

THE WELLS CHRONICLE

PUBLISHED IN THE HEART OF THE CARIBOO GOLD BELT

Vol. 2—No. 2

Wells, BC, Sunday, February 1, 2009

\$2.00 at the stand

Serving the communities of Wells, Barkerville & Bowron Lake



2009

17th ANNUAL GOLD RUSH TRAIL DOG SLED MAIL RUN

took place on
January 23rd, 24th, 25th

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⇒ To EVERYONE in our unofficial Backcountry Rescue for all that you do to help keep us safe! AW

THE WELLS CHRONICLE invites submissions on issues and events in the Wells, Barkerville, Bowron Lake area, including: letters, poems, stories, club news, and anything else that will benefit and inform our community.

THE WELLS CHRONICLE is edited and published by Aleta Wallace. **Contact Information:**

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- ⇒ Northwoods Restaurant
- ⇒ Wells General Store

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- ⇒ River Valley Health Products Ltd.
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17TH ANNUAL GOLD RUSH TRAIL DOG SLED MAIL RUN

HOW THINGS WENT--THE WIND UP

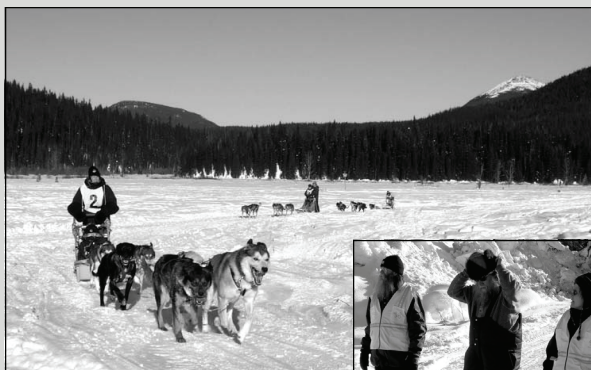
This is being written on Monday morning...the morning after the Mail Run weekend....another great success! Perhaps the whole experience can be summed up with two words...BLUR and BRRRR! BLUR for the fact that there was so much packed into four days of non-stop sled dog and wilderness outdoors events and BRRR for the fact that the thermometer kept dropping, actually down to below -30C on both Friday and Saturday nights.

First of all some stats: There were 28 participants in the Mail Run from Quesnel to Wells with an additional 9 participants in the Dash from Barkerville to Wells. Among these were 6 skijorers and four snowmobilers, with the rest running sled dog teams. It was an outstanding turnout.

Those who travelled over the trail were supported by another group of participants, just under 80 volunteers who did everything from hand-cancel enve-

lopes to stand out in the freezing cold for hours as spotters along the trail.

This number of volunteers does not include a group of Boy Scouts as well as a group of Girl Scouts. The support and enthusiasm was fantastic.



Mike Wallace
Photos - 2009

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Mail Run Wind Up, continued

Conditions were outstanding. Along with the cold weather came hard and very fast trails. The scenery was truly spectacular, with lots of snow on the trees as well as heavy hoar frost all along the route. The cold temperatures were tailor-made for the dogs as they all performed exceptionally well. There were no dogs carried in baskets or sled bags, they all seemed to love the whole experience.

The cold weather did claim a few casualties however, a few diesel pick-up trucks were rendered powerless until things warmed up and a couple of teams chose to sit out the second stage of the run to rest up for the next two stages.

The beauty of the Mail Run is that participants can take part in all or some of the stages, they do not have to participate in every stage.

The Thursday night Musher's Meeting at the A&W was a real success. The restaurant was packed as old friends renewed contact, everyone picked up their bibs and the trail was reviewed, questions answered and hamburgers and poutine consumed. The gathering actually started at 4:00 p.m. and it wasn't until over four hours later that everyone started making their way home or to their sleeping accommodation.

There were several participants who were new to the Mail Run, including five who were aged 16 and under, the youngest is 10 years of age while the oldest volunteer is 70 years of age. Folks came from Alberta, Washington State, Vancouver Island as well as from throughout British Columbia, there were also participants who were visiting from England. Among the group were experienced mushers training for the upcoming Yukon Quest 300 Race

and other major races, as well as novices who had just received a week of intensive instruction to prepare them for the Mail Run. There was more than one family group. In addition to the newcomers there were those who have participated for each of the 17 years that the Mail Run has been an entity.

The Official Swearing In and Sendoff on Friday morning in front of the local post office was a lot of fun. Everyone was in great spirits as a record number of mail carriers took part. Twenty bags of mail holding 2700 envelopes were distributed to the official mail carriers. Some envelopes were actually hand-delivered to folks who lived along the route while the bulk of the mail was safeguarded over the trail and turned over to the Postal Superintendent in Wells, where it was then placed into the regular mail system for distribution throughout the world. There was a great

deal of enthusiastic support from the general public this year and virtually every envelope was sold.

The take-off on Friday over the first stage of the trail required some detailed co-ordination as the staging area was actually in the centre of an active logging operation. The co-operation from the logging companies was wonderful - they ensured that there would be no active hauling on the logging roads so that the likelihood of any traffic mishap was removed. This represents a significant concession on the part of a major logging company which is often having to work with time constraints or deadlines in order to complete their logging while the weather co-operates. In fact there were two major logging operations that showed their understanding by modifying their operations to accommodate the Mail Run... there were no mishaps of any kind.



Mike Wallace Photo

Mail Run Wind Up, continued

The Stage One run from Umiti Pit to Cottonwood was fast and glorious with a beautiful trail and a bright blue sky. The temperatures remained cold but the dogs loved it...although more than one musher was wishing for an extra layer to keep warm. There were volunteers at every decision point to help teams make turns and the finish was over about 3km of brand new (and very exciting) trail through the bush and leading right into the checkpoint at the Cottonwood Trading Post.

Friday night was the inaugural get together in the brand new Maverick Manor, home of the Café del Mar...this tent and tarpaulin structure rivals BC Place in downtown Vancouver as an architectural marvel...it was a great sight to see the Manor jammed with 60 people dressed in all the warm-weather clothing they owned, eating a fantastic BBQ/Potluck meal of hamburgers, shepherd's pie, salads, soup, chili, buns, dessert with coffee and root beer...there was a wood heater and a propane heater warding off the almost -30C temperature. It was lots of fun as over 80 people took part in this free event.

By now everyone was on a first-name basis, the campsite was well-established with folks staying in trailers, campers, tents, sleeping in cabins and even in truck cabs while others had rented motel rooms, some were staying at Troll Resort and some went home. A big thank-you to the people who prepared this great meal, especially Glynnis Hopkins, Sheila Phinney and Julie Gabert...this is a great addition to the Mail Run tradition that is sure to be repeated.

At 10:30 a.m. on Saturday morning, the first team left over Stage Two for Troll Resort. More teams

had joined in overnight and the trail was exciting, very fast and it was another really clear day with temperatures slightly colder than the day before. It was basically an effortless trip for participants over the 15 mile route that takes teams up the backside of Pinegrove Mountain before the exciting descent into the resort. This route starts out on the newly-built trail to the 3500 Road and then follows inactive logging roads and bush trails, over beaver-made lakes, through some breathtaking scenery as elevation increases and then suddenly the downhill sweep into the ski resort with skiers coming and going, music playing and spectators waiting.

There was a fun weight pull with dog food prizes for all participants and then the much-anticipated Musher's Sports contest. This year's winners were "THE BAD AXES", a team of bush-savvy mushers and handlers.

Events this year included trap setting, cigarette rolling, moose calling, fire lighting, bannock baking and tea boiling. The judges were Jan Robertson and Lin Macalinden...both took their role very seriously and participants and judges deserve a great deal of thanks...it was cold but it was a huge amount of fun and there were many people standing out in the cold until everything was over. Hats off to

the Boy Scout team which actually succeeded in lighting their fire without the help of kerosene or diesel and they produced some excellent cinnamon-flavoured bannock. The Girls Scouts were very impressive, finishing second...who taught those little girls how to set a trap so quickly? Unfortunately there was some underhanded cheating on the part of defending champions, the Verge family...fire starter was detected!

- Mike Wallace Photos -



Mail Run Wind Up, continued

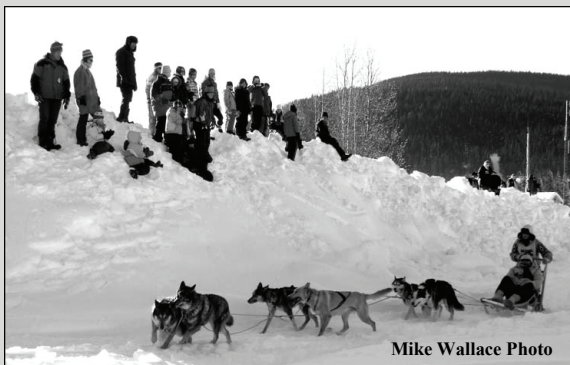
The Saturday evening dinner, auction and entertainment was a fun time. There were about 140 people in attendance, we all enjoyed a meal of salads and chili with a great dessert of cake and ice cream topped with Troll Mountain Huckleberry Sauce, the auction raised approximately \$2000.00 for the Holger Bauer Forest Safety

Fund and the fiddle music was just what all dog mushers enjoy. Awards were presented in a number of categories. There was real competition for the "Best Mushers Hat Award"...Laura Vinnege had a unique creation that looked a great deal like a duck...it was both eye-appealing and functional. Jeff Dinsdale had an old lead dog stuffed and made into a hat which he wore with the floppy ears serving as ear warmers. There were several outstanding fur hats, among them those worn by Dennis Wittner, Rick Broswick, Ken Schendel and others...Delmer Phinney wore his Papa Smurf toque, Mona Penner had an eye-catching "convertible" mitts/hat creation... but the winner was Rick Wittner who looked great in his traditional fur hat....with the weather this year, these hats were needed.

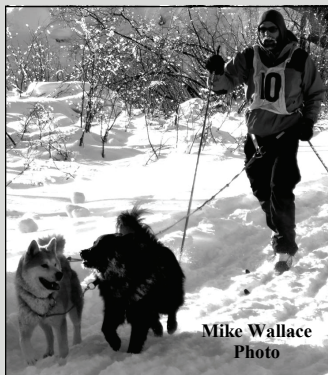
Sunday morning the weather was even colder and this is when the diesel pick-ups bit the dust. Many folks had camped overnight at Troll Resort and the first team left the Stanley checkpoint at 9:00 a.m. The 15 mile trail to Barkerville is a marvel...one of the finest trails that a dog team will ever travel over. The amount of work that was required to put in the trail this year is now the stuff of a Cariboo legend....it is a tough climb with lots of twists and

dips and turns...but also some absolutely beautiful semi-alpine country...with lots of history to boot. Then the teams sweep down the wide groomed trail into Barkerville and down the main street right through the heart of the 1860's gold rush town to the waiting vehicles in the parking lot.

A rest until 1:30 p.m. and then the Barkerville Dash over the last 9 km. of trail to Wells is on... Dog teams with passengers, skijorers and skiers all compete together...it is exciting to see the competitors (this is now a race) spread out over the route after the mass start....many people where getting their "first ever" ride in a dog sled....the spectators can drive along the highway



Mike Wallace Photo



Mike Wallace Photo

following the teams and there was a great crowd waiting at the heli-pad in Wells to greet everyone. The weather got warmer and warmer as the day progressed and with bright sunshine the day was glorious. Many spectators had travelled out from Quesnel to watch the teams come into Barkerville, some merchants had opened their businesses... it was a great day. The Dash to Wells was the top-off... the mail was handed in

to Postal Superintendent Ron Potter, there were a few closing words and it was time to hit the road for home.

Again, a big thank you to participants, parents, volunteers, local businesses and other supporters, Mail Run #17 is now history.

Submitted by Jeff Dinsdale
[Special Mention: **Jan Robertson** prepared a fascinating description of the GOLD RUSH TRAIL SLED DOG MAIL RUN 2009 SPECIAL AWARDS for this paper. Find it at www.dogsledmailrun.ca AW]

Eleven Skiers Endure ‘Cariboo Jack’ 2009

Congratulations to Pete Wright, Kate Sulis, Beth Collingwood, Yael Wand, Allison Galbraith, Christine Kraayvanger, Rod Graham, Dave Jorgenson, Cheryl Macarthy, Olaf Gotthardt and Jeff Hanna for skiing all the way from Barkerville to Stanley in the cold, icy conditions of January 24.

"Hooo-wee!" "Yikes!" and "Brutal!" were some of the descriptions of the trail as skiers slid into the finish area.

The middle section of the trail, usually a lovely ski through a tunnel of trees draped with lichen, was an icy luge run this year. Fortunately, there were no major injuries.

Thanks to our volunteer shuttle team: Richard Wright, Bill Horne and Jason Griffin. Thanks also to Lothario "El Trackadoro" Vollmer and Const. Doug Erickson for diverting snowmobilers from the Barkerville-Summit Rock trail in the morning. Big thanks to Jim Kurta, Bruce Self and Heather Peters, the Hagen Creek Hard-cores, for doing the safety sweep at the end of the day. And thanks to Beth Collingwood and Bill Horne for the firewood and goodies.

Special thanks to John Marien and Linda Moon for making the Stanley reception a warm one - with home made muffins even! And for staying so long near a smokey fire, an improvised open air sauna (courtesy of Bill), and increasingly chilly temperatures. Dave Jorgenson put in extra time at Stanley, too, to welcome the last incoming skiers.

It's great to be part of a community where so many people are willing to pitch in and help make an event happen.

Submitted by Bill Horne

Right:
Cheryl Macarthy Photo



Below:
Bill Horne Photos

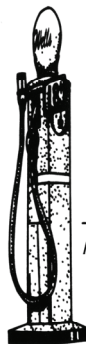


-Limerick Corner-

There was a small boy of Quebec
 Who was buried in snow to the neck.
 When they said, "Are you friz?"
 He replied, "Yes, I is —
 But we don't call this cold in Quebec."
 — Kipling, *The Boy of Quebec*

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NH Connections partnership provides medical travel service option for Wells residents

Northern Health is pleased to announce a new partnership with the **District of Wells** and the **City of Quesnel** that will improve access to medical services for residents of Wells.

Northern Health's NH Connections program is providing \$30,000 in annual funding to support a once-weekly public transit service between Wells and Quesnel. The service is open to the public, as well as to those traveling for medical services. This service is the first public transit service to be offered between Wells and Quesnel and will provide an important link for residents who need to travel to Quesnel for any reason.

"The partnership between NH Connections, Wells and Quesnel will benefit residents of Wells if they need to travel to Quesnel for a medical appointment," said Health Services Minister George Abbott. "I congratulate everyone who helped make the service possible to improve access to medical services."

The bus will make two return trips from Quesnel to Wells each Thursday:

- Departure from the Royal Bank in Quesnel at 7:00 AM, followed by a stop at G.R. Baker Memorial Hospital. Arrival in Wells at approximately 8:15 AM with passenger pickup/drop off at various locations, returning to Quesnel around 10:15 AM.
- Departure from Quesnel at 4:00 PM following the same route; arriving in Wells at approximately 5:15 PM and returning to Quesnel around 7:00 PM.

"We are extremely happy to have this vital service in the District of Wells," said Mayor Jay Vermette. "Not only does the bus make it easier for residents to access health services in Quesnel, but it also offers our citizens a green alternative when they need to travel to Quesnel. I want to thank Northern Health and the City of Quesnel for their help in making this new bus service a reality."

The Wells Community Bus is fully wheelchair-accessible, and can accommodate up to 20 passengers. The fare for the Wells-Quesnel Community Bus is \$2.00 per one-way trip for adults and

seniors. Children age 12 years and under can travel free of charge.

"The City of Quesnel is proud of its award-winning and expanding transit system," said Mayor Mary Sjostrom. "The partnership with Northern Health and the District of Wells to offer this service on a full cost-recovery basis is a win all around. We're pleased to see a transportation option for our Wells neighbours, and look forward to welcoming them to Quesnel."

The Government of British Columbia provides \$4 million a year in funding for NH Connections. Northern Health is also the major funding partner in the Skeena Regional Transit Service connecting Kitimat and Terrace, Kitsumkalum, Gitau, and Kitamaat Village. NH also funds the TR CARES vanpool service from Tumbler Ridge, the Southside Connector Shuttle Service to Burns Lake, and the Eagle Transit Ferry Connector service on Haida Gwaii.

Ashley Stoppler

Regional Manager, Patient Transportation
Northern Health (250) 649-7505

POOLEY STREET CAFÉ



located at the Wells Hotel

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FAMILY FUN NIGHT

- * 1st Thursday of each month beginning December 4th
- * Kids 10 & under bring your parents out for an affordable evening of Games, Crafts, Friends & Dinner.
- * We will always have a child oriented special dinner which will include your drink and dessert.
 - ⇒ 2 years & under free
 - ⇒ 3-7years \$0.50 cents per year
 - ⇒ 8-10 years \$6.00
 - ⇒ 10 years & up \$8.00 to \$10-00 depending on meal choice.

- **Wells Hotel & Pub** are now **OPEN 7 DAYS** a week

Wells/Quesnel Public Transit Update

Hi All — The first bus trip in the newly created once-weekly return service between Wells and Quesnel ran on Thursday, January 8th, 2009. Although there were a few issues in relation to timing, the service ran smoothly, and a number of local citizens made use of the new transit option.

After having run the route a couple of times (including during initial planning) there have been a few modifications to the timing.

For the morning bus the following times now apply:

Quesnel to Wells and Back Morning Route *

- The bus will depart from the bus stop across from the Royal Bank at 7:00 AM, preceded by a stop at the hospital, and it will arrive in Wells at approximately 8:15 AM. The Wells bus will say “Community Bus” on the front.

The bus will stop at the following locations in Wells. Riders are encouraged to be at the designated stops by 8:05 AM:

- Wells-Barkerville School (Mildred Ave entrance) Wells General Store, Northwoods Restaurant, Wells Apartments (Solibakke St. at apartment office and Ski Hill Road at Hong St.), and the Wells Service Station

The bus will stop at the hospital in Quesnel on the return trip if needed, and then end its trip across from the Royal Bank at approximately 9:35 AM.

For the afternoon bus the following times now apply:

Quesnel to Wells and Back Afternoon Route *

- The bus will depart from the bus stop across from the Royal Bank on its return trip to Wells at 4:00 PM, preceded by a stop at the hospital, and will arrive back in Wells at approximately 5:15 PM. The Wells bus will say “Community Bus” on the front.



District of Wells deputy clerk Sundance Topham, left and Wells Councillor Aleta Wallace are greeted by Councillor Ron Paul, Mayor Mary Sjostrom, Councillor Peter Couldwell and Northern Health regional manager, Patient Transportation Ashley Stoppler. Annie Gallant photo

The bus will stop at the following locations in Wells. Riders are encouraged to be at the designated stops by 5:05 PM:

- Wells-Barkerville School (Mildred Ave entrance) Wells General Store, Northwoods Restaurant, Wells Apartments (Solibakke St. at apartment office and Ski Hill Road at Hong St.), and the Wells Service Station


The bus will stop at the hospital in Quesnel on the return trip if needed, and then end its trip across from the Royal Bank at approximately 6:35 PM.

[Two important changes that need to be noted:]

1. On both the morning and afternoon routes the bus will stop at the hospital in Quesnel prior to leaving from the bus stop across from the Royal Bank. **This means anybody catching the bus from the hospital back to Wells needs to be ready at the front doors of the hospital 10 minutes prior to the time the bus departs Quesnel.** In the morning, hospital riders need to be ready at 6:50 AM; in the afternoon hospital riders need to be ready at 3:50 PM.
2. When the bus stops in Wells the bus driver will now wait approximately 30 seconds at each bus stop. This is designed to ensure that transit riders who are waiting inside adjacent buildings have time to make it to the bus.

If you have any questions or concerns in relation to this new bus service please contact the District of Wells directly at the contact information below. Cheers, Sundance

Sundance Topham, Deputy Clerk
 District of Wells P: 250.994.3330 F: 250.994.3331
 e. wells@goldcity.net — w. district.wells.bc.ca



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-Announcements-

The Wells Gourmet Ski Tour is now sold out.

The deadline for cancellations is February 7th. If any tickets become available, I will send out a notice. However, don't forget the other things going on February 21st and 22nd.

Selected films from the **Mountain Film Festival** will be showing at the Wells Community Hall at 7:00 pm - Saturday, February 21st. Admission \$10.

General skiing on the trail network (3-day pass is \$10) and **dog sled rides** on Sunday, February 22nd.

Current ski conditions on the Wells Meadows and Cornish Mountain are excellent. Moose Island, Coronado Road and Cornish Mountain Road to the 2nd viewpoint are trackset. The 'A' loop is packed. Season's Passes are available at the District of Wells for \$35. Three (consecutive) Day Passes are \$10. Happy Skiing! Judy Campbell

Encorp Pacific's BC School Recycling Poster Contest Creative Students Can Win Cash for Their School!

Let's see their great imaginations and awesome creative talents at work! We want students to design and create a poster showing the importance of beverage recycling at their schools. **Winning schools**, one from Elementary and one from High School, will receive **\$500.00** and have their winning posters published in their Community or Daily Newspaper.

In addition, 10 other schools will be chosen (5 Elementary & 5 High School) to appear on our

website and other Encorp related media at a later date. All entries will receive a Certificate of Appreciation for all their creative efforts.

This is a great opportunity for schools with artistic and exceptional students, who have a passion for recycling, to win a cash prize!

Let's see what your students can do!

The Contest runs from January 19th 2009 to March 12th 2009.

For full contest details and the official contest rules: www.encorp.ca/postercontest

Regards, Manny Sahota
Brand Registry & Special Programs Administrator
Encorp Pacific (Canada)

==Obituary Tribute==

Stephen Brown passes away

Stephen Brown of Wells, B.C. passed away on December 13, 2008. A memorial service was held in Wells on December 19. Stephen's final resting places are Clarksburg and Barkerville. He was born in Toronto, Ontario and moved to Clarksburg, Ontario in 1970 and lived there until moving to Wells, B.C. in 1986. Wells was his home for 22 years. He was a member of the Wells Legion Branch 128 and the Wells Sports Association. He was predeceased by his father, Clare Robert Brown. He is survived by his mother, Sheila Ann Brown (Clarksburg), brothers Andy Brown and family, and Peter Brown and family, all of Clarksburg, Ontario. Donations in Stephen's memory may be made to the Wells Legion or a charity of your choice.

- Reprinted from the Quesnel Cariboo Observer

EVENT NAME	START	DAY	LOCATION
FEBRUARY — Spirit Week — Saturday, February 7th to Friday, February 13th —			
Winter Carnival & Mini Olympics (free)	02/07/2009	Saturday	Wells Community School
Richard Wright Literary Reading (free)	02/07/2009	Saturday	Wells Community Hall
Volunteer Appreciation Potluck Dinner	02/12/2009	Thursday	Wells Community Hall
Spirit Week Scavenger Ski Wrap-up (free) - Family Skate - Food - DJ'd Sock Hop upstairs -	02/13/2009	Friday	Wells Curling Club
Valentine's Day Dance	02/14/2009	Saturday	Wells Curling Club
Gourmet Ski Tour	02/21/2009	Saturday	Wells
MARCH			
Wells Snowmobile Club 2nd Annual Poker Run	03/07/2009	Saturday	Wells/Barkerville

What I heard at the Council Meeting of January 20, 2009

By Neva Hohn

Back Door of the Hall Remains Closed

In response to the Seniors' letter to Council requesting some action on the still unusable back door of the Hall, Council asked staff to incorporate the cost of installing "heat tape" into a report on options for solving the problem. Jim Sketchley shared his experience and information about the use of heat tape as he represented the Seniors. The door has been barricaded since Jan. 13, 2008 due to sliding roof snow, making the Seniors Centre, Library and Banquet Room unavailable for anyone having difficulty with stairs

News on Barkerville

Neil Vant gave a detailed overview of what's happening at Barkerville, complete with business statistics for 2008, changes in staff at the Heritage Trust and funding challenges and opportunities. On April 1st, 2009, The Heritage Trust will begin its 5th year of operation of Barkerville, and Neil was enthusiastic about plans for a major fundraising initiative that would hopefully raise up to 20 million dollars over a 5-year period for use in maintaining the heritage site. He said that Barkerville fared better economically in 2008 than other BC tourist venues and areas, and he received positive feedback from Government about the importance of Barkerville to the overall Provincial economy. 2012 will be the 150th anniversary of Barkerville; providing us with an opportunity to bring those 2010 visitors back to BC to celebrate once again. Neil Vant is Wells' representative on the Barkerville Heritage Trust and is its Chairperson.

Purdon Lake Road

An additional bit of news from Neil was that the next step in the Purden Lake Road application is being taken: consultation with First Nations is being funded by the Fraser Fort George Regional District and is on-going at present. The Barkerville Heritage Trust is spearheading the furtherance of this project. The goal is to have the Provincial Government upgrade the existing partially decommissioned forestry road to become an extension of Highway 26 through Bowron Lake and up to Highway 16.

Gas Pump

The District's controversial \$30,000 funding of part of the gas pump replacement costs at the service station on Highway 26 this past summer was, according to CEO Gary Champagne, paid for by an "operational surplus from 2008". No money had to be taken out of reserves to pay for this economic boost.

Wells' 75th Year Anniversary

Wells is to receive a 15x24" wooden commemorative plaque from the Council of Forest Industries in Prince George recognizing its upcoming 75th year anniversary in 2009. The anniversary of the town's beginning will be celebrated here in July. Watch for further information on this celebration.

Economic Development — Jason is untiring, it seems. Here are a few of the pies he has his fingers in:

Community Forest: attempting to relocate the community forest to something immediately adjacent to Wells, a preliminary examination of forest inventory at possible locations, and a basic business plan to determine economic viability.

Mountain Bike Trails: putting out a bid for mapping and website work, developing a very professional, interactive website map as well as a printed version. **He'll be calling us to volunteer for work parties** throughout the spring, summer & fall to augment the hired trail building work. Questions about hikers and bikers on the same trails were discussed.

What I heard at Council, continued on Page 12

What I heard at the Council Meeting of January 20, 2009, continued

Economic Development, continued

Fire Hall: applying for matching Lottery funds to renovate the exterior of the fire hall, address structural issues in the floor and sump issues in the basement.

Spirit Week: taking place Feb. 6 – 14 includes winter carnival / mini winter Olympics, a scavenger ski, a literary reading, volunteer appreciation night, wrap-up party and dance. **Watch for posters!**

Revitalization of Community Groups: applying for funds to assist local groups with viability and visioning.

Reinstituting the **Economic Development Committee**, overseeing the **Community Health Workshops** (centre four-page 'pull out' starting next page), managing funds to make the **School and/or Hall accessible** to people with disabilities, & putting together a **Wild Fire protection plan** for Wells are a few more of his tasks. I wonder if he sleeps at his office too.

Much more is happening at City Hall. Council Meetings are informative and Council is visitor-friendly. If you want information, District Staff are more than willing to update you, or, come join the crowd on the floor at the Council Meetings, held the **1st and 3rd Tuesdays of the month, 7:00 PM.** Neva Hohn



THE WELLS WELLNESS PROJECT — ONGOING CLASSES

TAI CHI

This class is a combination of Yoga warm ups and cool downs combined with Tai Chi Forms. We end the class with a short meditation session. Instructors: Carol Pinette & Cass Chowdhury
SUNDAYS FROM 7 PM – 8:15 PM IN THE BALLET ROOM AT THE HALL

WEIGHT LOSS SUPPORT GROUP

This group offers a supportive session with weigh ins, helpful hints, recipes and an interchange of ideas and suggestions. Together we can accomplish more than working in isolation.
MONDAYS FROM 7:00 PM – 8:00 PM IN THE SCHOOL LUNCH ROOM

WALKING GROUPS

Need some incentive to get out there and get some exercise? Join Neva or Lois or both and go for a half hour walk around town. Meet at the front of the Community Hall.

MONDAYS AT 11:00 AM

FRIDAYS AT 1:30 PM

BEGINNER YOGA

This class is for those who would like to learn Yoga but for whom the active class is too advanced. Learn the basics with Kate Sulis so that you also can progress and practice.

THURSDAYS AT 10:30 AM IN THE BALLET ROOM AT THE HALL

BELLY DANCING

Learn the ancient art of Belly Dancing and get super fit doing it. Marianne Ericksson is a knowledgeable, fun instructor with many ideas and techniques for all. She comes every other week and the group practices what she has taught on the in-between weeks using music and DVD's.

THURSDAYS FROM 7:30 – 9:00 PM IN THE BANQUET ROOM AT THE HALL.

THE CHALLENGES OF GARDENING IN NORTHERN CLIMES

We are pleased to have obtained the services of Barbara Rayment for these seminars. Barb is the author of the popular book **“FROM THE GROUND UP: A HORTICULTURAL GUIDE FOR NORTHERN GARDENERS”** now in it's 2nd Edition. Barbara lives in Prince George and previously operated Birch Creek Nursery and has extensive experience gardening in the North. She has written a columns for Garden Wise Magazine and is a lecturer in the UNBC Master Gardener Program. Her expertise and practical hints and down to earth manner ensure that all those who attend will both learn from her and enjoy the experience.

The cost for these sessions will be \$40.00 for one or both – and it includes your own copy of Barbara Rayment's book.

GARDENING IN NORTHERN BC

This session is for all those who wish to better their gardens and know more about what grows best in our areas. It includes both domestic and native plants and the ranges from ornamentals, fruits and vegetables, and trees and shrubs. It will also cover hardiness zones, winter protection, creating microclimates, season extension, soils & fertility and more.

DATE: Sunday, March 8

TIME: 1:00 – 4:00 pm

PLACE: Banquet Room in the Community Hall

continued next page =>

THE WELLS WELLNESS PROJECT — ONGOING CLASSES

SETTING UP YOUR GREENHOUSE

All those questions about how you go about setting up your greenhouse are part of this session. The where, when, how and why of planting a greenhouse are those topics that go round and round in your head. Barb has many of the answers and many, many practical suggestions for you. This is an invaluable session for those who want to start things early and to grow things that otherwise would not grow in the outdoor environment.

DATE: Monday, March 9

TIME: 9:30 am – 12:30 pm

PLACE: Banquet Room in the Community Hall

NUTRITION SEMINARS

The Wellness Project is pleased to present four nutrition seminars for the community – sessions about Children's Nutrition, Vegetarian Nutrition, Maintaining Healthy Nutrition when cooking for one or two, and Nutrition for Sports and Fitness. Aurora Mernickle, our instructor, is a Registered Nutritional Consulting Practitioner and has a degree in Biology. She is a lecturer at CNC in Quesnel and has done presentations at UNBC in Nutrition. As well, she has her own business specializing in Nutrition and Fitness Consulting .

CHILDREN'S NUTRITION

Topics will focus on healthy eating starting young and making it easy to eat healthy. Topics will also include the use of vitamins at specific stages, making food fun, the benefits of water vs juice, the effects of sugar, food colouring and others in relation to behaviour, refined carbohydrates, and introducing milk. Common allergens and avoiding allergies, preventing colds, eye & ear health and the link of B vitamins to ADD and other topics will also be discussed.

DATE: Sunday, February 8

TIME: 10:30 am – 12:00 noon

PLACE: Banquet Room at the Community Hall

NUTRITION AND THE VEGETARIAN

This session will focus on topics such as the life stages as a vegetarian (i.e. pregnant, child, adult), the importance of vitamins, the different macronutrients – quantities and qualities (protein, carbohydrates, fats), complete proteins and the nutrients of vegetarian foods. Also included will be discussions of the benefits of being vegetarian, how to maintain a healthy weight and specific deficiencies which vegetarians may encounter.

DATE: Sunday, February 8

TIME: 1:30 pm – 3:00 pm

PLACE: Banquet Room at the Community Hall

NUTRITION AND COOKING FOR ONE OR TWO

Proteins, carbohydrates, fats and the importance of balance in the diet – including water, getting enough nutrients, and how to cook efficiently for small families are all the topics that we struggle with in this group. Examples of foods that work, taste good that are healthy and quick to make and the use of the Canada Food Guide in planning your meals.

DATE: Sunday, February 15

TIME: 10:30 am – 12:00 noon

PLACE: Banquet Room at the Community Hall

THE WELLS WELLNESS PROJECT — ONGOING CLASSES

SPORTS AND FITNESS NUTRITION

How important is nutrition as applied to Sports? Very important and topics will include: Protein, carbohydrates, fats and the importance of balance; energy sources of exercise and the importance of food for energy and performance. The importance of hydration and the use of supplements will also be discussed. Bring any sport specific questions that you may have for discussion purposes.

DATE: Sunday, February 15

TIME: 1:30 – 3:00 pm

PLACE: Banquet Room at the Community Hall

ORIENTATION TO THE FITNESS ROOM

Heather Hartridge, well-known and knowledgeable Personal Trainer, is coming back to Wells and will be presenting workshops on the use of the fitness room and it's equipment as well as teaching a circuit training class.

SESSION 1 FOR SENIORS AND THOSE WHO HAVE FITNESS CONCERNS

This session will introduce you to the proper techniques and use of the equipment in the Fitness Room as well as exercising your entire body. Seniors and those with fitness concerns may have special considerations that will be addressed in this class – including the importance of strength in the prevention and treatment of osteoporosis.

DATE: Saturday, February 7

TIME: 10:30 – 12:00 noon

PLACE: Fitness Room in the School

SESSION 2 FOR THE GENERAL PUBLIC

This session will be aimed at those with a moderate or better fitness level and will focus on balanced fitness training using the equipment in the Wells Fitness Room. Technique and safety concerns as well as how to build your fitness levels will be covered.

DATE: Saturday, February 7

TIME: 1:00 – 2:30 PM

PLACE: Fitness Room in the School

CIRCUIT TRAINING CLASS

Join Heather for a professional fitness class that is suitable for all levels. It will encompass warmup and cooldown, strength and stretch and aerobics. Fitness Bands are used in this class and all participants should bring \$15.00 to the class which will get your own fitness band to take home and continue your training.

DATE: Saturday, February 7 from 3:00 to 4:00 pm

PLACE: School Gym

continued next page =>

The Wells Wellness Project is funded by an Active Communities — BCRPA Grant
Contracted to Kathleen Landry by the District of Wells
Staffed by philanthropists who offer their knowledge, skills and talents for a stipend
Attended by the citizens of Wells who benefit so much from programs like this one.

THE WELLS WELLNESS PROJECT — ONGOING CLASSES

AN INTRODUCTION TO — THE ALEXANDER TECHNIQUE — WORKSHOP

Are you looking for improved coordination, better results and less risk of injury in sports?

Would you like to improve in your music making, painting, acting, designing, craft work... with less discomfort, strain and fatigue?

Are you someone who would benefit from having more energy, less discomfort and more mental clarity?

If the answer is yes, the Alexander Technique

has benefits for you. For more information, check it out on the internet.

Emma Jarrett, ITM is trained in teaching this method. Her training was in England and she is impressed in how it improves both physical performance and mental skills. You can change self-imposed limitations and improve everything you do.

Date: Sunday, February 1

Time: 11:00 am – 1:00 pm

Place: Banquet Room, Wells Community Hall

Cost: \$20.00 per person

FEBRUARY FITNESS CHALLENGE

February is Heart Month and fitness is one of the primary ways to prevent Heart Disease. As little as one-half hour of exercise three times a week can improve your fitness level and keep your heart healthy. Let's as a community challenge each other to do some form of exercise 3x a week this month. It can be any form of activity you want as long as it gets you up and moving.

As an added incentive, we will have prizes!! Everyone who registers their activities will be eligible for the draw for these prizes. You can register online by emailing wellness@goldcity.net or by filling out this form and dropping it off at the District of Wells Office, the Wells General Store or the Wells Service Station.

Date	Activity	Time	Comment

WIN PRIZES

PEDOMETERS, FITNESS BALL, OR A GIFT CERTIFICATE FOR A NEW PAIR OF RUNNERS!



Aleta Wallace photo

Wells Community Potlucks take place in the Banquet Room of the Wells Community Hall at 6:00 pm, generally on the third Thursday of winter months. These hungry folks enjoyed delicious offerings on January 15th 2009.



Mike Wallace photo

Spirit Week in Wells starts Saturday, February 7th & ends Friday, February 13th. Funded by 2010 Legacies Now — a BC provincial grant supporting the 2010 Winter Olympics and British Columbia communities. See the Event Calendar on Page 10. AW

BARKERVILLE SCHOOL PROGRAM

The Barkerville School Program began in the early 1980's. Over the years we have introduced different



programs to relive the story of our history.

Each year the children of BC can participate beginning in mid May for 6 weeks this program.

The majority of the 3 to 5 thousand students that attend are in grades 3-5 [accompanied by] their teachers and parents; however we do have children from K – 12 also coming to experience this era in time.

62 Schools are waiting eagerly to go back in time beginning May 12th 2009.

Submitted by Judy Mooring
 — Reprinted courtesy of the Friends of Barkerville newsletter



Wells Snowmobile Club

— Main Page — www.snowmobilewells.com —

Welcome to the Wells Snowmobile Club website. This site is your home for information on snowmobiling in the Wells and Barkerville area. Be sure to check out the main page for updated snow conditions, as well as important news and announcements. Also, support the businesses that support local sledders: www.snowmobilewells.com/services

**JAN
29**

All trails are groomed and open. Due to warm temperatures the avalanche risk is still moderate to high, but not extreme. Use caution on steep slopes and stop at the Toll Booth for current conditions. Be sure to check out the trail grooming page for more information on current conditions. The Wells Snowmobile Club will be holding its Second Annual Poker Run on March 7, 2009.

For more information:

www.snowmobilewells.com/grooming &

www.snowmobilewells.com/events

Trail Grooming

Updated trail grooming information for all the trails in the Wells/

Barkerville trail network: www.snowmobilewells.com

Trail Fees

All the information you need to know about fees and memberships for

the Wells Snowmobile Club: www.snowmobilewells.com/fees

Trail Rules

Where can I ride? Do I need to insure my snowmobile?

Where is the snowmobile corridor in Wells?

Find out all the information at: www.snowmobilewells.com/rules

— Reproduced web main-page courtesy of the Wells Snowmobile Club

Wells RCMP Report

by Cst. Greg Trainor

Things have been relatively quiet around here for the past month or so. With the snow conditions and avalanche warnings there have not been very many snowmobile groups coming through town.

The Wells Snowmobile Club had not been grooming the snowmobile trails which lead to any dangerous terrain but did maintain staffing at the Barkerville Parking Lot advising those who did venture out to be cautious.

On January 8th a snowmobiler from Quesnel was buried by an avalanche near the area referred to as the "Stop Sign" on the way to Yanks Peak and he had to be rescued by fellow riders. He was extremely lucky as he was buried under approximately 5 feet of snow.

The Snowmobile Club has resumed grooming the trails lately and updates on the trails can be located on their website www.snowmobilewells.com.

This does not mean that all risks have subsided, PLEASE PLAY SAFE!!!



The wells RCMP detachment has been notified by logging supervisors that there will be active logging on the 2900 road. The trucks generally travel in a loop down the 2900 road and continue on to the 1600 road and take the 3100 road back toward Wells. This logging is expected to continue until the end of March and the supervisors have stated that all the trucks moving equipment and logs have been cautioned to be careful, especially while traveling through Wells.

If there are any concerns about driving habits please try to identify the truck by plate number and/or the company name and description with a time and date so that it can be brought to the companies attention. The supervisors took the

time and effort to introduce themselves as well as ensure, to the best of their ability, that the drivers will be cautious. I respect this approach and ask that any issues be handled through the detachment [and] ask the public to be aware of the active logging and likewise act responsibly. Until next time...

The Ministry of Forests and Range (MoFR)

and

The Ministry of Tourism, Culture and the Arts (MoTCA)

Would like to remind snowmobilers that riding snowmobiles on any plowed Forest Service Road (FSR) is illegal and unsafe. If you have any questions or concerns, please contact the Compliance and Enforcement section of the MoFR in Quesnel at 250 992 4400.

Adam Veley R.T.F.
Ministry of Forests and Range
Quesnel Forest District



Part-time Paramedic Opportunities *INTERESTED ?*

For more info or a full application package contact
Jody Hunter, 994-3229 or

BCAS Human Resources Division -- Northern BC
3732 Opie Cres., Prince George, BC V2N 4P7
Tel: 250-614-9982 Fax: 250-614-9983

Web: <http://www.healthservices.gov.bc.ca/bcas/index.html>

This March: *Eat Your Art Out!*

— Presenting a month of mouth-watering meals for IMA —

We're asking for your help in our feastful fundraising this March. A little tasty morsel goes a long way.

We're starting close to home here in Wells, and reaching out to all our supporters near and far. If you are or have been a student, member, instructor, volunteer, performer, featured artist, if you have been inspired by the work of IMA, if you believe in the importance of artists' voices, or if IMA holds a special place in your heart, we're asking you to champion IMA this March and help us reach our goal of raising \$10,000.

Here's what you can do:

1. Attend the official launch of Eat Your Art Out:

When: Saturday, March 8th, 6pm

Where: Wells Community Hall Banquet Room

What: A Semi-formal themed evening featuring food, music and other delights of India.

– Includes a full course meal and a libation, and a raffle entry for a Toni Onley print. No minors please.

How: \$40/ea or \$275 for a table of 8. RSVP (no later than March 3rd) by contacting IMA at 1.800.442.278 or info@imarts.com

There's More: Come ready to raffle: original artworks by Paula Scott, Caroline Anders, Wells Get-a-ways and many more prizes.

Stay the night: Dinner Guests receive a 10% discount at the Historic Wells Hotel. Reserve early: 1.800.860.2299 or 250.994.3427, www.wellshotel.com. For a list of other accommodations contact IMA.

2. Host your own Eat Your Art Out Roving Dinner:

When: During the month of March

Where: All across British Columbia and beyond!

What: Invite friends, family and neighbours for dinner in your home, studio, or community hall. Offer a simple gathering for two or more, a pot-luck dinner, a BBQ, or share a special family favourite.

How: Ask your guests to make a donation to IMA, perhaps what they might spend if going out to dinner. Add a goods and services auction or keep it simple. Contact IMA at 1.800.442.278 or info@imarts.com to register your dinner.

There's More: For more details on hosting a Roving Dinner [follow this link](#).

In thanks for your support, all those attending an Eat Your Art Out Dinner this March will be entered to win an original limited edition Toni Onley silkscreen (Winter Cove/Coast Suite) generously donated by the estate of Toni Onley and valued at \$1000. Draw to be held April 7th.

Art is food for the soul, and nourishment for the imagination. This March, support the work of Island Mountain Arts and help us reach our \$10,000 fundraising goal - Eat Your Art Out! IMA is grateful for our event wine sponsor Kelowna's House of Rose Vineyards.

THE WELLS AND AREA TRAILS SOCIETY (WATS) is working hard to maintain skiing, hiking and walking trails for community members and their visitors. Mostly it is a lot of volunteer effort.

[Recently one of our volunteers] spent several hours setting ski trails on Cornish Mountain. Within 24 hours the track setting had been obliterated by snowmobilers. This is costly for WATS in both time and fuel costs.

Even though the Cornish Mountain Area is signed as non-motorized, people from outside the area, especially those skidoing the Sugar Creek Loop, sometimes become confused and end up on the ski trails. The other common mistake is for snowmobilers to get onto the trail around Moose Island.

We are asking the cooperation of the community to let snowmobilers know about the 'no-go' areas on Cornish Mountain and the Meadows. The hotel and motel owners especially can help us by letting their guests know where the ski areas are. There are maps available at the District office that show the location of the Cornish Mountain and the Meadows

trails. Please help us by keeping our visiting snowmobilers informed. That way we can have happy skiers, happy snowmobilers and happy volunteers!! Many thanks!! Judy Campbell



Wells Sports Assn. cabin at Bowron Submitted by Marg Taylor

Wells Curling Club News

I am sure that word has spread throughout the community that the efforts to make ice and have curling in Wells this season came to a screeching halt on Sunday January 7th. The ice making was going well until the electric motor powering the refrigeration compressor burned out.

There was a scramble to locate another motor in Wells but none was found immediately and it was decided that even if a motor was donated the associated costs of installation and investigation into the underlying problems with the ice making plant would prove too costly and from a business stand point, too great of a risk.

The Club has been operating on a deficit for the past few years, depleting any savings, and we had hoped that we could get one more year out of the equipment before any major overhaul needed to be completed. Unfortunately, luck ran out and without any reserves it is not fiscally responsible to go into debt further when there are so many issues to be corrected.

I want to thank Roger Boychuck and Leif Anderson who were able to fix the initial problems we

had with the ice plant as well as Tom Hatton, Arnold Schmode, and others who helped us try to locate a motor and also determine why the plant was not operating as designed. It is great to see that the community is willing to help out in a time of need. Unfortunately, our need at this time is too great.

We are going to focus our immediate attention on fund raising and try to have the ice making system overhauled so that we can spend our efforts next fall on attracting curlers for a league as well as bring the bonspiels back to the success that was experienced in the past. These are necessary to have the Curling Club remain an active part of Wells.

Curling can help promote and unify the community as well as generate tourism revenue during the winter months. For these reasons, I encourage the general public and business community to continue their support of the Curling Club and to realize the importance of its function within the community. Thanks for your support and please feel free to offer help in fund raising efforts or pass along information which can help us generate the necessary funds.

Greg Trainor

President, Wells Recreation Society

Seniors Scene

January has been busy at the Meeting Place, despite the lack of our accessible back door. It was barricaded on Jan. 13th for safety's sake and there is at least one Senior in town that can't join us, as a result. We hope Council will see getting the door open as a priority, as we do.

This past month Barb, Linda, Neva and Rose started the Senior Reader program at the school; seniors and children enjoy reading together each week. Everyone has a great time!

There was also a decision made to include adults (over 19) in our weekly Wednesday bingo. Non-members can participate for \$2.

Our **AGM** and election of officers takes place on **Monday Feb. 9** at 7 PM at the Meeting Place. If you have nominations in advance, please contact Linda at 3411. All seniors (50+) are welcome. Memberships are \$20/year. This includes membership in the Quesnel Sr. Association and a weekly discount at the Pooley St. Cafe, thanks to Ronnie.

We're user friendly and you're welcome to drop in any time we're open. **Join us from 1 to 4 PM** on

Mondays: General drop in. Help us finish our

jigsaw puzzle, play cards, play a DVD on our new flat screen TV (yoga? Travel? Health info?), plan an outing or just chat over tea. Neva 994-2313

Tuesdays: Stitching and other crafts. Lois 994-3399

Wednesdays: Bingo. Members free, others \$2. For more info call Barb at 994-2361.

Thursdays we're closed. Why not join the **\$2 bus ride to Quesnel** and visit the Library, the gym, go shopping or enjoy the River Walk. Call DOW at 994-3330 for times and places.

Fridays: Computer Classes with Linda. Call her at 994-3411 or just show up on the

6th – Learn how to buy and sell on eBay. If you wish to register and try it out, you will need to bring along a credit card;

13th – Do you need to save data to a table format e.g. lists of names and addresses? Do it easily using a regular word processing program.

20th – Make posters for advertising events or sales using a simple format.

27th – Safe Internet games. Join us for some fun game sites!

In this cold weather, the Meeting Place is a safe social change from home. We value your input and your company. Submitted by Neva Hohn

Stay at the

Hubs Motel

... on the highway next to the service station

Sledders' Special

Sled from your Door

\$89.00 (taxes included)

2 people - 1 Night

2 - Day Trail Pass

in room Coffee, Phone, TV

Happy Valentine's Day

Diane and Harald Andreesen

12438 Barkerville Hwy, Wells, BC

1-866-994-3313

hubs@goldcity.net



Senior Readers: Rose, Neva, Linda and Barb with Kindergarten children: Duncan, Quinn, Clayton and Ocean
Photo: Beth Cunningham

Santa my brother...

Before Santa actually became Santa... which is a very long, and "secret" story... he was just a regular little boy, with a typical family: Mom, Dad, brothers, and sisters. And like most little boys, he loved to play with all kinds of toys.

He liked the drums, and horns, and most musical instruments. Like his dad, he liked tools and working on things, and taking things apart to see how they worked... and sometimes, even got them back together again.

He loved puppies, and kittens, and ponies, and playing in the snow, or the water, or just in the dirt, and (of course) bugging his little sister. But his most loved toys were, trucks, and diggers, and tractors, and bulldozers, and anything mechanical, or that could move dirt, or make noise. And, as a typical little boy, he would occasionally get him self into some kind of trouble, always seeking adventure, and new and exciting things.

I, as the sister closest to his age, remember some of his adventures, and misadventures, and those childhood memories always bring a little smile to my face. As he grew older, some of

his adventures started to mimic his life as a child. Because he never lost his love for those special "toys", he spent most of his adult life driving the big rigs, or moving earth or digging holes with the big machines and sometimes getting into some very precarious, even dangerous circumstances.

But God must have had a plan for him to one day be Santa Claus, and somehow he kept him safe, despite all the adventures, misadventures, and close calls. He knew that this particular Santa had a heart as big as he was, almost too big for his chest.

I guess that's why mom had to make him his shirts even as a little boy... and a big heart is the most important thing for a Santa to have.

The white beard and jolly "HO-HO-HO" is not what makes Santa Claus. It's that big heart, and a willingness to share it with everyone he meets, which makes this Santa so special. So, I'd like to personally wish Santa and Mrs. Claus the happiest of New Years... and hope that you always stay safe. On behalf of everyone you know...

Thank you! Your Little Sister ☺



Mike Wallace Photo

green tree
HEALTH & WELLNESS

Marilyn K Allin RHN CR t: 250.991.0298
351 Reid St, Quesnel, BC V2J 2M5
e: greentreehealth@uniserve.com
f: 250.991.7922

vitamins · supplements
personal care · natural foods

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- ~ Conklin Gulch ~
- ~ Gold ~
- ~ Nuggets ~

Grizz & Carol Pinette, Owner/Operators
Box 259, Wells, BC V0K-2R0 Phone (250) 994-3301
Email: welstore@goldcity.net Fax (250) 994-3341

Wells & Dist. Chamber of Commerce 2008 Recap

We started the year with some amazing displays from the local artists set up in our Visitor Center and recruited 2 great young people to staff it for the shortened season. With the supervision of Chamber Manager, Wanda Johnstone, and the help of several of our members, Matt and Elizabeth both had a great experience, learned a lot about our area and were able to give visitors first hand recommendations on fun things to do here. We have already hired one great employee for the 2009 season that is extremely knowledgeable about the area and either Matt or Elizabeth might be interested in returning. So it looks like we are off to a promising start.

Our year was a quiet one with the main focus on updating our accounting system and ensuring fiscal responsibility prevailed. We were able to clear all of our debts and ended the year with pride after seeing how the community worked to keep our VC open and staffed. As a result the Chamber is sending Wanda to the TBC conference to explore new ideas and do some networking with other Chamber Managers. She is attending several workshops while she is there and will be taking the Train the Trainer Course as well.

I would especially like to thank the Barkerville Heritage Trust for all of the assistance they gave our group over the year. Without them our staff would not have been as happy as they were.

Many thanks to the Members of the Board for all of their work this year and to Wanda for the great job she did managing & supervising the VC & staff.

To the Members who helped with the VC and made the young staff's experience here in Wells so good, "Thank You for allowing the kids to enjoy some of the experiences that make us love this region so much!" Both Matt and Elizabeth said they enjoyed their time here and hope to return.

Wells & District Chamber of Commerce Annual General Meeting for 2009 takes place on Monday, February 16th and begins with a Potluck Supper at 6:30 PM in the District Boardroom (upstairs).

I look forward to seeing you there! Carol Pinette
President, Wells & District Chamber of Commerce

MORE NUGGETS IN YOUR POCKETS!

Citizens of Wells — Having come to Wells at a time of anguish, we can hardly believe our good fortune in meeting a most gracious and accommodating group of people. Thank you all very much.

Love, Andrew and Peter Brown

Thanks for another great season!

THE BEAR'S PAW CAFE

*Watch out for our Winter
Special Events.*

See You With Your Skis On!

Dave and Cheryl at 250-994-2345
cell #983-1238 (just kidding!)
www.thebears paw.ca

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*Toadily Unique Gifts!
Expanded Selection!*

*Looking for a Christmas
Gift, or other Special
Occassion Item?*

Winter Deals - Give us a call!

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naturally@frogonthebog.ca



Tai Chi on Sunday Nights

— Classes have been small and everyone is progressing quickly. Tai Chi is blending movement and form to promote health. Cass starts us off by doing a Yoga warm-up and ends our class with Yoga cool down and meditation. It is working well for all of us! Some of us have already discovered the calming effect of Tai Chi (or Yoga) on our pulse rate and stress levels.

— See you in the Ballet Room at the Hall on Sundays at 7 PM. The \$5.00 fee includes a DVD for practice at home during the week. Carol Pinette

Backward Glance – Eating for 34 Cents a Day

(Definitely not with today's prices!)

By Sandy Phillips

An article found in "Magazine Digest", Vol. 21 – No. 4, Oct 1940, Pg 10.

A woman who is going to have a baby can live on a diet costing as little as 34 cents a day, and still get generous amounts of all the food substances she needs.

This expectant mother diet was worked out by Columbia University nutrition students, and announced by Dr. Clara Taylor, a Columbia University assistant professor of nutrition. The 34-cents-a-day diet is rich in minerals and vitamins without appreciably increasing calories.

A sample day's menu consists of:

Breakfast – four prunes; one cup of oatmeal with a little sugar; two slices of whole wheat toast; one tablespoon butter; one glass of milk.

Lunch – cream of tomato soup made from one-half cup tomatoes, one-fourth cup evaporated milk, one teaspoon fat; salad of one egg, lettuce, mayonnaise; cheese sandwich (three ounces of cheese and teaspoon of butter) on whole wheat bread; one glass of milk.

Dinner – three ounces broiled beef liver; one baked potato; one cup kale; two slices whole wheat bread; two tablespoons butter; one banana; one glass of milk.

Sugar allowance for a day is one ounce.

Vitamin B, calcium, and iron are most likely to be deficient in the food eaten by families on low incomes.

Vitamin B, Dr. Taylor points out, can be obtained from whole grain cereals, calcium from milk, and iron from green leafy vegetables and eggs.

– Science News Letter, Washington.

Part way through the article I'm thinking they must be starving the poor woman. By the end of the article I'm in the middle of google searches to explore the question, "What was the cost of food during the 1940's?"

Here's a few tid-bits from two of the websites I found.

From: <http://www.foodtimeline.org/fooddecades.html#1940s>
The 1940s were all about rationing, protein stretching, substitutions, rediscovering "grandma's foods", and making do with less. Home cooks made sugarless cookies, eggless cakes, and meatless meals. Cookbooks, magazines, government pamphlets, and food company

brochures were full of creative ideas for stretching food supplies. Why the shortage? Food was needed to feed soldiers fighting World War II. Farmers and food manufacturers were tapped to supply growing military needs, thus creating a shortage of foods available for domestic civilian consumers.

Butterless, Eggless, Milkless Cake (1944):

1 c. Brown sugar, firmly packed
1 1/4 c. Water
1/3 c. Vegetable shortening or lard
2/3 c. Raisins
1/2 teasp. Nutmeg
2 teasp. Cinnamon
1/2 teasp. Powdered cloves
1 teasp. Salt
1 teasp. Baking soda
2 teasp. Water
2 c. Sifted all-purpose flour
1 teasp. Baking powder

Boil brown sugar, 1 1/4 c. Water, shortening, raisins, and spices together for 3 min. Cool. Add salt and baking soda which has been dissolved in 2 teasp. Water. Gradually add the flour and baking powder which have been sifted together, beating smooth after each addition. Bake in a greased and floured 8"X8"X2" pan in a moderate oven of 325 degrees F. About 50 min., or until done. Needs no frosting." ---The Good Housekeeping Cook Book, New edition, completely revised 1944 [Farrar & Rinehart:New York] 1944 (p. 698)

From -- <http://www.thepeoplehistory.com/40sfood.html>

To provide an estimate of inflation we have given a guide to the value of \$100 US Dollars for the first year in the decade (1940's) to the equivalent in today's (2005) money..... If you have \$100 - Converted from 1940 to 2005 it would be equivalent to \$1433.77.

A few of the food prices listed on the website follows:
Apples, Pippin, 25 cents for 2 pounds New Jersey 1946 / Bacon Sliced 59 cents per pound Pennsylvania 1948 / Bananas 11 cents per pound Illinois 1947 / Beef Chuck Roast 43 cents per pound Illinois 1947 / Campbells Tomato Soup 25 cents for 3 cans California 1944 / Coffee 85 cents for 2 pound bag Pennsylvania 1948 / Eggs 64 cents per dozen New Jersey 1946 / Flour 25 cents 5 Pound bag California 1944 / Loaf Marvel Enriched Bread 13 cents per loaf Illinois 1947 / Margarine 18 Cents per Pound California 1944 / Oranges 8 1/2 cents per pound California 1944 / Potatoes 38 cents for 10 pounds California 1944 / Tomatoes 29 cents per pound New Jersey 1946

Businesses and Services

- Amazing Space Studio (250) 994-2332
- Art Rush Gallery (250) 994-3468
- Beck’s Pottery (winter-Williams Lake)(250) 392-5573
- Friends of the Wells Community Hall (250) 994-3223
- Frog on the Bog Coffee & Gifts 1-866-994-2345
- Homespun Gallery (250) 994-2327
- Island Mountain Arts (250) 994-3466
- Wells and Area Trails Society (250) 994-3349
- Wells Community Library (250) 994-3324
- Wells Chronicle (250) 994-3454
- Wells General Store (250) 994-3301
- Wells Museum & Archives (250) 994-3422
- Wells Service Station (250) 994-3224
- Wells Volunteer Fire Brigade (250) 994-3330

==Accommodations==

- Hubs Motel (250) 994-3313
- White Cap Motor Inn (250) 994-3489
- Wells Apartments (250) 994-3296
- Wells Hotel (250) 994-3427

==Places to Eat & Drink==

- Bear’s Paw Café 1-866-994-2345
- White Cap Motor Inn (250) 994-3489
- Northwoods Restaurant (250) 994-3325
- Pooley Street Café (250) 994-3276
- Royal Canadian Legion, #128 (250) 994-3208

==Area Facilities==

- Wells-Barkerville School (250) 994-3216
- Wells Community Hall (250) 994-3223
- Wells Curling Club (250) 994-3454

- District of Wells Town Hall (250) 994-3330

Wells & District Chamber of Commerce

www.wellsbc.com info@wellsbc.com
 (250) 994-2323 1-877-451-9355

**Wells Emergency: DIAL 911
 FIRE – AMBULANCE – POLICE**

Classifieds go here — \$1.00 a line

==Happy Birthday==

To all February Babies in or visiting our area, and a special Happy Birthday to Mike from all his ‘ladies’ & Yoda too! How many is that now? AW

Wells’ First Baby for 2009

Fox Read was born on Sunday, January 18, 2009
 He weighed 7 lbs and took 40 hrs to arrive.
 Aaron & Lindsay Read brought their son home to Wells on Tuesday, January 27th.

Bob Monk will put on a Possession and Acquisition (PAL) License course in Wells with enough participants. Contact Candace Pollard at 250-994-2349.

**DRAGONFLY PILLOW
 QUILTING DAY**

Kathy Deaton from Kathy’s Quilt Shop in Prince George is coming to teach us this beautiful technique. The class is for those with an intermediate level of quilting experience and includes all your fabric requirements for the top, back and binding of your pillow. Fabrics will be of quilt shop quality batiks and we will pick kits based on your suggestions of colour choices.

Please register with Carol at Wells General Store by February 4th so we can get your kit ready. The cost of the course will be for materials only – Kathy is donating her time & travel. (We are so lucky)

DATE: Sunday, February 8

TIME: 10:00 AM – 4:00 PM

PLACE: Curling Rink Banquet Room (Sheet 3)

COST: \$70.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Spirit Committee 3:30 pm Library Hours 6:30-9 pm Groundhog Day	3 Council Meeting 7 pm Library Hours 6:30-9 pm	4 Library Hours 3-5:30 pm Fire Practice 7pm	5 Public Transit Day	6 Legion Meat Draw 6:00 pm	7 Spirit Week begins -Winter Carnival at the school -Richard Wright literary reading at the Hall - 7pm -Library Hours 1-3:30 pm
8 Dragonfly Pillow Quilting Day at the Wells Curling Club 10am-4pm Scavenger Ski all week long, wrap-up on Friday.	9 Library Hours 6:30-9 pm	10 Library Hours 6:30-9 pm	11 Library Hours 3-5:30 pm Fire Practice 7pm	12 Public Transit Day Council Agenda Items in today Volunteer Appreciation Potluck Banquet Rm - 6pm	13 Scavenger Ski Wrap-up at the Curling Club 4pm family skate, food, sock-hop upstairs (!confirm time!) Legion Meat Draw 6:00 pm	14 Library Hours 1-3:30 pm Valentine's Day Dance at the Curling Club Valentine's Day
15	16 Wells Chamber AGM & potluck 6:30pm at the Dist. Office Boardroom Library Hours 6:30-9 pm	17 Library Hours 6:30-9 pm Council Mtg. 7pm	18 Library Hours 3-5:30 pm Fire Practice 7pm	19 Public Transit Day	20 Legion Meat Draw 6:00 pm	21 Gourmet Ski Mtn Film Festival 7pm Banquet Rm Library Hours 1-3:30 pm
22 Dog Sled Rides	23 Chronicle Deadline Library Hours 6:30-9 pm	24 Library Hours 6:30-9 pm	25 Library Hours 3-5:30 pm Fire Practice 7pm	26 Public Transit Day Council Agenda Items in today	27 Legion Meat Draw 6:00 pm	28 Library Hours 1-3:30 pm

Please refer to the Wells Wellness pull-out in the centre of this issue for dates on all the ongoing classes. Thanks! AW
Also, check the schedule of activities for the Seniors Meeting Place. AW

February 2009

Community Calendar