



# the stew

ISSUE 10.01 | JANUARY 2019 | FREE

the  
harmony issue

Featuring  
**Angela Sommer**  
Pages 6 & 7



# we speak



## On the Cover:

Join us in this exploration of harmony in all its forms. We at The Stew wish you a Happy New Year!

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# Creating Harmony In Our Lives

BY CRAIG SMITH

The word harmony comes to us from the Greeks and in the beginning meant to fit together, join, agreement or a combination of contrasting elements. It's easy to see with those roots how this word could mean so many things depending on what you are talking about. The first and obvious is music. As much as it describes two or more voices or notes played or sung at the same time there are many ways to create musical harmony, and I'm not even close to being knowledgeable enough to pull off an explanation, so I won't even try. Some of my favorite bands are those that harmony was their strength and why it's almost impossible to copy their sounds. Groups like, The Beatles, The Eagles, Crosby Stills and Nash, Simon and Garfunkle, Queen, The Righteous Brothers, and the Beach Boys are just a few that come to mind when we are talking bands that understood how to harmonize. Very few bands nowadays seem to understand the power in three, four and five-part harmonies. That seems to be one of the qualities that propelled those bands to the levels that they attained. With bands, two harmonies come in to play. The first one is the musical one and the second is the relationship one. The personalities of band members are always pretty volatile as that seems to go along with most people with an artistic bend. I know I'm generalizing and there are many

exceptions, but the bands that stay together after the first rush of fame are few and far between. Groups such as The Rolling Stones, Aerosmith, Kiss, ZZTop, Rush, and The Who, have set records for how long they have been together. You can't work as hard as these bands do and stay together this long without having some harmony in your band.

As this is my January article, I would be remiss if we didn't talk about the obvious thing that people are talking about now and that the dreaded New Year's resolutions. This is a perfect subject for the harmony theme as work/life balance harmonies come into play. I posted a joke on my social media feed that read, "I'm going to start a business called 'Resolutions.'" For the first two weeks of January it will be a gym, and the other 50 weeks of the year it will be a bar." You don't need an MBA to figure out this would be an awesome business model as that's pretty well how resolutions work. Most people will make them and break them before January is over. I feel bad for the gym owners and the regulars who have to put up with that influx of people that have no idea how to use the equipment or what the etiquette is. Fortunately for them, it doesn't last long. The gym owners have probably signed you up for a few months to a year knowing that after a few weeks you probably won't be seen again, so they really aren't inconvenienced, but the regulars will sign and wait until they have

the gym back to themselves again.

So why do we set ourselves up to fail at the beginning of every year? We are on purpose, knocking the harmony in our life out of whack. We sit down and create a massive list of things we are going to change all at the same time on the same day. I see people say, lose weight, go to the gym, quit smoking, quit drinking, eat healthily, read more and learn a new skill. Each one of these things is a monumental task on its own, let alone trying to do it all at the same time. That's why resolutions don't typically last past the end of January. So, what can we do to fix that? Don't get me wrong I love making resolutions, but I do it a little differently than most people. I make my resolutions, but I create them in the form of a goal with measurable benchmarks. Resolutions that aren't specific are just wishes, and wishes don't give you the inspiration and motivation to reach what you want. What sounds better, I want to lose weight or I will lose 20 pounds in the next six months by going to the gym three times a week and by cutting sugar and bread out of my diet. One will probably work, one definitely won't. Without the target and directions to help you get there, you really are just spinning your tire because you don't know if you got there. One of the other things that, in my mind, is setting things up for failure is setting the start date for all these things on the first of the year.

Most of people's resolutions are fairly knee-jerk reactions to something that has been bugging them sometimes as recent as just over the Christmas holidays. You've had a hectic year, and you finally get more than a couple of days off, and you start to contemplate how your life is going and think, "I should start going to the gym to get in shape." And three or four days later you are at the gym. You go for a few weeks and because you don't have any milestones you don't know whether it's working and being human, because you don't see any change you abandon it.

I do set up my resolutions or goals during my time off in between Christmas and New Years. I set the target, the benchmarks, how I'm going to accomplish then and one last item that I think has made my resolutions more successful than the average person. I choose a date that makes sense for the goal. When I decided one of my resolutions was to quit smoking ten years ago, I didn't try to do it January first. I actually picked a date in March when I thought it would be the most relaxed time to do it. I had tried many times in January, and I never lasted more than a couple of weeks but once I eliminated the stress of that date I accomplished that goal.

I hope that 2019 holds everything you want and may you accomplish your resolutions and if this helped a little send me an email, I'd love to hear about it.

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# ingredients

Pages 6 & 7



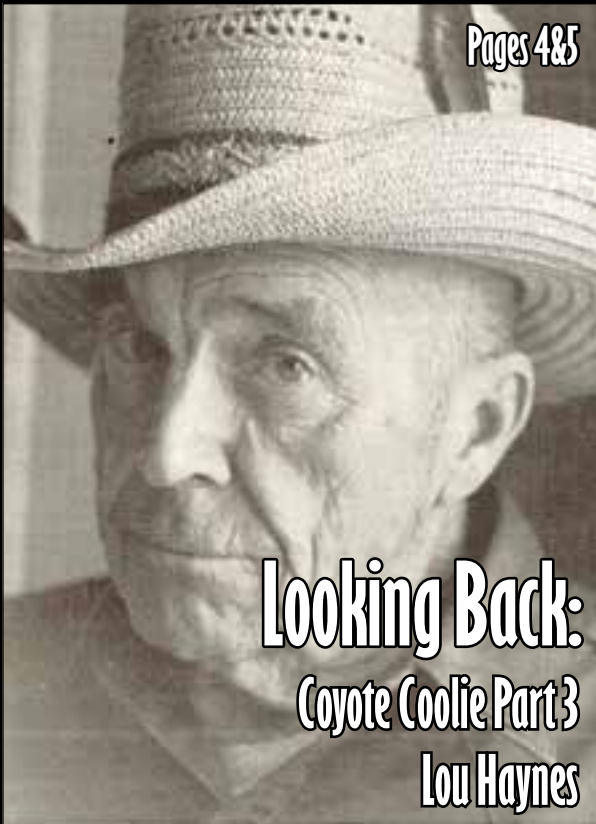
Featured Artist  
**Angela Sommer**

Page 11



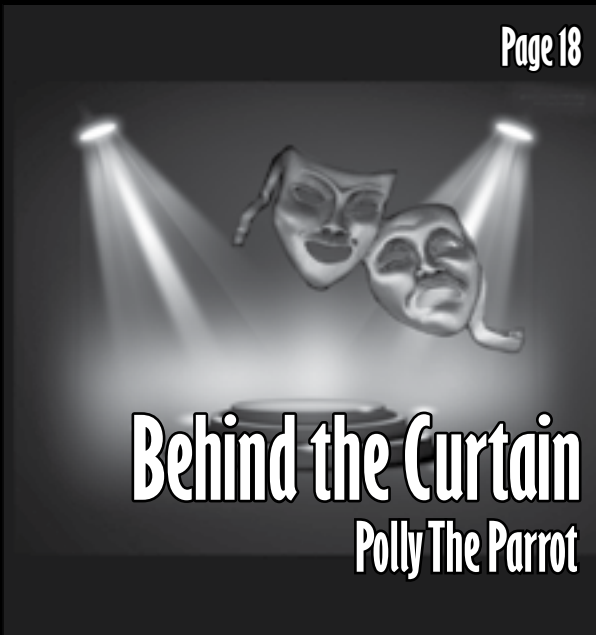
**Health:**  
Harmonious Alignment

Pages 4&5



**Looking Back:**  
Coyote Coolie Part 3  
Lou Haynes

Page 18



**Behind the Curtain**  
Polly The Parrot

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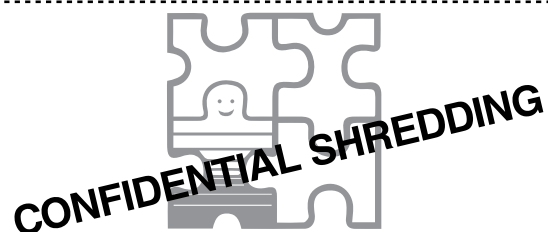
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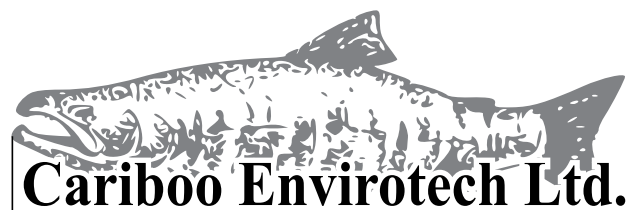
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# Coyote Coolie Part 3 - Lou Haynes



Lou Haynes was 15 years old when he came to Tatlayoko Valley from New Westminster in the spring of 1930 with his mother Del Naomi Haynes and three younger brothers Ray, Laurie and Ken.

By 1932 Del Haynes was postmistress for Tatlayoko and had the post office in her house. Lou was assistant postmaster.

With his parents separated and his dad, John Kemp Haynes, still in the Lower Mainland, Lou found a father figure and

mentor in neighbour Scotty Shields who lived up the valley. They remained lifelong friends.

"Scotty gave me my first horse," Lou said. "He got it from the wild bunch at Eagle Lake."

When Lou was 19 years old he rode his horse to Tommy Walker's stampede at Stui. It was 1934 and it was more than 160 km from Tatlayoko to the Bella Coola Valley. But in those days distances were of small consequence when it came to a social event.

"A whole bunch of us went down from Tatla Lake," Lou said. "Tommy Walker had Tweedsmuir Lodge at the time, and he held one of the first stampedes we ever had in this country."

One member of the party was Ollie Nukalow, also known as Johnny Robertson. He was a strong capable man about ten years older than Lou who worked at the Graham Ranch in Tatla Lake.

Lou said Ollie Nukalow showed him how to fish in the Dean River and catch fish.

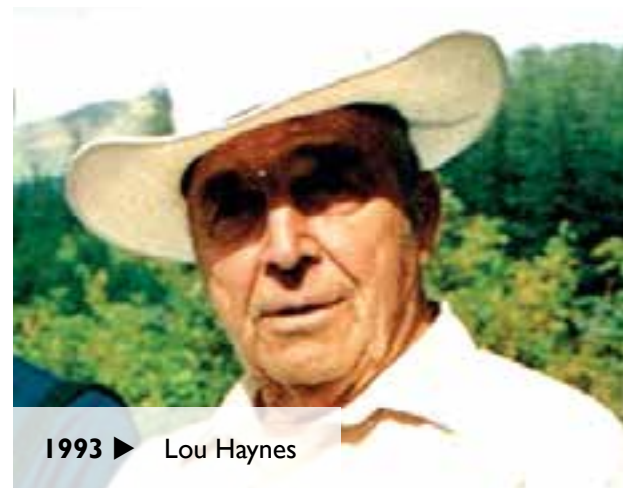
"On our way back from the Stui Stampede we stopped at Natsadalia, where the Dean River breaks out of Anahim Lake and goes down to Abuntlet Lake. Natsadalia Crossing is always good fishing right there. Ollie showed me how to catch rainbow trout with a piece of string

and a hook tied to a willow stick."

Ollie's mother was Loozap, a Tsilhqot'in woman from Redstone. His father was Jim Robertson, a Scottish immigrant who had settled in Nemiah Valley. Jim died tragically of a gunshot wound when Ollie was a boy. Some said it was self-inflicted but others maintained it was murder.

Ollie's older half-sister, Chiwid (Lilly Skinner Jack), later became famous as the invincible recluse who lived outside in the wilds of the Chilcotin for fifty years. She had the same mother as Ollie but a different dad. Her father was Charlie Skinner, an American who pre-empted a big meadow in the Eagle Lake country between Tatlayoko Valley and Chilko River. It's still known today as Skinner Meadow.

On the strength of a



railway survey from Bute Inlet to the goldfields of the Cariboo in the mid-1880s, Charlie Skinner decided to build a stopping house on his pre-emption to take advantage of the opportunity. He hired Kleena Kleene master log builder, Frank Render, to help him. The dovetail corners of the building are so precise you'd be hard pressed to fit a piece of paper between the joinery

of the logs.

The unfinished building is still standing. The walls of the structure are eight feet tall but the roof was never added. It is said that Charlie Skinner and Frank Render had an argument over a jar of jam, and the project was abandoned.

Perhaps another explanation for the uncompleted edifice was the decision not to build a railway to Bute Inlet. Once the Grand

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# hear



► Wintertime Travel

...continued from page 4

Trunk Pacific Railway to Prince Rupert was completed in 1914, Canada had a second cross-country rail link to the Pacific Ocean, and all other rail line proposals to the coast became redundant.

At any rate the unfinished Skinner Meadow roadhouse stands as a testament to an earlier time. Large aspen trees have taken root and flourished inside the log structure measuring the time since work on the project ceased more than a century ago because of a dispute over a jar of jam.

Lou Haynes said Charlie Skinner's real claim to fame was his role in contributing to the overpopulation of wild horses in the Chilcotin. He was a horse breeder who brought in highly-bred Clydesdale and Thoroughbred stallions from Washington State to improve the quality of his herd. Then he simply turned the animals loose on the range to run with the wild bunch.

"The number of horses just built up and built up," Lou said. "Then as Charlie got older the horses became unruly because he couldn't manage them. The horses bred like wildfire.

Pretty soon the whole country was full of wild horses."

There's an old story of Charlie Skinner camped on the side of the road with a nice team of horses hooked up to his wagon, when a man he didn't know came along and started admiring the animals. When the man commented what a fine team of horses they were, Charlie responded, "Yep, and I got 40 more just like them."

Little did Charlie know that the stranger was the tax assessor and he immediately jotted down the numbers. After that Forestry wanted him to pay range fees on 40 head which Charlie refused to do. So Forestry said they were going to shoot them off.

That's how it all got started.

The government wanted to reduce the number of wild horses in the Chilcotin to open up the country for cattle, Lou explained. "By 1930 the range was eaten right down because these horses were on it winter and summer."

Apparently Eagle Lake Henry and Bill Bliss offered to round up Charlie



► Lou Haynes

Skinner's horses for him so he could sell them, but Charlie refused. He didn't want anybody touching his horses.

Eventually the Forest Service hired Scotty Shields and Jimmy Adams to start shooting horses. According to Lou Haynes, they killed over a thousand head the first year.

"You'd turn in the ears and get a dollar a piece for them."

Lou said the last big hunt was in 1939 when he and his brother Ray Haynes were hired by Forestry to shoot them.

"We started from Alexis Creek and went down to Big Creek, then worked our way west across Nemiah Valley to Tatla Lake. We got 400 head of horses that winter."

He said the Forest Service paid them a wage of \$80 a month, plus they still got a dollar for each set of ears and five dollars for a set of ears and testicles.

"We had to keep a daily diary," Lou said. "We'd go out and shoot and cut all the ears off and we'd also cut all the tails and manes. The war had just broken



► Chiwid Brush House

out and we made more money on horse hair than from the wages and what we got for the ears. We sold it to the army. They wanted it for stuffing in the seats of vehicles and airplanes."

Lou described how they headed out with a sleigh and six head of horses.

"Two were broke to harness and you could ride them as well. We had a load of hay on the sleigh and we'd just move and camp, move and camp. We'd fill sacks with the horsehair and ears and load them on the sleigh."

By spring they were at Skinner Meadow and the snow was melting.

"So we rode down home to Tatlayoko where we had an old Model T Ford made into a wagon, and used the wagon for the last little while. Our last hunt was at Bidwell Creek."

Lou says he spent a couple of winters feeding cattle for Duke Martin owner of the C1 Ranch at Alexis Creek.

"Duke Martin was running a thousand head of cattle and in the winter-time he'd break the herd

up and send them out to various meadows toward Nazko. I spent two winters out there on my own wintering 500 head of cattle."

Besides forking sleighload after sleighload of loose hay from the big haystacks and feeding it out, Lou had to chop waterholes for the cattle and set out the salt. On top of that he had all the household chores of cooking and getting firewood to stay warm.

"I had a team of horses, a sleigh and a saddle horse, and I fed about six loads of hay a day."

At the end of the day he'd bring a sleighload of hay into the barnyard at night to feed his horses and the 'hospital bunch'. "These were the cows that weren't doing too well, so you'd bring them into the barnyard and feed them a little extra."

Lou said it was a busy life. In the morning after breakfast, he'd get his horses harnessed and lined up, feed the few cows in the barnyard, then head out to the stackyard and start forking hay.

"Six loads of hay in one

day. You forked it on and forked it off. If you had a few minutes to spare you might shoot a moose and drag it in, or drag in a stick or two of firewood so you could saw it up at night."

He said a lot of people asked if he ever got lonesome working out there by himself.

"Heck we didn't have time to get lonesome. When you got done with the chores you were ready to go to bed. You got paid \$15 a month along with your board."

From there Lou went to work for Frank Mayfield at Chilco Ranch.

"All I did there was ride. Cowboy, and look after the cattle."

He said they had a lot of good winter pastures where the cattle didn't have to be fed a lot of hay.

"That's what made the big ranches what they were. Steep sidehills above the river stay bare of snow and the cattle can rustle all winter."

But these ideal circumstances came with a price.

"When the weather gets bad and it gets icy, the cattle can slide off the hillside. Lots of cowboys got broken legs and ankles over that. Even if your horses are sharp-shoed, they can slip."

When a cow went over the hillside Lou said he had to go down and wrestle it back up top again.

"If it had a broken leg, you had to butcher it and drag the meat out."

A cowboy, he said, would walk a mile to get a horse to ride 100 yards.

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# flavour of the month





# flavour of the month



## Harmony: to blend many different sounds into one overall pleasing sound - Angela Sommer

BY JUANITA MCKINNON

Angela Sommer has been playing piano and singing since she could climb up on a piano stool. Her first piano was an old black thing with chipped keys, probably from her grandparents. Growing up in Germany, music instruction was part of the curriculum. "Whenever my teacher introduced a new song, she got me to sing it which my classmates didn't appreciate". Angela remembers getting up to sing at church on Sunday and thinking, "That microphone is bigger than me, it's on a stand and I'm going to have to get it down somehow". Music was always part of her life.

She began lessons at age six, and in Germany, you decide in grade four if you are going to go to trades school or University (grade 13). Because nine years of schooling is compulsory in Ger-

many, Angela attended a school that specialized in language, arts, and music. She chose to enroll in 5 plus hours of music instruction daily. The theory and history components of the program compare to what Canadian students receive in the Royal Conservatory of Music!

There were many opportunities to perform. The community had a theatre, the school had an orchestra, and the school travelled to other cities to perform. Angela's parents were very supportive of her music and everything she wanted to do.

Angela always wanted to be a music teacher. Her first music teaching job was at age 15, and she received \$20\hr. That helped pay for gas for her moped and allowed her to be able to travel.

After graduation, she travelled to Canada. She joined in choirs because

"it was something I'd always done". She was a member of The Vancouver Bach Choir and The Cowichan Musical Society.

After receiving her permanent residency in 1985, Angela attended BCIT and graduated with a degree in Operations Management. She worked for Conair Aviation as a Production Controller at the Abbotsford Airport. She also worked for Ebco Aerospace as a Production Controller/Purchaser.

After the birth of her first child, Angela decided to stay at home. She had just quit her job, when she received a call from a friend that ran the piano department at Carillon Music in Surrey. They needed a music teacher for 3 hours on Saturday. She taught for one year before moving to Spokan Lake. After moving she became involved in the

church where people heard her sing and play. Soon people began asking for lessons. At first she taught in her living room. Her husband and kids were banned to the basement to be quiet.

After her third child started kindergarten, Angela took on more students. Lessons were taught in people's homes and a rented room at the 150 Mile school. When Angela and her family moved to Borland Valley, she began teaching at home and 2-3 days in town.

Angela's students range from 3-80 years, and she believes everyone can sing! Everyone is accepted. If you don't sing, you miss out. Because of her training and how she grew up, Angela is supportive and encourages her students. "I would hate to see someone walk out because they felt they weren't good enough."

Angela has helped

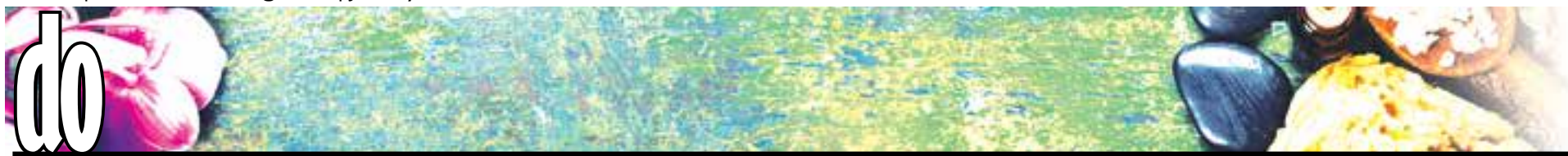
kids that are in bands and with acting. Some go on to write exams in RCM and pursue post-secondary education in music, but there are few like that. Angela says she is not in the business of creating professionals. Seeing people grow and develop where they wouldn't on their own is rewarding. She helps her students develop the tools to perform without showing fear. "In a way, terror becomes your friend, and you are able to deliver a performance with spunk and pizzazz!"

She has also worked with individuals to improve vocal techniques. They are short term lessons to help voice projection and pronunciation. Music is the ultimate in multitasking. You need to do layers of things simultaneously-time, pitch, words, rhythm, sound and harmony. And if you are playing piano, you need to know what

the lines and dots on the page mean and how to read the notes. Angela says music is good for the brain. Studies have shown that when electrodes are placed on the brain the entire brain lights up when music is played. "Sound is more powerful than a picture". Harmony can be used to create many effects and emotions-pleasing, positive, sad, or disharmonic. Music teaches discipline- the more mileage put in practicing, the better the result. Natural talent alone is not good enough. To tell a musician that they have talent is almost offensive. Nobody sees the thousands of hours invested to become that accomplished.

Angela teaches because she enjoys working with people and because her teachers put their heart and soul into her she too puts her heart and soul into her students!





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With both of these receipts, you have the option of carrying all or a portion of these deposits forward to the next year of your income tax remittance. But you must claim them on the return so

that they are registered with the CRA system.

There are financial institutions that market RRSP loans so that you can maximize your income tax refund. My opinion is to be very careful when taking out an RRSP loan for this reason. If you will receive a full refund in order to pay the loan off, it may be something you will want to consider. If, on the other hand, you will not receive that high of a refund, and you will be left making loan payments on the RRSP loan – is it in your best financial interest?

Another thought to review is that if you can't afford to put money into your RRSP throughout the year due to budgetary constraints – how are you going to be able to



afford to pay the RRSP loan back if the refund doesn't fully pay it off?

The other question to consider is if a TFSA or an RRSP is the best product for you? Your age – your earnings – your debt load – your family situation are just a few factors to bring into the discussion when trying to

decide which of these retirement vehicles is the right one for you – or a combination of both?

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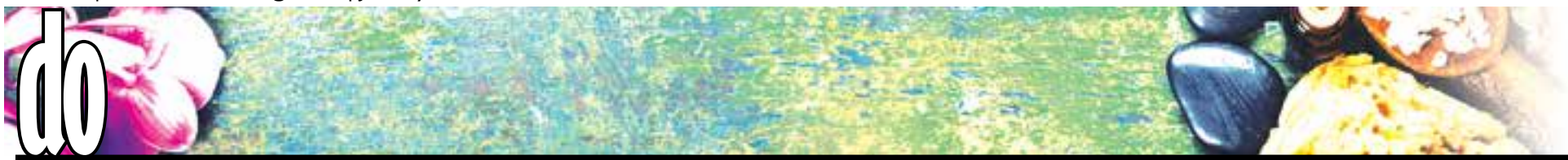
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# Leave No Trace

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The Williams Lake Film Club is very pleased to be screening director Debra Granik's *Leave No Trace* on Friday January 11th at the Gibraltar Room. This movie has received universal acclaim from the critics, and features two superlative performances by its lead actors, Ben Foster and Thomasin McKenzie. Ben Foster plays the character of Will, a veteran struggling with PTSD who leads a precarious life off the grid in a wilderness park bordering Portland Oregon with his 13-year-old daughter Tom, played by Thomasin McKenzie. When their camp is discovered by a jogger, they are raided by police, and brought in for questioning. Thus begins their journey through the bureaucratic social services system. While Will resists to adapt, Tom is divided

between her love for her father, and her desire to live amongst others and participate in society. This tension is at the heart of the film. The script was adapted by Granik and her screenwriting partner, Anne Rosellini, from a novel by Peter Rock, called *My Abandonment* (the 2009 novel was based on a true story).

You may already be familiar with the work of Debra Granik. In 2010, her film *Winter's Bone*, launched the career of Jennifer Lawrence, who played a 17-year-old girl struggling to keep her family intact in the severely economically depressed Ozarks. It was nominated for 4 Academy Awards in 2011, including Best Screenplay and Best Motion Picture of the Year. Granik followed *Winter's Bone* four years later with a lesser known documentary, *Stray Dog*, which chronicles the life of Ron 'Stray Dog' Hall, a Southern

Missouri Vietnam veteran, motorcycle biker and trailer park manager, who Granik met while filming *Winter's Bone*. The documentary is a contemplative and nuanced look at a complex character. Granik is innately drawn to such complexity. *Leave No Trace* isn't about hammering home any kind of particular world view or proselytizing about the evils of civilization. Rather, the film is keenly observed, intelligent, and seeks to explore what it means to live on the margins of society. It is also about how trauma shapes a family's life, is passed down to the next generation, and how hope emerges. It is grounded in an almost documentary style realism, and is beautifully shot. As Peter Travers writes in his *Rolling Stone* review, this drama is "hypnotic, haunting and one of the year's best". Tickets are \$12. Advance tickets can be purchased at the Open Book, and will also be purchasable at the door. Doors open at 6:30pm and the show begins at 7pm.

WILLIAMS LAKE FILM CLUB PRESENTS  
**LEAVE NO TRACE**

A father and daughter live a perfect but mysterious existence in the Oregon wilderness, rarely making contact with the world. But when a small mistake tips them off to authorities, they are sent on an increasingly erratic journey in search of a place to call their own. Starring Ben Foster and Thomasin McKenzie.  
Directed by Debra Granik.

**January 11th | Doors 6:30 | Show start 7pm**  
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do

# Harmonious Alignment

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

Alignment refers to how the head, shoulders, spine, hips, knees, ankles and feet are situated. Proper alignment of the body puts less stress these joints, and reduces the chances of feeling aches and pains related to mis-alignment. When the body is mis-aligned, it will not be functioning at it's greatest capacity. When discussing alignment, we can talk about alignment in a neutral, weight-bearing posture, and alignment in certain movements such as gait (walking). Proper standing posture involves standing with your feet roughly hip-width apart, a slight softness to the knees (so they aren't hyperextended) and the hips should be stacked on the knees and ankles. The upper body should also stack on the lower body, with the shoulder blades down and back, core strong and ears stacked on the shoulders. If it is hard to maintain this standing posture with ease, many things can be done to help. Arch supports and orthotics help to redistribute contact points that the foot has with the ground, which can help to realign the lower body in standing. Physiotherapists, Athletic Therapists, and Trainers

can address muscle imbalances which may be related to poor posture. Postural braces, ergonomic sit/stand desks, anti-fatigue mats and supportive footwear can all go a long way in helping maintain a healthy body while standing. It is generally harder for a human to stand all day than to walk, so if small movement breaks can be scheduled in to a standing work-shift, your joints will thank you! Another major source of mis-alignment comes from leg-length discrepancies (LLDs). Two categories of LLDs exist: anatomical and functional discrepancies. An anatomical leg-length discrepancy occurs when the tibia (big shin bone) or femur (thigh bone) is shorter or longer than it's mate. This can happen when one of these bones fractures in development, which can delay growth on the injured side. It can be a congenital difference (born with) or can come later in life, as a result of a hip or knee surgery. This type of LLD needs to be addressed with an internal or external shoe lift (depending on how large the discrepancy is). A functional leg-length discrepancy can also happen at any point in life, but is the result of the pelvis or back being out of alignment, which can create a

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by CARIBOO ORTHOTICS

'false' discrepancy in leg length. For example, if a cashier stands on her right leg, bending her left knee with her hand on her right hip every day for months on end, her joints and the supporting muscles will eventually change. This can make it feel and look like one leg is shorter, when in fact one hip has piked up and needs to be adjusted back down to re-balance her hips and leg length. Depending on the source of the functional LLD, a chiropractor, physiotherapist, athletic therapist, trainer or massage therapist may be able to

help address the issue. The bottom line is, if you feel that your alignment isn't in harmony – there are many certified professionals that can help address your concerns before major issues such as osteoarthritis, sciatica, or limps start to debilitate you! Have someone assess your posture and alignment (whether it is your sitting, standing or walking posture) or do some research on your own to learn more about these topics! When our physical alignment is in harmony, we can enjoy the activities we love with less pain.

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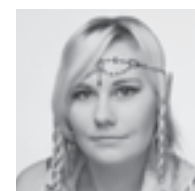
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# Thank You Williams Lake!

BY TAMARA ROBINSON  
WILLIAMS LAKE  
SALVATION ARMY

I would like to extend a huge heart-felt THANK YOU to everyone who supported us through 2018, whether it was through monetary donation; or volunteering of your time. We have always said that The Salvation Army in Williams Lake would cease to exist if not for the countless hours our volunteers give each week. We had 63 regular volunteers who contributed 8,183 hours of service in 2018!

The Williams Lake Salvation Army receives no government funding, and without the generous support of individuals and businesses in our beautiful city, we would not be able to meet the growing demand for our services. We would like to extend a thank you to everyone who took a kettle shift during our Christmas Campaign, and for our local businesses; Safeway, Save On Foods, Walmart, BC Liquor Store, 7-11 and Real Canadian Wholesale Club for allowing us to have a kettle in your business. What a difference you all have

made!

We would also like to thank Winners, The Realm of Toys, Walmart, Kit and Kaboodle and Canadian Tire for allowing us to have our Angel Trees in their stores. Thanks to their support, and your willingness to purchase gifts for those in need, we were able to ensure that 478 children will wake up to gifts on Christmas. Our Christmas hamper distribution was a success, 1,276 people benefited from our hampers this year. Thank you Williams Lake for making this possible.

So, what were we up to in 2018?

In our dining hall we serve breakfast and lunch five days a week to anyone who would like to partake; in fact,

we served over 25,869 meals in 2018; and 14 people were able to access addiction treatment.

Our Drop In Center offers a variety of activities to keep folks out of the elements, accessing services in a safe and supportive atmosphere away from drugs and alcohol. In 2018, our Drop In center was visited 18,000 times! While here, over 500 people used our shower services, and over 300 people accessed our free fitness center. Are you looking for somewhere to work out and achieve you New Year's fitness goals? If so, come see us! Our gym is free of charge and available Monday-Friday from 9:00am-11:45am, closing for lunch, and reopening

1:00pm to 4:00pm.

Thanks to the generous donations from our local Safeway, Save On Foods, 7-11, Walmart and The Real Canadian Wholesale Club, we are able to operate our "share shelf". The Share Shelf is open Monday to Friday from 1:00pm-4:00pm. We sort bread and produce donations daily, and put out the best we have to share with folks who may not be able to purchase these goods otherwise. Over 7,000 people accessed our share shelf in 2018. Thank you to all our local grocery stores for your donations, Williams Lake values your contributions!

Our food bank assisted over 372 families with monthly hampers in 2018, and

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thanks to your generous donations, we were able to ensure 621 adults and 478 children woke up to a Christmas Morning. We are looking forward to what 2019 will bring, and to serve the community

of Williams Lake. We are a charitable organization, but the true charity is the caring people within our community and businesses that show compassion to those who so desperately need assistance.

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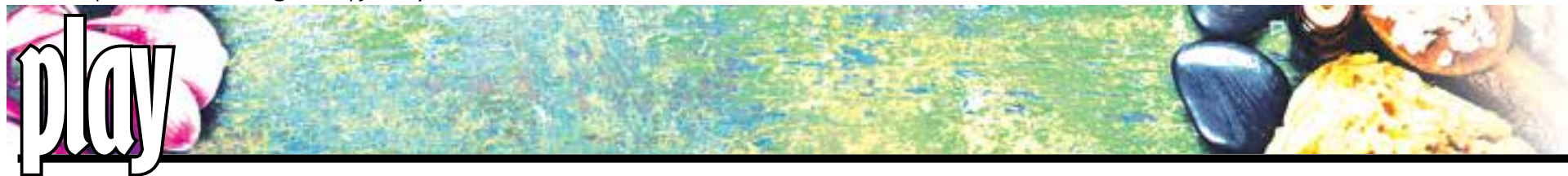




# Play

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





## WILLIAMS LAKE & AREA

**January 4,11,18 & 25,** CJ's Restaurant has Live Music every Friday night.

**January 4,11,18 & 25,** Lego Drop in Sessions, Williams Lake Library, 3:30pm-4:30pm

**January 10,** Tackling the Songbird Trade Crisis in SE Asia, 7pm-9pm, For more info Call Sue Hemphill at 250-398-8532

**January 11,** Williams Lake Film Club presents 'Leave No Trace', at The Gibraltar Room, 525 Proctor Street, Doors open at 6:30pm – Show starts at 7:00pm

**January 12,** Adventure games is holding an Anime and Manga night from 5pm-7pm

**January 15,** Women's Breakfast - Let it Snow, at the Cariboo Bethel Church, from 9am-11am, for more info contact Carolyn at 250-392-3157

**January 16,17,18,19,23,24,25 & 26,** Williams Lake Studio Theatre in Glendale presents the play Table Manners, from 8pm-10pm

**January 18,** Alley Katz, Enjoy some Blues Music every 3rd Sunday, Call for info: 250-398-7368

**January 23,** Beauty 101- Vintage Make-up, at the Pink Room, 6:30pm-8:30pm

**January 26,** Robbie Burns Night, Dinner & Dance at the Royal Canadian Legion. Come and enjoy some Scottish fun with highland danc-

ing and Williams Lake Pipe Band and a traditional Scottish dinner, 6pm-Midnight

**January 30,** Beauty 101- Vintage Hair Styling, at the Pink Room, 6:30pm-8:30pm

**January 31,** Tropical Night, Cariboo Memorial Complex, Hula dance, coconuts and fun in the sun. We bring the tropics to you! – 7pm-9pm, for more info call 250-398-7665

**February 9,** Get Your Tickets Today, Vintage Valentines, at Ramada Convention Centre, Starts at 6pm, Tickets at The Women's Contact Society.

## QUESNEL & AREA

**January 1, 8,15,22 & 29,** The Occidental, Karaoke with Rob Hess, at 6pm-10pm

**January 5,** The Occidental, RCMA Open Mic, first Saturday of the Month, \$5 at the door.

**January 25,26 & 27,** 27th Annual Dog Sled Mail Run, The event starts in Quesnel on Friday and runs to Sunday afternoon in Barkerville. You can participate in the Dash in Barkerville on Sunday

**January 25,** The Occidental, The Foxxie Follies - Bromance, Admission \$20 at the door, Show time 9pm

**January 26,** The Occidental, The Jerry Cans, One Performance Only, Admission \$25 at the door, Show time 7pm

## 100 MILE HOUSE & AREA

**January 14,** Free Public Skate, Bring the whole family for Free

Public Skating, South Cariboo Rec Centre, 1:15pm-2:45 pm

**January 19,** Free Spaghetti Dinner, St. Timothy's Church Basement, 5pm-7pm, for more info call Keith at 250-302-1157

**January 20,** Jam Session, At Stemetewu'I 'A Gathering Place' Friendship Centre, 106B Blackstock Rd, 11am-4pm, For more info call 250-945-5259

**January 23,** Sustainable Community Film Series, 'The 4th Revolution Energy Autonomy' At Stemetewu'I 'A Gathering Place' Friendship Centre, 106B Blackstock Rd, 11am-4pm, For more info call 250-791-7284 or 250-395-4103



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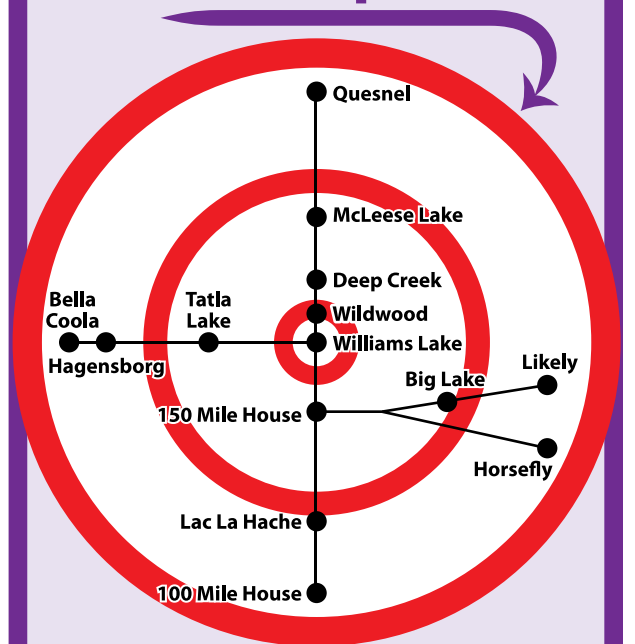
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Pour water into large saucepan and bring to a boil. Remove from heat and toss in the orange spice tea bags. Cover and let steep for 5 mins. Remove tea bags, stir in sugar, apple cider, rum and 2 cinnamon sticks. Heat just to steaming, do not boil. Ladle hot cider into 6 mugs, drop ½ teaspoon of butter into each. Garnish with cinnamon "swizzle" stick.



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eat

## Out of the Fridge

By Brice O'Neill



# Harmony Grits

Many high-end Kitchens are quiet, serene places where Masters of Culinary Arts ply their trade. They work slowly and methodically, in silence, cooking and plating stunning dishes. The harmony in these kitchen is palatable (pardon the pun). They are hyper focused and concentrate so much on every detail that the result justifies the \$65 per plate price tag. I have been fortunate enough to not only eat that kind of food but also learn about and ultimately make some. The city I grew up in, spent my entire career in and for the last nine years offered my own brand of cooking, would not support that style. Besides which, I NEED music to cook. I could not work in an environment where silence rules. I play music the entire time I am in the restaurant. When I was an apprentice I was subjected to the drudgery of the

radio because that's what my Chef liked. Of all the idiosyncrasies my Chef had, the radio was probably my favorite. When a song he liked came on he would turn it down, yes, down so that he could sing the lyrics he had made up for it. The song 'Listen to the Music' became "Oh oh oh, listen to the bull... Oh oh oh listen to the bull..." It was super funny the first couple of times, but after a couple hundred renditions of 'Hey Jude' transformed into the timeless masterpiece "Sup dude" or "Carry on wayward son" morphed into the "Carrying a loaded gun" I had had about enough. He wouldn't stop with just the chorus either. Nope, he would make up as much of the song as he could, often turning phrases that are not suitable for publication, so I will just leave it. When I became a Chef and I got to choose what everyone



in the kitchen was going to hear I would always ask what they wanted to hear, then play what I wanted... but at least I asked. The majority of the music I enjoy is not what most people call melodic, it is hard, fast and loud. Metal is my favorite and according to Wikipedia, it is harmonized in perfect 5ths. Metal makes frequent use of parallel 5th chords called "power chords" consisting of the root note, the fifth of the chord and a root note again, one octave up. That's how I can justify "harmony" in my kitchen. It's "classical music" by definition. Metal's most influential musicians have also been guitar players who studied classical music. Kirk Hammett, lead guitar for Metallica apprenticed under Joe Satriani. There new bassist is a classically trained Flamenco player. So the moral of the story is, harmony in the kitchen comes in all forms and because I am the "Chef" I get to play

what the heck I want.

Since I can't do "harmony grits" or so I've been told, yes, I know it's hominy, but that's not funny, let's do corn bread stuffing which is a fantastic addition to any Christmas dinner. Use 1 ½ cups of cornmeal. Soak in 2 ½ cups of milk. Meanwhile mix 1 tbsp of baking power, 1 tsp of salt, 2/3 cups white sugar and 2 cups of flour. When the milk, cornmeal mixture has sat for 15 minutes, add 2 beaten eggs and ½ cup of vegetable oil to the cornmeal mixture. Then add the dry to the wet. Combine until just mixed. Lumps are good. Grease a 9 x 13 with lard or butter. Put in a pre-heated oven at 400 degrees. Bake for approx ½ hour. It is done when a knife comes out clean. Let it rest until cool. Chop it up into cubes and substitute this instead of bread in your stuffing. Add things like Chorizo sausage, or Jalapeno to give it a kick. Easy eh?

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# Polly The Parrot



BY SANDI ALARIC

Music has been a part of the human fabric since the first cave dweller discovered that beating a hollow log with a stick produced an interesting sound. From that discovery came vocalising as

a means of communicating. Studies have shown that various birds and mammals use rising and falling of pitches and volume to communicate warnings. Rising and falling of pitches in humans may have begun as a way of communicating emotional

messages. Imagine a Neanderthal mother cooing to a fussy infant.

Beating drums, flutes, and singing helped groups to bond and became part of the process of survival. Over time this evolved into music as we recognise it, but we still respond physiologically and emotionally just as our ancient ancestors did.

Fast forward a few millennia and we have William Congreve in 1697 creating these immortal lines in *The Mourning Bride*:

“Music hath charms to soothe the savage breast,

To soften rocks, or bend an oak”

Music can create a wide range of emotions. It can be stimulating, upsetting,

or reassuring depending on the type of music played and when we hear it, but one of the special powers of music occurs when it is sung in groups. Dr. Frank Russo, a professor of psychology at Ryerson University, says that when done in unison, singing synchronizes singers’ heart and breathing rates. Auditory and motor areas of their brains spontaneously fire in time with one another. Levels of the stress hormone cortisol decrease, while oxytocin, also known as the “love hormone”, increases.

Studies have also shown that many people are able to withstand more pain after group singing. This may come from the sense of being

part of something greater than oneself. Singing may remind them that they are not alone and they feel more resilient and stronger against adversity.

Group singing also has the special power of engaging people to move together in time says Russo. Most people do not think of singing as movement. It does not involve major muscle movement that sports or dance requires, but there are hundreds of muscles required to create sound. Three-quarters of the human body is used to create sound. These same muscles are used in unison when singing in a choir.

“Given all of these complex and highly co-ordinated

movements, one hypothesis is that group singing causes an individual to lose sight of where they end and where the next person begins” Russo says. “That’s an intriguing idea, that we really become some kind of superorganism that’s like a collection of the parts” he says.

One study suggests that singing can also produce a euphoric sensation similar to a “runner’s high”.

Whether you sing like Pavarotti, or like Polly the Parrot, lifting up your voice can help fight depression, and is being used in therapies to improve speech in Parkinson’s patients and stroke sufferers. In short, singing in Harmony is good for you.





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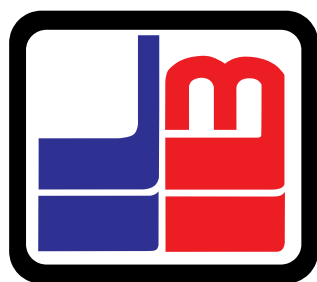
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# Listen To Your Skin

BY KRISTEN FOOTE

One definition of harmony is "a state of agreement or orderly arrangement according to colour, size, shape etc."

This is incredibly relevant to make-up. If your brows, for example, are significantly darker than your hair or the wrong shape/size on your face they can disrupt the harmony. Your make-up application should be based around your skin colour, the shape of your face and enhancing features you like. For example, if you feel like your nose is

disproportionally large on your face, do not put highlighter on it. That will just make it look bigger, not likely your end goal. My goal as a make-up artist is that, when I'm done my client's make-up, no one notices any specific feature. They don't look at their face and say 'oh wow, look at your -fill in the blank-' but they say 'wow, you look great!'. That to me is perfect harmony!

Skin care is another major factor when it comes to the harmony of your make-up. If you're using make-up

to cover up your skin or not washing it off at night there will be no harmony between your skin and make-up. My goal as a skin therapist is to help my clients have healthy skin so they don't need to cover it up with make-up.

For example using a product that for dry skin when your skin is in fact dehydrated will not result in harmonious skin. Same as using alcohol based or drying products on oily/acne prone skin will result in increased oil production and redness/sensitivity.

Finding perfect har-

mony with your skin can be challenging. Especially living in our very dry climate with the ever changing seasons.

Some things you can do to achieve harmony in your beauty routine would include:

Book a make-up lesson. Learn how to colour correct and what shapes/ colours are best for your eyes and face shape.

See your skin therapist for a skin treatment every season change! Then listen to your skin, as it changes with the seasons, you may need to change your products. Same with your foundation, it will be different in summer vs winter.

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# Contemplating Harmony

BY TAMMY DORMUTH

Some readers may notice it and some may not, a subtle thread that links many of the articles in this magazine together. This thread, being the theme of the month, which can be taken either literally or as broadly as desired. The January theme is harmony.

I will start with a broad question. When you hear the word harmony, what does it mean to you? What pictures or ideas does it conjure up in your mind? My guess is that one idea will come quickly and then several more ideas will trickle in.

I did a small poll with my family, everyone of their first thoughts dealt with music. My husbands first thoughts were peace, serenity, quiet, nature, calm and contentment. A look on the computer said; social agreement, correspondence and balance, and musical balance. Some synonyms for harmony are: conformity, consensus, consistency, cooperation, good will, kinship, peace, rapport, tranquillity, unanimity, understanding, unity, accord, affinity, amicability, compatibility, correspondence, concurring, compliance, empathy, sympathy, like mindedness, and reconciliation. Some antonyms for harmony are: disagreement,

discord, dislike, hatred, incompatibility, cacophony, clash, disproportion, fighting, imbalance, and jangling.

My first thought was music, and how you can take a simple song sung in say soprano but, by adding other parts such as alto, tenor, or bass, it totally enriches and transforms the whole piece. You can take it a step farther by adding musical instruments, adding to the emotion and feeling of the song. With this collaboration of sounds, timing, and pitches you can create moods and emotions, anything from; good work out music, mellow soothing and relaxing music, patriotic music, dramatic music, romantic music, celebration music, dance music, sad music, pretty much there is music for anything you can think of. To me, harmony in music, is everyone working together, doing their part, whether big or small, to make the song as perfect as possible.

In December I was fortunate to be able to attend two symphonies, Handells Messiah, and An Irish Christmas, both were amazing, and they put me in greater harmony with part of my perception of Athe Christmas Spirit. @

My next thought was parenthood. With young children it is a constant challenge to keep things in

harmony. There are so many constantly changing factors, from sleep deprivation, quick onset illnesses which often circulate through the family, getting then keeping the children dressed, bathing, feeding, getting them out the door on time, homework, tantrums, sibling rivalry, and then getting them to bed. Not to mention the constant picking up, explanations, reading stories and extra curricular activities. This is just a few of the responsibilities, I haven't even touched on the parents and their responsibilities outside of the home! I often think that parents deserve super hero capes for all of the tasks that they take on and things they make happen. I am reminded of when my children were young. I made a cross stitch which read, Cleaning and scrubbing can wait till tomorrow, for children grow up, we have learned to our sorrow. So quiet down cob-webs, and dust go to sleep. I'm rocking my baby, and babies don't keep.

Then there is raising teenagers, which are in a different class of their own, a time when the youth are trying to find and discover themselves, and often push the boundaries. This is a different kind of busy, with loud music, school, part-time jobs, friends, higher-education

planning, parties, and lots extra curricular activities, and unfortunately, lots of social and peer pressure. The hormones running through them can often be daunting and bring a person to their knees. We may sometimes wonder if harmony is a myth, yet at the same time, it is so great to be a part of their exuberance and excitement of life, and secretly wish we could be more like that.

Perhaps you are on the path of higher education, whether it be leaving home for the first time, having and study in a more earnest way than ever before, while still wanting to have a social life. Maybe you are going back to school after several years but still have children at home that require tending and care and maybe you still need to work to pay the bills. I remember when I went back to college and still had my four kids at home, my husband and children certainly took on more responsibilities, as I worked hard to get good grades. It was also good for them to see their mom working hard for something that I wanted that would ultimately enrich all our lives.

As a Care-Aid and Home-Support Provider, I would be amiss if I did not include any of the unplanned for challenges or traumas in life such as sudden loss of a



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loved-one, aging parents, illness, disease, dementia. I certainly have compassion, and my heart goes out for both the client and their families as all deal with these often new limitations imposed on everyone involved.

Of biggest contemplation to myself is, am I living my life in harmony to my ideals, my belief system, standards, and what I want for my life. Am I a, do as I say, not as I do person, or am I an example of what I truly desire and profess. I have to say that sometimes I am a mixture of both, and have room for improvement, but I have a great desire for the latter.

I am sure that it wouldn't take more than a moment of thinking to come

up with several areas where greater harmony would be appreciated, whether it be better time management, ease at learning a new skill, organizational skills, patience, compassion, less procrastination, greater clarification of responsibilities, feeling that you are being understood, compatibility, and greater accountability. We could probably all benefit from taking time out, or mini breaks, and just breathing and letting the sunshine into our souls.

There are any number of ways to create greater harmony in your life, have fun brainstorming your own ideas, we are only given life once, enjoy it as much as possible.



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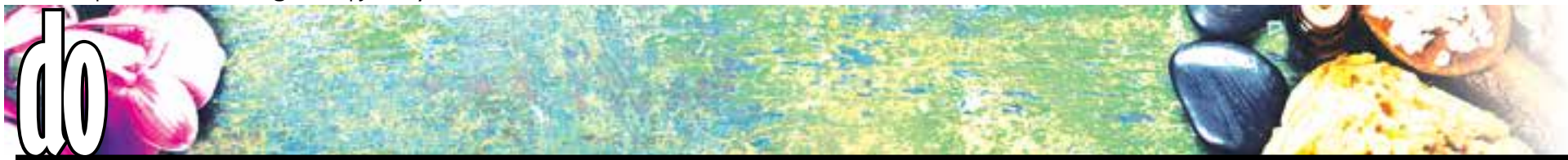
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# Curator's Corner:

## *Jungian Psychology Creates Harmonious Exhibitions*

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

One of the major goals of the heritage industry is to effectively link the resources that our organizations possess with the narratives that are relevant to the broader public consciousness. In simple terms, this means that exhibits, and collections more broadly, should tell stories that answer important questions that visitors bring to galleries, libraries, archives, and museums (GLAM). Most of the time, these questions are implicit, and visitors are not even consciously aware of their own curiosities. A harmonious exhibition is one where the display pieces answer important questions that are relevant and meaningful to visitors. For some museum workers, to achieve this harmony, one must employ the concepts of psychologist and psychoanalyst Carl Jung.

Born in Switzerland in 1875, Jung was central to developing many of the ideas that have shaped the modern disciplines of psychology and psy-

chiatry today. Along with Sigmund Freud, a senior colleague of his, Jung laid the foundations of psychoanalytics, a field that is being remade in the form of cognitive anthropology today. These scholars outline the idea of a collective unconscious, which refers to a selection of archetypal ideas, instincts, preferences, values, and symbols that are implicitly shared among a large group of people and in certain instances shared among the whole human species, according to Jung. "Kollektives Unbewusstes," as Jung knew it, provided the foundation for consciousness, including thoughts, actions, and reactions. The collective unconscious is significant for museum work because it inspires us, as museum professionals, to examine the signs and symbols that speak to the Cariboo-Chilcotin's collective subconscious. This examination is possible by analyzing all manner of cultural icons such as the prevalence of news stories on specific topics such as reconciliation, climate change, or public health; or by soliciting visitor feedback in our Museum to see

what sorts of topics they feel need to be covered in more depth; or by tracking which research areas are the most heavily trafficked in our archive. There are many more ways to examine the collective unconscious but these are the most convenient ways when designing exhibits.

Finding the topics that matter to visitors is just one step in the process of creating an exhibit, but it is perhaps the most important. If an exhibit, or a Museum more broadly, does not speak to topics that matter to the public, it will struggle. Therefore, it is important to constantly re-evaluate our audience and respond to changes by modifying exhibits and updating our presentation styles. The Jungian approach is one avenue for finding relevancy and creating high-impact content. It takes time, patience, and care to find the right signs and symbols, but once topics are isolated and contextualized properly they can make a solid foundation for intriguing, engaging, and harmonious exhibits.



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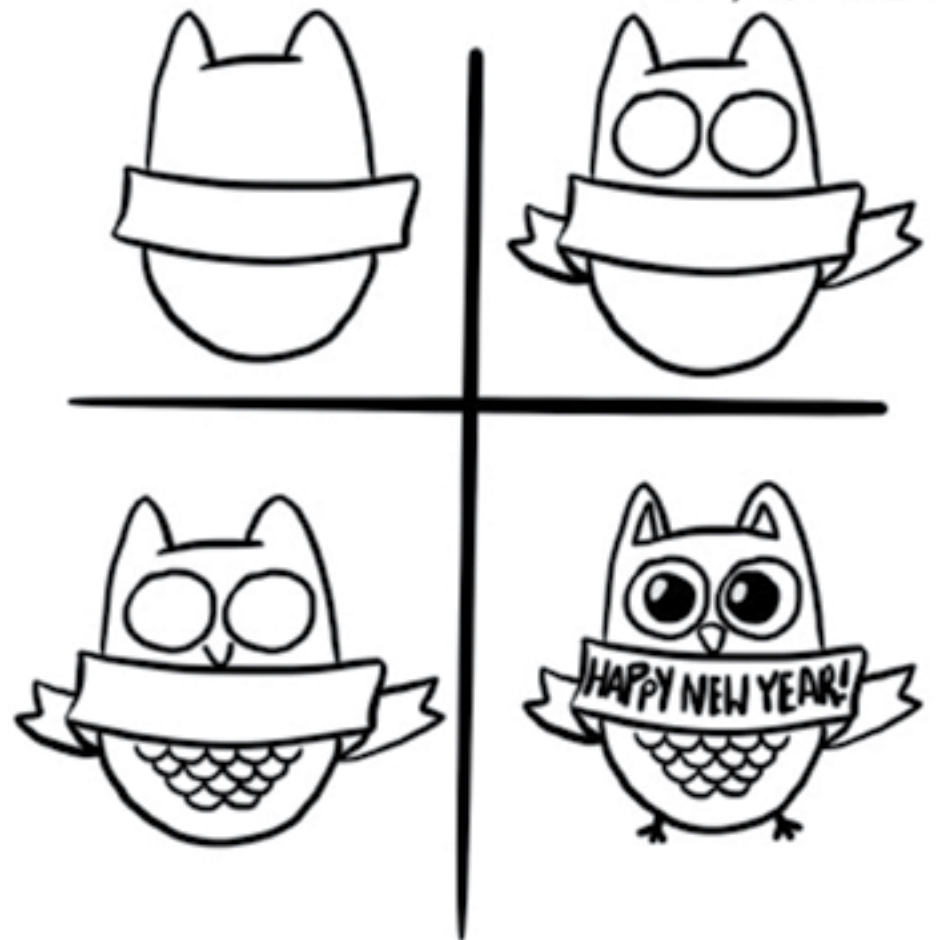




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# Harmony for Elders

BY DEB RADOLLA

Wikipedia states: “In music, harmony considers the process by which the composition of individual sounds, or superposition’s of sounds, is analysed by hearing”. The first Winter/Spring 2019 Elder College class that this article focuses on is “Music Appreciation – Listening Sessions.” The instructor, Dennis Tupman, has a long, distinguished career in arts and music education and a novel approach to music. He encompasses people’s souls and spirits in a holistic way. During two Monday afternoon classes in April, he will use examples of great performers and performances to make music come alive and provide knowledgeable and informed background stories.

“Creative Bread Baking” with Pat Teti will provide an opportunity to experience the harmony of preparing bread from scratch with wholesome and nutritious ingredients. Pat’s hands on demos will include learning to incorporate whole grains and vegetable additives and to how to make pizza and skillet flat breads. As a retired Earth Science consultant, Pat believes his kitchen is his laboratory and his subjects are water, grains and yeast.

Gardening enthusiasts will be delighted that Lynda Archibald will be teaching “The ABC’s of Pruning for Trees, Shrubs and Roses” in April. Learn to create more harmony in your garden by understanding the purpose of pruning, the use of common tools and their care, plan-

ning prior to pruning a specimen, planning for future growth, physically pruning in local gardens and removal of debris. Lynda has homesteaded, ranched and taught from Anahim Lake to Likely and several points in between. Her garden has over 50 fruit trees.

“Aging and Your Health – Ask the Professionals” is a brand new course designed to put your body, mind and spirit back into harmony. Topics include “Eye, Dental, Foot, Holistic, Back, Hearing and Pharmacy Health.” Highly esteemed professionals, from the local community will be leading each weekly two hour session during February and March. Mark your calendar for this informative series.

This is a small smattering of Winter and Spring 2019 classes

through the Cariboo Chilcotin Elder College which is affiliated with Thompson Rivers University. It is a volunteer organization committed to meeting the lifelong learning needs and educational interests of older adults in Williams Lake and surrounding areas. Elder College will provide a relaxed, learning environment without grades or exams, based

on a curriculum of particular interest to members. Elder College seeks to meet its mission by recognizing the unique experiences and capabilities of its members.

Elder College memberships are available Wednesday, January 16, at the Seniors Activity Centre from 1:30- 2:30 pm. Registration is Wednesday, January 23, at St. Andrews United

Church from 1:00- 2:30pm. Late registration will be held at the Seniors Activity Centre on Wednesday, January 30 from 1:30- 2:30pm. Annual Elder College membership for Seniors 50 and better is \$10. Courses cost approximately \$30 and will be filled on a first come, first served basis. More information can be found at: [www.wleldercollege.com](http://www.wleldercollege.com)



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