



the stew

ISSUE 4.6 | SEPTEMBER 2013 | FREE

the Carving issue

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hear

Welcome to our first issue of The Stew Magazine

We want to hear from you.

Email us at aboutface@wlake.com



On the Cover:

This month's cover photo is a fountain courtesy of Craig and Christa's honeymoon in Aix-en-Provence, France.

Carvings and Sculpting - A part of everyday

BY CRAIG SMITH

THE STEW MAGAZINE

When Christa and I decided to call this issue 'The Carving Issue' we wanted our writers to think of it both literally and philosophically. In doing some research, I discovered that carving and sculpting are two different acts, but the funny thing is that both actions create a sculpture.

The act of carving is to start with a solid piece of material and take away the parts and pieces that you don't need. The act of sculpting is to start with a solid piece of material and take away parts that you don't need, and also add parts that you do need. We wanted to call this issue the carving issue because this is our first issue, and we're carving out the direction that we want the magazine to head.

After looking up these definitions, though, I realized that maybe I should have called this issue of The Stew Magazine 'The Sculpture Issue'. The reasoning behind that is that we are going to start with our solid block of material, we're going to take away, and we're also going to add.

I guess in some ways we could have called this 'The Molding Issue' as the dictionary definition for molding is the act of putting material into a hollow container to give it shape or to form an object out of malleable material, or to influence the formation or development of something.

The ancient roman columns, primitively carved hieroglyphics in caves, and other ornately carved stones are a historic reminder of what happens when an idea takes shape. The world is full of historic artifacts that remind us of the inspiration that gripped and drove the artist to find perfection.

As history unfolds into a new era, carving and sculpting continue to do just that in new and different forms, whether it be stone, wood, or the written word, the need to create something is the driving force that makes us strive to continue carving until we find the beauty that we seek in our work.

I have lived in the Cariboo for over half my life and I love this area. Part of our reasoning for buying The Stew Magazine was

that I saw a product that promoted positively the region that is our home. Having now traveled over half the earth, I have come to realize that we live, work, and play in one of the most beautiful regions on the planet.

I have also realized that beauty is in the eye of the beholder, and even the most beautiful places in the world can be blind to the person who does not stop to enjoy and take it in. Within The Stew we hope to share some of the beauty that we have found in the Cariboo with our readers and hope that they will share their beauty with us.

This issue of The Stew is about carving out our way, but it is also about the stuff that we carve from our lives, and how we bring our carvings back to the readers of the magazine. The carvings that we share are going to become a small part of our history. And just like — or maybe not quite just like — the carvers of the Acropolis, we hope that a small part of what we carve will inspire others.

This area is full of extremely talented and artistic people. Some you know but a lot you don't. Part of what

I want our mandate to be is to show you those people and showcase their talent. I want you to see that the girl at the grocery store is an amazing singer, the young man herding cattle has won awards for acting, that the forklift driver has published a book, that the pizza delivery person is an accomplished painter and the guy that fixed your snowmobile is a champion motorcycle racer.

Another part of what I want the mandate of The Stew to be, to inform.

I will never call this a newspaper. I don't want it to be a newspaper. I don't want you to pick up The Stew and see an event that has already happened and say, "Aw, crap, I missed it." I want The Stew to inform anyone who reads it that these are the events that are happening in our region this month. These are the times, dates, and places...now go out and have fun.

Every day I hear someone say that there isn't anything to do here. I call BS. I know there is a tons to do, you just have to know where to look. We have taken on the torch that

Todd and Juli have passed to us and we are going to run with it. I want The Stew to be the place to look to see what is happening in this region; the place to find out where the artists and entertainers are showcasing their talent. The place that will tell you where the awesome places to eat, visit, and stay in our region are, the things to do in all four of our seasons, as we really are one of the few places on earth that have all four definite seasons.

Some say that's a tall order - trying to compile all of that information is impossible. I don't doubt that it will take us a little time, but that is our mandate. I will also accept any and all information about any event going on in our region and make it available. If I'm unable to put it into an issue, I can probably find a place for it on our webpage, blog, or Facebook page.

So having said that, enjoy our first issue of The Stew. Any comments, compliments, or suggestions can be sent to craig@thestew.ca. See you next month.



NO HOLDS BARRED



OGABEL

CLOTHING



PHUNKY PUNK

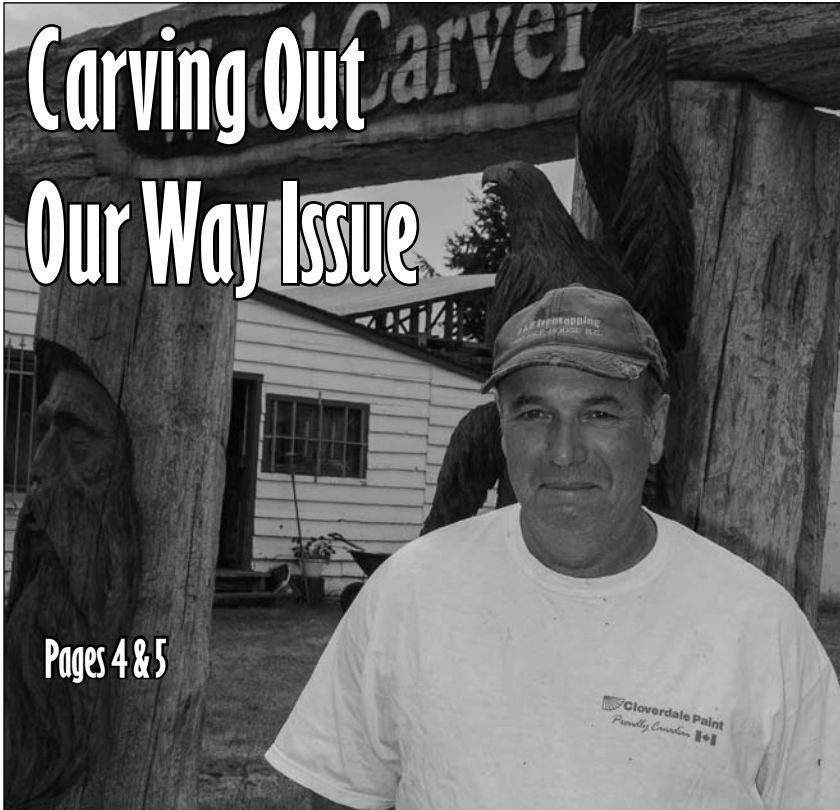
BODY JEWELRY

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MON - SAT | 9:30AM-5PM
FRI - SAT | 9:30AM-5PM

ingredients

Carving Out Our Way Issue



Pages 4 & 5

Nutrition Facts

Service Size: 20 Pages
Servings Per Container: 1

Hello: Craig and Christa enthusiastically welcome all the readers to The Stew Magazine for their first solo issue. Hopefully everyone will find some food for thought. Happy reading!

Goodbye: Here's to Todd and Juli and the new adventures that await them. Good luck and best wishes!

Ingredients for helping us carve out our first issue:

The support of Todd and Juli along with all of the encouragement from family and friends; lots of really good coffee; a few moments of restraint when ideas started to get way too big; lots of brainstorming, white-board drawing, and sticky notes; hot tub inspirational meetings; the ability to work in our sleep and read each other's thoughts; the passion for new ideas and seeing a dream unfold; the knowledge that everything happens for a reason and that we are right where we need to be and taking the best of every moment life has to offer.

Carvings...

Page 2



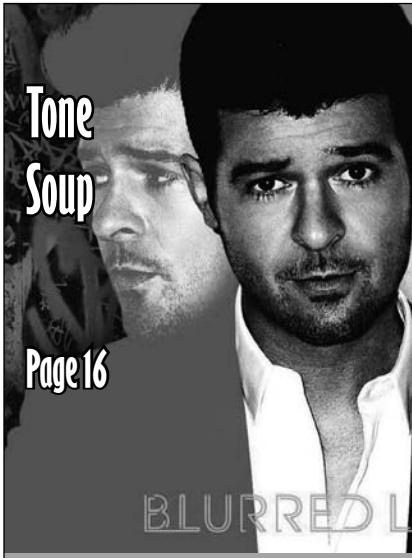
Fitness with Darren Smith

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Tone Soup

Page 16



BLURRED L

Tech Time With Craig

Page 18



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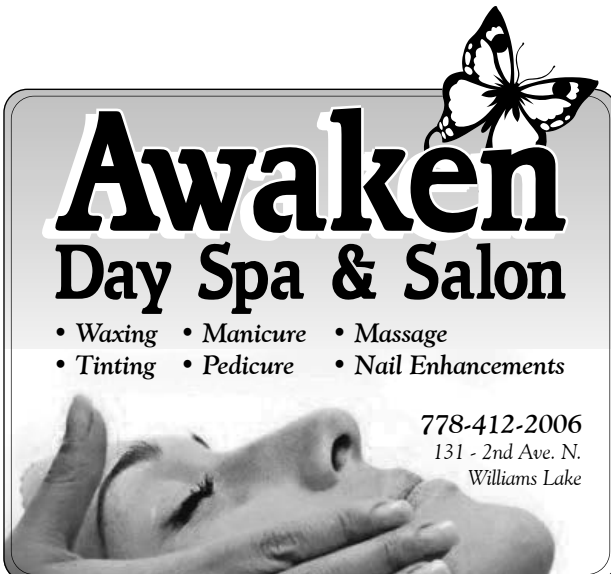
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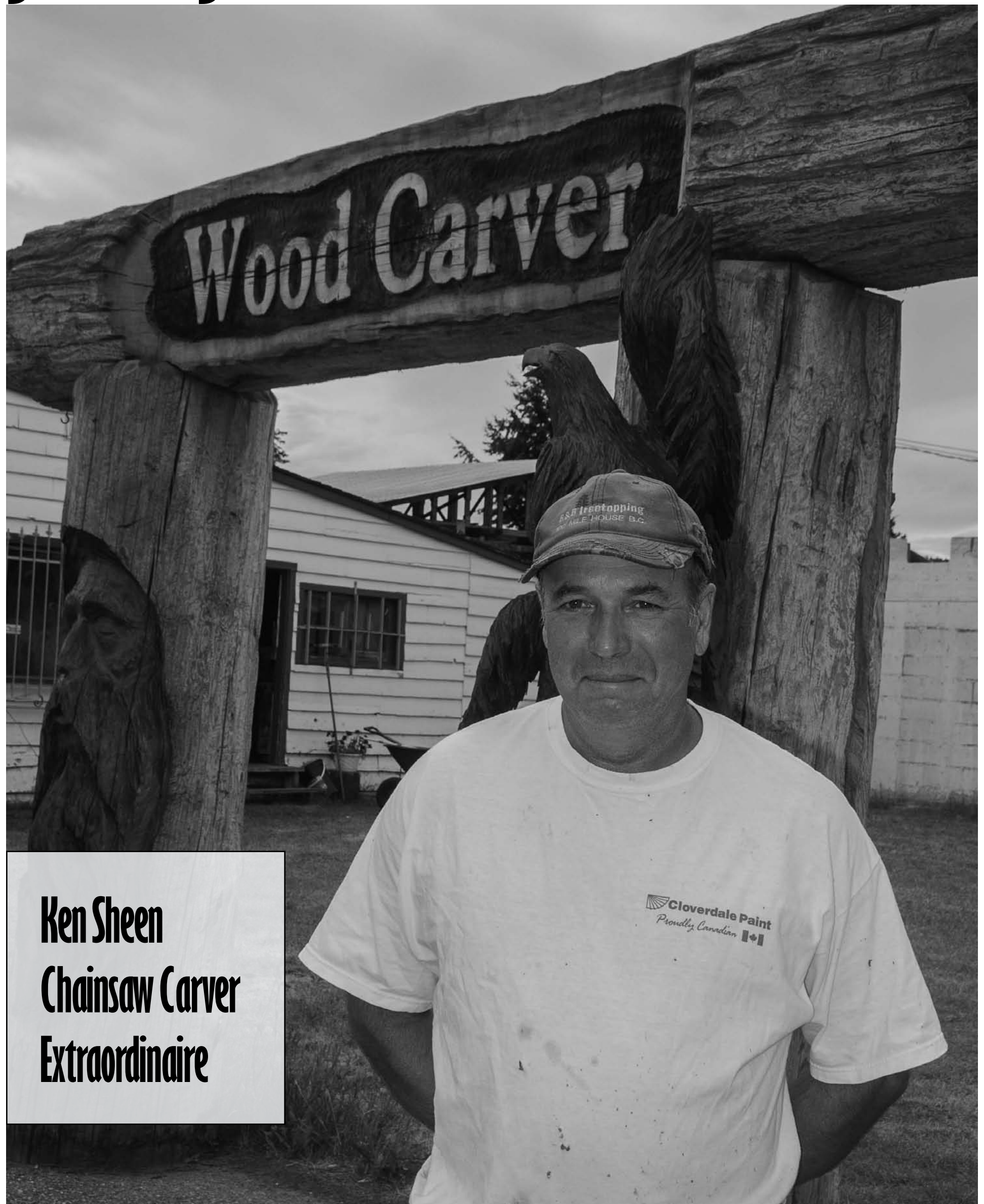
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flavour of the month

Woodcarving is an great addition to anyone's home as a unique gift.



Ken Sheen
Chainsaw Carver
Extraordinaire

flavour of the month

Carving The Cariboo

In keeping with this month's carving theme, it only seemed fitting that our feature artist of the month be a carver. Ken Sheen is a very well known and talented chain-saw carver. Using his chainsaw, Ken takes logs and pieces of wood and creates out of them the most amazing works of art.

Ken lives and has his carving business north of McLeese Lake at Alexandria on Highway 97, where he can be found hard at work. "I've been a timber guy all my life" says Ken, "and a carver for the last fourteen."

After thirty years in Chetwynd, where many of his works of art are displayed, he moved to Riske Creek just outside of Williams Lake before moving to his current location three years ago.

When asked what the difference was between carving and sculpting Ken explains his view is that carving is more of something that is patterned, referenced, computer-generated, or even something that is more mass-produced. Sculpting however, he felt was more of a monument and comes from out of the head and heart.

The meticulous pieces of art that Ken creates range from small table-top and wall hangings to very large feature outdoor landscaping pieces. Whether large or small, each piece is uniquely designed and sculpted by this talented artist.

If not in Ken's shop in person, you will

"I've been a timber guy all my life"

probably recognize his work around Williams Lake as he has done several pieces for the City. Two are located at the intersection of Highway 20 and Highway 97, and a third piece sits above the Stampede grounds by the Mall. This lone cowboy stands in quiet retrospect of days gone by, his face telling a story.

Ken works often for Pioneer Log Homes as a freelancer. Some of his work has been taken as far away as Scotland, one such home featuring twelve eagle heads on the ends of beams. Ken also commissions all over Vancouver Island and to the north, sharing his art with

both businesses and individuals alike.

Currently he has just finished working on a bench for Clinton and their celebration of 150 years.

It is obvious when looking at Ken's work that he has a very deep passion for what he does and each piece of work tells a small tale of its creator. Talent, inspiration and raw creativity drive this 'timber guy' to build on his passion for wood and develop his business from art to success.

As for the future, Ken is going to continue to do what he loves and what inspires him, and that

is to continue his passion for chain-saw carving. He also hopes to expand his business and possibly even partner up with another artist to expand his showroom further, and allow him more time to spend creating.

This month's feature artist, Ken Sheen, is a 'must meet', and a great way to turn an afternoon into and art outing adventure. Find him at pinerivercarving.com or by taking a lazy afternoon drive up to Alexandria and visiting his show room, and maybe even catching him in his, as Christa calls it, breath-taking, death-defying act of carving.



Wespeak

Carving out our way

BY CRAIG AND
CHRISTA SMITH

THE STEW MAGAZINE

Well the proverbial torch has been passed, so to speak, and now it's time for us to carve out our own way.

Taking on this venture was something that we didn't even have to think twice about, it just fit with our philosophy of life, and that is to make as much out of every experience as possible. The thought of having a publication that was all about experiences and what life has to offer just sealed the deal.

Our vision for the future is all about finding that little something that will intrigue and entice our readers with a new experience.

One step at a time, one issue at a time, The Stew Magazine will take a shape that is inspired by our vision and dream of bringing our readers new experiences and opportunities for enjoying what life in our region has to offer. The arts, recreation, leisure, and entertainment take

on many forms. It is our vision that The Stew be the conduit to all that is, or can be made, an experience.

We want people to pick up a magazine and be inspired to make the most of every day, find enjoyment in new things, and re-experience old ones.

It is what drives us to find a little bit of something for everyone within our magazine. We believe that life is too short to waste on regret and things that have been missed; instead it is an opportunity to seize the moment and make the most of it.

This new venture and opportunity to carve out our way is going to be quite the ride and we hope that all of our valued readers will come along.

It is because of all of you, and the longing deep down inside of us all for adventure, that we set out on this next great journey. Let us see where the journey will lead.

As for the fork in the road, or rather the spoon in the stew pot that has stirred in

a new direction, we would like to extend a very heartfelt thank you to Todd Sullivan and Juli Harland, former owners of this magazine.

The Stew conception and last few years have been their brew of passions and it is with enthusiastic anticipation that we take the spoon and begin to stir up a new stew and more food for thought.

Any comments, compliments, or suggestions can be sent to craig@thestew.ca.

See you next month.



SPEAK

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read

Carving Up Books: Library Style



BOOKS

CARIBOO REGIONAL DISTRICT LIBRARY

In keeping with this week's theme here are some resources at the Cariboo Regional District Library on the subject of carving, whether it's carving wood, carving though snow, carving a Thanksgiving turkey, or even learning about carving out new neurological pathways in your brain.

Oh, and if we don't have a title in the CRDL on the type of carving you're interested in, it's only a 'hold' away. Through our interlibrary loan program, we can request books from libraries across the province.

Sunday Roast: The Complete Guide to Cooking and Carving (2006)

Dickson Wright, Clarissa

Great recipes for beautiful roasts and the information you need to make sure you don't turn the succulent meat you just roasted into a hacked-up travesty. This book will show you how to carve various joints and roasts efficiently and correctly, with entertaining text, and mouth-watering recipes.

Carving Found Wood: Tips, Techniques and Inspiration from the Artists (2002)

Hood, Vic

Woodworkers of all skill levels will find inspiration and practical advice in this collection of the wisdom of 30 expert woodcarvers who create their art exclusively from found materials. Each artist interviewed features beautiful photographs of finished work, and step-by-step instructions for the techniques used.

Topics include the qualities of a variety of woods, where to find usable wood, how to work with cracks and knots, and what tools are needed to make the best of what nature has to offer.

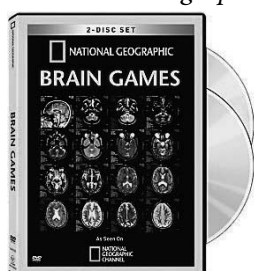
Extreme Pumpkins: Diabolical Do-It-Yourself Designs to Amuse your Friends and Scare your Neighbors (2007)

Nardone, Tom

Learn how to take your pumpkin carving to the next level with this creative, creepy and hilarious full-colour book. Pumpkin carving plans include the likes of 'Crime Scene Pumpkin', 'Puking Pumpkin', and 'Electrocuted Pumpkin'. Easy to follow step-by-step instructions and pointers will help make your house the most ghoulish on the block this October 31.

Brain Games (2011)

National Geographic



This smart and engaging three episode series will guide you through the latest scientific research on the way our brains work, from processing information, to sorting stimuli, to the way how we interact is carved out in our neurological pathways. Each episode contains at least a dozen interactive experiments that the viewer can participate in.

Mastering Snowboarding (2013)



Teter, Hannah

Do you like to carve through snow? If so, this resource is for you. In full colour, Mastering Snowboarding will

show you how to bring the techniques and tricks used by the pros to your own boarding. An excellent resource for the novice to intermediate boarder.



Tiny Whittling: More than 20 Projects to Make (2012)

Tomashek, Steve

Tomashek has created a wonderful handbook for those looking to learn one of the world's most relaxing, inexpensive, and rewarding hobbies. With just a sharp knife, a little practice, and the tiniest block of wood, anyone can make a charming carving in less than an hour.



Abbi Taylor puts finishing touches on a Dwayne Davis mural.



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Gina Mawson
Relationships



Dawn Wall
Kids



Coraline Derksen
Books

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read

Encourage your kids to ask questions
and express concerns

With Fall Comes 'Back To School' For The Kids.



By

Dawn
Wall

KIDS

WCCS

Whether we want to admit it or not, the long days of summer are coming to a close. And with this comes thoughts of fall and starting school again. Whether you look forward to the return of the routines that school brings or you don't want to let go of the freedom that the long summer days bring, as a parent you need to help

your children make that adjustment to being back at school. Even though the summer heat is still with us it is not too early to start to prepare your children.

The easiest place to start is getting back into the school-type routines. I always found it's much easier to begin to get into earlier bedtimes in small steps rather than a sudden change to a 7:00 pm bedtime the day before the start of school. It

could be a good idea to spend some time having breakfast and getting dressed right after getting up to prepare for that first day. It is also a good idea to start talking about after school routines like homework time, TV time, game time, etc.

Whether your child is just beginning preschool, entering kindergarten, starting a new school, entering high school, or just starting a new grade, the beginning of a new school year can be a little intimidating. Back-to-school can be a big transition for many children. As parents, we can help to ease those feelings by doing just a few simple things.

Talk to your children about school. You can help them get excited about all the new and exciting experiences that school can bring. Talk

about what they might expect. For example, for the child that is just starting kindergarten, you might talk about snack time, play time on the playground, songs that they might sing, or games they might play. For the child that is starting a new grade or high school, you might talk about some of the changes they might experience, like having lockers or more than one teacher.

For children that are starting a new school, being familiar with the environment can ease some of the nervousness that comes from starting anything new. Take some time to go and explore the playground and, possibly, meet some of the children they will be attending school with. If you can go into the school, do, and take a peek in some of the classrooms, find places

like the office, the bathrooms, the library, and the gym.

Most importantly, encourage your children to ask questions about school and express their concerns, if they have any. By letting children express their fears or concerns, you can acknowledge and normalize them.

Let them know that you understand and reassure them that you are there for them. Just expressing concerns helps us to make them much less intimidating.

Embrace these last few weeks of summer and look forward to a new and exciting start to fall.



The Time Is Coming

Summer is coming to an end and everyone is getting ready for the fall, all while maintaining the yard in the Cariboo's long season this year. Taking out the cooler wardrobe, putting away the summer clothes and bringing out the rakes and shovels. Good thing Canadian Tire has plenty of storage, both inside and out, to hold all their seasonal must-haves.

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CRAIG SMITH PHOTO

MASTER CARVER IN NAPLES, ITALY ▶ Carving a Marble Cameo.



Play

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



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SEPTEMBER 1

Williams Lake

- Annual Scotty's Mud Drags at 5051 Lily Pad Lake, call 250-791-6383 for more information.

SEPTEMBER 6

Williams Lake

- Farmers Market, 9-2pm in Boitanio Park every Friday until Oct 11.

Quesnel

- Sept 6 - 8 Annual Barkerville Cowboy and Drover Jubilee at 1pm in Barkerville.

100 Mile House

- South Cariboo Community Fall Fair. Local trade, produce and live entertainment at the Cariboo Rec Centre.

SEPTEMBER 7

Williams Lake

- Tour de Cariboo from Williams Lake to Gavin Lake, more information visit www.bbswlake.com

- Harvest Fair at the Stampede Grounds

- Day of Destruction, Points Final Championship Racing, Crash to Pass, and fun day. Racing - all classes, qualifying at 12pm and races start at 1pm at Thunder Mountain.

Quesnel

- Farmers Market starts at 830am at Helen Dixon Centre Grounds.
- Paddling is Awesome Day, at Pioneer Park, boat races start at 9am.

100 Mile House

- 33rd Annual Fine Arts Show and Sale, The Parkside Art Gallery at 11am.
- BCPBR Finals Bull Riding South Cariboo

Fall Fair. at the Outriders Grounds. Tickets \$15, students \$10.

SEPTEMBER 8

Williams Lake

- Cariboo Mountain Bike Film Festival, enter at ridethecariboo.com, deadline is September 5.

Quesnel

- Golf For Kids Sake at Richbar Golf and Garden. To register call 250-992-7257
- 30th Annual Jimmy Dunlop Memorial Toy Run, 1-4pm from Sylvia's Café at Leboudais Park.

SEPTEMBER 10

Williams Lake

- Boitanio Mall Clubs Day from 10am to 3pm. Clubs include, Scouts, Guides, WL Judo Club, Stampede Whirlaways, Square Dance Club and more.

SEPTEMBER 11

Williams Lake

- Jail and Bail in Spirit Square downtown at 10am. For more information call Dave Dickson at 250-392-8701

SEPTEMBER 13

Williams Lake

- Farmers Market 9am - 2pm in Boitanio Park.
- Cops for Cancer, Tour de North held Sept 13th-19th. Starts in Dawson Creek and ending this year in Williams Lake.

Quesnel

- Outdoor Movie Night at 5pm, at the Cariboo Kart Racers Track.
- Homeshow at the West Park Mall all day, 13 - 15.
- Terry Fox Run, from



12pm at Lebourdais Park.

- Berniew and Red show at the Elks Hall Quesnel, Call Valerie at 250-992-8506 for tickets.
- BC Rodeo Finals 13th-15th at Alex Fraser Park.

100 Mile House

- South Cariboo Farmers Market from 8:30am - 1:30pm. Every Friday until Sept 2 at the Community Hall.

SEPTEMBER 14

Quesnel

- Seven Summits Bike and Hike Challenge, Wells. For more information call 1-866-944-2345.
- Farmers market starts at 8:30am at Helen Dixon Centre Grounds.

100 Mile House

- Cariboo Country Night. Doors open at 4:30pm, entertainment at 5pm with a BBQ steak dinner. Dance at 8pm. Tickets are \$25/person including dinner, available at Ace High Resort, Watch Lake Lodge, Little Horse Lodge and Meadow Springs Ranch.

SEPTEMBER 15

Williams Lake

- Terry Fox Run 2013, Starts 10am at Cariboo Memorial Recreation Complex.
- Ladies Shoot starts at 9am till 2:30pm at the Williams Lake Sportsmen's Association Club. No experience necessary, space is limited; Call 250-392-3925.

play

•BC SPCA Paws for a Cause, walk for the animals at Boitanio Park, registration at 9am, walk at 10am.

100 Mile House

•Terry Fox Run 2013, run starts at 11am in front of the Visitor Centre.

SEPTEMBER 20

Williams Lake

•Farmers market from 9am-2pm in Boitanio Park.
•Unlikely Paddlefest and Kayak celebrations. Sept 20-23. Held in Likely.

Quesnel

•Quesnel Auto Racing Association – Fall Classic, Tri City + Points Final at Gold Pan Speedway all day.

100 Mile

•South Cariboo Farmers Market at 8:30am-1:30pm at the Community Hall.

SEPTEMBER 21

Quesnel

•Barkerville's 4 Annual Amazing Race to Rebuild Barkerville, all day.
•United Way's Fire Truck Pull from 11am – 1pm at Alex Fraser Park.

•Quesnel Fall Fair from September 21 – 22 at Alex Fraser Park.

•Quesnel Auto Racing Association Fall Classic, Points Final and Tri-City Time trails on Saturday at 4:30pm with racing at 5:30pm at Gold Pan Race Track.

SEPTEMBER 27

Williams Lake

•Farmers Market from 9am – 2pm at Boitanio Park.

Quesnel

•Geekenders Lost in Time 2: Take the Sky, at Barkerville Historic Site, all day Sept 27 – 29.

100 Mile

•South Cariboo Farmers Market from 8:30am – 1:30pm at the Community Hall.

SEPTEMBER 28

Williams Lake

•Cariboo Welcome Fair at TRU Gym starting at 2pm till 4pm.

•Horsefly River Salmon Festival. Sat 28 – 29, www.horseflyriver.ca for map to spawning channel.

Quesnel

•Farmers Market starts at 8:30am at Helen Dixon Centre Grounds.

100 Mile House

•Cariboo Trails Field Drive trails at Hubert Farm and Equestrian Centre, 70 Mile House (behind 70 Mile Hotel, enter off access road on west side of Motel).



September 2013 Movies

SEPTEMBER 2013 RELEASES

TITLE	STREET DATE
Cockneys Vs. Zombies	3-Sep
Da Vinci's Demons	3-Sep
Empire State	3-Sep
Extracted	3-Sep
From Up On Poppy Hill	3-Sep
Iceman, The	3-Sep
Jeffrey Dahmer Files, The	3-Sep
Lords Of Salem, The	3-Sep
Mr. Hockey - The Gordie Howe Story	3-Sep
Now You See Me	3-Sep
Spartacus: War Of The Damned	3-Sep
Stranger Within	3-Sep
Tom and Jerry: Halloween Hijinks	3-Sep
Vampire Diaries, The Season 4	3-Sep

Big Bang Theory, The Season 6	10-Sep
Blood	10-Sep
Dora the Explorer: Dora's Great Roller Skate Adventure	10-Sep
Frankenstein's Army	10-Sep
Into The White	10-Sep
Love is All You Need	10-Sep
Parade's End	10-Sep
Peeples (Tyler Perry Presents)	10-Sep
Reluctant Fundamentalist, The	10-Sep
Sassy Pants	10-Sep
Sharknado	10-Sep
Star Trek: Into Darkness	10-Sep
We Steal Secrets: The Story Of Wikileaks	10-Sep
Wish You Were Here	10-Sep

Arthur Newman	17-Sep
Behind the Candelabra	17-Sep
Bless Me, Ultima	17-Sep
Bling Ring, The	17-Sep
Collection, The	17-Sep
Daddy, I'm a Zombie	17-Sep
Drift	17-Sep
East, The	17-Sep
Erased	17-Sep
Glee Season 4	17-Sep
Greetings from Tim Buckley	17-Sep
Pawn Shop Chronicles	17-Sep
World War Z	17-Sep

Apartment 1303	24-Sep
Blood of Redemption	24-Sep
Fill the Void	24-Sep
I Spit On Your Grave 2	24-Sep

“You have to create your life. You have to carve it, like a sculpture.

-William Shatner

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“Make the decision to make a healthy CHANGE”

We live in a fast-food, drive-thru society. We want what we want, and we want it right now. Anyone who has watched late-night TV can tell you how ‘easy’ it is to get a ripped and chiseled body without working out merely by purchasing the latest supplement that burns fat or by attaching electrodes to your abs. You don’t even have to get off the couch! Most couch potatoes eat this up — not literally, but you know what I mean. Who wouldn’t want to get a six-pack while watching TV?

As we get older, our bodies change. We have aches and pains, and we can’t rely on our teenage metabolism to keep us from gaining weight without some sort of activity. My personal activity level encourages my boys to be healthy and, although they are typical vegetable-hating kids, they know by the examples I set, the value of sports / exercise and nutrition.

Having said that, my personal activity level is definitely not

necessarily for everyone, unless you want to do a weekly total of 20 km running, 200 km riding, or 10 km of swimming. You can if you want to, of course, but then I am guessing you are probably a kooky triathlete like myself and we should hang out. Every so often, I have a patient that asks me how to lose weight. My first question is how much ‘spare’ time they have, what is their current activity level, what are their daily or weekly habits, such as lattes, pop consumption, or other vices.

A typical daily diet is good to know as well, but it’s the other things that I find are the biggest obstacles for people. Sometimes it’s as simple as advising someone to cut out one or two things or adding something to the daily routine that makes the biggest differences for people.

We all have our habits, it’s just that some are more detrimental to our health than others. You first have to make the decision to make a healthy change and that is

probably the toughest thing.

Make small goals for yourself. Buy a journal and write them down. Things like walking for 10 minutes at lunch or after work three times per week, signing up for a 5K walk, drinking 64 oz of water each day, cutting down one latte each week, or losing a pant size in a month are all good, small goals. Losing 20 lb is a better example of a long term goal which could be divided into smaller goals. Goals must be realistic otherwise they can be discouraging and may cause you to give up altogether.

Goals take planning, so the most important thing is taking a little time in your day to help you attain those goals. Pack your gear and make your lunch the night before, it takes only about 5 to 10 minutes. Put your running shoes on and go for a walk at lunch for 10 or 15 minutes, it will make your afternoon go by quicker because you will be more energized.

If it is raining or snowing, walk inside, don’t find a reason not to go. Read your journal, and remind yourself why you are doing it. Encourage your co-workers to join you or, to get started, find co-workers that are already doing this and join them.

You can always find an excuse not to, but you should carve out a few minutes here and there for yourself. It is not as difficult as we make it out to be. You just have to want to do it and then take the first step.

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eat

One mistake, you loose
a fingerBy
**Brice
O'Neil**

Out of the Fridge

apprenticeship I was lucky enough to work for a very reputable, very talented, German Chef. Although he made Gordon Ramsey look like

end of the buffet line for my first time, carving a roast. It's like being on stage, only one mistake and you lose a finger; I was so nervous, my

from my ear, I hear, "Theeeeeeeeener. Carve it theeeeeeeeener."

As he leaned even closer, I smelled the breath of someone who had been drinking for the past few hours, and in his now slurred, German accent he hisses, the saliva spraying my jugular, "I want to be able to read a newspaper trew it."

Ever since, whenever I carve beef — which has turned out to be quite often — I always give a small shudder at this memory which has been seared into my brain like a steak hitting a hot cast iron frying pan.

Carving birds brings up a whole different memory.

Insert a picture of a father figure here, slashing away at a once noble, now defenseless, turkey resting upon your decorated Christmas table. Chunks of white meat haphazardly mixed in with dark meat, strewn across the turkey platter in all size and manner of cut. Beautiful golden-brown skin torn asunder and buried under the horrendous chunks of flesh. The beaming proud smile of the man with his knife, having laid waste to what should have been an enjoyable eating experience.

Join me next issue for more adventures in foul roasting and carving.

info@newworldcoffee.ca

“THEEEEEEEEEENER.

Carve It THEEEEEEEEEENER”

Mother Theresa, we got along pretty well.

His thick German accent brought a slight bit of humour to his regular tirades and his not-so-occasional drinking binges left his breath more than just nasty.

So I'm standing at the

hands were shaking. After about the tenth slice, I start to pull myself together. Breathe, I think to myself, relax.

Just at that moment I heard the words that have been forever scarred into my memory. His breath on my neck, an inch away

When Craig told me that this month's issue of The Stew Magazine was dedicated to 'carving' and he said, "Oh, and by the way, I need your copy by Friday and today is Wednesday," I kinda cringed.

I wasn't so much shuddering at the deadline, just the subject matter — carving. It brings back a lot of Chef-ing memories, not the least of which was my first time on the buffet line.

Let me give you some background.

Carving, for a Chef, is

an art. Some artists use wood or marble, but to a Chef, it's all about the food.

We have all seen carvings used as centerpieces or decorations for buffets — neither of which, by the way, I'm any damn good at. Carving meat is my forte. And trust me, it is not as easy as it looks.

For example, meat must be cut against the grain. Cut with it and it will shred and fall apart. Cut it too thick and it's like chewing a rubber tire. During my

This may not seem logical, but I've always thought of September as the beginning of a new year. Kids and, in my case spouse, head back to school. It's time to renew the gym membership, whip out the city's Guide to Active Living and see what volunteer and leisure activities may be of interest through the chilly winter months. If you're like me, and look for fun and fulfillment in your activities, mentoring may be for you. Big Brothers and Big Sisters have two programs that offer opportunities that are not only enjoyable, but impactful on a little person's life.

The first is 'In-School Mentoring'. The agency matches a volunteer with a child in an elementary school. The volunteer mentor meets with the child once a week at the school for an hour, to support the child emotionally and socially through games and recreation. It really is fun. Here is what an elementary school counsellor had to say about the program — "The mentee/mentor relationships that form are positive and truly life changing for the mentees. Kids still talk about their mentor's years after the match has finished. I have a continual flow of students to my office asking if they too can get a mentor." The In-School Mentoring program runs throughout the 10 month school year.

The agency also offers the traditional Big Brother and Big Sister program. A volunteer is matched with a child based on compatibility. The 'big' and the 'little' meet together a few times each month. There is no expectation that the volunteer do anything out of the ordinary with their little, just incorporate the child into whatever you are already doing. That's why the agency takes close care to ensure that the interests are compatible. Another option is a Couples match. If you'd like to mentor, but want to share the experience with your partner, we do match couples with one child. This way, everyone can share in the fun.

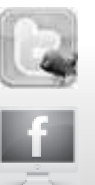
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read

Investing in the relationship means
finding time for quality.

Carving Out A Solid, Lasting Relationship



By
**Gina
Mawson**

RELATIONSHIPS
WCCS

Since moving to the Cariboo five years ago I have seen many beautiful and amazing carvings and have grown to appreciate the dedication, effort, and skill it takes to create such fabulous works of art. Just like creating a masterpiece, creating a solid, lasting, and loving rela-

tionship takes dedication, effort, and yes, even skill on the part of the people engaged in the relationship.

So how do you go about creating and maintaining a relationship that stands the test of time? How do you stay actively invested in the relationship when life often makes it difficult to do so?

One of the things that stands out for me the most after watching a wood carver in action is the patience and care taken.

The carver doesn't rush and chisel away in a mad hurry but rather takes time and considers carefully each move he makes in creating his piece of art. Just like a carver, we need to take time and consideration in how we choose to act in and develop relationships.

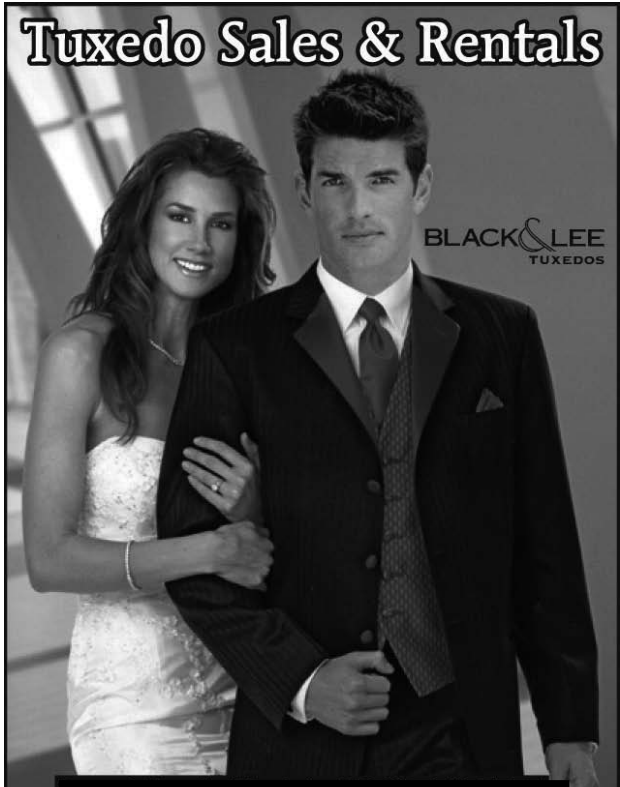
Our lives are so complex and busy most of the time, whether we are just starting out in a relationship or are in a twenty year relationship, that it can some-

times seem a daunting task to find time for quality interaction with the significant other in our lives.

It is extremely important that we ensure we carve time out of our lives in order to maintain a healthy and happy relationship.

Aiming for quality time means making it a priority to take the time to do things as a couple together that you enjoy and find meaningful so that you continue to remember what it was that drew you together in the first place!

Any comments, compliments, or suggestions can be sent to craig@thestew.ca.



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Abbi Taylor and Dwayne Davis are finishing a new mural outside Taylor Made Cakes and M&M Meat shop, as seen below.



do

Gaming, a constant source of entertainment
for all ages.

Grand Theft Auto V leads a month of exciting releases.

Gaming Life

By Todd Sullivan



I can still remember when I was a boy and my father brought home our first video game machine. I didn't know what it was at first, it was just a plain, brown box with a couple of knobs on it. I also could not have realized that this simple little box would change my life even as it was already changing the way we recreate.

It's been about 40 years since video games first started to appear "coincidentally, about as long as I've been around" and they've come a rather long way since those first basic tennis emulators best known as Pong. That's the game that was contained in that little brown box I

had as a boy, it featured a single player version, a multi-player head-to-head version, and fairly basic racing game.

Video games stuck with me through childhood and adolescence, with systems like the Odyssey 2 and the Commodore 64, and as a young adult when I bought my first PC, it was only a matter of time before I installed the revolutionary DOOM on it.

It took me a few years before I started plugging video games into my living room, but I started with an original Playstation, moved on to the Nintendo Gamecube, then eventually upgraded to both an Xbox 360 and a Nintendo Wii. When I finally quit smoking,

I treated myself to a Nintendo DSi, thinking it might help keep my hands busy when chasing off nicotine urges, though lately I've moved my mobile gaming to my Android phone.

Gaming has been a constant source of entertainment for me over the years, much like television had been for previous generations. I'm confident I'm not alone in this, and that there are plenty of people who look to video games for a chance to break away from the mundane, to have some exciting and other-world-experiences, or even just to kill a few hours of downtime. Hopefully, if you're one of those people, you're reading this.

I want to take this space to look ahead at the games that are arriving in the coming month, to see what's exciting, to see what's everyone is talking about, maybe even to see what's a little bit freaky.

Enough of the pre-

amble. Let's get rolling.

The biggest release of September is also, likely, the biggest release of 2013. *Grand Theft Auto V* is finally on the horizon, after years of waiting (and after a delay of a handful of months from its original launch date earlier this year). And while it looks ready to deliver the same sort of chaotic, open-world gameplay to be found in its predecessors, they're also promising more than another outing of just the same.

In GTAV you'll be juggling three different lives, with three different playable characters that you can swap between. Each character has his own unique personality, and even more relevant to gameplay, their own special abilities. You'll also be rolling around a world larger than just about any other in gaming history (more than 3 times the size of Rockstar's own *Red Dead Redemption*, if you're familiar with that one).

They're also promising a fantastic looking online mode, with its own stories, missions, character cus-

tomization, and, yes, even relaxing games of golf, if you're so inclined.

Grand Theft Auto V will be available on September 17 for the Xbox 360 and the Playstation 3.

For those who prefer their adventures a bit more button-mashy, Blizzard Entertainment's *Diablo 3* will arrive on the Xbox 360 and Playstation 3 on September 3. It's already been available on the PC since May of last year, but much of the advance word has been that the game is an even better fit on consoles, where it's not bogged down by the contentious and controversial auction house.

Scribblenauts Unmasked hits the streets on September 24, combining the 'type-anything-and-it-will-exist-in-the-game' playstyle of previous Scribblenauts incarnations with the masked heroes of the DC Universe. Yes, this means you can probably solve problems using things like Flaming Batman and 'Angry Green Wonder Woman'. What more do you need to know?

Available on Nintendo 3DS, Nintendo Wii U, and Microsoft Windows

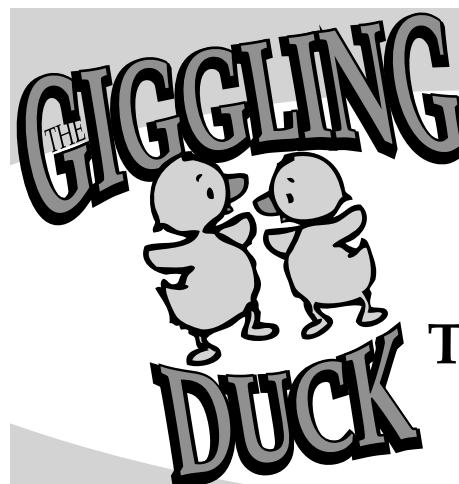
Other notable releases: *Dead or Alive 5 Ultimate* (10/03), *Rayman Legends* (10/03), *Elder Scrolls Anthology* (10/10), *NHL 14* (10/10), *FIFA 14* (10/24)

What have I been playing lately? I've been doing a lot of packing this month, as we prepare to move our little family to Kamloops, but I've been forced to find some gaming time since August the August 20 release of *Saints Row IV*. I've been a big fan of this franchise for awhile now (I do love me some open-world gaming), but the inclusion of superpowers just takes it to new (and ridiculous) levels. Check it out if you want taste of something a bit more crazy before the undoubtedly more sober GTA5 lands next month.

What have you been playing lately? Hey, let's do that social media thing. What games have you guys been playing lately? Shoot me an email at todd@thestew.ca or maybe post something cool on our Facebook page.

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Chart toppers, and feel gooders; this month's must hears.

Carving Into September With Different Genres

Well, it's September. The days are getting noticeably shorter and cooler already. Festival season is winding down, summer vacations are over, and it's back to the grind. Kids are excited to be back in school with friends, complaining about homework, and the parents are as excited to see them go.

Personally, I don't have kids, nor am I in school myself, so all this excitement is lost on me. My September excitement is derived from the maturing list of fall music releases and local concerts that have been promised over the last eight months or so.



Or, in the case of Deltron 3030, nine years! The long-awaited return of the futuristic, anti-corporate, hip-hop hero supergroup is finally on the horizon. In 2004, four years after the release of Deltron 3030, Kid Koala announced that the new album should be done

in '06. Since then we've heard an annual promise of 'next year' from Del The Funky Homosapien. Finally a new EP, City Rising From The Ashes has surfaced. The title track of the EP introduces the new story. Event II will happen October 1.

In June Elton John released a lyric video to his new single, 'Home Again' from his upcoming album The Diving Board, which has been delayed twice to a sum total of a full year, and had its name changed to Voyeur and back. The song is a home-sick piano ballad that sounds like it could have been an emotional deep cut from The Lion King. I almost passed it up but I'm glad I gave it a listen. Now I'm looking forward to hearing the rest of The Diving Board on September 24.

It's been five years since the last Nine Inch Nails album, but at least Trent Reznor has been honest about those delays, insisting over the years that he had no intention of doing anything new with NIN any time soon. Meanwhile the fans begged and cried, and some were temporarily satiated with How To Destroy Angels. But last

year he finally started to hint that there was some new NIN on the horizon.

In February a new Nine Inch Nails tour was announced and Trent Reznor teased us with album details over the next few months until finally releasing 'Come Back Haunted' as the first single from Hesitation Marks in June. The song sounds like stock NIN — but there's nothing wrong with stock NIN. The seizure-inducing video for 'Come Back Haunted' was directed by David Lynch and looks like something from the world of Eraserhead on crack.

I far preferred the stark simplicity and the layering and slow build of the second single, 'Copy Of A.' Most recently, the most pop song ever to be heard from Nine Inch Nails debuted on NPR. 'Everything' is a pop guitar rock song that builds to quite the thrashing climax. It just might be the most radio-friendly song Trent Reznor has ever written.

Hesitation Marks will be released September 4th and Nine Inch Nails plays Vancouver's Rogers Arena on November 21. I've

got my ticket. See you on the floor!

Moby quietly uploaded the video for his new single "A Case For Shame" (featuring Cold Specks) to his website last month. It's the first official single from the upcoming album Innocents. The video features people garbed in white and wearing animal masks standing around watching a guy bob around underwater. It feels like The Wicker Man with water instead of fire (and no wicker).

Given the theme of the The Wicker Man tale, and that Moby has made a point of pointing out that the album is called Innocents, as in a group of innocent people, rather than innocence the noun, I suspect there may be a theme here. The album will be released sometime in October.

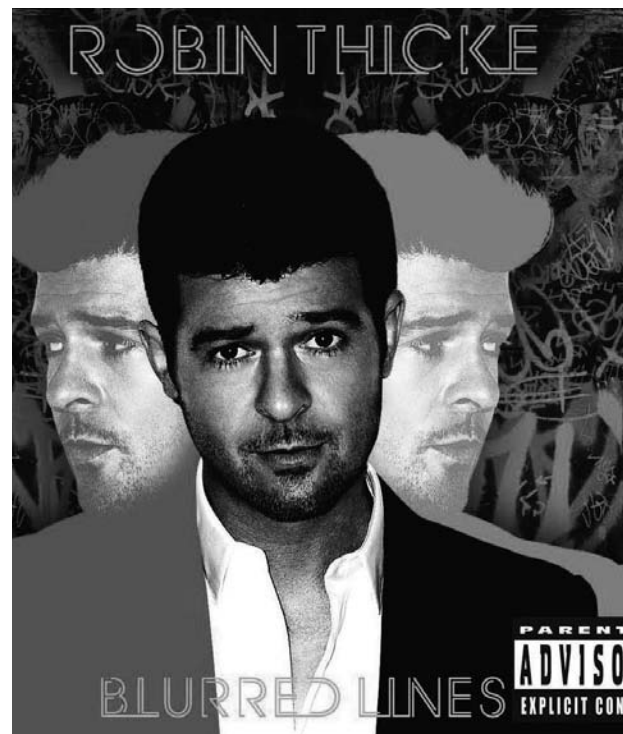
Lady Gaga debuted her new single, 'Applause,' on Good Morning America and on the big screens in Times Square just a couple weeks ago and it's topping charts worldwide already. The video is shockingly not shocking. Or maybe we're all just used to her by now. Some have noticed that the video and the



sentiment of the song are quite reminiscent of Weird Al's "Perform This Way" parody of her. The tameness of this whole thing has me wondering what shocks we're in for with the November 11 release of Artpop approaching.

If you head over to metalblade.com/gwar/ you can listen to Gwar's latest release 'Madess

At The Core Of Time' while you pre-order the new album, Battle Maximus. It'll be out September 17, but I'll pick up my hard copy at the show at The Commodore Ballroom in Vancouver on October 14. That's Thanksgiving Monday, so grab Grandma and the kids and come witness all of the family fun that a Gwar show has to offer!



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(Disclaimer: it's actually an on-stage gore-fest that leaves the entire audience covered in fake blood and in some cases, real blood.)

But have there been any good albums released in the last month? Well there's a few, but not many worth talking about. Robin Thicke's *Blurred Lines* certainly isn't worth talking about. It's an uninteresting pop album with a falsetto dude croonin' about booty. The biggest reason he's topping the charts is because of the controversy he's sparked by putting naked girls in a music video to a song that says "I know you want it / but you're a good girl / the way you grab me / must wanna get nasty / go ahead, get at me."

My question is, so what? This is not the first music video with tits, and it's not the first song with sexist lyrics. And what's this sentiment that black rappers

can get away with this while some rich white guy can't? Guess what, that's racist! The whole discussion of this song is stupid. This song is stupid. The rest of the album is less interesting. Get over it.

Alright, so what's actually worth listening to. Well, trance pioneer BT proves that after all these years, trance can still be interesting and original. All four singles from the new album, *A Song Across Wires*, have been #1 on the Beatport Trance chart. The album opens with the bright and airy third single, 'Skylarking,' and then drops into dubstep mode on 'Letting Go' with Fractal and Jes.

The dubstep steps down a little on the next track, 'Tomahawk' which was the first single from the album, and thereafter fades away to not be heard again until later in the album, on the re-recording of his original 1995 single. It was originally credited on the Mortal

Kombat: Annihilation soundtrack as 'Anomaly (Calling Your Name)' by Libra presents Taylor and also appeared in *American Pie*. The new version is simply titled 'Calling Your Name.'

This album is full of beautiful trancy goodness that should tie you over while you wait for your favourite artist to upload their set from that crazy EDM festival you were at last month.

Speaking of festivals, Michael Franti gives shouts to almost as many festivals as cities in his new crowd-pleaser title track for the new Michael Franti & Spearhead album *All People*. The album is full of nice, singable hippy-pop songs about love and peace and happiness. His flag wavin' friend, K'naan, joins him on 'Earth From Outer Space,' a song about looking down on the world and loving everyone. And with love songs like 'Life Is Better With You' and 'Closer To You,' this is a very feel-good album.

This is the perfect album to play in the car as you drive out to that one last camping trip of the season. You'll be singing it around the fire later.

Versions, the latest album from Zola Jesus sees many of her past songs reworked. The songs are arranged in

a neo-classical style by composer J. G. Thirlwell (Foetus) with the music performed by the Mivos Quartet, and rather than just mixing the old vocal tracks into the new music, she has re-recorded all the vocals for this album.

This time around she sings in a more articulate and audible register rather than belting operatic vocals. Being able to easily understand the lyrics lets a little more emotion shine through and will make these songs far more accessible to the masses.

Versions is like an easy listening, 'Best Of' of the early career of Zola Jesus. And even as it hit's shelves she's taking her first crack at recording her next album in a professional studio, rather than piecing it together herself on her laptop. I look forward to it, and in the meantime, this is gonna get a lot of rotation in my regular play.

Well, that's all for now. Next month we'll dive into some of these new fall releases.



THE STEW MAGAZINE'S Monthly MIX of Inspirations

Music

Craig: Robin Thicke – 'Blurred Lines'
Christa: Bugs Bunny's Theme Song 'This is it'

Food

Craig: Kraft Dinner and Hot Dogs
Christa: Chi Tea Latté and Pizza

Books

Craig: *A Dance with Dragons* by George RR Martin
Christa: *Publishing for Dummies*

Quotes

Craig: "The only thing standing between you and your goal is the BS story you keep telling yourself as to why you can't achieve it" - Felix Baumgartner
Christa: "Happy, Happy Happy!" -Phil Robertson Duck Dynasty

Williams Lake **Studio Theater** 2013-2014 season line-up:

- The Big Five-Oh (Comedy)
- Glenngarry Glen Ross (Drama)
- Urine Town (Musical)
- Sense & Sensibility (Costume Drama)

Holiday Of The Month

POSITIVE THINKING DAY

September 13th

Positive Thinking Day is today. Today is all about attitude... a positive attitude. It's a lot like the ant, when faced with moving a rubber tree plant, thought "I think I can". With that in mind, I just know that everything will go fine from this day forward. The power of positive thinking is absolutely astounding. Medical research confirms that a positive attitude works wonders at fighting disease and ailments, from the common cold to cancer. People with an "I think I can" attitude are far more likely to succeed at work, and in accomplishing every goal they set in life. www.holidayinsights.com © By Premier Star Co



From the 60's to now, software technology takes a leap.

Adobe Takes A Huge Leap Into The Cloud.



By
Craig Smith

BY CRAIG SMITH

TECH TALK

Although I don't profess to be the most technologically advanced person on the planet, I do know a lot about a fair amount of it. I love technology and gadgets to the point where my 25-year-old son has called me 'Tech Boy' on more than one occasion. I have an iPhone 5 and the newest iPad.

When I bought my last computer I brought with me a list of must-haves, and was told when my machine was ready that the gamers were jealous (for those of you that are non-techies, that is a huge compliment).

Over the years I have paid many hundreds (and probably thousands) of dollars for software; software that did everything from entertain me to

help me with my job. It was always exciting to bring home that huge box and pull off the cellophane and spend hours loading new software from the 10-5¼ floppies that the program was shipped on.

In the early 80's they started using the 3½ inch floppies, which really weren't floppy, but they were smaller and held more than twice as much data. But it still took ten discs for the newer version of the same program.

By the time the late 80's and early 90's rolled around, we started seeing the software on CDs, which had more than 500 times the storage capacity of a floppy disk. Now we were back to the program being on one disc, but as time went by, the same piece of software took another, then another, then another CD.

Along comes the DVD and now we are back down to one disc again.

The funny thing? The box that held the software stayed, until recently, the same size.

My favorite piece of software — and this won't be news for anyone who knows me — is Photoshop. I have had every version since Photoshop 3 and they have just released version 15, which they are calling CC for Creative Cloud.

The huge news that comes with Creative Cloud is that Adobe is not allowing customers to buy any more of its software. All of Adobe's products, from this version on, will only be available by monthly subscription.

I think I just heard a pin drop.

Subscription software is not really that new. The first subscription services go back to the 60's with banking software, but it's fairly new to the average home customer. When Adobe first announced that they were going to have both subscription-based software and boxed software I was quick to jump on this new offer right away.

The life cycle for an Adobe product before its next upgrade was roughly 18 months, and I always upgraded, so it was actually cheaper for me to take the subscription route. Plus, I was buying more than just Photoshop — if you bought what Adobe called its Master Suite it was about \$2,800, but with a subscription I could have everything for \$30 a month. If you do the math you will see I am way ahead.

Now you don't have that choice. If you need, or want, Photoshop, Indesign, Premiere Pro, or Illustrator, to name just a few of Adobe's many titles, you have to have a subscription.

The downside to what Adobe calls The Creative Cloud is that once a month you have to be connected to the internet so that your subscription can be confirmed. The plus side is that you don't have to be connected to the internet all the time.

You'll no longer have the boxes that the software came in lining your shelves, but you do have to make sure you have high-speed internet when down-

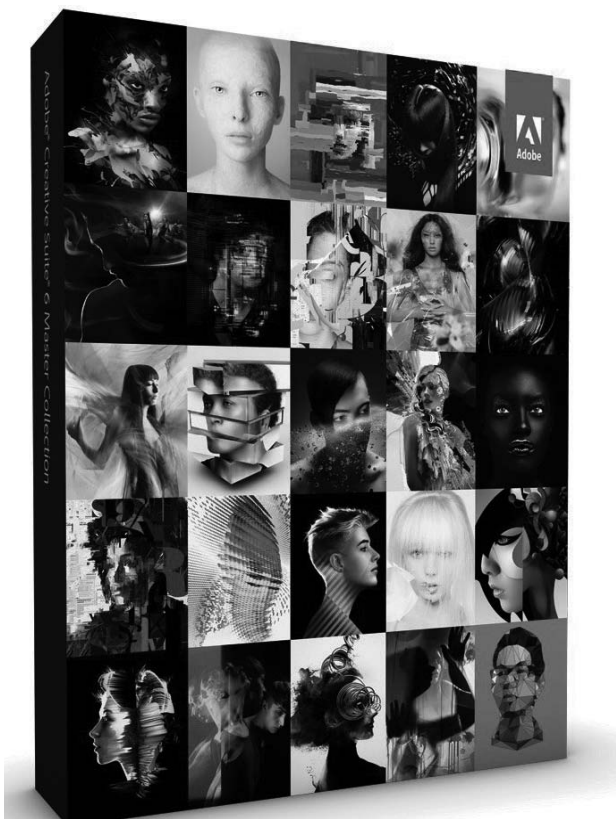
loading the software, otherwise be prepared for a very long download.

The software does actually sit on your computer and not in the cloud as some people are assuming. Whenever there are upgrades, you'll get them right away — no more waiting for the next version to get the newest, coolest tools. Best of all, for me especially, as I use both PC and Mac, I don't have to buy two versions of the same software anymore. Your subscription gives

you two installs, and it doesn't care what kind of computer you put it on.

So needless to say I am happy about cloud based software and all the huge benefits that come with it. Between having no boxes for software and all my books now going on my Kindle, I'm going to have to find some cool stuff for my shelves.

Any comments, compliments, or suggestions can be sent to craig@thestew.ca. See you next month.



Crossword solution from page 19.

about face
Photography

PASSPORT PHOTOS
5 MINUTES

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- Firearms Licence
- Canadian Citizenship
- Permanent Resident
- Visa's and More

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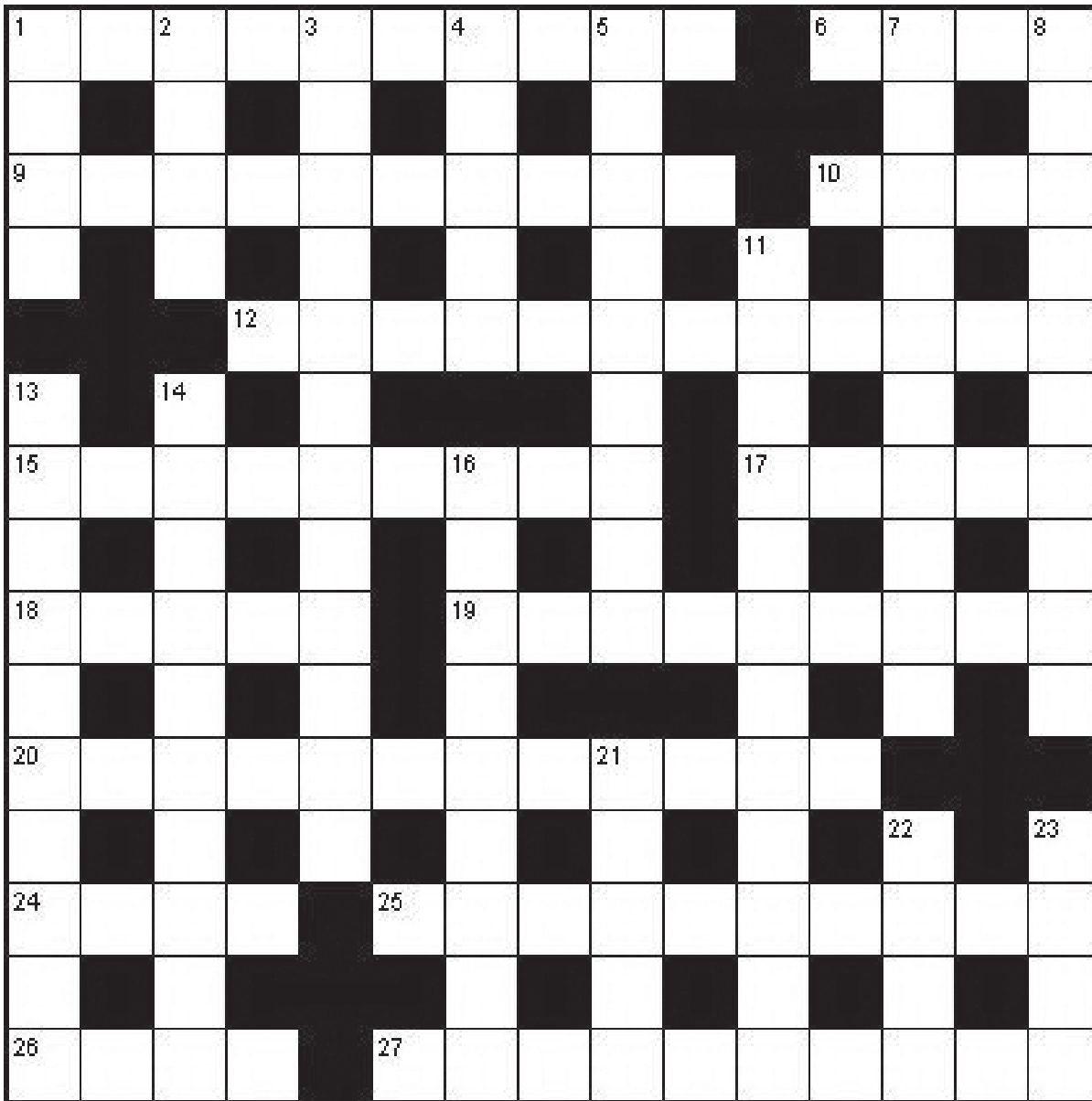
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Keep you brain sharp with this month's crossword puzzle brought to you by Bob Paterson Homes



ACROSS

- 1 Came across a record concerning journalist (10)
- 6 Language of old city belonging to the French (4)
- 9 They'll get wrongly blamed for heading off escape by animals (10)
- 10 There's potato in Mum's pudding (4)
- 12 Style of cooking providing contrasts (5-3-4)
- 15 Country-loving Irishman in charge of containing disturbance (9)
- 17 Giving note to terrorists makes one angry (5)
- 18 One who latches on to another is a sucker (5)
- 19 Sailor's intent perhaps is to be self-restrained (9)
- 20 A comment sure upset in due proportion (12)
- 24 Man told to get on his knees? (4)
- 25 Boundary rope may produce such a decision (10)
- 26 E.g. dogs returning from walk (4)
- 27 Not quite one's best friend on the ship (6,4)

DOWN

- 1 Pretty girl gets some food (4)
- 2 Animal found in sea location (4)
- 3 Fat little Edward is biased (12)
- 4 The First Lady touring Oklahoma will awaken memories (5)
- 5 The thresholds of delights (9)
- 7 Heartless robbers go off with a pet. The villains! (10)
- 8 Below, below, below (10)
- 11 Managed to get clergyman in dead awkward situation (12)
- 13 They are seeking work after demolition of aspic plant (10)
- 14 Steam railway takes on head of Railtrack to improve efficiency (10)
- 16 To perform in a different key, one's parts must be arranged (9)
- 21 Went on horseback round cowboy show (5)
- 22 Junk mail from the capital (4)
- 23 Nothing but a lake (4)

StewSpots

Looking to get your copy on the latest edition of THE STEW Magazine? We're available for pickup in a variety of places around the Cariboo Chilcotin. Please remember that this list is always evolving, and we're always looking for new places that our magazine can call home, so if you know of someplace that you think should be a drop-off point for THE STEW, or if you own a business and you'd like to have a few copies of our magazine on your shelves, plus let us know. You can reach us by email at aboutface@wlake.com.

Locations listed in alphabetical order

100 MILE HOUSE

99 Mile Supermarket
A&W
Chevron
CRD Library
Dairy Queen
Donex
Higher Ground Natural Foods
Nuthatch Book Store
Parkside Art Gallery
Pharmasave
Safeway
Save-On Foods
Smitty's
Subway
Tim Horton's
Visitor Centre

150 MILE HOUSE

150 Mile Mall
Marshall's Store

LAC LA HACHE

Fast Trac Gas and Convenience Store
Clancy's Restaurant

WILLIAMS LAKE

A&W
Alley Katz
Bean Counter
Canadian Tire
Canwest Propane
Cariboo Memorial Complex
CRD Library (Magazine & News Section)
Central Cariboo Arts & Culture Center
Concrete Fitness
Cool Clear Water
Dairy Queen
Dandelion Living
Denny's Restaurant
Elaine's Natural Foods
The Gecko Tree
Greyhound
Good Guys Gardening
Halls Organics
Hobbit House
Husky
Karamia's Donairs
M&M Meat Shop
McDonald's
Mohawk
New World Cafe
One More Slice
The Open Book
The Overlander Hotel
Red Shred's
Safeway
Sandman Inn
Save On Foods
Shopper's Drug Mart

Sight and Sound
Starbucks
Station House Gallery
Subway (at Prosperity Ridge)
Subway (on the highway)
Tim Horton's
Tourism Info Centre
TRU
WLCBIA
Women's Contact Society

QUESNEL

A&W
Aroma Foods
Billy Barker Hotel & Casino
Bliss
Burger Palace
Carry All Books
Granville's Coffee
Karin's Deli
Mac's
Museum & Tourist Centre
Quiznos
Safeway
Save-On Foods
Shopper's Drug Mart
Subway
Super Suds Laundromat
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Putting back into the community

Sutton Cariboo Realty Team would like to thank everyone for their support in helping people in need throughout our community.

Avril Chevigny Fundraiser

Avril Chevigny was just six years old when she found herself in the battle of her life. After three months of treatment in her fight against Lymphoma / Leukemia she returned home.

At the time Avril and her family started fundraising to help other sick children. With help from the community, Avril and her family raised \$75,000 which was donated to Children's Hospital and Ronald McDonald House in Vancouver.

Avril lost her battle with cancer in the spring of 1996, at just eight years old; however, the donations kept arriving in her honour, so her family created the Avril Chevigny Fund. For the past 17

years Avril's dad, Andre, has been using the fund to help families with children fighting cancer and serious illness in Williams Lake and surrounding area.

Sutton Cariboo Realty is a proud supporter of the Avril Chevigny Fund and is looking for your support to families going through similar circumstances in our community. T-shirts can be purchased at Sutton Cariboo Realty, Bob's Shoes, Western Wood Heat, and Aboutface Photography. All Proceeds from our T-shirt sales go to the Avril Chevigny Fund.

Thanks for your support!

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