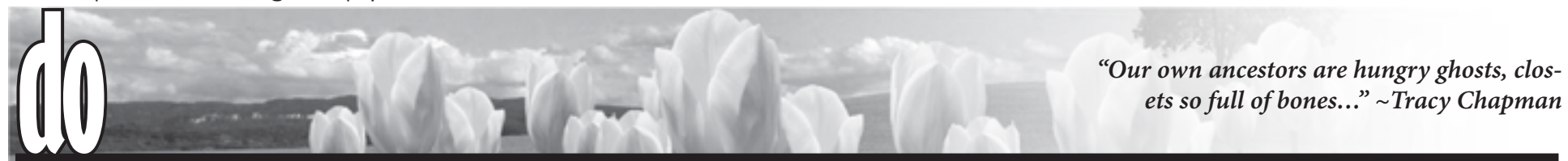


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"Our own ancestors are hungry ghosts, closets so full of bones..." ~Tracy Chapman

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Pint-Sized

By Jazmyn Douillard

Closet arsenal

In the last two years I've had to do two big moves. First one we downsized from a huge house, to a micro one with zero closets. Somehow, going from a ton of space to none at all was easy. Don't ask me how. I think it was a great, big mental relief to know I had to empty out every closet of all its clutter to make the new place work.

But now we've just gone from the tiny, closet-less home, to a slightly larger place with normal sized closets. "Normal" as in, the adults each have one small closet.

I can't quite wrap my head around it, but the kidlet ended up with the largest closet in the house, while we each have one just wide enough to fit a few coats and shoes. Even better? The kid's closet is only used to store toys. He has a massive Nerf collection that's spilling into the rest of the house – making sneak attacks very easy.

It's time to turn that closet into an armory! First, a remodel of the old toy chest; slate grey with NERF written across it to hold all the extra bits and any play armour. Then we removed the closet doors and put up peg board, painted black, along the back to find the best fit for all the guns. The inner sides of the closet were lined with baskets for the ammo and clips. Now, this is a standard six-foot-wide area, so there was a lot of room for extra baskets of renegade stuffies!

We lined the top of the closet with plug in purple and blue LED strips; not only making the armory look super-cool, but it's a great night light!

The nice thing about the overall design is everything is removable. As he gets older, it will only take a couple of minutes to take everything down and a tiny bit of putty to fill the holes, or if we sell our home, we can easily convert it back to a regular, clothing-bearing closet.

In the meantime, I'm glad I got used to not having a closet at all, but I still can't figure out how the youngest member scored the biggest storage space!

Closet rage & random pasta

Out of the Fridge

By Brice O'Neill

Performing at a high level for hours a day, every day for months takes a toll on a person. It physically breaks you down and burns and cuts are our badges of honour.

Pain is the gauge of cooking prowess, the more you can take the more you will be successful as a cook. The mental pain is worse and the toll it takes is measured in relationships and addictions. Almost every cook I've ever met has had some sort of addiction, some worse than others. Drugs, booze, sex, stealing, and the one I was best known for, rage.

As a young cook, I was not use to the stress which came with the job. I had a combination of being an amputee, small children at home and a rather bad relationship to deal with. The result was an almost overwhelming closet rage which came out at the worst times. It affected both my home

life and of course my work life. Past employers would certainly step up to plate and say "Yep, he had quite the temper." I truly believe I was a Gordon Ramsey in training. Even my wardrobe reflected my behaviour. Some of my favourite t-shirts were very offensive. But then something changed. As younger cooks became part of my life, I realized that my leadership role was vital to their survival. I was amazed at times, when I realized that they respected me enough to follow me. I also realized how important setting an example was and how much easier my life became when I just calmed the heck down. No, I didn't have a Zen master or yoga instructor guru to get me under control. My trigger? My Mom. Yes, she is in fact Buddhist, but aside from that she looked into my eyes one day and said "Your baby daughter is afraid of you."

That was it. It hit me like a Mac truck. And yes, the addiction that I had held onto to combat the stress was now out of the closet. And luckily for me, I threw it out with the trash so to speak. That doesn't mean that it doesn't rear up now and again. When I'm up to by behind in orders, everything is on fire, all hell is breaking loose and a ticket arrives from the front which says, "Can I have the Chicken Cordon Blue, no chicken...add pork." Or better yet, the ticket that reads, Tomato Sauce with no tomatoes. Your brain shuts down, like flicking a light switch and you want to punch a cupboard door. Fun times. So I guess there are still a few skeletons in my closet. But I am doing the best to exorcize them, with the help of my friends and family. I'm more even tempered and I've also thrown out the majority of my offensive t-shirts, although some are hidden in the back of the closet where Sue can't see them and I've replaced them with "nice" shirts and suits. Let's play the closet cooking game, or "How to clean out your fridge." Open the pantry door or the fridge and reach to the very back where all the weird random things live. As long as there is no mold on it (unless it's cheese, because cheese is

life). Put a random stack of these odds and ends on the counter. Stare at them with an intent to create something amazing. Grab your garbage can and put it on the edge of your counter. Extend your left arm and sweep said items into the garbage can... order a pizza. No, just kidding. OK, start again. If you pulled out a can of Brazilian Corned Beef, open it, try not to breathe in. Dump it in a bowl, forget that noise you just heard, add in half a white diced onion, a bit of mayo and a diced gherkin pickle, a splotch of mustard, mix it up and voila. If you smash that between two pieces of white bread, dinner is served. OK, pull out a can of evaporated milk. Put it back...that's disgusting. How about that can of tuna that's been sitting there since big hair was in style. Boil some pasta, do 1/2 macaroni and 1/2 bow-ties in the same pot (cause that's kinda funny too), heat the tuna in frying pan (remove from can first), season with salt and pepper, chopped celery, grab the random leafy green stuff off the spice rack, prey that it's dill or basil, mix in with the tuna. Add a can of condensed cream of celery soup, bring to a boil. Stir in the pasta and you are good to go. Random eh?

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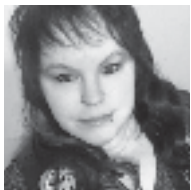
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read

"Happiness is a room full of books and a closet full of shoes." ~Anonymous

Out of the closet

Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

BY ANNE MOUTRAY

My early school life was spent in a very small boarding school. As this institution was not certified to teach beyond grade nine, I had to return home to attend High School and what

a shock that was. All around me were kids and teachers that I didn't know. I was sure that as soon as my back was turned they would all be pointing at me and laughing.

Every class had a different room and teacher. Where was my next room?

Afraid to ask a fellow student for directions, I simply jumped into my closet and made myself completely invisible and when all seemed safe I simply went home. It was three days before I managed to stay at school for the full day. Why I was so scared I'll never know but fellow students, rather than pointing at me and giggling were probably quite unaware or uncaring of my existence.

Wrapped up in my protective closet I wandered around the world. I always travelled with friends who were happy to do the talking while I remained unnoticed and safe. How, I wonder, did I ever get up the courage to become a teacher but in front of my class I could leave my closet and stand straight and tall. Who could be nervous of eight and nine year old children?

Then came the day... It was awards day at 100 Mile Elementary School and a table was set up on the lawn in front of chairs arranged for the visiting parents a few of whom turned up and sat smiling expectantly waiting for their child to receive his well-deserved award.

I was slated to deliver a perfect spelling award along with a few words of acknowledgement and wisdom and for this effort it was necessary for me to leave, if only momentarily, my closet. Trying to calm

my knocking knees, they really do knock, you know. I stood; I delivered; I sat; I survived.

At the close, the parents mingled and a woman I didn't know, came up to me and said, "Well, you certainly were self-possessed."

Finally the light flickered. I could hide my shyness. I didn't need a closet to crawl into. People could be fooled into thinking I was brave and brash. Oh, the wasted years. Now that I was out of the closet and enjoying the fruits of freedom and, as very often happens, I went too far in the other direction.

I was a member of the Elder Hostel group and as such I joined a tour that was going to Victoria. One day we were in a group of about forty people listening to a talk given by a young lady, on herbs. In the middle of her talk she somehow got into a discussion with a man, on electricity. The poor girl was in over her head and getting verbally tied up in the discussion.

Suddenly I heard a rather familiar voice say, "Excuse me but I think Celia has some interesting things to say about herbs and I would really like to hear them."

The man stopped expounding. Celia threw me an unmistakable look of gratitude and a lady thanked me for getting the talk back on track. I knew that at last, I was really and truly out of the closet.

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"I'm a closet nerd. I love to study history and visit museums." ~Shakira

Closet stories



The Skeleton in the Closet, by Angie Fox
A haunted library is no place for a girl who can see ghosts, but when Verity Long stumbles on a dead body in the middle of the main reading room, she has to believe someone... even a dead someone... must have witnessed the crime. Undaunted, Verity presses forward, uncovering scandalous secrets, long-forgotten ghosts, and a shocking trail of clues that places her directly in the path of a killer.

Closet Full Of Bones, by A.J. Aalto
Ever since they were chil-

dren, Gillian Hearth has been her sister Frankie's guardian, her sounding board, and her best friend. Purchasing the old Blymhill house with the hopes of turning it into an artists' retreat, the sisters are finally living their dream. But when Frankie's stable ground is rattled by a vengeful ex-boyfriend, an unstable friend from the past shows up unannounced with delusions of intimacy, and a cold case cop starts sniffing around their door, the sisters are forced to wonder how far they will go to keep their secrets safe. Gillian discovers that, this time, her fight is about to land her in the crosshairs of a danger-

ous predator who will use any means necessary to remove her from the equation. With everything she holds dear under threat, Gillian battles to keep her head above water and her skeletons in the closet.

Ruta's Closet, by Keith Morgan
The inspiring true story of how a Lithuanian Jewish family escaped Hitler's 'final solution,' thanks to their own resourcefulness and the bravery of a few fearless friends. Meyer and Gita Kron's determination to survive grew, as family and friends perished at the hands of the Nazis and marauding Lithuanian fascist collaborators. After each terrible personal tragedy, the Krons became more inventive and daring in their quest to stay alive.

In My Mother's Closet, by Eugenia Zukerman
To a little girl, there is magic in her mother's closet. Zukerman's book looks at the unique relationships of mothers and daughters through personal stories of

such people as Carrie Fisher and Lesley Stahl.
Confections of a Closet Master Baker: One Woman's Sweet Journey from Unhappy Hollywood Executive to Contented Country Baker, by Gesine Bullock-Prado
A heart-warming memoir based on Sandra Bullock's sister who left an executive job to become a pastry chef. This will become a favourite book of anyone who loves to bake or is thinking of a career change.

Saving My First Kiss: Why I'm Keeping Confetti in My Closet, by Lisa Velthouse B.A.
Lisa reveals that our focus should be on finding our identity in Christ before we try to find love and acceptance in relationships. If you are dating or wish you were, you will find *Saving My First Kiss* helpful as you look at romance in light of God's will for your life. I think many Christian girls will agree with Lisa when she says: "I am working to become the woman that I want to be -

the kind of woman whom the man of my dreams will fall madly in love with."
The Skeleton in the Closet, by M.C. Beaton
Poor Fellworth Dolphin has been living under the thumb of his miserly, cold-hearted mother for far too long. When his mother suddenly dies, Fellworth is shocked to find that she has left him a sizable inheritance. Not knowing where the money could have possibly come from, Fell teams up with Maggie, a plain girl with a similar background, to figure out where the riches came from. Could Fell's late father have had a hand in a long-ago train robbery? What secrets surrounding the Dolphin family will the two sleuths uncover? As they poke around the village for answers, Maggie and Fell embark upon a surprise-filled path to danger and adventure, and - just possibly - love.

There's a Nightmare in My Closet, by Mercer Mayer
Mayer tells a story from the perspective of a young

boy, of how a child confronts his fears and learns that they might not be as scary as he once thought. Since young children always have, and always will be, afraid of something in the night, this book will never become old fashioned. I recommend it to anyone with young children.
The Burglar in the Closet, by Lawrence Block
Bernie Rhodenbarr is all ears when his dentist, Dr. Sheldrake, starts complaining about his detestable, soon-to-be-ex wife, and happens to mention the valuable diamonds she keeps lying around the apartment. Since Bernie's been known to supplement his income as a bookstore owner with the not-so-occasional bout of high-rise burglary, a couple of nights later he's in the Sheldrake apartment with larceny on his mind - and has to duck into a closet when the lady of the house makes an unexpected entrance. Unfortunately, he's still there when an unseen assailant does Mrs. Sheldrake in... and then vanishes with the jewels.

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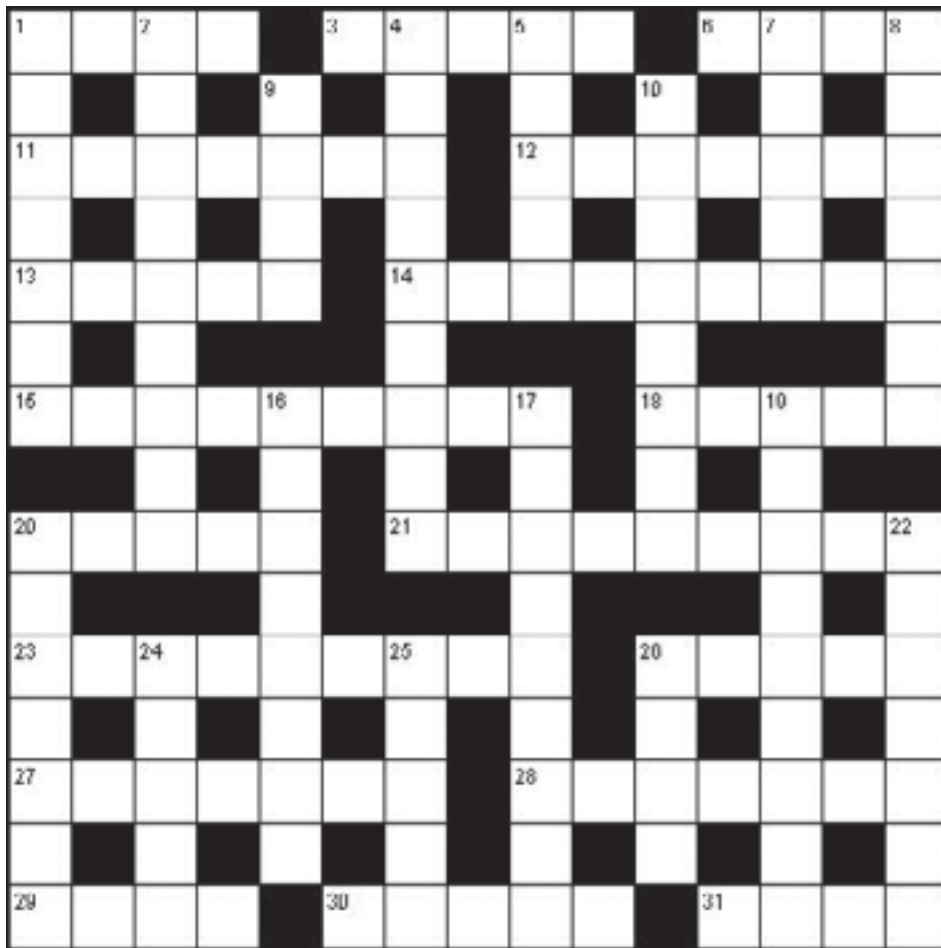
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This month's crossword is brought to you by the fine people at Bob Paterson Homes.

X-Word Puzzle

ACROSS

- 1 Growth in Regency stucco work (4)
 3 The currency of wool, not new (5)
 6 Result of turncoat's trickery? (4)
 11 Coach parking had not finished before school (7)
 12 Lines pass the sound of hesitation to Poles (7)
 13 Pretty daughter should be checked (5)
 14 Assessment giving flight to papal airs (9)
 15 Fish – sole, one hears – is first one to make advances? (4,5)
 18 Decapitated loafer perhaps responsible for 6? (5)
 20 Lucid article, a review covered (5)



- 21 Remains sound asleep, and the French entering for 18? (9)
 23 Spaniard being entertained by his country-woman's pot (9)
 26 Massacre pensioners, not wholly to obtain sweet (5)

- 27 Stiff, declare 18 first (7)
 28 Cascading yet hard water? (7)
 29 Man is about right (4)
 30 Outing relation after jeans' opening? (5)
 31 Evenly careworn, being a long time (4)

DOWN

- 1 Douglas perhaps seen upon 12 (7)
 2 Draw metal seat design (9)
 4 Is sweet when a gecko, though loveless, becomes involved with 31 (5,4)
 5 Summary of flier, missing dog-lead (5)
 7 Albert takes the river to America (5)
 8 Measure up after sloshing some wine (7)
 9 Stable boss? (4)
 10 Rock found in A-Z under Alabama, California and the outskirts of

- Timor (8)
 16 Java rose, giving way to 1 down (8)
 17 Haka performed in messy bunk with novice found in Xanadu? (5,4)
 19 Heyday years ago, legend rewritten (6,3)
 20 Funny motorway constructed originally to cut through fuel (7)
 22 Eggs university man to join school (7)
 24 At heart, diarist raised part.... (5)
 25of a golden thank-you, this coming from the heart (5)
 26 False start to a final passage (4)



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