



the stew

ISSUE 9.05 | MAY 2018 | **FREE**

the cat issue

Featuring
Liz Dighton
Pages 6 & 7

Wespeak

We want to hear from you!
Email craig@thestew.ca



Feline inheritance

BY CRAIG SMITH

Let me start this month by saying I am definitely a dog person. However, I have had many cats over the years. The funny thing is that I have not acquired any of them myself. I sort of inherited them. The funniest acquisition (although not so funny at the time) was a pair of cats that I ended up with because of one of my daughters. These cats were a gift from a boy (who later became my daughter's boyfriend for a short time) to his girlfriend before my daughter. This was a gift that was not wanted and when the boy and girl broke up he ended up with the cats. Fast forward a little while and now that boy and my daughter are dating. All of a sudden, he has no place to live and I let him move into my basement with his cats. A little while later he and my daughter break up and he leaves but doesn't take the cats. A little more time elapses and my daughter moves out as she has now graduated and all of a sudden, I'm an empty nester with three cats, (the third one was not mine but was also left with me). I have always been of the mind that once you have a pet it's for life so they were with me until one by one they passed on. I think one of the main reasons people pick cats as pets over dogs is the aloofness that felines have. I on the other hand love dogs. I love that they need me and are always seeking attention and affection. I really don't like the fact that cats will only give you the time of day when they want something and if you're not fast enough with satisfying their

wants you will pay. It could be a "oops I accidentally missed the litter box or hey this breakable item should be on the floor" but you will pay. I did have one cat that I miss. She came when called and would always give her affection freely. Those kinds of cats come around once in a while but not often and sometimes I think, maybe I want another cat but then I remember the many that weren't like her.

Catamaran, catapult, catastrophe, cat scan, cattle, catadromous, catachresis, caterpillar, cataclysm, catalog and catalytic. These are just a few of the words involving cat that have nothing to do with the feline animal that we either love or love to hate but still watch their videos on YouTube. The word cat, if you follow it back to its origin, is old English 'catt' or Latin 'catta', and another Latin word for cat is 'felis'. The Latin version of the word means cat but when used in other words it comes from the Greek word for down. In Greek, catapult was katapallein or pull down. Cattle comes from old French for chatel meaning personal property. Catalog comes to us from Latin catalogus meaning list. Catalytic or catalyst comes again from ancient Greek meaning loosen down or dissolve down. Lastly catastrophe means down turn in ancient Greek. The reason I went through this exhaustive exercise is that the words that we see in today's English have evolved from a couple thousand years of change and even a word as simple as the word cat has many meanings depending on the word it's buried in.

Not that I want to get into a

big debate about political correctness especially in our happy little non-offensive paper but before people start taring words with the same brush they really should do a little bit of research before they dismiss words based on what they think the meaning is. The word is "Man". And with a little bit of research it's easy to see that it doesn't always mean "the male homo sapien" which translates to wise human being. The word man was the same as the word person until the 20th century. Words such as human and mankind were gender non-specific and the Germanic source are the words wermann (male) and wifmann (female). Interesting that the word wifmann was eventually shortened to woman and wife. It's also interesting to note that the word woman doesn't come from the words womb and man. In the 19th century writers would capitalize the word Man if it meant human and used lower case if it meant male. Also, the word male comes from the Latin masculus which turned into malle in old French and the old French word for female comes from the word femele and the Latin femina which at that point in time were not even similar words like today's male and female. The root word 'men'

meant 'to think' in some cases and 'monthly' in others, and comes to us by way of old English and Latin.

The point I'm trying to make with all these references is that the English language is a strange and wonderful language and is ever evolving but before you go into the world of analyzing every word you say for gender specification keep in mind that that's not always what the word means or where it came from. A month or so ago I read a blog article from a female millennial who has a degree in etymology which is the study of words, not to be confused with entomology, the study of bugs and she opened my eyes to the origins of these words. She was also calling for a pull back on the people finding words offensive for no reason other than not having the proper knowledge as to their origins. What I find offensive is people who don't know the difference between 'your' and 'you're'. As our Prime Minister said, for all of people-kind, please figure out which one is the right one to use... Please.



On the Cover:

We discuss many aspects of cats in May's issue of The Stew Magazine.

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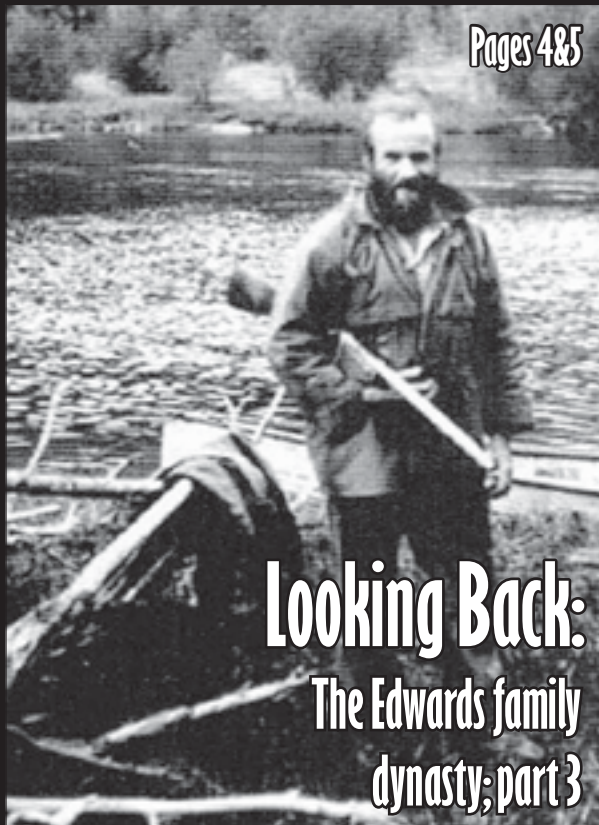


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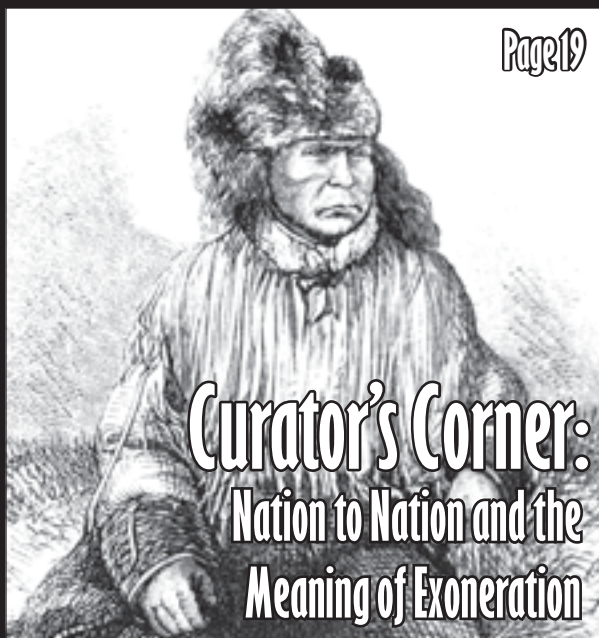
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Curator's Corner:
Nation to Nation and the
Meaning of Exoneration



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hear

The Edwards family dynasty; part 3



A few wildflowers in jam jars, handmade curtains covering the windows, a table cloth sewn from sacking, a chair angled in a certain way; these all reflected a new feminine touch Ethel Hober brought to Ralph Edwards' bachelor homestead on Lonesome Lake. So began their married life.

Their immediate task was to prepare for winter. This included hauling in supplies and cutting hay for livestock.

Besides Ralph's string of

horses they now owned an Ayrshire milk cow, Maybelle, that Ethel's family had given them for a wedding gift. They eventually added a bull and over the years their cattle herd grew to fourteen animals.

Ethel was accustomed to the rigors of homestead life, but at 19 years old, she had never experienced the profound solitude of being alone in the wilderness before. When Ralph was off trapping it was up to Ethel to keep the home fires burning.

To ease her angst, Ralph made an effort to be punctual. "I always made a point of getting back on the day or night I told her to expect me," Ralph wrote in his 1979 memoir told to Ed Gould. Sometimes the weather or circumstances prevented this from happening, but for the most part he would show up as promised.

For her part, Ethel quelled the loneliness with a busy routine of sewing, weaving, baking and canning. She also fed the animals, milked the cow, sawed and chopped firewood.

Ethel took delight in accompanying Ralph when he trekked out to Atnarko to get the mail or supplies. She would travel as far as the Stillwater where their horses were pastured for the winter, and stay in the Ratcliff cabin there until he returned from Stuie.

Ethel's solitude at the

Birches was short-lived. As spring melted the ice on Lonesome Lake, she realized she was pregnant. On September 24th, 1924 she gave birth to their first child, Stanley Bruce, at the hospital in Bella Coola.

The actual birthing wasn't consequential; it was the difficult journey out and back from Lonesome Lake that proved challenging. They hiked the trail to Stillwater where they caught two horses and spent the night, they left the next day at dawn for Atnarko on horseback.

At Firvale, Ethel's dad insisted she take the horse-drawn wagon to Bella Coola. Unfortunately the jolting of the wagon ride was more uncomfortable than traveling by saddle-horse.

The new family stayed for a couple of months at the Hober farm in Firvale, and this almost led to their

undoing. The weather was cold and blowing snow when they finally headed home in November, and two-month-old Stanley almost suffocated from being over-bundled against the inclement weather. Chalk it up to inexperience on behalf of his parents. Fortunately he survived and they arrived home safe and sound.

With arrival of Stanley Bruce, Ralph felt the urgency for a steady income to support his family. Their primary source of cash came from the trapline. In his ingenious way Ralph concluded that farming fur might generate a more reliable source of revenue and inflict less pain on the furbearers he caught in the wild. It would also mean not leaving his wife and son alone in the wilderness for days at a time while he checked his traps.

First he tried farming

beaver by containing them in a large enclosure and feeding them with aspens that grew abundantly along the lakeshore. It worked well except the animals were constantly breaking out of their pen by chewing holes in the fencing. Next he tried farming mink and marten, feeding them horse meat he purchased from Hunlin, a Tsilhqot'in man from Nimpo Lake.

To render the horse meat into edible portions he ground it up with squawfish taken from the river and lake and carrots from his garden.

To ease the strenuous workload of grinding that much feed, Ralph devised a waterwheel that later became a vital addition to his homestead, powering a sawmill and generating electricity.

Ralph decided that constantly repairing the beaver fencing required too much

Realtor Spotlight

Spring Maintenance to Your Home

Spring is finally here and it's a great opportunity to take a look at your home and what damage might have been sustained:

- 1) **Roof** shingles that are damaged, missing, or loose will need some repair.
- 2) **Gutters** should be secured tightly to the home and any rust found must be either minimized or removed.
- 3) **Siding** that is cracked, warped, split or eroded should be replaced or repaired depending on the extent of the damage.
- 4) **Mildew and molds** should be cleaned with abrasive cleaners (e.g. bleach-type products) and removed.
- 5) **Paint** that is chipped will need to be removed and re-applied with a base coat of primer. Take note of when you paint each area, because if it is frequent, further measures may need to be taken.
- 6) **Bricks and mortar** inspection and maintenance is vital to ensure that water does not seep into the walls inside the home and cause damage.

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hear

► Edwards' family home at the Birches



► Swans at Lonesome Lake



► Ralph ploughing at the Birches



► Edwards children Stanley, John & Trudy



...continued from page 4

time and trouble, and farming marten was too precarious because the males and females would rather fight than procreate offspring.

Mink farming, however, proved more satisfactory until the Great Depression caused fur prices to drop so low that it wasn't profitable either.

It was a visit from KB (Ken) Moore from Tatlayoko Lake in 1926 that introduced a whole new aspect to Ralph and Ethel's way of life. KB arrived with some American bear hunters and asked Ralph and Walter Ratcliff to guide them in the Atnarko Valley. One of the hunters was John P. Holman of Connecticut, a member of the Audubon Society.

Holman asked many questions about the trumpeter swans that wintered at Lonesome Lake, and on his way home contacted the chief migratory bird warden for British Columbia, J.A. Munro.

Munro wrote to Ralph and Ethel asking about the size of the flock, and convinced the Edwards to start

keeping careful records of all swans they saw in winter until they left in the spring.

Ralph had been aware of the swans since his first winter at Lonesome Lake in 1913. That year Frank Ratcliff shot a swan and he and Ralph pan-fried it like a steak and found it good tasting and filling. At that time there was no law governing the shooting of trumpeter swans, nor was it widely known that they were an endangered species.

These magnificent birds with a wing-span of up to eight-feet, had once inhabited all of Canada from northern Quebec to the Pacific coast. Then during the 19th century swan skins became a prized commodity of fur trade. Swan down was popular for muffs and bedding and the quills were sought after for pens. Between 1853 and 1877 the Hudson's Bay Company sold 17,671 swan skins in London. In 1828 alone, the company sold 347,298 goose, swan and eagle quills for pens.

In 1912, the year Ralph Edwards first arrived in the

Bella Coola Valley, noted ornithologist Edward H. Forbush warned that the extinction of trumpeter swans was imminent. Four years later it was estimated that there were only 100 trumpeters left in the world. A third of those wintered in the Atnarko Valley at Lonesome Lake where spring-fed sections of the river kept it free of ice for feeding.

Ralph and Ethel's monitoring of the swans made them more aware of the dangers threatening their survival. Predators like coyotes, wolves and eagles were a constant threat, but the greater enemy by far was the cold weather.

During the winter of 1932-33 Mother Nature dealt a severe blow that nearly eradicated the great birds wintering in the Atnarko. A three-day downpour of rain triggered landslides that dammed up parts of the river which caused widespread flooding. Then a sudden drop in temperature caused the high water to freeze over the swans' feeding grounds.

Ralph counted eleven dead swans on one of his rounds running his trapline.

By spring the flock was reduced to nineteen birds.

In his annual report to J.A. Munro, Ralph suggested that feeding the swans during the hard part of winter might help them survive. Munro agreed and gave Ralph the authority to purchase \$25 worth of barley to start a feeding program. In 1932 this translated to 800 pounds of barley in 100-pound sacks.

It was up to Ralph on his own dime and muscle to haul the feed into Lonesome Lake by pack horse from the end of the vehicle road at Belarko near the confluence of the Atnarko and Talchako Rivers.

For best results they learned by trial and error to first soak the grain overnight before depositing it in about two-feet of water; half a pound of grain per bird per day.

Meanwhile the Edwards family continue to expand. In July 1927 Ethel gave birth to as second son John. This time the birthing occurred at home with the aid of a visiting doctor. Two years later on March 30, 1929, their daughter Trudy was born, with Ralph alone

performing the midwifery duties.

That completed their family as they continued their unique existence in the Lonesome Lake wilderness.

In next month's Stew

read about the trials and tribulations of raising children in isolation and losing everything to a fire that tested their mettle to the core.

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flavour of the month



flavour of the month



Featuring SPCA Manager, Liz Dighton

BY CRAIG SMITH

When it comes to this month's theme of cats, Liz Dighton is very knowledgeable. Our featured personality comes to Williams Lake by way of Nanaimo and Sydney on Vancouver Island. After school, she took a job as a clean-up girl in the boatyard in Sydney. During the year she worked there, she met the love of her life who is still her Husband of many years. Over the

next few years, Liz and her Husband Richard started their family and had three daughters. As her daughters were growing up, Liz worked various jobs on Vancouver Island, from a bookstore to working reception at a fireplace manufacturing company.

Ten years ago, Liz and her family left the Island and decided Williams Lake was to be their new home when Liz's husband was hired on at Mt. Polly Mine. Although they had

friends in Quesnel, they found everything they wanted in Williams Lake.

Once the kids were grown, Liz took a newspaper job with the Advisor selling ads.

Their new place had some room, so Liz and her family started fostering livestock for the SPCA. The senior cruelty investigator had Liz put her resume in for a position with the SPCA in Williams Lake because of her previous experience, and Liz was hired on as

the full-time manager.

It's very seldom that you hear someone saying they would love to be out of a job, but it's a dream all SPCA employees share; no more need for what they do. In the meantime, Liz is busy with the management of the shelter; fundraising and educating the public about the SPCA.

When she is not busy working, Liz is cooking. She calls herself a plant-based foodie and is constantly experiment-

ing, including recently taking a 30-day vegan challenge.

Our interview took place in one of the three cat rooms in the shelter with kittens crawling all over us as Liz gave me some local statistics. The last two years saw 1,100 and then 1,400 animals come through the shelter, and about half of those are transferred to the lower mainland. Over 60% of those animals are cats, 30% are dogs.

When asked how local

people can help, she says volunteers are always welcome for cage cleaning, dog walking and playing with the animals. If you want to donate, cash or gift cards are always best. Liz asks that people don't donate food, as all the animals in every SPCA location must be fed the same food to avoid sickness due to ever-changing diets. If you are interested in a rescue pet, visit the SPCA staff and they will interview you to best match you with an animal.



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Tax season is almost over!

Every year, almost everyone panics before March 1st to get their RRSP contributions in for the year so that they hopefully receive a larger refund.

And again, every year, many wait until the last minute to have their tax-

es processed so that they can receive their refund (if they in fact don't have to pay Revenue Canada more in taxes).

Why?

One thought is to start planning now for the 2019 RRSP and tax season. Do you know

where your money goes – where do you spend your money? Did you look at your T4 from your employer and wonder where all of that money went?

A few ideas for this new year –

Set up a budget that

shows how much money comes in every month and how much is used for expenses. In this way, you will have a plan to decide how much to save – how much to put into your RRSP or TFSA accounts. Plan now for the 'rainy day' emergencies

Liquid Assets

By Adele McLearn



and your retirement.

Stop using your debit card – withdraw a specific amount of cash when you receive your pay cheque for that pay period for gas/groceries/misc. spending. If you set aside what you think you may need for those everyday expenses and stop swiping, you may be pleasantly surprised as to how little you spend between pay periods.

You work very hard for your money – isn't it time that you have your money working for you?

Do you plan your spending or do you simply use your debit

card until there are no funds left in your bank account?

The old cliché is – no one plans to fail. They fail to plan. If there is not a plan in place to begin learning about financial matters, the chances are very good that when the time comes for retirement, there is no money to retire with.

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May the force be with you!

BY RICHARD BUTTERS,
ADVENTURE GAMES

So, it's been long enough since "The Last Jedi" was released, and the reviews from fans are mixed. Though critics loved the film, which has a decidedly different feel from the rest of the franchise, many long-time Star Wars fans out there hated the movie. Many fans complained that it doesn't feel like a Star Wars movie, and that the use of new Jedi

powers and the idea of Luke falling from grace were changes that were too big to handle. These complaints certainly have some merit, given that they're presented with very little buildup. However, for fans of the Star Wars Expanded Universe, "The Last Jedi" seems that it may have been heavily influenced by one of the most beloved pieces of Expanded Universe fiction--the Dark Horse Comics story, Dark Empire.

Dark Empire is set a few years after the events of "Return of the Jedi", and it follows Luke, Leia, and Han as they struggle to defeat the Emperor Palpatine, whom we discover, has cloned himself, and used his dark side powers to inhabit the cloned body. It's a great story for Star Wars fans, and even has 2 sequels. The stories in the Dark Empire series certainly diverge from what Disney has now made canon, but writer Rian Johnson has likely taken hints from "Dark Empire" in writing the film. What follows is a list of the elements of the story that have parallels with "Dark Empire".

Luke being tempted by the dark side for a good cause:

Luke is the Hero of the original trilogy of Star Wars films. That's why many fans were upset to

STAR THE LAST JEDI WARS

see that Luke had become a failed Jedi in exile hiding from his disgraces. The idea of Luke turning to the dark side is the focus of "Dark Empire," in which Luke agrees to become the Emperor's apprentice with the intention of overthrowing Palpatine to end his rule of the galaxy. Luke travels to the planet Byss and undertakes Sith training before attempting to kill the emperor and his backup clone bodies at the end of the story. "The Last Jedi"

shows us a flashback of Luke considering killing Ben Solo in his sleep in a moment of weakness after discovering that he had become Snoke's apprentice with incredible dark side powers. Sure, Luke didn't go full-Sith in TLJ, but his flirtation with evil isn't entirely evil, just as his turn to the dark side in "Dark Empire."

Leia using force powers:

We all know by now that Leia has an affinity for the force. This fact was

hinted at all the way back in "The Empire Strikes Back" when she has some sort of telepathic connection to Luke, and when Yoda hints that there is another hope for the Jedi besides Luke. But in "Dark Empire" we see her go full-on Jedi. The cloned emperor actually tries to move his consciousness into her unborn child, who is supposed to have incredible force potential. As far as we see in "The Last Jedi", she isn't the force user that she was in "Dark Empire", but at least we finally get to see her use her force powers on-screen.

Blowing up the imperial flagship:


Well, this isn't something that's totally shocking. Some big spaceship gets blown up every other Star Wars movie/book/story, etc. But it is interesting to note that "Dark Empire I" ends with the destruction of Palpatine's imperial flagship, not entirely unlike the destruction of Snoke's flagship in "The Last Jedi".

In the end, It's not entirely clear how much "The Last Jedi" director, Rian Johnson borrowed from the Star Wars extended universe--and Dark Empire in particular. But the similarities are striking in a lot of places. For the fans, we can only hope to see more of this in the future. Maybe some day we'll get to see Palpatine's clone or Jedi holocrons on the big screen. Or perhaps even more from the extended universe some day.

We Tint Glass!

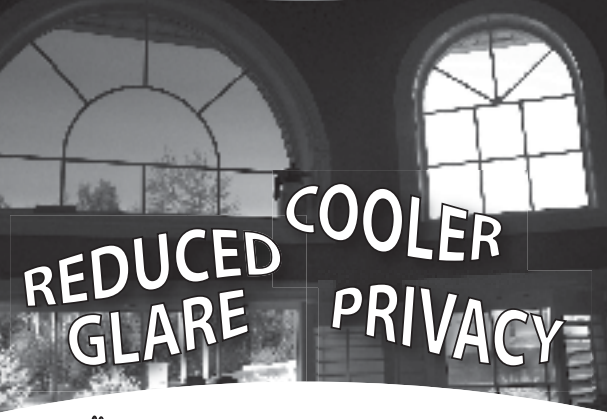
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familyfun



Supporting the relationship between child & pet

BY BEULAH MUNSON

Remember that animals deserve kindness and respect. Children are very curious by nature; poking, pulling, pinching, biting, patting... with hands, feet, teeth, and yes regrettably in many cases even tongues. Accepting and understanding their need for tactile exploration and assisting them to explore and interact with our pets in a positive manner is something we as parents and caregivers can facilitate.

- We can model appropriate and kind interactions with the family pet.

- Be present and supervise pet interactions until a level of competence is achieved for both the child's and the pet's safety

- With young children "hand over hand", (using your hand to guide the child's hand), pet interactions can help a child use a gentle approach when eagerness is "bubbling" over.

- Teach the child how to touch and engage with your pet by getting involved and interacting with the pet together until the child has mastered the basics.

- Pat the dog together

- Have a second pet grooming tool so that the task can be completed together
- A second pooper scooper is another great option, for younger children a simple sand bucket and shovel helps to complete the task.

- Stroke the cat together
- Let the children help

with walks (parents can maintain control of animal), allow the child to hold a piece of the leash walking the dog together.

- Allow the child to administer treats when the pet is receiving them (if it is safe to do so with your pet)

Please correct inappropriate interactions, it is never acceptable to hit, kick or mistreat an animal in any fashion even if out of curiosity.

Our children can most definitely benefit from the love of a pet/human relationship and we can help ensure it is beneficial to both the child and the pet.

For more information connecting to programs and services for children and families in our region visit www.wlchild.ca.

Get cooking!

Cooking with our children is so valuable to them. Cooking utilizes math skills, enhances our senses, provides tactile experiences and promotes healthy relationships between adult and child. Why not take some time to whip up some tasty morsels for the family pet, or some treats to donate to the SPCA. Enjoy the cooking experience with your child as they stir, pour, pound, roll, cut and create!

Treat your feline friend to some tasty tuna goodness!

Ingredients:

1 can tuna in oil, drained

1 egg

1 1/4 cups of flour, plus extra for dusting

1/2 cup water

Choose a small cutter or lid the desired size of treats for your kitty

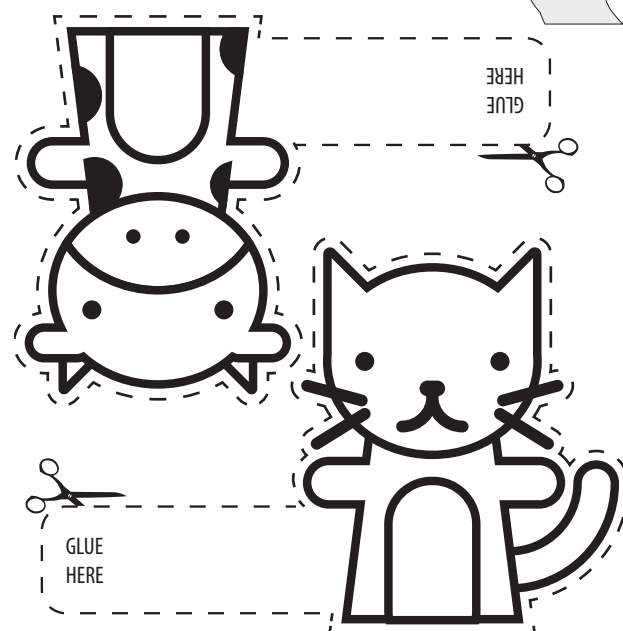
Directions:

1. Preheat oven to 350.
2. Using a food processor mix tuna, egg, flour, and water until a dough forms. If the dough looks too sticky, add a bit more flour.
3. Dust a surface with flour and roll out dough to 1/2 inch thick.
4. Cut out treats from the dough.
5. Bake for 20 minutes on a cookie sheet lined with parchment paper. Cool and let your furry friend enjoy!



MEOW, fun with finger puppets!

- 1) Glue the finger puppet to a piece of heavy paper
- 2) Cut out around the animal and tab
- 3) Colour your critter
- 4) Glue the tab to the back of your puppet in a loop large enough to fit your finger
- 5) Play with your new toy!



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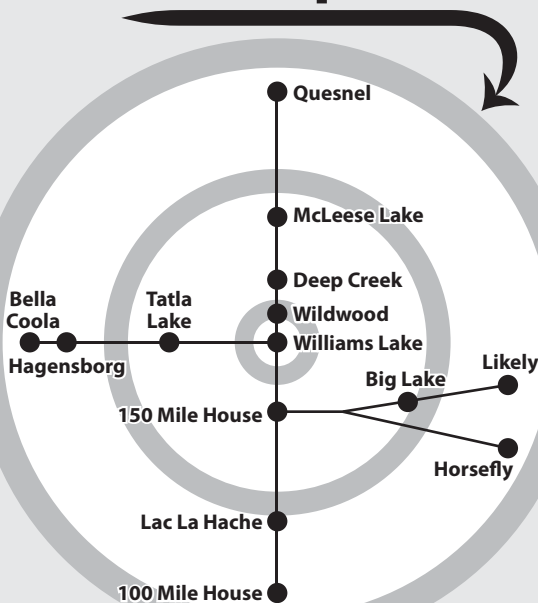
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family fun

Fluffy's inconvenient truth

Pint-Sized

By Jazmyn
Douillard



When I was a kid we had two cats: Tigger and Rambo. I was five when we moved to a new city and my parents told me that Rambo wandered off and if we couldn't find her in time, she'd have to stay behind.

Moving day came and there was no sign of Rambo, but Mum said we couldn't wait, so off we went.

Tigger eventually passed of old age, so we got Eclipse, a beautiful and soft little monkey that loved to sleep on my pillow above my head. He would sometimes put his back to the wall and then shove my head with all four paws until he had the pillow all to himself. It would make me laugh as much as it would frustrate me.

We lived on a farm with a ton of acreage, so it wasn't unusual for cats to wander

and I was used to it from Rambo. Eventually it came time to move and, once again, the cat had gone out for a stroll and didn't come back.

Fast forward twenty years to my office job where I was crying to a co-worker that our new kitten got under a couch cushion that morning and the 6-year-old flopped down on the couch and accidentally – well – you get the idea. I asked her how I could break the news to her because I had no clue when an unexpected shiver went down my spine.

I got home and called my Mum. "Mum, what happened to Eclipse?"

There was silence and a sigh.

"Oh come on, Mum!" I knew. Right there, in that silence and sigh, I knew. I had been lied to.

She apologized and told me the truth of Eclipse's

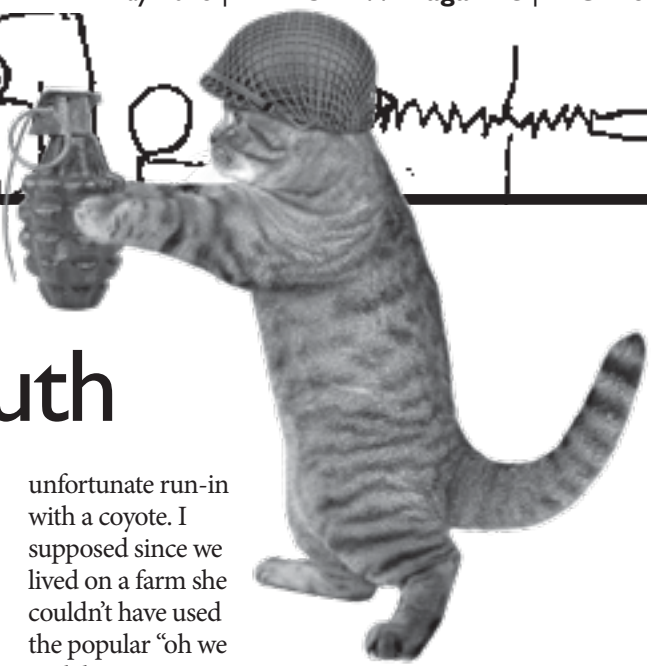
unfortunate run-in with a coyote. I supposed since we lived on a farm she couldn't have used the popular "oh we took him out to a farm" excuse so she stuck with her wandering theory. Then an older memory hit me and I got the chill again. "Not Rambo!"

Another sigh. Good lord. We had a trail of unfortunate furry events behind us!

"Whelp, you've got the

coping mechanisms now to handle the truth, so the choice is yours. Fess up to the little cat-destroyer or get creative," she told me.

Think the kiddo will believe me when I tell him a ninja snuck into the house and stole the kitten for his cat-apocalypse army?



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do

Pets in the workplace

BY ALEXIS FORSEILLE,
COMMUNITY FUTURES
CARIBOO CHILCOTIN

Being a small business owner can be stressful, but having your cat or dog around can bring positivity to any work day and help reduce the amount of anxiety in your life. When deciding whether or not your furry friend should be brought to work, there are several things to consider. Let's explore the upside, the downside and the how-to of having cats or dogs in the workplace.

THE UPSIDE

There are several benefits of incorporating pets into the work environment. Having a dog or cat in the workplace has been documented to lower the stress levels of everyone the animal visits with throughout the day. Whether it is from having a cat or dog visit your desk area, petting

the animal, or taking it for a walk, studies have shown all the activities lower stress responses in the workplace.

Secondarily, the combination of lowered stress levels and the increased movement has been shown to positively affect task performance. Employees that experience pets in the workplace are more focused and productive than those without. Lastly, the furry companions provide a secondary social support system and promote positive interactions between coworkers. Overall, the four-legged tail wagging companions promote a healthier work environment by effectively reducing the overall amount of anxiety and influencing positive interactions between employees.

THE DOWNSIDE

It isn't always easy for animal lovers to understand the downside of

bringing their pet to work, however there are a few. The first thing to consider is the health, safety and well-being of both employees and customers. Not everyone is comfortable around animals and it is the responsibility of the business owner to make sure employees feel safe in their work environment. Further, it is important to consider all people with allergies to cats and dogs. To accommodate allergies, employers need to ensure the workplace is cleaned more regularly, limit the areas the animals are allowed to wander or forego having pets in the workplace. A discussion with employees will determine the measures that need to be taken to avoid any allergic reactions.

Other areas of safety concern are the increased risk and hazards involved with animals in the work-



place. This includes the increased risk and hazard of slips, trips, and falls that are associated with animals maneuvering about the work space. Additional, one of the most serious risks involved with animals is the risk of bites or scratches to employees or customers. While this can be avoidable for a majority of cases, not everyone that enters the workplace knows or understands animal body language or boundaries.

It is also important to be concerned with the welfare of the animal in the workplace. Some office spaces or worksites are not suitable for pets. On the flip side, not all cats and dogs are suitable for the workplace. It is important to know the cat or dog's personality before introducing them to a busy work environment. Following Canadian standards of animal welfare, an animal's primary needs can be met following the five freedoms; 1) Freedom from hunger and thirst, 2) freedom from discomfort, 3) freedom from pain, injury and disease, 4) freedom to express normal behaviour that promotes well-being,

5) freedom from fear and distress. Ensuring the four-legged companions can continue their freedom at work similar to how they act and behave at home is essential to their enjoyment of the day.

HOW-TO

Implementing a policy in the workplace that clearly states the rules for bringing, caring and supervising pets in the workplace will make welcoming fuzzy companions much easier. The policy should include who to consult about bringing an animal to work and what documentation is required. Such documentation should include; a current insurance policy that covers the employee's pets, proof that the pet is clean, properly vaccinated, and free of parasites, as well as an evaluation that the pet is adequately trained. A probationary period could be adequate to determine the pet's training or an evaluation may be conducted. The policy should state the responsibility of the owner to make sure their animal does not make a mess, fight with other pets/ people, wander in prohibited area,

or damage company/ employee property. It should show clear rules of acceptable and unacceptable pet behaviour. Further, the policy should state where pets are not allowed in the workplace, such as the kitchen, coffee room or office spaces designed for employees with allergies. Lastly, it is always a good idea to think of the worst-case scenarios and design a complaint process to resolve any issues between coworkers and animals.

Once you open up the workplace to pets, make sure that the four-legged companions are offered the basic necessities of life. Clean water, a comfortable place to nap, and access to a litter box or a flexible walking schedule are just a few items to consider.

Overall, welcoming dogs and cats into the workplace can alleviate the building amount of stress that occurs throughout the day. Small business owners and employees can enjoy the many benefits and the happiness that comes with having a fuzzy companion by their side.

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

play



WILLIAMS LAKE & AREA

May 1,8,15,22,29 Story Time for Preschoolers with puppet show, free, Tuesdays, Library 10:30am

May 2-5,9-12,16-19 Studio Theatre presents: "Hand to God," author Robert Askins, directed by Jay Goddard, adult comedy & language, Glendale Theatre 4100 Mackenzie Ave N, tickets: www.wlstudiotheatre.com

May 3 Garden Club, meets first Thursday of every month, Arts Centre 90 4th Ave, info: 250-392-2769

May 3-4 Cariboo Chilcotin Film Fest, Thursday 6:30pm, Friday 6pm, Gibraltar Room, Memorial Complex, info: 250-398-9149

May 4,11,18,25 Live music Fridays at CJs Southwestern Grill 36-3rd Ave

May 4-6 High School Rodeo, starts 4pm Friday, Stampede Grounds

May 4-26 Station House Gallery presents: (Main Gallery) Betty Kovacic "Connections," and (Upper Gallery) Valerie Arntzen "Ceremonial Blankets"

May 5 Spinners & Weavers annual Spin In, vendors of fiber art supplies, Mackinon Hall on Huckvale 1-4pm

May 5 2nd Annual Jordan SiegmueLLer Golf Tournament, fundraiser for Big Brothers & Sisters and Lake City Secondary Bursary, Golf & Tennis Club, info: 306-304-2689

May 5 8th Annual Seedy Saturday, tables free - vendors of seeds, seedlings, and planting-related items are welcome, Memory Garden on Carson 10am-2pm

May 5 Giant Plant Sale, St Peters Anglican Church 549 Carson Dr, 9am-2pm, info: 250-392-4246

May 5 Consignment Equipment Auction, info: www.bclivestock.bc.ca/equipment-auctions

May 5 Advanced Social Media for the Arts course, Arts Centre 90-4th Ave N 10am-3pm, info: www.centralcaribooarts.com

May 5-6 Horsin' Around in the Cariboo, Eagle View Equestrian, info: 250-392-2584

May 6 Icebreaker Breakfast Tournament, Golf & Tennis Club

May 6 McDonalds Bike Rodeo, free for ages 2-10 to learn bike safety, location depending on weather either outdoors: Canadian Tire parking lot or indoors: Memorial Complex rink, 11am-1:30pm, register: 250-398-7665

May 6 Hike for Hospice, bring family/kids/pets & run/walk/stroll or roll in memory of your loved one, Scout Island, noon-4pm

May 10 Barrel Racing, Eagle View Equestrian 7pm

May 11,18,25 Farmers Market, Fridays May 11-Oct 5, Kiwanis Park 9am-2pm

May 12 Field Naturalist Plant & Yard Sale, fundraiser for LCSS scholarship, Scout Island

May 12 Tech n Tune & Open Practice, pit gate entry by donation of non-perishable food, Thunder Mountain Speedway 1-3pm, info: 250-267-2033

May 12 Feeling a Little Country Dinner & Dance, live music: One in the Chamber, Blue Spoon 6:30pm, tickets: 250-303-1311

May 12 Horsefly 10K Run, registration 9-10:30am at school rink, transport provided to run start: 11am Mof-fat Falls, 108 Mile Rd & Lowden Rd to school, pre-register/info: 250-392-2769

May 12 Annual Anahim Canoe Race at Nimpo Lk boat launch 12pm, dinner 6pm & dance at Anahim Lk Hall, info: 250-742-0029

May 13 Mothers' Day Market 8:30am-2pm, pancake breakfast until 11:30am (\$8 adults, \$5 children, moms eat free), Save-On parking lot

May 15-16 The Crystal Man Show & Sale, Hobbit House

May 15-19 Friends of the Library Book Sale & Auction, Library, Tues-Thurs 10am-8pm, Fri-Sat 10am-5pm

May 19 Bikers Against Child Abuse "100 Mile Ride," open to the public: all models welcome, motorcyclists check in 11am at the corner of 7th Ave S & Oliver St, ksu 12 noon sharp, scenic ride to Horsefly via Westcoast Road, lunch meet n greet at the Anvil Pub before the return trip, prizes, \$10 rider, \$5 passenger

May 19 Live Music, Ira Haye's Band, Likely Lodge 8pm

May 19-20 John Lourans Memorial Fishing Derby & Dance, info/register: Nimpo Lk Store

May 19-21 Likely's Annual Mayday Fishing Derby, \$3000 in prizes, Quesnel Lake, weigh-in at Cedar Point Park, info: 250-790-2245

May 19 John Laurans Memorial Fishing Derby, Nimpo Hall, register: Nimpo Lk Store

May 24 Gymkhana, Eagle View Equestrian 7pm

May 25-27 Stampede Whirl-a-Ways Jamboree, square dancing, Long House 250-392-3066

May 26 Lilac Festival, lilac shrub & perennial sale, Victorian tea, cake decorating contest, auction, live music & more, Station House Gallery 11am-3pm

May 26 Dark Souls Remastered event, Adventure Games, 83C-2nd Ave 10am

May 26 Community Yard Sale, Cataline Elementary, proceeds to PAC, 8am-2pm, info: catalinepac@hotmail.com

May 26 Season Opener, Thunder Mountain Speedway, info: www.thundermountain-speedway.ca

May 26-27 24th Annual Lakers Car Club Spring Round Up, dinner and cruise Saturday, Car Show & Shine Sunday Downtown, info: 250-398-6870

May 27 Annual Fire Department Open House, hot dog BBQ, bake sale, car wash, games 10am-1:30pm, firefighter challenge 12pm, 230 Hodgson Rd

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play



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May 27 Children's Festival, free activities, live music, magic show, Boitanio Park 10am-3pm

May 30 Wildfire Information Expo and free BBQ, Memorial Complex, children's activities 3-7pm, keynote speaker 7-8:30pm, BBQ 5-7pm

May 30-31 Free financial workshop presented by Community Futures 266 Oliver St, info: 250-392-3626

June 2-3 Annual SPCA Garage Sale, 709 Bond Lk Rd 10am

QUESNEL & AREA

May 1 Museum opening day, 705 Carson Ave 9:30am-5pm

May 3 Live folk music: Saltwater Hank stories from the northwest, Occidental 7pm

May 4 Rotary Spring Fashion Show, Occidental 228 Front St 6-9pm

May 4 Unusual & Unique plants seminar, Richbar Golf & Gardens 6pm, pre-register: 250-747-2915

May 4 Kaleidoscope of Colour Spring Fashion Show presented by Rotary Club, Occidental, 7-10pm

May 5 Treasure Sale, N Cariboo Christian School 2876 Red Bluff Rd, 9am-2pm

May 5 Hollywood Mom Prom, The Lodge 1262 Maple Heights Rd 5:30pm

May 5 FEHR Poker Ride, First Equestrian Horse Ranch 2343 Reiersen Rd, 10am-5:30pm

May 5 Friends of the Museum Annual Book Sale, Museum 701 Carson Ave 10am-2pm

May 5 Hanging Basket seminar, Richbar Golf & Gardens 10:30am, pre-register: 250-747-2915

May 5 RCMA Open Mic: Feeding our kids with music fundraiser, all ages event, Occidental 6:30-9:30pm

May 6 Equine Leadership Workshop, Pen-Y-Bryn Farm 2911 Kersley Dale Landing Rd 1-4pm

May 11 Kids' Strawberry Planter seminar, Richbar Golf & Gardens 4pm, pre-register: 250-747-2915

May 11 Live music: OccyJuiceBox Fleetwood Mac encore, Occidental 9pm

May 12-13 Sew Sensational Quilt Show, N Cariboo Community Campus, Sat 10am-5pm, Sun 10am-4pm

May 12 Live music: OccyJuiceBox ABBA encore, 9-11:30pm

May 13 McLeese Lake Mother's Day Market & VFD fundraiser, Rec Hall 9am-4pm

May 18 Barkerville Opening Day, open until September 23, info: 1-888-994-3332

May 18-20 17th Annual Barkerville Quilt Retreat, info: 250-994-3339

May 18 Art Gallery presents Miranda Marcotte "Atlantic: A Voyage of the Fantastic," opening reception 7-9pm, 500 N Star Rd

May 19 Live music: Hip Hop, Occidental

May 20 Farmers Market, Sundays until September, McLeese Lk Hall 9am-1pm

May 21 Victoria Day Royal Tea, Wake Up Jake Restaurant, Barkerville 1pm & 3pm

May 25 Pepper Pot plant seminar, Richbar Golf & Gardens 6pm, pre-register: 250-747-2915

May 25 Foxxie Follies burlesque, Occidental

May 25-26 2nd Annual Billie Bouchie Day, Bouchie Lk Community Hall, Fri 1-8pm, Sat 9-11:30pm

May 25-27 17th Annual Barkerville Quilt Retreat 2, info: 250-994-3339

May 26 Live music: Shut Up Patrick, Occidental 9pm

May 26 Diamond Calcutta, Rotary ladies' gala, prizes, Seniors Centre 461 Carson Ave

May 30 Live music: Blue Moon Marquee, Occidental, 7-9pm

May 31 Live music: Red Haven, Occidental 7-9pm

100 MILE HOUSE & AREA

May 1-3 Festival of the Arts, vocal, Martin Exeter Hall, info: www.100milefestivalofthearts.ca

May 1-26 Parkside Art Gallery presents: Tom Godin "100 Species in 100 Mile, The birds in Art," 401 Cedar Ave, Tues-Fri 10am-4pm, Sat 10am-3pm

May 1-31 Parkside Art Gallery features acrylic and oil painter Michelle Brown in the members gallery, 401 Cedar Ave, Tues-Fri 10am-4pm, Sat 10am-3pm

May 4-5 Cariboo Women's Fair, Friday Ladies' Night 19+, Saturday all ages, exhibitors, workshops & entertainment, South Cariboo Rec Ctr

May 4,11,18,25 South Cariboo Farmers' Market, locally made and grown products, produce, arts & crafts etc, Community Hall, Fridays 9am-2pm

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

May 7 WOW presents Paint Night with Michelle Brown, CCLF 108 Mile 6-8pm, pre-register: 250-945-4440

May 12 Lions Club Giant Book & Garage Sale, Community Hall 9am

May 12 108 Mile Ghost Tours, 108 Heritage Site 7:45pm

May 15 Performing Arts Society Drama Night, free, all ages welcome

come, PSO Secondary Cafeteria 7-9pm

May 16 KidSport, free, speaker Thea Culley former Olympian, S Cariboo Rec Ctr 6pm

May 18 108 Mile Heritage Site reopens 10am, info: 250-791-5288

May 18-22 BS & Drive Weekend, drivers from around the province meet, potluck supper, spectators welcome, Huber Farm & Equestrian Ctr 70 Mile House, info: huberx3@telus.net

May 27 Red Cross Babysitting Course, ages 11+, S Cariboo Rec Ctr 9am-2pm, pre-register: 250-395-1353

May 28-29 Free financial workshop presented by Community Futures 808 Alpine Ave, info: 250-392-3626

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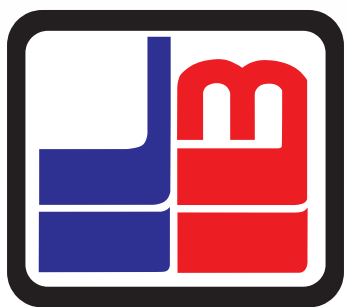
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Nation to Nation and the Meaning of Exoneration

BY JOE BORSATO, MA, BA
(HONS.), MUSEUM COORDINATOR, MUSEUM OF THE CARIBOO CHILCOTIN

On March 26, 2018, the Federal Government exonerated the Tsilhqot'in Chiefs who fought in the war of 1864 against encroaching road builders and settlers, establishing a new framework for discussing the events of the war, one which had a hugely significant impact on settler-Indigenous relations in the Cariboo-Chilcotin in the succeeding 154 years.

At the risk of radically oversimplifying, the government summed up the exoneration as "we meant war, not murder," admitting that the conflict now

known as the Chilcotin War of 1864 was a struggle between two legitimate nations rather than a suppression of violent behavior within a nation. The Tsilhqot'in Nation understood the nation to nation framework for over 150 years even though the Colony of British Columbia, a representative government of the United Kingdom of Great Britain, tried and convicted the Tsilhqot'in Chiefs for murder, as if indicating that the Tsilhqot'in were "subjects" of the British Empire. Under trial by "the Hanging Judge" Matthew Begbie, four chiefs were executed at Quesnel in 1864 after colonial militia captured them near Fort Chilco-

tin. The trial did not end the Tsilhqot'in efforts to defend their lands against the encroaching settlers and the devastating smallpox they brought with them, but it was an unequivocal and unfounded statement of British hegemony and sovereignty in the region.

Without treaties or any accords in place, the British government's nominal claims of sovereignty in the area we now call the Cariboo-Chilcotin were not only spurious, but also did away with a century of legal precedents. The Royal Proclamation of 1763 under King George III established the treaty system that most other parts of Canada are familiar with today.



► Chief Klatassine

Treaties are accords that established relations and land use rights between individual Indigenous nations and the British crown. While the treaty system was almost always flawed and deeply unjust towards Indigenous parties, the documents became foundations for advancing land claims and rights to title for many First Nations in the

late twentieth century. The dismissal of the Proclamation in the case of the war of 1864 represented a major shift in what was known as Indian Policy as the crown occupied unceded lands without regard for First Nations. As relations between the crown and Indigenous peoples in BC developed after 1871, when the Colony of British Colum-

bia joined Confederation as Canada's sixth province, the Federal Government took over control of any lands that the colony claimed belonged to the crown. The formal exoneration in March is therefore an important step in recognizing the fact that this area was held by fully functional and active nations long before settlers arrived.

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SYDNEY THOMPSON is 17 years old. "I've always been into making art, typically painting. I also try to practice the discipline of drawing regularly to learn and build my skill base. The graphite drawings are from my sketchbook and are exercises mostly for school. My watercolour depicts a hand holding a mushroom cloud presumably from a nuclear explosion. I feel this shows how humanity can quickly destroy life and how it's up to everyone to control what happens in the world."

JENNA MOREY is 18 years old. "I have been working independently in the art room studying ceramics and sculpture this



year. I find that working with clay helps to focus my day and relieve stress. This triptych called 'Kohahku' is a Koi fish themed wall hanging. I chose this idea as I always go to the art room when I need to clear my head."



BRIAR WIEBE is 16 years old and has been drawing for nearly three years. "I work mostly with graphite, but I also love working with ink and digital media. I was born

in Langley but grew up in Williams Lake. I started drawing after the passing of a family member when I was fourteen. I looked to drawing as a comforting hobby that lifts my spirits. I hope to attend Emily Carr University and eventually become a professional illustrator and author or a tattoo artist."



CARMEN DAVIS is 16 years old. "I grew up on Puntzi Lake Resort and moved into Williams Lake in third grade. When I was younger I used to paint on rocks that I'd find and I think since then I've just progressed onto painting bigger objects. I mainly work with acrylics and watercolour and have always loved working with different objects and shapes when I can't find a canvas. I hope to attend a school with a Fine Arts program that can help me grow even further as an artist!"



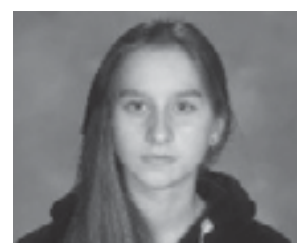
ZEAH RUSCH loves to draw. "I was born in

Nanimo, BC and moved frequently while I was growing up until we settled in Williams Lake. I began drawing and doodling in grade five, however, starting in grade nine I began to take art more seriously. I enjoy the quiet solitude that creating art gives me especially the tactile nature of graphite drawing. In the future I would like to continue to make drawing and painting a priority so that I can improve my technique."



KIM JESSOP is 17 years old. "I started exploring photography two years ago when my mom bought a fancy Pentax camera from a used camera store and gave it to me for my birthday. Ever since then I have experimented with different options and styles of photography; editing the images to enhance the quality and message. I love how one simple photograph can have so much depth and meaning. Photography is amazing! It captures a single moment and freezes time in that one frame. It's an art, and I am an amateur artist with the desire to master it."

RACHEL HUTTER-TOLMIE is 17 and grew up in Chiliwack, BC. "I



have been into art since I was little. Most of my work is graphite drawing but lately I've been experimenting with watercolour. The drawing of the Fox is one of my favourites. 'Handful of Trees' represents my love for nature and my need to get back to it. I still feel like I have a long way to go with watercolour and it's a little out of my comfort zone. Drawing will always provide a sense of safety for me in my practice but it's good to take risks once and a while and see where you want to grow."



NATT KIATSIRI-KULTHORN is from Thailand and has been recently attending high school here in Canada. "I have been drawing for about two years. I love graphite drawing and watercolour painting. I enjoy getting lost in my art making for four to five hours at a time. My self-portrait in acrylic is about finding my identity as a teenager in contem-

porary culture and my connection to the historical culture of my birth country. The watercolour hand represents my spiritual connection to birds, as they are important to me. I plan to go back to Thailand to go to university and study Interior Design."



JULIA ZIEGLER is 16 years old and was born and raised in Williams Lake. "My grandma has always inspired me to paint and we have painted together my whole life. I owe my love for painting to her and her Bob Ross VHS! One of my paintings for this show 'When the Mind Separates the Body', was inspired by the philosopher Rene Descartes who talked about the mind being separate from the body in his Meditations. My painting of the Windmills was done with my grandma for my mother because my mother loves windmills. One day I hope to have an art show of my own and be able to sell my art and make a career of it. After I graduate I would like to go to UNBC and study communications. But my dream is to one day make a living from my music & art."

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Cats and theatre people: a symbiotic relationship



BY MATT DRESSLER,
WL STUDIO THEATRE

The entire idea of even coming up with an angle from which to approach this theme, that is, to attempt to connect thematically the two seemingly unrelated topics of cats and live theatre, seemed daunting to me at first. And at second.

What was required was a break from staring at a computer screen, to stare instead at the overly large, soft belly of my most lenient, if most constant, critic as I rubbed said belly as per her demands. Rocket the rescue cat is the only being who has heard the voice of any of my stage alter egos as I toiled at home to become them. She waits in the dark for hours past the time, which she knows all too well, that I'm due home from work, wondering undoubtedly what

sort of trouble her human servant has gotten himself into.

If I arrive home late at night after a long day at work followed by a trip directly to the theatre during the run of a play, the up to eighteen-hour disappearance of her primary provider of treats and entertainment is to her, I'm sure, a source of worry.

On the other hand, when I finally do return, the extensive talking-to that I invariably receive as soon as I walk in the door is soon offset by the private theatre I afford her in the bathroom mirror as I remove the last of my theatrical make-up and contact lenses, revealing the same old dad that she has grown comfortable tormenting since our fateful introduction at the shelter a couple of years ago.

I am part of a circle of friends, or perhaps more

accurately, a tribe of weirdos, who, without exception, are passionate, or obsessed, enough to never rest until the tremendously time-consuming task of mounting a theatrical production is done. Many of them have families and dogs. A symbiotic arrangement between a solitary theatrical such as myself, and a solitary fur-creature, means that said creature is, by necessity, a cat.

A dog requires exercise and social interaction that cannot be provided by a single person living alone, working a full-time job, and putting in the seemingly endless hours required to create and perform any theatrical production. Cats, on the other hand, will do for themselves during the long hours we spend away from them; they just don't always like it. They are not, thankfully, prone to gnawing the legs off the coffee table, thought the furniture, carpet, drapes, etc. often tell the tale.

Even though, according to theatre tradition, there is no specific ban on the presence of a cat in the theatre due to any sort of superstition, it is generally acknowledged among theatricals that the stage itself is of necessity off limits to a cat, as

its presence may distract the actors and crew, as well as providing a tripping hazard. It would be interesting, though, to note the reaction of a cat to the ghosts which invariably haunt any theatre, as they are acknowledged to be attuned to things beyond human senses.

This, perhaps, the way in which our cats relate to their staff of human theatricals. They choose us, they sense who we are, they accept and even embrace our glorious weirdness. They marvel at the glimpses of the many faces we wear in their presence, and they grudgingly accept our extended absences. We, in return appreciate their simple warmth and affection on our return home after a long time indulging our shared passion as creative humans.

As cat people and as theatre people, we are, in our collective reality, not that far removed by a few millennia from those cave dwellers who made their paintings and cast their shadow pantomimes against the walls of their first homes--as their first feline critics stole to the cave doorway and conspired to share their firelight.

Be sure to see Williams Lake Studio Theatre's production of **Hand to God**, directed by Jay Goddard and featuring a stellar ensemble cast, on stage **May 2-5, 9-12, 16 and 23**. You can tell the cat about it when you get home.

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two elements of the marketing matrix: the price at which you list; and, the product you're presenting. Some sellers, however, neglect a key dimension of their presented product. It's a dimension with the power to sabotage more sales than a dirty fingernail in a salad. What is it, you ask? You can call it the dimension of funk, the aspect of odor, or the element of olfactory awfulness. In short, stinky house syndrome. This article identifies three common deal-killing stench, then prescribes a strategy to kill the stinky and augment your chances of success.

Stench number one: cigarettes. Cigarette smoke smells are the worst. Few people

smoke anymore. Fewer people smoke indoors. When people want to buy a home, they want a home without cigarette smells. How to clean it? Simple, but also difficult.

Remove everything that has the possibility of absorbing the tar and nicotine in the smoke. Porous surfaces, rugs, and sofas tend to be the worst. Wash them, clean them, dry-clean them. Do whatever is necessary to get them clean. Scrub the walls in your home. Then, paint the place. Paint has a magical neutralizing effect. After you've done that, don't smoke inside anymore. No matter what!

Stinky smell number two: kitty cat crust and the fragrance of 'danky' dogs. Animals are awesome. But sometimes they reek. And when they do, they reek royally. I had a cat that would barf nightly and do a little butt-scoot across the floor on a weekly basis. Gross! All this added up to a wad of stink that made my wife nearly file for divorce. Of course, I cleaned regularly. But a deeper clean was needed before we moved out. To accomplish that, I poured a bit of bleach in with a bunch of water, then sprayed it everywhere the cat went. (Don't worry, the cat was safe). But that

wasn't enough. In its little kitty room, there was a rug that simply needed to be torched. So, I torched it. Some cat smells and dog dank just won't yield to either vinegar/water or bleach/water treatment. Some stinks have to be taken out back and killed. In short, don't be afraid to completely replace the precious beds, carpets, and blankets that Fido and Fluffy call home. Once you sell your house, you can buy them new stuff.

Ogre odor number three: Teenage funk. Sorry teens, I love you all. But, face facts. You stink. Your rooms remind me of stuffy old gym lockers. 'Reeks-a-lot-i-cus'! So, open a window. Vinegar/water your walls, your closets, your EVERYTHING! No, don't use bleach. You'll ruin things. Take baking powder, sprinkle it on your mattress, then wait ten minutes before vacuuming it up. Repeat again and again and again. PLEASE!

Whether it's cat odors, smoke smells, or kid stink, ensure you don't sabotage the sale of your home by keeping smells to a minimum. That goes too for potpourri, incense, and essential oils. Smells can turn buyers off real quick. I hope some of these tips will help you think and act in a way that best prepares your home for a quick and successful sale.

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The evolution of Emotional Freedom Technique

BY TAMMY DORMUTH,
GUIDED HANDS

Emotional Freedom Technique (EFT) was created by Dr. Roger Callahan, a traditionally trained psychologist. He had been working with a client who had an intense lifelong fear of water in all forms; swimming, bathtubs, rain-ing, oceans, swimming pools, she couldn't even bathe her children! She had nightmares about water ever since she could remember. He was doing his best, working for a year with Mary, using his traditional psychotherapy techniques: cognitive therapy, hypnosis, relaxation therapy, rational-emotive therapy, systemic desensitization, biofeedback and more.

Because Dr. Callahan was very intrigued with

how the mind and body functioned, he took on studying the body's meridian points; energy channels that carry vital life force, or qi, to the organs and systems of the body. Running up and down either side of the body, each meridian is associated with a different organ. Each meridian also has an "endpoint," a specific location on the surface of the body where the energy can be accessed. The endpoint can be balanced and unblocked with acupuncture needles, or acupressure.

During one session, Mary commented that just thinking about water caused her great discomfort in the pit of her stomach. Dr. Callahan experimented with tapping on a meridian endpoint, and Mary's fear completely van-

ished.

Dr. Callahan deepened his study of meridian endpoints and combined it with psychotherapy while tapping with his fingers, on different parts of the body, creating sequences of tapping for various issues.

In more recent years, Nick Ortner has put his own twist on things, tapping on several aspects of a person's malady, at a time, at each endpoint. EFT incorporates, recognizing all aspects associated with our fear, phobia, addiction, illness trauma, or pain, and tapping on them, with words that ring true to us. And the emotions that come up associated with each tapping point.

Many people are concerned about saying something negative,

fearing they will reinforce the negative, but as Louise Haye, "the queen of positive affirmations" says regarding EFT, "Honey, if you want to clean the house, you have to be able to see the dirt."

After acknowledging the negative, and tapping on it, you follow the statement with "I completely love and accept myself", or something that is believable to yourself. In this way, we state how we feel, and what we believe, not reinforce negatives to ourselves.

When you are experiencing a negative emotional state arising from fear, anger, trauma, or upset, it signals the brain to respond with a fight-or-flight response to danger. Your adrenaline pumps, muscles tense, and your blood

pressure, heart rate and blood sugar all rise in anticipation of the threat; real or imagined.

Like Mary and her fear of water, often our fight-or-flight responses today are internally generated, stemming from a belief or memory from our past.

Besides prior experience, daily living is filled with mini fight or flight experiences. The cumulative effect on the mind and body is huge, creating upset, feeling worn down, stressed out, excess weight, and disharmony.

Tapping reprograms the brain to see things differently. EFT interrupts a pattern or belief system, takes away the negative or non-beneficial thoughts or emotions and allows us to move more smoothly through life.

At the most extreme level, this shift is called the "Apex Effect," when a person's thought patterns change so dramatically that they forget that they even had a challenge with something. An example being, a person that would freak out at the thought of seeing a spider becoming at total ease with them, even find them interesting. Their minds have shifted so much that the fear no longer is real to them. For this reason, a scale of 0-10 is used to gauge each round of tapping. EFT is gentle and effective, with profound results. There has been great success in using EFT for; fears, phobias, addictions, allergies, illness, pain, sleeping problems, post-traumatic stress disorder, and numerous other maladies.

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One down, eight to go



BY CLAUDIA SCHALM,
WL WRITERS' GROUP

The scruffy little grey tabby cat, cried pitifully, as he strained against the iron clutches of the trap that held him. He had been imprisoned for thirty hours now, and had all but given up, when he heard a familiar call

"Bobby Bobby, where are you?"

The previous morning, I went to the door expecting my little grey companion to bound into

the house in search of food and attention. He was not at the door. Unusual, but sometimes he did get carried away with chasing mice, and anything else that might occupy the mind of a cat. I decided not to worry just yet. When he had not appeared by mid afternoon, my mind went into over-drive imagining the worst. My calls of "Bobby, Bobby," as I walked up and down the street, were met with an ominous silence. That night we went out for supper and I said to myself

"Upon our return we will find him waiting at the glass sliding doors, like so many times before." He was not there.

The realization that something had happened to him was slowly dawning. Sadly, I went to bed that night, minus the warm little body stretched out and purring on my bed. Any remaining hope was dashed when the morning brought no sight or sound of my wonderful cat. Realization slowly dawned that he was gone. Gone also were the many times he sat lovingly on my knee with a look of adoration. Large tears dripped into my coffee cup that morning, as I contemplated life without my Bobby cat. He would never again appear at the glass doors and his chair would sit forever empty.

A little voice in my mind kept saying, "You didn't go down that other road."

"But he never goes in that direction." I argued. "Oh why not, what would it hurt?"

Pulling on boots and coat, I started down the road. Half way to the bottom of the hill I decided to turn around. The same voice spoke to me again.

"Further, go further." "But he would never go this far," I argued.

I kept walking, feeling very foolish as I called, "Bobby, Bobby where are you?"

Did I hear a cat crying? Oh my God, it was my cat, I recognized his voice. Scrambling blindly over the bank I stumbled toward the sound of his voice. Under old car hoods, beside old motors and assorted garbage, there he was. Alive. I called to him, but he wouldn't come. Crawling ever closer, I put my arms around him and pulled. Something was holding him back. What was it? On closer inspection I discovered the cruel spring of a

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leg hold trap imprisoned his foot and he could not move.

"I'll be right back." I assured him.

"Don't leave me." He begged as he struggled against the iron jaws of the trap, straining toward me.

The hill was long and steep. I ran. At the top and completely out of breath, unable to speak, I somehow got the message across to my husband Butch, that I had found him and we needed wire cutters. We could hear his mournful cries as we drew closer.

Butch released the trap and carefully handed me my wonderful happy little cat.

I buried my face in his soft fur and murmured softly as we climbed the hill. Gently, I laid him in his favourite chair. He began vigorously washing and inspecting his injured foot, feeling, oh so sorry for himself, but very much enjoying the added attention.

Happy tears are now falling into my coffee. As I survey the miracle of my cat, minus one of his nine lives, I can't help but wonder what would have happened if I had not found him. Would they be checking those traps? What would they do with a helpless, scruffy little grey tabby cat?

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read

The cat

POEM BY LINDA PURJUE, WL WRITERS' GROUP

The cat sat,
Feet tucked under,
Tailed curled around,
Ears tipped forward,
Eyes alert,
Watching,
watching.

Birds flew all around,
Swooping, diving,
Soaring,
Dancing from limb
to trunk

to feeder
to ground,
Climbing again on the updraft,
Chirping and cheeping,
Trilling and warbling,
Cheerful and unconcerned.

The cat's whiskers quivered,
His tail twitched,
He squeaked a raspy, low,
shuddery meow,
His body tensed
like an arrow on a bowstring.
He tucked his feet even tighter under his body,
And watched
the birds
through the window.

Cats

BY KEN GRIEVE,
WL WRITERS' GROUP

When I found out the latest topic was "cats", I wondered how I could come up with a fresh approach to this time-worn subject. Cats have been deified (ancient Egypt), reviled (anyone with an allergy to their saliva), humiliated (Sylvester), and adored (the humans who mistakenly see themselves as owners). They have been written about (T.S. Eliot) and Carl Sandburg ("Fog": The fog comes on little cat feet. It sits looking over harbor and city on silent haunches then moves on.), immortalized in song ("Black Cat Moan", "Cat's in the Cradle", Cat Scratch Fever"), graced the comics pages (Garfield, Felix, Bill, Fritz), had plays staged about them ("Cats" based on Eliot's poems), and

appeared in the movies ("The Aristocats," "Harry and Tonto", "That Darn Cat!" twice) and guest appearances too numerous to mention (especially Dr. Evil's cat Mr. Bigglesworth).

The task appeared daunting. I decided my only recourse was to seek the advice of an expert – Chuck, the current felis domesticus who allows me the honour of feeding, brushing, changing his litter box, and otherwise catering to his every need.

After a few moments of serious thought followed by a five-hour nap, upon awakening he suggested I consult the Oxford Cat-tish Dictionary (OCD). His advice has always been inestimable so I decided to act on it. If you're like me, I was amazed and astounded at the debt the English language owes to our feline companions. Here's just a few examples of what I found.

Catacomb: a feline hair

stylist

Catalogue: a feline lumberjack

Catamount: Fluffy's annual salary

Catalyst: a puss with one or more legs shorter than the rest

Cataract: a section of a play by Andrew Lloyd Webber

Catatonic: something kitties add to their gin

Catch-it: what cats do in a litter box

Catastrophe: what Elon Musk charges to send Fluffy into outer space

Caterpillar: a feline drug addict

Caterwaul: What Trump plans on building to keep Mexican gatos out of the USA

Catharsis: a tom cat's female sibling

Catholic: how a cat grooms itself

Cathouse: a place where a kitty lets its human slaves reside

Cat litter: feathers, mouse heads, cat fur

Catkin: a cat's relatives

Catnip: how Puff lets you know she's angry with you

Cat-o-nine tails: a kitty who lives down wind from Chernobyl

CAT scan: a sentence starter for these endings...purr, meow, sleep, stretch, etc.

Cat's eye: the sound a cat makes when frustrated

Catsup: a rarely seen event

Cattail: something to do with feline mating

Catty: they prefer Earl Grey

Catydid: what the cat done

So, there you have it. This was all new to me. I'm sure there's plenty of others just waiting to be discovered. Good luck.

My thanks to Chuck for his advice. He certainly deserves and will receive a special treat tonight. Oh, and he bears no responsibility whatsoever for all the bad puns – they are mine and mine alone.



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It's in the slurry

Out of the Fridge

By Brice O'Neill

Ruthless, cunning, efficient, easily distracted and a hair trigger. All these things describe cats as well. The one big difference between cooks and cats is our reflexes. Any one who says "cat like reflexes" obviously have never seen a cook's reflexes. Toss a ball of yarn at a cat and it will start to play with it, toss it at a cook and we will dodge it and then return fire with whatever is in our reach before your brain registers the fact that the yarn left your hand. A lot of cooks have cats as pets, rather than dogs as they require a lot less effort. Most cooks work incredibly long hours, in a stressful environment. When they come home they just want to veg and not have to "walk the dog." Our feet are sore, our brains are done and its midnight. They say dogs have masters and cats have staff... it's not true if your owner is a cook. When I was a young cook, I inherited a cat from my brother. A vicious, soulless, godless killing machine, who loved nothing more than

to fight. He would fight anything, anywhere. One day I get a knock on my door. It's my only day off in the last two weeks, so I wasn't in a very good mood. The guy from across the street asks me if I own a black cat? I say "Yea?". "He just beat up my dogs and you are going to get the vet bill." I started laughing as I looked across the way at his two large black labs, and his wife standing in the driveway. "Your dogs came on my property, so my cat is well within his rights. He is defending his property." I knew full well, what had happened. Again, Spike, the black killing machine would not allow anyone or anything anywhere near our trailer. The only thing Spike was ever afraid of was my mother's four-pound toy poodle named Maggie. To this day I don't know why he was afraid of her. He could have instantly shredded her, but instead chose to hide when she would bounce around the living room. Spike came home one day after disappearing for about



three weeks, which was common. He came back and was meowing at the door. I greeted him "Hey Spike!" reached out to pet him and his neck was wet...just his neck. I immediately put two and two together. He was in somethings mouth. Don't know what it was, but my guess was it wasn't a pleasurable experience for whatever tried to eat this ball of furry destruction. He hung around home for quite awhile after that. After my children were born, Spike just disappeared. I miss the old guy. For a cook he was a great companion. We shared a lot of the same traits, he and I, not the least of which was his attitude. And neither of us were neutered. That said, listen to Bob Barker, spay or neuter your pets (not your cook friends, although they should probably be as well).

Today's recipe "CHICKEN" Chow Mein
You are going to need some "CHICKEN", celery, white onion, green onion, chow mein noodles,

"CHICKEN" stock, peanut oil, savoy cabbage, bean sprouts, garlic, water, soy sauce, corn starch and sesame oil.

Prepare all of your vegetables like you would for a normal stir fry. Read the instructions on the package of noodles and prepare them as directed. Now get your wok or frying pan seriously hot. Add your peanut oil, fire in some garlic, stir really fast, add the chicken, cook for approximately one minute then start adding your veg... cabbage, carrots, onions, and just keep moving it or it will burn. Now add a bit of sesame oil, some black pepper, put in the noodles and then add ½ cup of water. Stir for about one minute and then dump in your soy sauce slurry. The trick to really great Chow Mein is the slurry. Mix 1 ½ tbsp of soy sauce with 2 tsp of corn starch.

Add in your bean sprouts, plate it and garnish with sliced green onions and more "CHICKEN". Easy eh?

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Wildfire information expo and free BBQ

BY DEB RADOLLA
& TREVOR KIER

Community members are invited to join neighbours, colleagues and friends at the Cariboo Memorial Recreation Complex on Wednesday, May 30 for a Wildfire Information Expo and Free Family BBQ. Everyone is welcome to attend this one day event sponsored by the City of Williams Lake, the Cariboo Regional District and the Ministry of Forests, Lands, Natural Resource Operations and Rural Development.

The event will recognize the outstanding efforts of Williams Lake and Area citizens during the 2017 wildfire season, address community mental health and well-being in light of last summer's events and the upcoming fire season, provide tips

on how to prepare for potential wildfire events in 2018 and provide recovery information and updates.

Kick start your visit to the Expo by stopping at one of the many Information booths to learn how to prepare for future wildfire events and further recover from last summer's wildfires. Subject experts will be available for face to face conversations to address the following: fuel reduction and management plans in and near communities; reducing potential impacts of wildfire on your home and property; post-wildfire rehabilitation processes; potential post-wildfire hazards on the landscape, wildlife management after a wildfire; economic support available to landowners; small business support; and the emergency

evacuation process.

Next, meander over to the Health and Wellness Expo area. Agencies like the Canadian Red Cross, Williams Lake Fire Department, Emergency Social Services, and Canadian Mental Health Association will be in attendance to answer your questions. The focus in this area will be on mental health and well-being awareness, sensitivity and pro-activeness.

Wildfire recovery information for businesses and not-for-profit organizations will be available from a variety of sources including Community Futures Development Corporation Business Ambassadors, Northern Development Initiative Trust, and the BC Farm Business Recovery Advisory Services Program.

Join us to hear how the City, Cariboo Re-



gional District and provincial response agencies are coordinating and preparing for the 2018 wildfire season. Hear firsthand about the updates that have been made to our community emergency preparedness

plans.

Check the City's website and Facebook pages for further updates regarding this event including a keynote speaker, break-out sessions throughout the day and agency involvement.

The Community BBQ will begin at 5:00 pm and continue until 7:00pm. Children are welcome to attend with their parents. Activities for children will be interspersed throughout the forum.

Wildfire Information Expo and Free Family BBQ

Wednesday, May 30, 2018

*Join us to celebrate the outstanding efforts of
Williams Lake and area citizens during the 2017
Wildfire Season*

Information Expo: 3-7pm

Preparation for 2018

- FireSmart Information
- Register for Emergency Alerts
- Update on Emergency Preparedness
- Tools and Tips for Flood and Fire Seasons

Mental Health and Well-Being

- Mental health information and resources
- Attend break-out sessions on mental health
- Learn about the signs and symptoms of stress and post-traumatic stress

Recovery Information

- Support for landowners
- Business support programs
- Supports for not-for-profits
- Break out sessions for businesses

Brought to you by:



Join Us!

**Cariboo Memorial
Recreation Complex**

Children's Activities 3-7pm

**2017 Volunteer Thank You &
Keynote Speaker 7-8:30pm**

Free Family BBQ 5-7pm

**Your opportunity
to speak directly with
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Tech Talk

By Craig Smith



One of my favorite social media sites, unfortunately, is overrun with cats. You might think like most people that its Facebook, but you would be wrong. As far as I'm concerned, the best social media platform today is called YouTube. If you want to talk about being overrun with cat, YouTube reported that there are currently 2 million cat videos on their platform and they have been downloaded and viewed 25 billion times or an aver-

age video has been viewed 12,000 times.

Unlike Facebook, YouTube has the power to educate you on virtually any subject you can think of. In my first year back at University I have some courses that had some pretty difficult subjects. As much as I'm a furious note taker, sometimes you look at your notes and think "what the heck does that mean?". YouTube to the rescue. And not just one video but hundreds and thousands. I have liter-

ally watched ten to twenty videos on the same subject by different presenters and come away with the knowledge I needed to ace my homework and tests, and my GPA proves it.

I have learned software, languages, home fix its and do it yourself projects all on YouTube. Since it started in 2005 only 13 years ago over 7 billion videos, have been uploaded and 5 billion are watched every day by over 1.3 billion users. Every day 300 more hours of content is uploaded every single minute, and if you wanted to watch every video on their servers, it would take you over 199,771 years to watch what is online currently. YouTube is now also local in 88 countries, and 50% of their views are done on mobile devices.

With all this information available there is also a little bit of a warning. Everyone on YouTube is an expert. In their mind they are otherwise why



would they decide to make a video and put it online and open themselves up for comments. If you want to learn something new, don't rely on just one video to give you the knowledge that you need. When I decided I wanted to save some money by installing a drop ceiling myself, I must have watched about fifty videos. With this

much of a sample, you start to figure out the people who know what they are doing and the ones you want to not take advice from. As I was working on my project, I had my iPad with the video loaded and watched it over and over as I was doing it. I still look at that ceiling with pride and say to myself, "I did that."

YouTube is not only the best learning library, but it has entertainment as well. From music videos to Ted Talks to full-length feature films, it's all there for you to discover. And, well, (Big Sigh) if you just want to chill and watch cat videos there are over two million for you to binge watch. Until next month happy cat watching.



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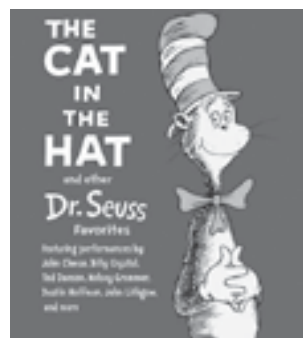
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The Cat In The Hat And Other Dr. Seuss Favorites

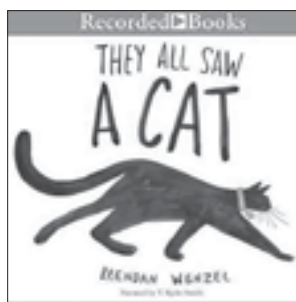
A classic tale featuring the voices of Dustin Hoffman, John Lithgow, Kelsey Grammer.

Pete the Cat: Go, Pete, Go!

New York Times bestselling author-artist James Dean brings us a new Pete the Cat adventure, a special

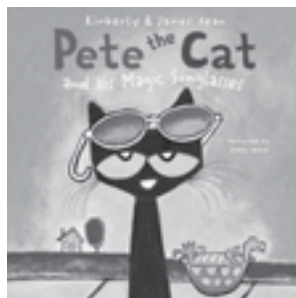


reimagining of The Tortoise and the Hare as a race between Pete and Turtle, in Pete the Cat: Go, Pete, Go! Ding, ding. There's nothing Pete the Cat loves to do more on a sunny day than ring his little bell and pedal fast on his bicycle. But on this sunny day, Turtle wants to race someone in his new car. Vroom, vroom! Pete and his bicycle are up for the challenge!



They All Saw a Cat

The cat walked through the world, with its whiskers, ears, and paws... In this glorious celebration of observation, curiosity, and imagination, Brendan Wenzel shows us the many lives of one cat, and how perspective shapes what we see. When you see a cat, what do you see?

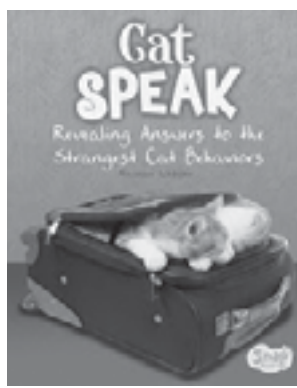


Pete the Cat and His Magic Sunglasses

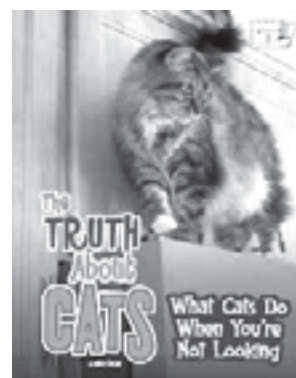
From the bestselling Pete the Cat series, Pete's magic sunglasses help him turn his mood from grumpy to awesome! Pete the Cat wakes up feeling grumpy—nothing seems to be going his way. The fun never stops—download the free groovin' song. Time for magic fun in the sun!

Cat Speak: Revealing Answers to the Strangest Cat Behaviors

Cats have lived with humans for thousands of years, yet some of their behaviors are so



puzzling. Why do cats rub up against objects? Why do they knead their paws into your lap? Why do they sit in high places, and why do they jump into cardboard boxes or open drawers? Get ready to demystify the most mysterious cat behaviors and gain a deeper understanding of our feline friends.



The Truth about Cats: What Cats Do When You're Not Looking

Have you ever wondered what your cat does when you're not around? Well, meet Henry—he's going to tell you! Henry has been left to wander the house and he's in the mood for fun! From scratching to purring, napping to pouncing, you can find out just what wild things cats are up to when your family are all out!

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Williams Lake Studio Theatre
Behind the Curtain

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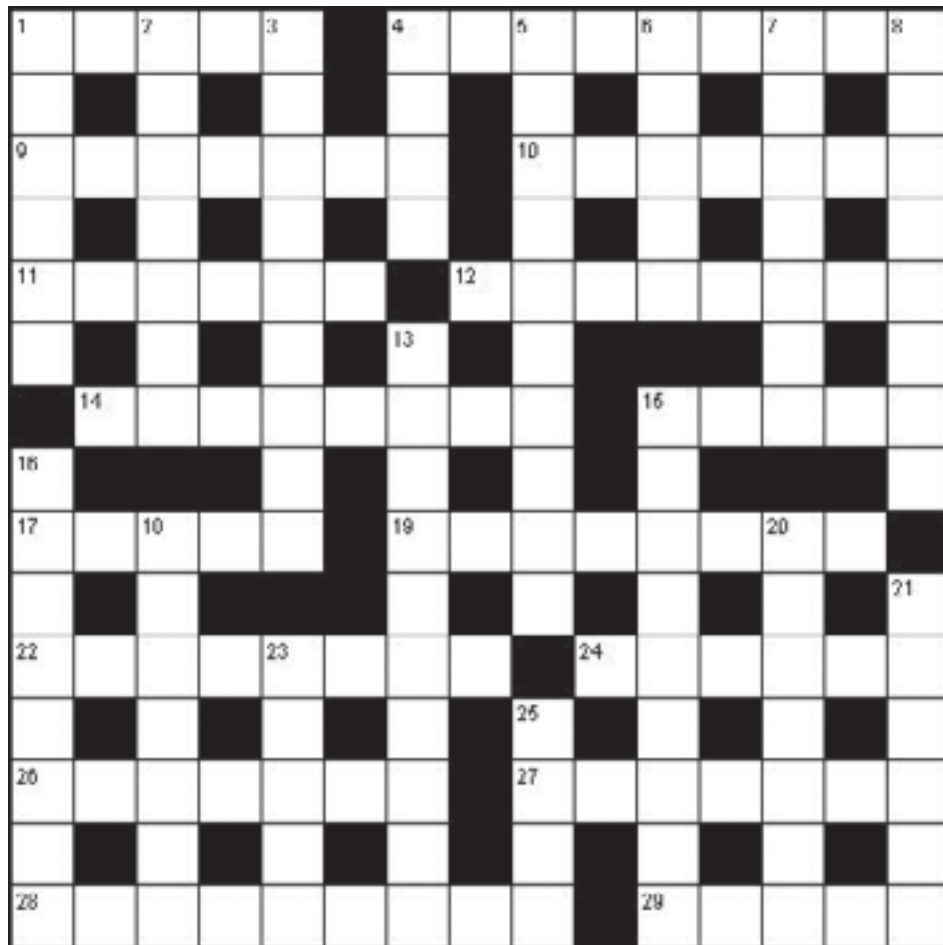


This month's crossword is brought to you by the fine people at Bob Paterson Homes.

X-Word Puzzle

ACROSS

- 1 Plain man returns shortly (5)
 4 Small arch includes a space for the first food-stuff (9)
 9 Leave woman out of it, not prepared to return hostility (4,3)
 10 Politico to strike back before team sport is void (7)
 11 On a table (6)
 12 Force nothing in container for parachute (8)
 14 Rare noisy way to tear about half-pipe (8)
 15 Pucker model clothing (5)
 17 A hole in a fence for animals? Tot returns by it (5)



19 Support former foreign police with time check (8)

22 Posh man outside died to give power to disc (8)
 24 Throw coins about a

risky place to do so? (6)
 26 Official upset without love in the East Indies (7)

- 27 No good gloating about mathematical aid (7)
 28 Indian pony first for superficial artist? (9)
 29 It flies military man to state on time (5)

DOWN

- 1 Excited about male with a 1a (2,4)
 2 Boy surfaces at river bend 1a for swimmer (7)
 3 Showing absolute lack of taste draw the bottom half first; (draws without 1a) (9)
 4 Run up short? 1a used for delivery? (4)
 5 Mister I am vexed, 1a should be seen and not heard (4,6)
 6 Woman describes dark areas on the moon (5)
 7 Descendants of the animal in time get one (7)
 8 The whole drink fell at the end of day (8)
 13 Brave hearted man I will follow when legally

- it's not all over yet (6,4)
 15 Scornful sister's beginning to get extremely cold when inside (9)
 16 African chief ignored European book 1a that's urgent (8)
 18 Scientific system contains ample 1a to perish (5,2)
 20 Relax before showing hesitation with this? (7)
 21 Looked for a drain 1a (6)
 23 Dingy on rising? I'm not sure (5)
 25 Harass animal to leave 1a animal (4)



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