



the stew

ISSUE 9.11 | NOVEMBER 2018 | FREE

the
dessert issue

Featuring
Taylor Made Cakes
Pages 6 & 7

we speak



On the Cover:

Munch on a cookie, sip your coffee, put your feet up, and check out what our writers have served up for this month's dessert issue.

Advertising Information:

The deadline for advertising in the next month's issue of *The Stew Magazine* is the 21st of the current month. Contact us today to reserve your spot: 250-398-7446 or sales@thestew.ca

Always Eat Dessert First!

BY CRAIG SMITH

"Life is short, always eat dessert first" is one of the quotes my wife lives by. I looked and for the life of me I couldn't find the author of that quote so for now I'll just attribute it to Anonymous. I did get to experience this first hand a few years ago and if you haven't done it before I highly recommend it. We went out for a dinner date to one of our favorite restaurants in Williams Lake "Trattorias" (They have since closed and we wish the owners a happy retirement). Our waitress met us at the entrance and said that they could seat us but it would be almost an hour before we would see food. Having set our sights on pasta we decided that the hour long wait would be worth it, so we told our server we would stay. Once seated we ordered drinks and made our decisions on our main course, which really wasn't a hard choice since we had our favorites. I'm not sure how she did it, maybe I was extra hungry, but my wife convinced me that we should have dessert first. It started out as a little joke, then kind of progressed to a dare and I decided to go along with it and join her in dessert first. Anyone who has ever had a meal at Trattorias knows there is one thing on the dessert menu to die for and that is their cheesecake.

Having dessert first for me that night was a first. I was brought up in a strong Scottish order of eating food and dessert while always a part of mealtime was always last and if you didn't clear your plate no dessert for you and whatever was still on your plate was heated again for breakfast. You can understand my hesitation as I could see the disapproving look of my Scottish Grandma as I agreed to join my wife and have dessert first. As we were hungry but had an hour, it took all my will power to slow down and enjoy every bite. With our hunger pangs sated we could now concentrate on a conversation about our day and not have to worry about how long the food was taking. When our main course arrived, it took a couple of bites for my taste buds to switch from sweet back to savory but once they did the meal was amazing. To this day that was the only time that I have had dessert first.

The first part of that quote is "Life is short". I fully believe that and have tried to squeeze every last drop of life out of every day. Another person who also loves to squeeze every last drop of joy and living out of each day is the "energizer bunny" that I work with daily. I know she's going to hate me (for a minute) calling her out like this but Joan has been

one of my inspirations for years. I asked her once if I could interview her for our feature personality and she politely refused but she has a story that one day someone is going to get to tell. I've said for a very long time and many times that living is seven days a week and not spending five days waiting for two. I think that I, for the most part, am like that. Some days I even wish I had more hours in the day because twenty four just isn't cutting it and I still have more I want to do. Joan is one of those few people that lives all seven days. She is always busy, whether it's biking, hiking, canoeing, skiing, snowshoeing or instructing fitness classes, she does everything with high energy. The cool thing is that you see her husband right along with her always with a big smile on his face. She is an amazing person and I feel honoured to be a part of her life as the energy is infectious and our staff birthdays wouldn't be the same without Joan's creative homemade cards. Many people have said hiring her was one of the best business decisions I've made and I have to agree with them.

So live life to the fullest. Get out and enjoy it and find out what makes you happiest and at least once eat your dessert first!

Art Gecko

SHOWING NOVEMBER 1 THROUGH NOVEMBER 31 AT THE GECKO TREE CAFÉ, ARTIST JANET BEDFORD

Janet Bedford has called Williams Lake home since moving from Vancouver Island 49 years ago.

After graduating from Columneetza, and marrying her high school sweetheart, they chose to stay here and raise their family of 3 daughters.

Working with fabrics has been an interest of Janet's since she was a young girl making doll clothes, which then led to making her own clothes, and as their family grew she enjoyed making clothes for her girls. During those years, Janet purchased her very first quilting book (and still has it). Those were the years before rotary cutters and rulers. Templates were cut out of paper and pinned to the fabric, then the pieces were cut out using scissors, and that's how she made her first Log Cabin quilt (and still has it). Thirty-five-plus years later, Janet is still quilting and loving it, but using more modern techniques and tools now, including her longarm quilting machine.

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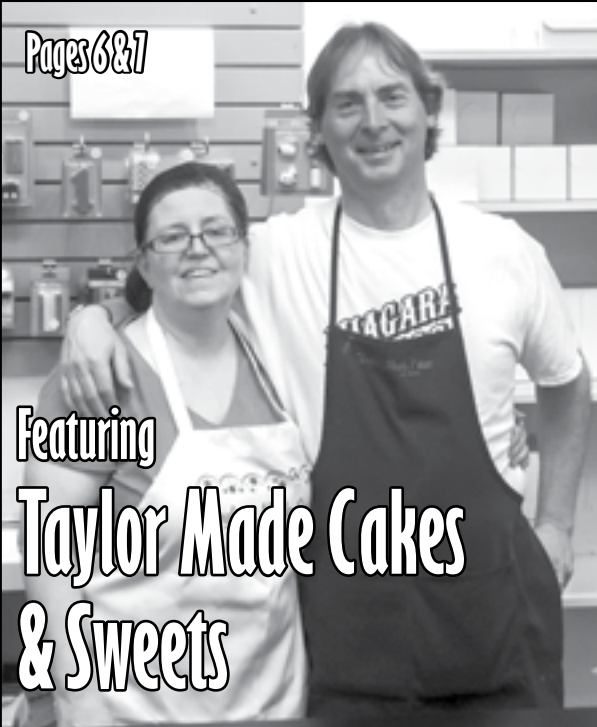
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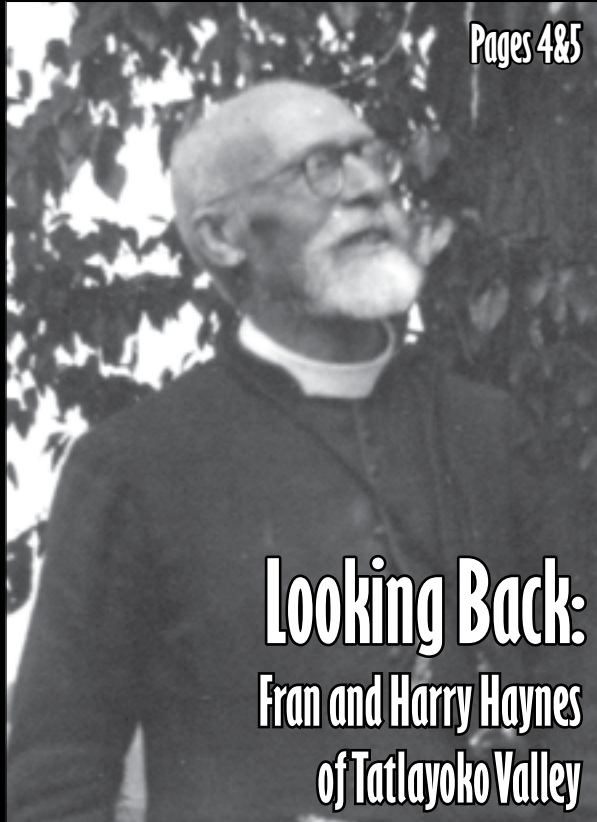
Crepe Brulee is the ultimate 'guy' dessert. Make it and he'll follow you anywhere. - Ina Garten

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Featuring
**Taylor Made Cakes
& Sweets**

Pages 4&5



Looking Back:
Fran and Harry Haynes
of Tatlayoko Valley

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Centre Stage:
Singing Just For Fun!

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Curator's Corner:
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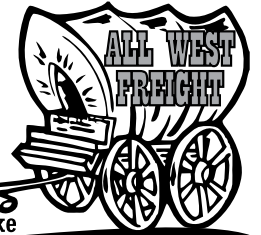
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Fran and Harry Haynes of Tatlayoko Valley



For more than two decades Harry and Fran Haynes were the heart and soul of Tatlayoko Valley. Their CB (Citizens Band) radio handle was "Coffee House" and for many years they ran the post office out of their home.

It was only natural to drop in and visit Harry and Fran. Their coffee pot was always on and Fran always kept her cookie jar full. Harry of course had endless stories to tell. My role as a regional historical writer began in their kitchen.

There was no residential phone service in Tatlayoko Valley until the late 1980s, but there were two public radio payphones along the 40 km stretch from Tatla Lake to Tatlayoko Lake.

The first phone booth south of Tatla Lake stood by itself at the foot of McGhee Road about 20 km down the road. It seemed so strange standing alone in the wilderness that some people referred to it as the "surrealistic phone booth". The second public payphone was another 16

km further down the road in front of Harry and Fran's place.

As a courtesy the telephone company hooked up an extension from the phone booth into the Haynes residence. This allowed Harry and Fran to answer the phone whenever it rang and take messages for everyone in the valley. They'd contact people over the CB radio or leave messages in the mail slot.

When you came to make your call you could stand outside in the phone booth, or come inside Harry and Fran's house if the weather was cold. Their welcome mat was always extended.

Harry and Fran became surrogate parents to a community of young people who found their way to Tatlayoko Valley in the 1970s and 1980s from various parts of North America. Later they became

surrogate grandparents to the children of these latter-day settlers.

Harry was 16 when he arrived in the Chilcotin for the first time. It was two days before Christmas 1929.

Earlier that year his mother, Del Naomi Haynes, had worked as a cook for the Church Ranch at Big Creek. When she returned home to New Westminster she told Harry that Bill Christie at Alexis Lakes was looking for someone to help him with the ranch chores.

Around winter solstice Harry took the Pacific Great Eastern (PGE) train north from Squamish, and when he got to Williams Lake he went into the Lakeview Hotel hoping to find a ride to the Chilcotin.

"I went into the hotel and asked if there was any way I could get to Alexis Creek," Harry said. "They told me that Alex Graham was staying in the hotel and would be going home the next day."

Graham had a big old McLaughlin Buick touring car with a canvas roof but no sides on it, and he invited Harry to ride back with him. It was a bit chilly for winter travel, but Harry was more concerned about his safety because of Alex Graham's erratic driving.

"He drove all over the road, zigzagging and spinning this way and that," Harry said.

Fortunately they made it to Alex's ranch house

in Alexis Creek in one piece and Harry spent the night there. The next day Jess Morton showed up from Alexis Lakes with a team and buggy to pick up the Christmas mail. He gave Harry a lift to his Spain Lake ranch. Bill Christie lived another day's travel beyond there in the Franklin Meadow country.

Jess Morton picked up Bill Christie's mail as well. The next day was Christmas and Jess brought the mail and Harry over the mountain to Bill Christie's place. That's how Harry's life in the Chilcotin began.

"That was another 15 or 20 miles and Jess stayed overnight with old Bill and went back home the next day on Boxing Day."

Harry marveled at the ingenious tricks of survival used in the Chilcotin. To stay warm while traveling in sub-zero temperatures, Jess put a couple of salt blocks into the cook stove oven and got them really hot. Then he wrapped them in blankets and put them on the floor of the buggy to keep his feet warm.

"That salt blocks would stay hot all day long wrapped in blankets."

Harry says his feet were warm but the rest of him was freezing.

"I wasn't dressed for a Chilcotin winter. I didn't know enough to put on lots of clothes, so I did quite a bit of jumping off and running to stay warm."

Harry says he stayed with Bill Christie for eight



► Thomas Francois

years. "I didn't really have a job. The old man advertised in the Williams Lake newspaper for a companion. He gave me enough money for tobacco."

Harry said he made more money trapping than working for wages. Of course nobody in the Chilcotin had any money during the Great Depression to pay for help.

In the spring of 1930 Del Naomi Haynes moved back to the Chilcotin for good. She drove an old Hudson-Essex car from New Westminster to Tatlayoko Valley with her four younger sons to run the post office for KB Moore at the Circle X Ranch. Lou was 15, Ray was 12, Laurie 10 and Ken 7.

In those days mail was delivered every two weeks to Tatlayoko. Tommy Hodgson had the weekly mail contract from Williams Lake to the Chilcotin. He'd alternate taking the mail to Anahim Lake one week and to Tatlayoko the next.

"When we first came to the Chilcotin my brothers

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hear



► Surrealistic Phonebooth



► F. François Marie Thomas outside



► Haynes boys as kids Laurie, Ray, Ken, Lou and Harry



► Fran & Harry in their kitchen



► Haynes boys Coyote Cooley Ken, Laurie, Ray, Lou & Harry

...continued from page 4

and I just coyoted around," Harry said. "The way we made a living was just travelling around. We had a pack horse and a saddle horse and we'd just go coyote-coolie. We just rode all over the country looking for jobs. Any kind of job at all, it didn't matter how much it paid, as long as they would feed us."

He and his brother Lou worked for Tommy Lulua digging a ditch to lower the water level in a lake. After two weeks they were paid with a horse for their troubles, and that became Lou's horse.

Then they worked a month for Scotty Shields and got another horse.

"That was my horse," Harry said.

The following summer Lou took his horse to Jess Morton's place at Alexis Lakes and Jess harnessed it with another horse to cut hay. Somehow the bridle got hooked and the team ran away and Jess got bucked off in front of the mower and got run over by

the cutting bar.

"He lost one arm and all those teeth dug into his body," Harry said. "He had numerous wounds all up and down his sides. A Tsilhqot'in man, Young Billyboy, saved his life."

Young Billyboy acted quickly, racing over to the house to alert Jess's brother, Bert. Then they got a sack of flour and stuck the stump of Jess's severed arm right into the sack of flour and tied the sack around it.

"That's what saved Jess's life," Harry said. "He would have bled to death otherwise."

Then Young Billyboy jumped on his Thoroughbred racehorse and rode flat out the 24 miles to Alexis Creek to get the doctor.

"He made it in about an hour and a quarter and his horse damn near died."

Young Billyboy found Doc Hallows who jumped in his car and sped up to Alexis Lakes. He got there within two hours of Young Billyboy heading out on his

heroic horseback journey. Doc Hallows treated the injuries and he credited the flour for saving Jess Morton's life.

When Jess recovered from his injuries he was forced him to quit ranching so he moved to Williams Lake where he became the gardener for the courthouse. When he reached old age Jess and Bert Morton shared a house in Glendale.

Harry spotted Jess one day all crippled up with arthritis walking down the street with an old black dog.

"The funny thing, Jess said the old black dog wasn't his dog. Every morning when the old man headed out for his walk, the dog was there. They were both old and they'd go down a mile or two and come back.

"Then Jess said he never sees the dog again until the next morning. 'He's just an old bastard like me,' Jess told me. 'I don't know where he comes from...'"

Harry remembered visits from Oblate Priest Father Francois Marie Thomas during the time he spent with old Bill Christie.

"At Christmas time Father Thomas used to go through the whole country and hold services. He went up to Quesnel first then over to Nazko. From Nazko he'd go to Chezacut, then over to Redbrush and Redstone before heading back to St Joseph's Mission in Williams Lake."

Harry said the intrepid priest used to stop at Bill Christie's on his way from Nazko to Chezacut.

"We were half way and he used to stay overnight

with us all the time."

Harry remembered one time when Father Thomas came through on a Friday.

"He had a native man driving the sleigh for him. When he got there he asked old Bill Christie what he was having for supper. Bill said he had some beef cooking and Father Thomas said you know I can't eat beef on Friday.

"I have some fish," Bill Christie offered.

"Father Thomas declined, saying he had some fish out in his sled. He went out and reached under the canvas tarp in his sled and

brought in a beaver tail the natives at Nazko had given him.

"That's what he had for dinner. We ate beef and Father Thomas ate beaver tail...and he was calling it fish."

After several years riding "Coyote Coolie" with his brothers, Harry moved to Tatlayoko Valley where he took up land at the mouth of Lincoln Creek.

Next month we'll continue more stories on the life and times of Harry Haynes of Tatlayoko.

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flavour of the month

Fame is like the dessert that comes with your achievements - it's not an achievement in itself, but sometimes it can overpower the work.

- Adam Clayton



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BY CHRISTA SMITH

In keeping with our 'dessert' theme of the month, it only seemed fitting that we have a confectioner as the feature of the month. Brenda Taylor is the baker, cake artist, and owner behind Taylor Made Cakes, and she is a master at creating and designing wonderful, edible works of art.

Brenda grew up in the Chilcotin at Anahim Lake. She went to high school here in Williams Lake. For the next 10 years she lived and worked in Vancouver doing everything from retail and wholesale lighting to working at a bakery in West Vancouver, where she got her start

as a baker, making cookies, muffins, and tarts along with many other delightful treats.

With Williams Lake in her roots, Brenda made the move back to town. This is when she met and married Dale Taylor and had two children, Abbi, and Benn. After working in insurance and raising her family, Brenda said, "I decided that I just needed a change so I took some time off."

When asked how she got her start in cakes and baking Brenda said, "It all just started as a hobby, at 14-years-old I made my first 3D car cake and mostly did birthday cakes.

"If you draw me a picture I will make a cake."

It's now 6 years they have owned Taylor Made Cakes. Building on what she loves and is good at, Brenda has built a successful and thriving business. Even though Brenda is the artist behind the treats and cakes at Taylor Made she says, "This is very much a family business." With husband of 25 years Dale Taylor by her side, she also has the kids, and her dad, helping and supporting her.

Craig remembers volunteering with Brenda's husband Dale at many Timberwolves Junior Hockey games, getting surprised by a gift of a giant cookie from Brenda. She would do this quite

often for all the volunteers at these hockey games well before she even started Taylor Made Cakes. Craig said he mentioned at that time that she should be selling them. Who would have thought years later that she would be?

Looking for a treat that's filled with heart, art, and design? Stop by Taylor Made Cakes. "Taylor Made" is more than just cakes, it also includes fresh sandwiches, breads, buns, and ice cream. Be sure to drop by and check out the wide selection of baked goodies, enjoy the aroma, and remember every batch is made from scratch!

flavour of the month

► Brenda & Dale Taylor





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Where does the money come from when you are no longer earning money in your retirement?

- Canada Pension Plan
- Old Age Security (also Guaranteed Income Supplement)

• Pension Plan (s) from previous employers

- RRSP Accounts
- TFSA Accounts
- Savings Accounts

All of the above may pertain to where your income will originate in your retirement years.

Canada Pension Plan – you may begin to collect this benefit at age 60 – your financial situation will dictate whether this is right for you. If you are age 65 and still working – do you continue to pay into Canada Pension or do you opt out of this

payment?

If you are self-employed – you must pay your individual amount due for this on your income taxes at the end of year – and you also must pay the employer's share equal to the individual amount (if you are still contributing). As a self-employed person – you will pay approx. \$5200 per year for the Canada Pension Plan.

However, you can choose at the age of 65 and still working – to complete a form and send to the government to stop all future payments due to Revenue

Canada.

Old Age Security – if you are still working at age 65 and choose not to receive this benefit, again you can complete a form to not receive this benefit at age 65. The reason you may choose this option is if you are making enough earnings that there will be a clawback on the OAS and you will not receive these funds. However, you will receive a T4A (OAS) form with which you will have to claim the OAS on your income tax but it will also state that you paid it all back to CRA as an

income tax prepayment. If you choose to opt out at age 65 because of this situation – you must take the OAS at age 67. If you continue to work past this age, be prepared that the above situation may apply to you.

Guaranteed Income Supplement – you must apply for this benefit if your income is below a specific threshold and you qualify for this benefit. How much you receive is determined by your total household income (if you have a spouse living in the same household). Unlike the OAS, this is not an automatic benefit from the government.

RRSPs – Again whatever amount you withdraw from your RRSPs during the year is added to your overall income on your income tax. If your income is above the allowed amount, the OAS clawback could be triggered.

TFSA- whatever funds you withdraw from your

TFSA does not come into income reporting on your income tax return and therefore has no affect on your OAS amount eligible to be received.

Savings Accounts – only the interest that you make on these accounts is taxable and reportable on your income tax return.

Fair Pharmacare in BC – your deductible per year is calculated on your total income. Therefore, how much you are receiving in Pensions/RRSPs/CPP, etc. determines when the program will begin to pay for your prescription drugs in BC.

Pension Plans – these can be income split with your spouse if this is your situation. RRSPs and CPP and OAS do not fall under the income splitting allowances on your tax return.

This is simply a guide for you to begin thinking about your retirement needs and how are you going to meet those needs.

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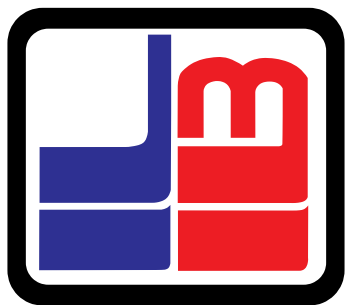
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We were what you would call a poor family, but we were rich in so many things. We did family things together. We always had dessert, even if it was just Jell-O. So, I never knew I was poor. - August Wilson



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Having your cake

BY ALEXIS FORSEILLE,
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"You can't have your cake and eat it too."

This saying often refers to the fact that you cannot always have the best of both worlds. When it comes to being an entrepreneur, most new entrepreneurs believe that being their own boss means that they can work the hours they want. In reality, being your own boss does not always mean that you get to set your hours.

Depending on the products or services your business provides, your hours may be set by your clients. If you provide a personal service to clients, your business hours may have to be flexible to your client's work schedules. This could include after hour appointments, lunches, evenings, and weekends. If you are contracted to complete work and are behind on your set schedule, you may have to work longer hours in the day with or without your employees to complete the job. These are only a couple of examples of the sacrifices that small business owners have to endure to maintain a positive cash flow for their business.

As your own boss, you

will also need to decide when to strategically take your holidays. Working in personal services or retail, you may not be able to take the traditional holidays. You will need to accommodate the holiday time rush, but know that the holidays can bring a major increase in sales for your business.

Once you have decided to book holidays, you will need to make sure you tell customers far in advance. If you have clients that book on a regular basis, make sure your clients are comfortable with adjusting their schedule to work around your days off. If your business is being contracted to complete a project, make sure your holiday time will not interrupt or delay the job. The easiest way to do this is to maintain a project and client schedule. This will ensure that you do not book contracted work or clients on the days you have planned to take a vacation.

Being an entrepreneur is not for those who wish to be less busy. Being your own boss may mean that you are not home every night to eat your dessert, but the reward of growing your business and doing what you love for a living is priceless.



*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly*

*Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders Fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.*

~ Lieutenant Colonel John McCrae, 1915

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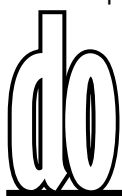
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There is no right or wrong way to pair or prepare a dessert. Follow your instincts, edit, and taste-tweak-taste until you get it just right!
- Christina Tosi

Special treats for your feet

BY ALICIA FENN,
BSc. (KIN), C. PED (C),
CARIBOO ORTHOTICS

Have you ever thought about how much of a beating your feet take over the course of a lifespan? Feet typically do not get the TLC they deserve! Most people don't even think twice about their feet until they realize they need to trim their toenails or see the doctor for new foot pain. If it ain't broke, don't fix it – right? When it comes to the human body, it is MUCH easier to prevent simple issues from arising, than tirelessly treating an issue once it has developed. Think of the following list as a dessert menu for your feet – they deserve a treat once in awhile!

1) Hot and salty: Many people don't even specifically wash their feet in the shower! You

have got to bend down and suds up between the toes to prevent fungus, athlete's foot and other potential infections. Even better? Soak your feet in a hot bucket of water with Epsom salts or an antiseptic (if you are concerned you may already have an infection or strong foot odor, use an antiseptic from the drug store). This will help keep the feet clean, and is quite relaxing – what a good way to take a break from being on your poor feet!

2) Ball of goodness: by simply rolling your foot over a tennis or lacrosse ball, your arches are getting a great deep tissue massage! Using a ball to roll out the feet is also recommended to treat various foot issues such as plantar fasciitis. Why not try to prevent it if your feet/arch muscles are feeling tight or sore!

3) Oily delight: OUCH! We have all experienced it – a dark blue bruise developing under the surface of a toenail from dropping something heavy on it. When you bruise your toenail, the pooling of blood creates a gap between the skin and the nail. This little space is the perfect breeding grounds for toenail fungus to thrive. Tea tree oil is not strong enough to treat toenail fungus for most people, but it can help to prevent a fungal infection at the early stages. Just daily put a few drops of oil where the skin meets the nail.

4) Heavenly clouds: do you work on your feet all day? Treat those puppies with some nice, quality footwear to wear around the house! If your body feels better with arch support, try Birkenstock sandals or slippers or

Haflinger slippers. If cushion is what you need, my favorite is the Soft Moc memory foam slippers. Biotime and Sorel also make lovely, cozy slippers!

5) The ultimate treat: Go book yourself a Pedicure! Trust me – men and women alike – your feet will feel baby-fresh after a good Pedi! A warm soak and Paraffin wax help increase circulation. The calf and foot massage breaks down tight tissues. The best part – not having to touch your own callouses and toenails! Polish is not even essential for pedicures, just go for everything else if you want!

So next time you reach for the keys to go grab yourself a Blizzard or a McFlurry – think about maybe spending some time treating your feet instead; your feet and your waistline will thank you!!

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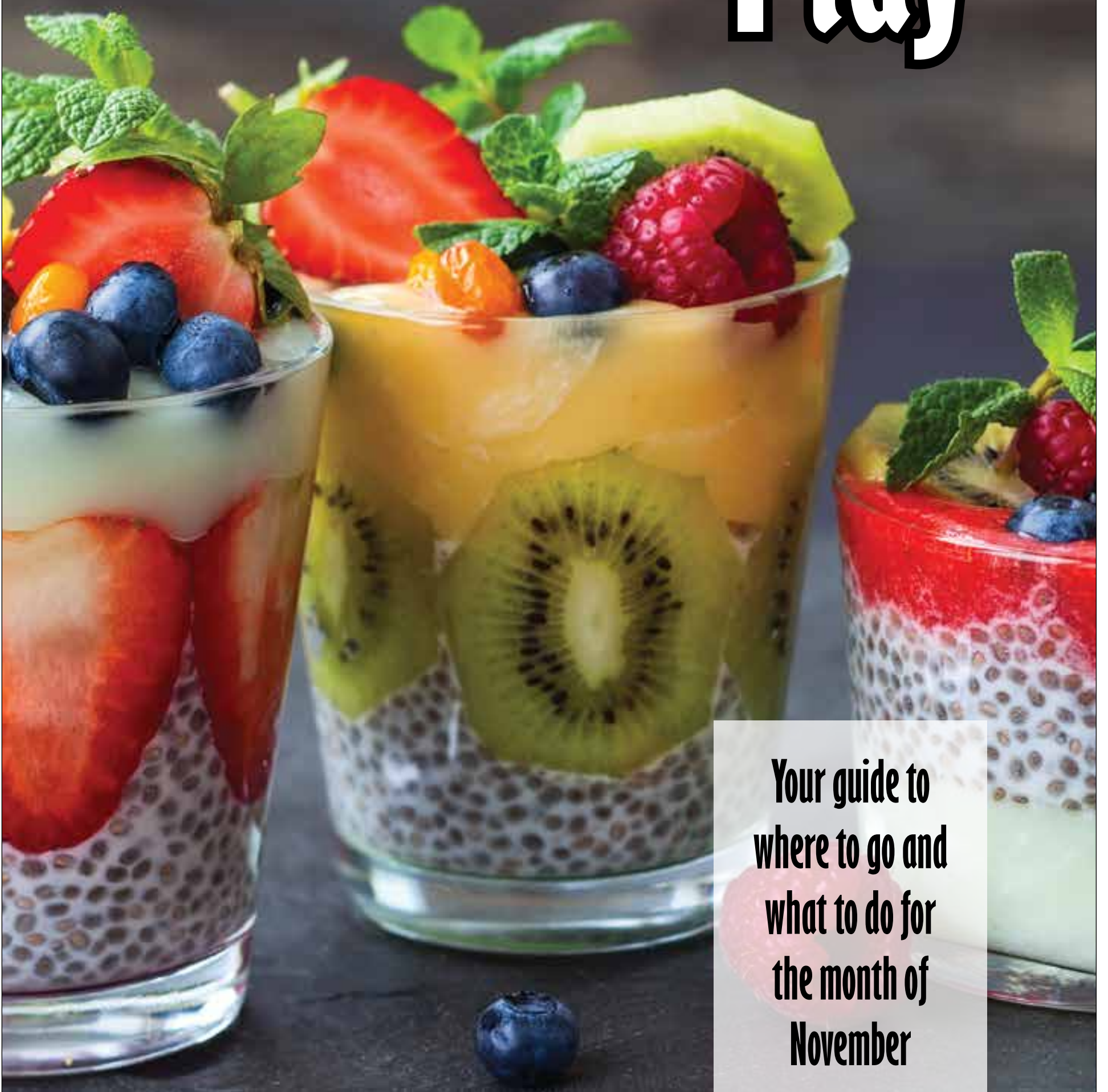
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Play



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



WILLIAMS LAKE & AREA

November 1,8,15,22, 29 Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Thursdays 7:30-9pm, Anglican Church, 549 Carson Drive

November 1-3 28th Annual Daybreak Rotary Club's Book Sale, at the Old Sears Building from 10am-4pm, Info: Call 250-392-4498

November 2,9,16,23, 30 CJ's Live Music Every Friday Night.

November 2 Blocktreat with special guests Apples at The Limelight Theatre, Doors open 8pm, Show at 8:30pm, 178 Oliver st.

November 2-3 Potters' Guild Show & Sale, featuring potters & local artists,

Fri. 12-8pm, Sat. 10-4pm, Arts Centre 90-4th Ave N

November 2-24 Station House Gallery presents: "Mia Italia" show and sale of the works of Kathy Lauriente-Bonner

November 2-Dec22 Market at the Mall, 10am-4pm, 30+ local vendors, Boitanio Mall, Williams Lake

November 3 Snow Show & Shine, Powder Kings Snowmobile Club, Inside the WL Trailriders Arena at the Stampede Grounds, BBQ,50/50, Beer Garden, 11am-6pm

November 3 CIHL Hockey, Stamps vs Kangaroos, Cariboo Memorial Complex, 7:30pm

November 3 Fall Bazaar, Noon-3pm, Sacred Heart Hall, Baking, Crafts, Raffle



November 7-10,14-17 Williams Lake Studio Theatre presents "November", Tickets: www.wlstudiotheatre.ca

November 11 Remembrance Day, 11am, City Hall

November 12 Holiday Open House, 9:30am-7pm, In-Store Specials & Door Prizes, Lo's Florist, 124B 2nd Ave. N

November 15 WL Writers Group Meeting, 3rd Thursday of the month 2pm, Arts Centre 90-4th Ave N, info: Linda.levpur@shaw.ca

November 17 CIHL Hockey, Stamps vs Rampage, Cariboo Memorial Complex, 7:30pm

November 17 Made in the Cariboo Craft & Artisan Fair, 10am-3pm, at the Tourist Discovery Centre

November 24 St. Peter's Anglican Church annual Tea & Bazaar, 11am-2pm, Traditional Tea, Baking, Door Prizes, raffle, crafts, and attic treasures.

November 24 Cowboy Christmas, Market 10am-3pm, Concert 7pm at the Gibraltar Room

November 24&25 Cataline Craft Fair, 10am-3pm

November 24&25 Medieval Market, 10am-4pm, Lake City Secondary W.L. Campus

November 24-Dec1 Friends of the Williams Lake Public

Library Silent Auction. During library hours. Funds raised are donated to the Williams Lake library.

November 30 19th Annual Xmas Open House, 9am-7pm, Tax Free Day, Door Prizes, Snacks & More, The Hobbit House, 71-1st Ave S

November 30&Dec1 Friends of the Williams Lake Public Library Book Sale. During library hours. Funds raised are donated to the Williams Lake library.

December 1 Down Town Williams Lake Colourful Cariboo Culture Winter Lights Festival, 10am-7:30pm, Winter Lights Parade starts at 5pm

QUESNEL & AREA

November 2 The Occidental, Bill Durst-Maple Blues Award Nominee, show at 9pm

November 3 The Occidental, RCMA Open Mic Night, starts at 6:30pm

November 3&4 Cariboo Christmas Fair, Sat. 10am-4pm,



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play

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Sun. 10am-3pm,
Correlieu Secondary
School

November 6 The Occidental, Paris Pick & the Pricks - Soda Pony, show at 8pm

November 9 The Occidental, Bralorne - playing classic rock & original music, starts at 8:30pm

November 10 CIHL Hockey, Kangaroos vs Stamps, Quesnel Arena, 7:30pm

November 18 CIHL Hockey, Kangaroos vs Rampage, Quesnel Arena, 1:00pm

November 24 CIHL Hockey, Kangaroos vs Stamps, Quesnel Arena, 7:30pm

100 MILE HOUSE & AREA

November 1-30
Coats For All, Drop off at 100 Mile Laundromat, #4-460 Birch Ave., Picked up by folks in need call Annie at 250-395-6054

November 3&4 Annual Open House & PJ Party, 10am-4pm at The Yellow Umbrella in 150 Mile House

November 5,12,19,26
Bingo, doors 6pm, starts 7pm, super star 8:30pm, Community Hall

November 5,12,19,26
Alanon, 7pm Health Centre (hospital rear entrance) info: 250-395-2532

November 5,12,19,26
Women's Drop-In Volleyball, 9:30am, Lone Butte Community Hall

November 1,5,8,12,15,19,22,26,29
Cariboo Calico Quilters, Monday evenings and Thursday afternoons, basement Creekside Senior Ctr, info: Agnes 250-395-6127

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

November 6,13,20,27
Alanon Drop-In, 1-2pm, Community Health Ctr (rear of hospital) info: 250-395-7676

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

November 6,13,20,27
HUGS help us get slim, 6:30pm, 6300 N. Green Lake Rd, info: Charlotte 250-456-7504 or Pat 250-456-2491

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

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

November 6,20
Photo Group, Bridge Lake School, info: Larry 250-593-4362

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

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

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

November 1,8,15,22,29
Royal Canadian Army Cadets, 6:30pm-10:30pm, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

November 1,8,15,22,29
Alcoholics Anonymous, 7:30pm, 108 Community Centre

November 2,9,16,23,30
Crib Night, Forest Grove Legion, 8pm

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

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

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

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As the weather gets colder, most people transition from refreshing summer drinks like spiked iced teas and light summer beers to more winter-like beverages like red wines, hot chocolates spiked with baileys, or a full bodied stout. Well, we still carry all your favorite summer drinks, but now is the time to check out and try some of our fall and winter beverages. Many craft breweries offer seasonal beers, such as Ridgerunner, Trailbreaker, and Widowmaker. These are the epitome of fall in every delicious sip. Stouts are another great fall beverage as they are full of flavor usually with notes of chocolate or coffee. Most people tend to shift away from white wines and embrace the red wines of fall. We focus on carrying BC wines and have an excellent selection of red wines to suit any palate (even if you're a white wine drinker). Come into South Broadway Liquor today and have one of our knowledgeable staff members pick out something new for you to try!

SBL Staff's FALL FAVOURITES:

Backcountry Brewing This team of owner-operators was formed shortly after the group realized they all were after the same thing. Brewer John Folinsbee was planning a brewery in Squamish, and an industry veteran Marc Roberts and builder Adam Steinberg were looking at brewing in the Cowichan Valley on Reeder's hop farm. After tasting John's recipes they decided to go all in and combine forces to build a 6000 sq ft brewery, tasting room and kitchen in Squamish, B.C. The production brewery was also focused on a unique tasting room experience with food as a major component. Since opening in April 1st 2017, Backcountry has found a nice groove in Squamish and BC's craft beer scene winning "Rookie of the year" at the BC Beer Awards along with 1st place for the Trailbreaker Pale Ale and Second place for the Widowmaker IPA and Ridgerunner Pilsner.



Taynton Bay Spirits Distilled right out of Invermere, B.C this company's main focus is to produce exceptionally smooth without any pretension because they subscribe to the "keep it simple" philosophy. Life is complicated enough, so we call a spade a spade, a gin a gin, and a vodka a vodka, bringing the distillery experience right back to the basics of a clean classic taste.

Try their Taynton Bay Raspberry Vodka, made with 100% real fresh raspberries. Here's a great recipe called Raspberry Lemon Drop Martini.

- 1 oz Raspberry Vodka
- 2 oz Lemonade
- Fresh lemon juice

Rim martini glass with sugar, add ingredients to shaker with ice shake well, strain and add fresh raspberries for garnish and enjoy!



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do

I dislike cloyingly sweet desserts - sweet is not a flavor - so I suggest dialing back the sweetness and focusing on what the dessert is about, whether it is a ripe fruit, chocolate, etc. - Johnny Iuzzini



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Has there ever been a dessert that's not been created in a kitchen? If you rack your brain, surely you can likely think of some exception. Overall, however, kitchens and desserts are fairly synonymous. Also synonymous are the relationship between kitchens and home sales. To illustrate what I mean, I have some delicious facts that you can use as food for thought for the future of your home. Some of what I say may be as familiar as chocolate, some might be as new to your palette as a Korean delectable.

Did you know that kitchens have slowly become the best selling feature of nearly all homes in North America? What used to be a small room stuffed into a corner at the back of the house, has become more of a living room that a person cooks in. According to research from the National Association of Realtors, the kitchen is mentioned as a selling feature more than any other aspect of a home? 69% of all listing descriptions mention something related to killer kitchens, luxury kitchens, etc.

On that note, kitchens have been growing in size year by year. The average size of a kitchen on the west coast is 157 sqft. In the 1950's, that number was 70 sqft. The same is true on the east coast. The average has grown to 169 sqft. True, home sizes have grown, but regardless of overall home size, kitchens have evolved into a larger

proportionate aspect of a home. The fact is people are investing in kitchens, expanding them, and due to our ever-expanding love of gastronomic delight, spending more time there than ever.

When it comes to high value aspects of a kitchen, realtor.com tells us that custom cabinetry, well designed islands, and custom lighting pack the biggest punch in terms of return on equity. Contrarily, cheap cabinets, cheap islands on wheels, and lame lighting frustrate buyers and dramatically weaken the value of the home.

Lastly, the big trend that's happening in kitchen design is what's called "the chef's kitchen". This is typically a larger kitchen with a variety of aspects one might see in a kitchen of old for the rich and landed gentry. Multiple ovens, a wine fridge, butler's pantry, 6 burner stoves, top-quality refrigeration and commercial grade appliances are some of the aspects showing up more and more in kitchen design. Surprisingly, as an investment decision, the return on a choice to upgrade a kitchen to this level is near 100%.

Of course, there are many aspects of a home that help it sell. Every buyer, values different elements uniquely--like a kid at a dessert buffet. However, the facts appear to hold firm the following conclusion. That when it comes to your best bet for making a home super-sellable, it's the kitchen that appears to be the cherry on top.

The healthful benefits of Earthing

BY TAMMY DORMUTH, GUIDED HANDS

Over the past number of months I have heard mention of earthing and the benefits of it on our general health and well-being. I was first exposed to this idea while working on a client and they mentioned the sound sleeps that they were experiencing as a result of sleeping on a "grounding sheet". He further explained that his constant nightmares disappeared as well. He really noticed the benefits when the sheet was being laundered and he used regular sheets. The old symptoms returned.

I was intrigued, this set me on a journey to gain a greater appreciation and understanding of the importance of being grounded to the earth, and the role electrons play in biology and health. According to Clinton Ober studies, before the 1960's, 95% of doctor visits were for infections, diseases and childbirth, with only 5% due to stress related health disorders. Today 95% of doctor visits are due to inflammation and something stressing the body to the point where the body can not maintain health to the immune and other systems. What has made such a drastic change? It could be, the water, food, EMG's, pollution or toxins, sedentary lifestyle, and perhaps something else could be assisting in this change-- not being grounded. Our ancestors used to be grounded to the earth, as they wore shoes made of leather and with leather soles. They were barefoot as soon as the weather was warm. With the creation of wooden and rubber soled shoes, wooden floors that lifted us off the ground, plastic, rubber and lino, we have lost contact with the earth and have become isolated and insulated from the healing balance of the earth.

The earth is a source of free electrons, that ground out and balance our energy. Our whole body system is electrical, so it is very important to be balanced. When we aren't balanced we experience many health challenges; from poor sleep, lack of concentration, pain, illness disease, & more.

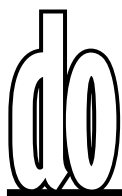
The Earth's electric field is mainly a continuous direct current, or DC producing field, which our bodies are set to. In Canada home wiring generally uses a 60 cycle per second alternating, or AC, current, which is foreign to our bodies and biology. AC and other forms of man-made environmental electromagnetic fields, or EMF's, are currently attracting much attention, and are being researched as a possible link to stress-related responses and ailments.

Earthing is being barefoot outside, or in bare-skin contact with a barefoot substitute, such as an earthing sheet. There are even grounded pet pads, which have been found to improve the pets over-all pain, energy, stamina, flexibility and stress.

You can sit in a chair with your bare feet on the ground, or lay on the ground just relaxing. Working in the garden or being barefoot on the beach is wonderful. If you touch the green stem of a plant you are grounded, you can also hold the leaf or stem of a plant between your finger and be grounded. This does not work with dry leave as it is the moisture inside that creates the conductivity.

Have you ever noticed how relaxed and stress free you feel after working in the garden, or just being outdoors? Whenever any part of your body-- your hands, forearms, legs or feet touch the ground, you gain strength and healing from the earth. Dampening the soil or grass increases the conductivity, creating better results. Thirty to forty minutes of exposure is great, but the more time you put in, the greater the benefit.

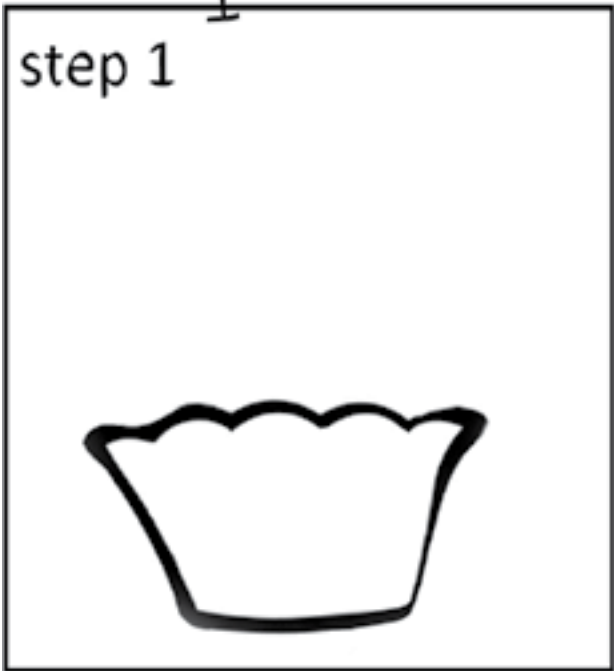
Happy earthing to all, and to all a good...night's sleep!



Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie. - Jim Davis

Cupcake QUICK-DRAW!

BY JAZMYN DOUILLARD, REALM OF TOYS



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Holiday Treats

BY TAMARA ROBINSON, WL SALVATION ARMY

Ah... sweet, sweet November. Not only is November sweet because it's my birthday month (which hopefully will include cake!) but November, when I was younger, typically meant getting a jumpstart on baking some of the best desserts for the upcoming Christmas month! I used to love helping my mom in the kitchen baking cookies and sweets for Christmas; I still to this day try and get as much baking done as possible in November, to take the pressure off the busy month ahead.

At The Salvation Army we are in full Christmas mode, organizing and coordinating Christmas day for roughly 600 adults and 300 children. That being said, we have some important information we wanted to share with you in regards to upcoming events and dates!

First, we have to say a HUGE THANK YOU to Canadian Tire, Walmart, Kit and Kaboodle, Winners and The Realm of Toys in Williams Lake for their willingness to host our Angel Trees this year. Please visit these fine retailers to pick up a yellow angel and purchase a gift for a child in need this Christmas. Our angel trees will be set up the last week of November. Without the support of these retailers, and the community of Williams Lake, it would be impossible to ensure each child gets to wake up to a gift under the tree. So thank you!

November 13th-16th from 1:00-4:00pm we will be accepting Christmas Hamper applications in our dining hall, located at 272 Borland Street. Clients are asked to bring proof of residence, income/expenses as well as identification for all family members living in the same household. We will not be able to take late applications due to the nature of ordering and preparing the hampers. As we have done in previous years, there will be families available for sponsorship if you would like to provide Christmas dinner and toys to a family in need.

Our Christmas hamper distribution day will be on December 18th and 19th from 9:30am to 4:00pm. To pick up your hamper, you will need to present your application confirmation slip at The Salvation Army Community Church located at 267 Borland Street (directly across the street from our Family Services Building).

We will once again be putting on a Community Christmas Dinner. This will take place on December 21st from 12:00-1:00pm. We welcome everyone to attend this event and share in the joys of the season with us.

If you have any questions, please contact Tamara Robinson, Director of Family Services and Community Outreach at (250) 392-2423 ext. 208



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Sunday Worship 10:30am,
fellowship coffee after church

Food Bank & Drop-In Centre

272 Borland Street, Williams Lake

Breakfast 9-9:45am
and Lunch 12-12:45pm



Just desserts

BY SHERYL-LYNN LEWIS

When the Williams Lake Studio Theatre is rehearsing three plays, things get rather hectic on Sundays.

The cast and crew of "Table Manners," by David Ayckbourn, enjoys some lemon meringue

pie in their temporary home. Here, Michael Rawluk (standing) and Angela Rankin (seated to the left) take a break to provide some sweet notes to their cast and costume designer. From left to right, Alison Turnbull and Kirsten Lyons play Sarah and Annie, her sister-in-



law; William Wallace is Sarah's husband and the older brother; Christa

Obergfell is designing the costumes for this 1970's comedy; Gabriel Zamo-



rano plays Norman, the lover of all; and Matt Granlund is Tom, Annie's would be suitor.

When the cast is 17 people, the only sugary things that come in that quantity are mini donuts. This lively crew has just started table readings for "Much Ado About Nothing" by William Shakespeare. Toasting us with powdered sugar are (back row) Niamae Benson, Megan Monds, Lee Moffatt, Patrick Davies, Dan Patterson, Anne Beaudry, Curt Sprickerhoff, and Norma Weatherby. In the front row are Tony Savile, Pau-

line Johnson, Will Reirson, Tanis Armstrong, Jenny McPhee and Stuart Wright skyping in.

In November, the first sweet offering of our season takes the stage. This is "November" by David Mamet. Here the cast has their cake and eats it too. The US President (Colin Sanford) pouts while his lawyer, Archer (Neil Matoga), stands at the ready. Chris Armstrong, Jamie Regier, and Karen McDonald round out the cast, and finish the cake.

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The best pumpkin pie ever

Out of the Fridge

By Brice O'Neill



There are a lot of relationships I describe as love/hate in my life. My career, bipedal mobility, my spouse (Kidding) but the one glaring stand out is desserts. I would bet if you asked one hundred cooks what they think of making desserts, ninety-eight of them would scowl at you and say something along the line of "Move, I have stuff to do." The other two would tell you about how they are training to become a pastry chef then show you a bunch of pictures of all

the amazing cakes, pies, flans, cookies ... mm-mmm ... sorry, where was I? Oh, right, pastry. Pastry chefs are not only amazing artists but also skilled scientists. The knowledge of chemistry required to make specialized desserts with even something as seemingly simple as an éclair was enough for me on the first day of baking in cooking school to decide that maybe butchery was more my speed. When the second day came, and we started making flans it seemed easier, until we

had to make garnishes. It's the combination of tactile skill, artistic vision and the understanding of scientific formulas that make great pastry chefs. I passed baking at all three levels in school, but it was the hardest part of my training. I remember watching some of the other students make amazing icing roses with tactile skill I didn't know existed while I poured blobs of coloured goo off the nail onto my shoes. To me watching a pastry chef do something like decorate a cake for Jimmy's 4th birthday or plate an ethereal foam of vanilla essence onto a fifty-seven-layer puff pastry tower garnished with elder berries and a coulis made from the breath of a 17th century virgins in Uzbekistan is an amazing experience. If you ever see me in a bakery watching them work their magic with my

mouth open and eyes wide it's not because I'm hungry, although I would gladly gorge on the amazing treats if they would let me, it's because I'm stunned by the skill presented. Damn, now I want a cookie. Recipe time! Want to taste the **best pumpkin pie**? Come to New World and have some that I made, or just do this. Whisk slightly 2 large eggs, open a can of ED Smith pumpkin puree, yes there are other kinds, but I said the best pie and I mean it. Scrape it into the eggs, add one cup packed brown sugar, 2 tablespoons pure vanilla. If you want to use artificial vanilla, please stop reading this recipe, seriously why do you even have that? 2 tablespoons dark rum, and pour yourself a drink, because hey why not. Add 1 teaspoon of cinnamon and one teaspoon ground ginger. Pour in a full can

of Eagle Brand and mix it all up. Let that sit for about twenty minutes while you enjoy your drink. Pour into a chilled pie shell from pie dough you made and rolled by hand then skillfully placed in a nine-

inch pie plate. Bake that at 425 for 15 minutes. Then lower to 350 and bake for 45 minutes. Let it chill for at least two hours at room temp. Slice and enjoy. Easy eh?

Tech Talk: 3D printed desserts

BY BRODY MCLAUGHLIN

I think within the next 10 years most people will be creating 3D printed desserts in their own kitchens. Hershey's Candy Co has been experimenting with 3D printed chocolates for the last three years and have created some amazing designs for candy and chocolate bars. I read another article a few years back about the Foodini in which you can make 3d printed pancakes, pasta or desserts. You just put in the ingredients you want, press the button and watch the magic happen. That being said with current technology the 3D printing of food takes a long time, but so did the early printers when printing a document or a picture. Once this technology matures though I think everyone will want a 3D printer for food just like everyone wanted a Smartphone.

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OPEN Wednesday to Sunday, 10am-4pm. Please note, we will be **CLOSED Oct. 29 to Nov. 2** to prepare for the open house. **OPEN Nov. 11, 11:30-4.**

do

The most classic French dessert around the holidays is the Christmas log, with butter cream. Two flavors. Chocolate and coconut. My first job in the kitchen when I was a boy was to make these Christmas logs. - Alain Ducasse



► Cowboy Christmas Concert 2015

Curator's Corner: Autumn Heritage Fundraiser Season

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

For the heritage sector, November is the end of one cycle and the beginning of another. The summer tourism season has come to a close and any leftover projects from the summer are being wrapped up yet things still seem busy. Perhaps it is due to the ongoing grant applications that drag into the fall or the upcoming

fundraising season. At the Museum of the Cariboo Chilcotin we are especially looking forward to preparing exhibitions with the support of various organizations, including Heritage BC and the Northern Development Initiative Trust, among others. These exhibitions will include expanded displays on municipal history and Indigenous-settler relations. At the same time, we are preparing for new and renewed projects, especially fundraising events. It all

comes together to create a dynamic and active season.

The many happenings in the late fall serve a distinct function in our modern western society. In the lead up to Christmas, workplaces are frantic to prepare for any calendar year end reports, retail businesses see the largest concentration of sales of the year, and marketing campaigns become more intense. For many people, the number of events, sales, and activities is exhausting. In the thick of these

overwhelming demands on corporate and individual energy, many people find it difficult to make the time to support local initiatives. However, this is perhaps one of the most important times to show support for community groups. The autumn fundraiser season is the last major drive for funds leading up to the end of the year – and we certainly hope it is also the richest course in the proverbial meal.

The Christmas fundraising season is especially important for heritage organizations. Fundraising in an era of neoliberal austerity is always a challenge but we press on regardless. As part of our efforts, the Museum of the Cariboo Chilcotin will be hosting its twelfth annual Cowboy Christmas Trade Show and Concert at the Gibraltar Room in Williams Lake on 24 November. This event puts a cowboy spin on the traditional Christmas craft fair. Our vendors will be bringing western style gifts including apparel, arts, history books, and other

odds and ends that meet your Christmas-shopping needs in the late morning and early afternoon. In the evening, we convert the venue into a concert stage for cowboy performers. This year stars Alan Moberg, Ed Peekeekoot, Jason Ruschein-sky, and Bruch Rolph as the

headliners with an open mic portion as well. The event has always been a major hit in the past and we hope many of you will be able to join us for both the craft fair and concert.

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Writers' Showcase

Short Stories and Poems

A SHORT STORY BY
KEN GRIEVE

Business at Delbert Johnson's bakery was good, flourishing in fact. That is until as often occurs, big money spoke. The new four lane freeway was moved several kilometres south taking with it the bulk of Delbert's business.

It was general consensus Delbert made the best pies within a five hundred mile radius. After the highway was completed, enough folks still made the journey

to purchase them allowing Delbert to scrape by. He could pay his bills, buy ingredients, leaving a little left over for the such luxuries as clothes and medical and dental care.

Now, Delbert was an optimistic sort. He knew he made a great product. Everyone told him so. He continued to crank out the same number of pies as before certain his customers would return.

Providence did finally shine on Delbert when a major overpass collapse on

the freeway detoured traffic past his door. For an entire week, he was barely able to keep up with the demand. It ended as abruptly as it started. He added one or two regular customers but scarcely enough to provide him with a comfortable financial cushion.

Delbert faithfully continued baking the same number of pies after the detour had been lifted. His brother, Erasmus, a much more realistic sort couldn't understand how Delbert maintained such misplaced hope.

Delbert was also a very frugal man. One day, at closing time, he surveyed his unsold wares. The amount he threw away gnawed at him as great waste. Several social assistance agencies turned down his offer citing his remote location as making it financially unfeasible for them.

Frustrated, he hit upon what he deemed the only workable solution- he'd just

have to eat as much as he could manage. So he did.

After two weeks, he'd gained five pounds. In three months he'd shot up from his usual 75kg to 100. He expanded from a svelte 100 up to 150 then 200kg. Repurposed bed sheets became his clothes. His dentist vacationed in Hawaii solely on maintaining Delbert's teeth. When his doctor mentioned something about the Islets of Langerhans, Delbert assumed it too was a vacation destination.

On one of his brother's infrequent visits, an exasperated Erasmus looked at Delbert. "You're gonna kill yourself, Del. You look like Kim Jong what's his name without the bad haircut."

He convinced Delbert to accompany him to see why his business wouldn't come back. They drove to the nearest junction on the freeway. A gas station oasis stood on both sides of the highway. Delbert huffed and puffed following



Erasmus inside the store. He was astonished to see people lined up buying prepackaged baked goods. "See. Folks don't care to come your way. They're in a rush. They can fill up with gas, buy this garbage and be on their way in ten minutes."

Delbert was no fool. He understood. Head hung down, he waddled back to the car. His brother had never seen him so inconsolable.

Alone again, Delbert took stock of his bakery. He sat in the dark. He went to the storage shed out back, grabbed a rope, fashioned

a noose and flung it over the rafters. He climbed a chair, put the noose around his neck, and stepped into the air.

The rope snapped from his massive weight. On regaining his senses, he thought destiny had spared him for another purpose.

He sold the bakery for a song, moved to the nearest town, lost all his weight, and opened a fitness center called "Just Desserts." Whenever asked about the meaning of his gym's name, he told everyone "Because I ate 'just desserts' to gain all that weight."



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It's fine to eat dessert when I want to eat dessert because that will give me the peace of mind I need. I'll know that if I ate chocolate cake, maybe I won't the next day. - Camila Mendes

Singing: Just For Fun!



BY RENÉE LOZEAU

Sadly, the long warm days and bustle of Summer are over for another year, and Fall is in the air. It's that time of year when many of us begin looking for indoor activities to keep us entertained during the chilly Cariboo winter ahead. This year I may decide to work on my "beach body" (It could happen —you never know) but I also tend to seek out group activities that give me an opportunity to socialize and be creatively fulfilled. It was one such Fall about four years ago that I discovered a little-known gem in our community. I was down on my luck and needed

to find activities where I could meet a new circle of friends, when I first met Angela Sommer of Angelkeys Music Studio and decided to join one of her Williams Lake singing groups.

The "Just For Fun" ladies vocal group is exactly what it says – a singing group that any lady can join. Bringing joy and fun to others is the group's focus, and we have a ton of fun together! If you have always loved to sing but been too scared or think you can't sing, Just For Fun is the group for you. We take popular songs, chosen by the group, and learn them our own way. There is no need to read sheet music or have any musi-

cal background. We work together to make beautiful music, and Angela gives the group vocal tips to improve our technique.

Just For Fun meets on Thursday nights at the Anglican Church (549 Carson Drive, Williams Lake) from 7:30-9pm. The group is free to attend as it is sponsored by the Women's Contact Society, childminding is also available free of charge, and new members are always welcome.

In past years, Just For Fun has entertained at the Seniors Village and Deni House, as well as many community events; Relay For Life, Women of Heart celebrations, community concerts, the Cariboo Festival, Performances in the Park etc. The group has won the Cariboo Festival's Choir High Point Award twice, most recently in April.

On Saturday, December 1, you can catch the Just For Fun ladies at their first public performance of the season; carolling Downtown during the Winter Lights Celebration. Keep an eye out for them at many other community events throughout the year, with the choir season culminating in April at the 2019 Cariboo Festival (more info at cariboofestival.ca).

Colette

SUBMITTED BY THE WL FILM CLUB

Colette: On the career and inspiration of co-writer and director Wash Westmoreland

The film *Colette*, directed by Wash Westmoreland and starring Keira Knightley in the title role, was recently released to unanimously good reviews and Oscar pre-season buzz. The Williams Lake Film Club is excited to bring this film to the Gibraltar Room at the Cariboo Memorial Recreation Complex (525 Proctor Street in Williams Lake) on **Friday November 9th**, with help from the Williams Lake and District Credit Union. In anticipation of this event, we thought we'd look a little more deeply into the life and work of *Colette's* director, Wash Westmoreland, and what inspired the creation of this film.

You may already be familiar with the work of Wash Westmoreland. His previous film, the heart rending *Still Alice*, starred Julianne Moore in a compassionate depiction of a character coping with the devastating diagnosis of early onset Alzheimer's disease. In fact, this deeply felt drama won Juliette Moore an Oscar for Best Performance by an Actress in a Leading Role at the 2015 Academy

Awards. Another lesser known title by Westmoreland was *Quinceañera*, released in 2006, the story of a young teenaged girl who is kicked out of her house after becoming pregnant. The story chronicles her life after moving in with her gay cousin and great-granduncle. *Quinceañera* was also well received, and took home the Audience Award and Grand Jury Prize at the Sundance Film Festival in 2006.

In the period piece, *Colette*, Westmoreland focuses his attention on the real life story of French novelist Sidonie-Gabrielle Colette, spanning many years of her life, but primarily focusing on her marriage to Willy (played by Dominic West). Although she wrote the famous *Claudine* novels, they were published under the name of her husband. The film beautifully depicts her struggle to be heard in her own right and take credit for her own work, and feels fully immersed in French culture.

Westmoreland co-wrote the script of *Colette* with his partner Richard Glatzer, who passed away in 2015 due to complications from amyotrophic lateral sclerosis (ALS). Westmoreland describes *Colette* as their "dream project." According to Westmo-

reland, the inspiration for *Colette* was Colette herself: "She's an incredibly interesting character, a brilliant writer, who made such extraordinary decisions in her own life. She did incredibly courageous things, she was a pioneer..." (Film Inquiry, 2018). After further work and development with co-writer, Rebecca Lenkiewicz, the script began to complexly explore the dynamics between Willy, the charismatic but exploitative husband, and Colette, the creative and disciplined writer.

The script was originally written in 2001, so Keira Knightley, who would have been 14 at the time, was not immediately on Westmoreland's mind. But years later, at the time this project got its green light, after *Still Alice*, Knightley emerged foremost as the perfect fit for the title role. As Westmoreland notes "...she has such a personal electricity, a strong sense of self, and a kind of effortless charisma" (Film Inquiry, 2018).

There is a good chance *Colette* will receive Oscar nods for best director and best performance, so be sure to check this film out at the Gibraltar Room on Friday November 9th. Advance tickets are available at the Open Book (247 Oliver Street). Doors open at 6:30, and the show starts at 7pm.

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Beginning a tradition

BY BRENDA BOURDON, WOODLAND JEWELLERS

In 2009 Cindy Watt had an idea for a great way of celebrating Woodland Jewellers' 76th anniversary. She decided to have her nephew Geoff Bourdon design a "one of a kind" custom diamond ring to be raffled off with all proceeds going to the hospital. That year \$5,000 was raised.

Since that time the collaboration between Woodland Jewellers and the citizens of Williams Lake has raised just over \$94,500 to go towards purchasing equipment for our local hospital. The joint effort has helped pur-

chase a Mammography Machine, CT Scanner, Echo Cardiogram and a Hematology Analyzer.

"We need a good hospital in our community and as we already have great staff at our hospital we want to be a part of making it even better. Every time someone can have a procedure or test done here in Williams Lake rather than having to drive somewhere else, we all win," Cindy Watt says. Every penny of the money raised in these raffles stays in Williams Lake.

For the first seven years Geoff designed diamond rings and

each year the ring had a different theme. It started with hearts to reflect the generosity of our community and has progressed to include pink diamonds for breast cancer, a blue diamond for prostate cancer and yellow diamonds for the April

Daffodil Campaign.

Last year in celebration of Canada's 150 Anniversary and Woodland Jewellers 84th Anniversary, Geoff decided to incorporate both events into one piece of jewellery. He designed a 14 karat white gold Maple Leaf pendant set with 150 sparkling diamonds surrounded by 84 beautiful red rubies. This year Geoff turned his talent to designing a beautiful pendant that has over 5 carats of genuine sapphires. The five sapphires are multi-coloured, in round, oval, trillion, tear drop and princess cuts. White diamonds surround each sapphire in a platinum halo. The hand fabricated pendant is gorgeous and hangs on

a 14 karat white gold 18" wheat chain. The pendant is valued at \$9,950.

There are only 500 tickets available, selling for \$20 each and are available at Woodland Jewellers. You need to see this pendant to appreciate just how beautiful it is. The colours of the sapphires are amazing and really compliment each other. This is a one of a kind piece of quality jewellery that has been made by hand with great attention to the smallest detail.

We have some very excited past winners in our community who have purchased a beautiful "one of a kind" designer diamond ring or pendant for only \$20.00. We think that is a very good outcome

for everyone concerned. The tickets are available now and the draw is Saturday, November 24th so come in and get yours before they are all gone. Every year the person who won the ring or pendant has said "I never win anything" so this year it might be you saying that.

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

"Know your limit, play within it."

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