



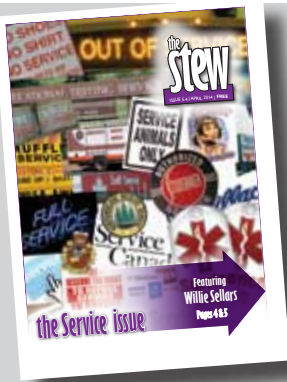
the stew

ISSUE 5.4 | APRIL 2014 | FREE

the Service issue

Featuring
Willie Sellars

Pages 4 & 5



On the Cover:

Service in its many forms is all around us – quality service is priceless.

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Customer service the old fashioned way

BY CRAIG SMITH

Service. Its dictionary definition has many meanings. It can be a noun or a verb. You can do a service or have something serviced. It can mean helping someone, or how something is used. It can mean contributing to the defense of your country or a church ceremony. It can be a set of dishes or the first hit in a tennis game.

That is to say, like a lot of words in the English language, there are a multitude of ways this word is used every day. I have probably used this word every day for most of my life, whether it be the service at a restaurant, a funeral service, my military service, looking at the city's services or getting my vehicle serviced.

I wanted to talk about service from a business point of view, what we like to call customer service.

This morning I wrote an email to a local company that provided some amazing customer service. My wife and I were headed to 100 Mile for a meeting. Just outside of 150 Mile House our vehicle made some very weird noises and started pulling to one side. I turned the vehicle around and pulled into a locally owned business. Their staff dropped what they were doing, took my vehicle for a test drive, ascertained the problem, fixed it and had me back on the road in no time.

I went to pay and was told "It's okay, you can do some-



thing nice for me one day."

Who does this anymore? With our businesses, we strive for excellence in customer service but that day I was taught a little lesson about what it means to go above and beyond.

I have been in business for about twenty-five years now and have always tried my hardest to provide the best customer service that I possibly can. Sometimes you get it right all day, but we are only human and sometimes you get it wrong.

What has changed that has made customer service rare in most businesses? Have the owners forgotten what that means? Have the staff not been trained properly or have they forgotten?

I have always been a voracious reader, mostly nonfiction about tech, self-improvement, and business. One of the very first books I read was about over-the-top customer service. One of the examples it had was a gas station, back then we used to call them service stations.

It was in a big city and always had a lineup. The lineup wasn't because there was a gas shortage but was because of the service they provided. When you pulled up to the pump it didn't matter how much gas you were buying, the service was the same. Two attendants would run out to your vehicle, and I do mean run. They would pump your gas, check your oil and fluids, check your tires, wash your windows, wipe your dash down, and if you wanted to step out of your vehicle, they would do a quick vacuum and grab any garbage you wanted to get rid of. Once a month the owner would advertise Ladies Day and every lady would also get a flower.

When the owner retired the new owner turned it into a self-serve and the amount of business the owner did took a nose dive. He became like most other gas stations around today, with a clerk now sitting behind a bullet proof piece of glass guarding the till. Don't get me wrong,

there are still some service stations that offer to pump your gas but none offer full-serve like they did not that many years ago.

I have found recently that it's not just our town, but everywhere that customer service is lacking. It's always a treat to find someone in the big stores that actually gives the service that I know he has been trained to provide. Many times walking through some of these stores it's hard to find someone to help and the odd employee that you see will at times avoid your gaze in case they have to stop what they are doing to help.

There are those that do provide a canned version of customer service with a scripted speech that has no personality added in to it. I've actually had someone say to me, "Did you find what you were looking for?" (I always feel I have to start singing a U2 song when I hear that) and when I said no they just carried on as if I said yes.

To perform amazing customer service I believe that you have to really listen to your customer. When they say that the meal is cold, don't just say sorry but try to hear what they want to solve the issue. Listening and paying attention is the key.

I have a buddy that is Jewish and as part of his religious beliefs, he does not eat pork or bacon. He told me that over half of the time he orders meals without bacon, it still shows up with it. That can be solved with a

little listening.

I do believe the era of no service or self-service is going and a new time of over the top customer service is fast approaching.

When I go to the bank I like to stand in line to talk to a teller, I like to get my gas pumped (If they're quick enough), I don't like buffets and I detest automatic phone systems where you have to punch in 20 numbers just to get over to somebody's voice mail.

I would like to challenge any of the business owners in town that have forgotten what made them successful. Say hi to someone when they come in and have a conversation rather than get them in and get them out. Let the ringing phone go to voice mail when you have a customer in front of you. Carry their purchases out to their car, or at least offer. Smile and when someone asks you how your day is going, say, "It's awesome!" Offer a coffee if they have to wait and a magazine or newspaper. The little things mean so much to people and will make them want to come back.

With spring on its way we will also be getting visitors and the next time you see someone with a confused look trying to figure out where they are going, offer to help and they will always remember that the Cariboo is a very friendly place with exceptional customer service.



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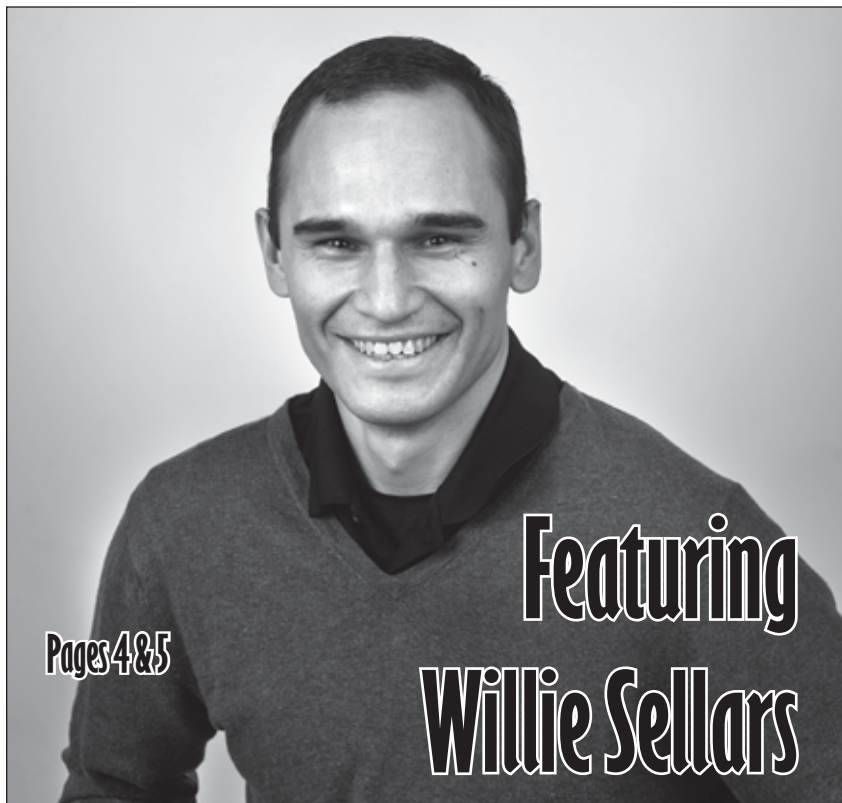
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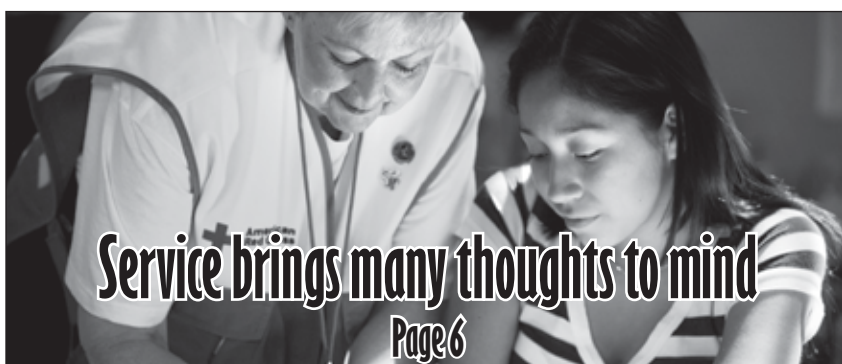
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Servings Per Container 1

Amount Per Serving	% Daily Value*
Calories 0	

Service is an essential ingredient in this magazine as we see the health, physical and emotional benefits, as well as economic in local and national perspectives. Service does a body good!

Ingredients (or things that helped us get through the last month): Maybe one of the most important services that got us through this month was hydro and gas. With this cold weather lingering we were very happy with the utility company's service to both home and work. Along with heat and lights this paper would have been a lot longer in coming without internet service. The service of the printers, delivery people, and vendors we could not do without. So take a great big serving of The Stew and enjoy!

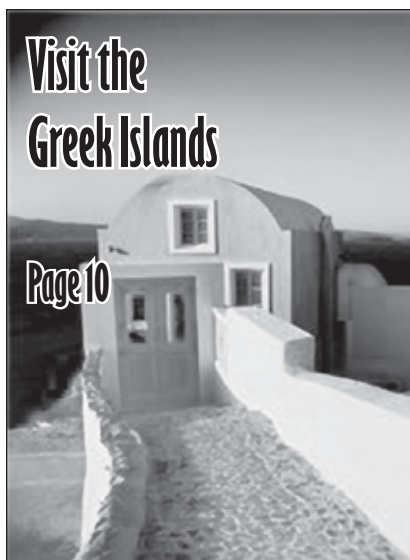


Service brings many thoughts to mind

Page 6



A look
back in time
Page 8



Visit the
Greek Islands

Page 10



Performances
in the Park

Page 15

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CRAIG SMITH PHOTO

MAN OF SERVICE ► Willie Sellars is involved in helping his community in many ways.



flavour of the month

Willie Sellars — a man of service

BY CHRISTA SMITH

Willie Sellars is a man of service and this month's feature. Born and raised here in Williams Lake, Willie's passion for service to others has grown and evolved into almost every aspect of his life. Maybe most notable is his service to his community.

Willie is a second-term councilor for the Williams Lake Indian Band. At 24 Willie was the youngest elected councilor in the Band's history. Over the last four years he has tirelessly worked and dedicated his passions to his community.

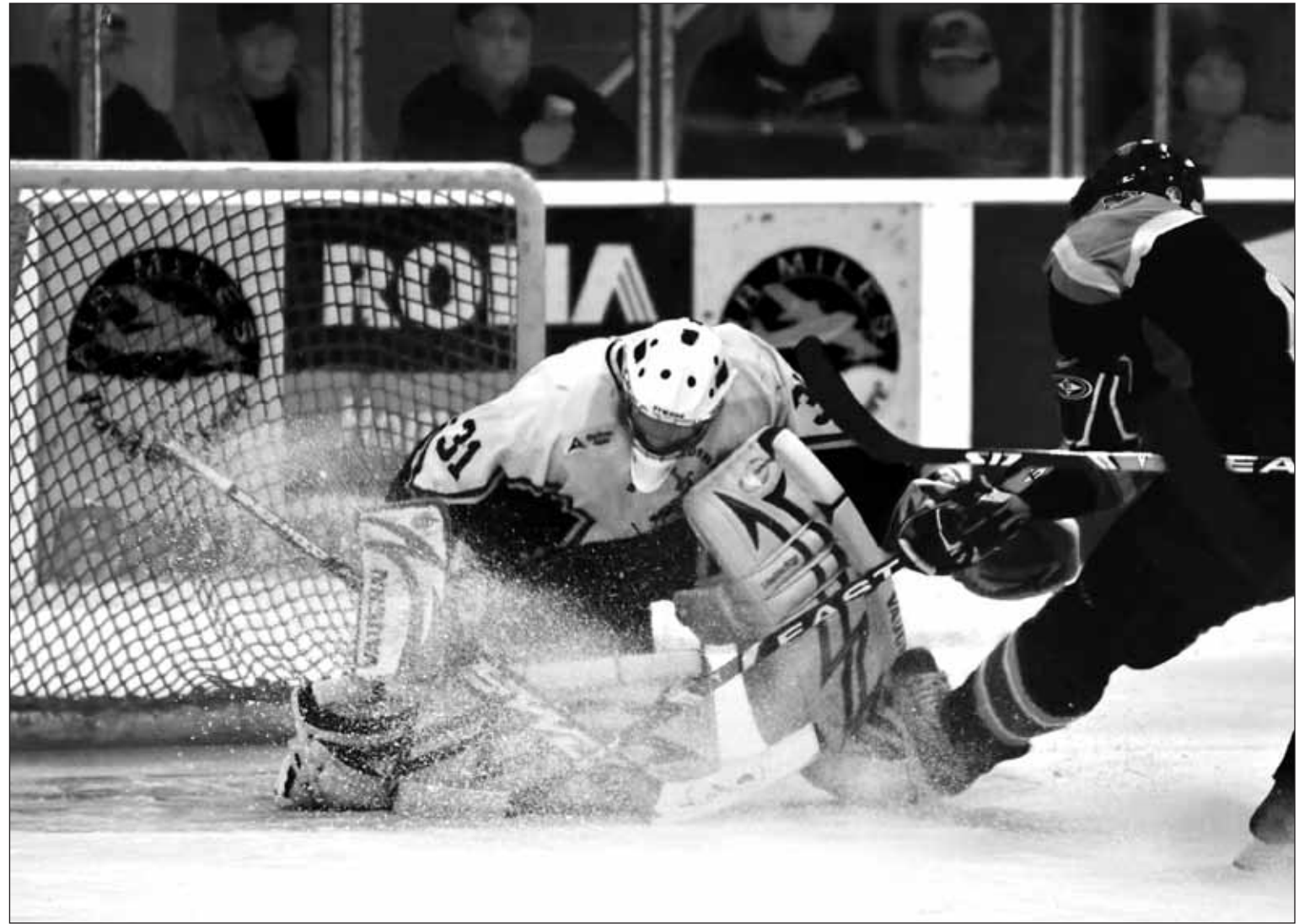
As councilor, Willie currently works closely with the Economic Development department as the Special Projects Co-coordinator. This position claims many duties and its diversity keeps Willie very busy. To mention just a few, Willie oversees Gibraltar and Mount Polley Mine silviculture, chipping projects, landscaping, hydro seeding, and many of the other jobs that other managers don't have time to do.

Maybe one of the most visual of Willie's endeavors, is the new highway billboards that dress the highway corridor between Williams Lake and 150 Mile House. As part of his Special Projects Co-coordinator role, he manages the construction and sale of these new marketing pieces.

Quite arguably the most fun part of Willie's portfolio could be the Coyote Rock Golf Course. Willie sits on its board of directors and oversees everything at the course. After going through a rebranding process and beginning a new marketing campaign, the golf course is making its way into the sights of golf enthusiasts.

"Our course is a nice in-between; we have the small pitch and putt and the country club," says Willie.

The course is increasing its popularity among golfers and has found its niche in the area. Willie attributes the success of Coyote Rock Golf Course to the hard work of the greens crew and the other amazing people at the course. Sitting on the sunny side of the lake, the views from the greens are breathtaking. This true gem in the rocks is a must-visit.



Willie's true passion for life is seen in his eyes when he talks about the youth in his community. He has taken it upon himself to be a role model for youth and to share what he can of his culture and traditions.

"I'm trying to get the kids out of their comfort zones, in front of the TV or video games," Willie says, he is trying to teach the kids about the traditional fishing spots, how to dipnet, prepare, and clean the fish.

"Once the youth get out and try it," Willie says, "they really enjoy it, and during the fishing season we live down there at the river."

"Just sitting at the river looking up into the sky, it's just in our blood."

Willie says that it's just fun and there are so many life lessons to be learned. He not only teaches the kids about traditional fishing but also how to respect the river.

Other aspects of how Willie gives back include his involvement in minor hockey. Willie is the goalie coach for the Bantam Rep Williams Lake Timberwolves. Growing up, Willie played minor hockey himself

up to Pee wee, and after taking some time away from the sport returned for four or five seasons for the Williams Lake Stampeders.

"Hockey helped me grow and learn work ethic," Willie says, and now he hopes to be able to pass that on to the kids he works with.

Two years ago he helped start up the Lac La Hache Tomahawks senior hockey team which is a great way for them to play competitive hockey.

When not playing ice hockey Willie is involved with the local ball hockey team that just started practicing for the upcoming summer season. This sport is a great way to get involved in hockey without all the skating.

"We have some talented hockey players from our reserve that really shine when it comes to ball hockey, plus we stay in great shape."

Willie says that he enjoys any sport and has even tried his hand at bullriding.

Willie's service to others had a dangerous element in previous years as he was a wildland firefighter for five seasons. "It was the best job in the world



and I would recommend it to any youth out there looking to earn a great wage and see the country," Willie reminisces. But now his plans for the future are bringing him a little safer and closer to home as Willie plans to wed this September to his long-time love and mother of

his two kids.

The future looks bright for this young and energetic man. With his passion and drive, I am sure we will see great things to come.

In light of service and talent, Willie is definitely a service to his community and to others.

Wespeak

"The best way to find yourself is to lose yourself in service to others" — Gandhi

'Service' brings many thoughts to mind

BY CHRISTA SMITH

When I think of service there are many different things that come to mind. I think of not only service to others, service to country, and the service that we all receive on a daily basis, but also I think of service to self. I don't think that this is nearly as selfish as it sounds, and I believe that we have to work towards maintaining a healthy sense of self.

The old saying is, 'you have to love yourself before you can love someone else.' I wonder if this falls into the same kind of thinking when it comes to service. How can we serve others to the best of our ability if we don't start with ourselves?

I think that it goes further than just stating that in order to help others and be a service, you have to be in a good place yourself. Do I mean that we need to look to others for all of our values, self-esteem, and motivation to want to do good? No, I think that it is a partnership. Service to others may start with self, and a feeling of wanting to serve, but I think that it grows and matures and develops into something great, as more of a partnership or journey.

The more that we serve the greater the feeling of satisfaction and feeling

good inside, I think. If it didn't work this way I think that a lot of people would be waiting to feel that they were ready and perfect on the inside before stepping out and making a choice to be of service to others. Think of all the organizations and service industries that would be without service providers and volunteers if we all waited. Personal development is a lifelong journey and I think that it is only enhanced and strengthened through service to others which leads to service of self, in a way.

If you consider the theory or basic principle of altruism, mankind exists solely to serve others and has no right to exist for his own sake, but rather the self-sacrifice for others. Now, based on this theory service to self is nonexistent, and therefore in theory the idea of loving yourself before being able to love another, is kind of out the window.

We live in a world where, without service we would be in serious trouble. Imagine the devastation that would occur if all rescue services, humanitarian services, aid, and relief services suddenly did not exist. Imagine if volunteer agencies closed their doors and all kind neighbors no longer did good deeds, what it would be



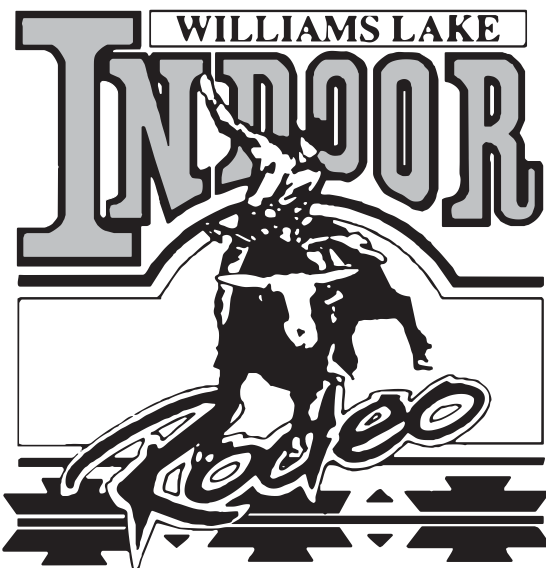
like. Not to mention all of the paid services that we enjoy every day like internet, cable, utilities and municipal services. The thought of living life without services of any kind and many kinds sounds more like a really scary movie. Now if I imagine the same thing only with the opposite, where there are more services and people go the extra mile to serve, how much better that would be.

The only conclusion that I am left to draw on is that, yes, service to self is a journey that starts with an idea within, and through genuine partnership with others, grows into something strong and meaningful for both the server and the served. Service to self is not selfish, it is a mechanism for growth and personal development that leads to wanting to share yourself with others and help

make the world a better place. If everyone on the planet did one good deed or participated in even a small task of service every day, I am sure the chain reaction would be bigger than we could imagine and the smallest change for the better would grow.

It is easy to forget on a daily basis how much we take for granted and how many services that we use and enjoy and don't think twice about.

April being the service month, here at The Stew we would like to take this opportunity to thank all of the people that contribute, in any small or large way, to helping bring this magazine together every month. We thank all of our readers, advertisers and writers for their part as well, and mostly to all of you, who will take the next step in service whether it be to self, others, or both.



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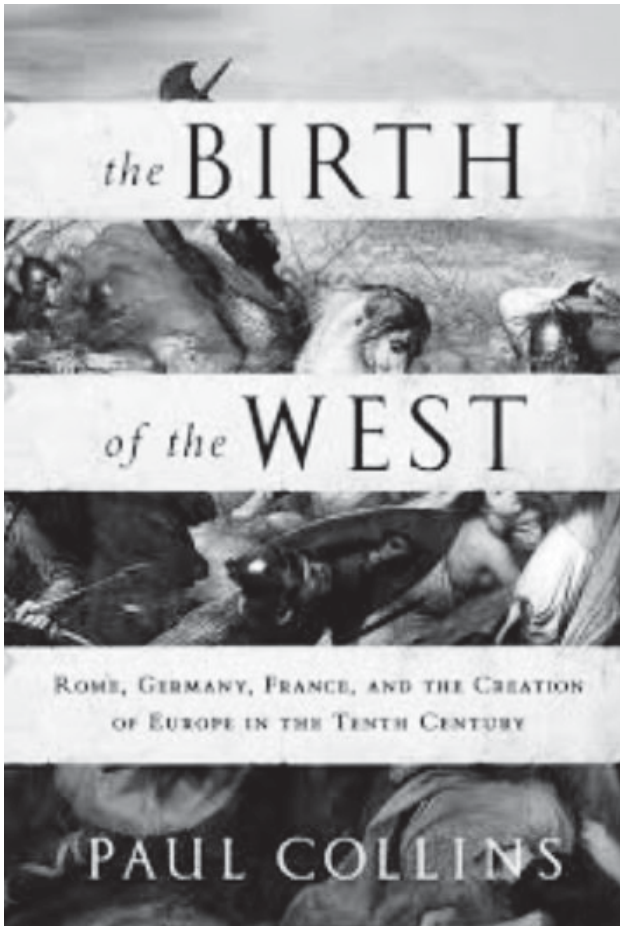
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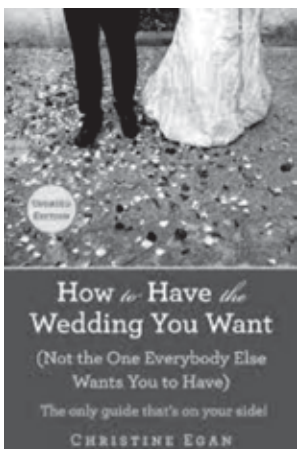
A serving of books about service



The birth of the West: Rome, Germany, France, and the creation of Europe in the tenth century (2013)

Collins, Paul

Ever wondered what church service was like in the tenth century? Author Paul Collins (an ordained Catholic priest and radio and TV presenter) will walk you through the Dark Ages in this outstandingly detailed account of life and politics in the tenth century. Collin's combines lively narratives, with vivid character sketches, to illuminate the underpinnings of Medieval society in a way that is both engaging and scholarly.



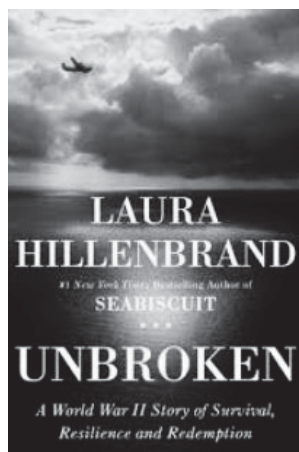
How to have the wedding you want: (not the one everybody else wants you to have) (2014)

Egan, Christine

Planning a wedding service and you want to do it on your terms? This is the book for you.

Egan constructs this guidebook by outlining three steps: firstly, figuring out what you want, secondly, figuring out how to do it, and thirdly, figuring out how to deal with the people criticizing the decisions you made in Steps One and Two.

Chock full of pragmatic strategies to deal with the emotional quandaries of being a bride.



Unbroken: A World War II Story of Survival, Resilience, and Redemption (2010)

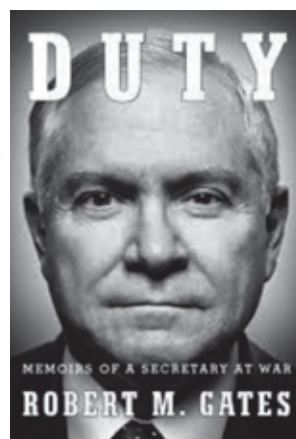
Hillenbrand, Laura

This wrenching account by Laura Hillenbrand (who also wrote

Alphabet Soup

By Caroline Derksen

Seabisquit) presents the story of Louie Zamperini, an accomplished champion racer who competed in the Berlin Olympics, who joined the Army Air Corps as a bombardier in 1941. After his B-24 crashed into the Pacific in May 1943, he spent 47 days adrift on a shark-encircled life raft with friend and pilot Russell Allen "Phil" Phillips. Captured by the Japanese, they were sent into the Japanese POW camp network, also known as the 'theatre of cruelty'. A remarkable account of military service, written with exceptional skill, it has been a bestseller since its publication in November 2010.

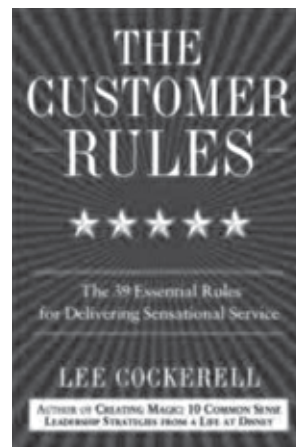


Duty: memoirs of a Secretary at war (2014)

Gates, Robert Michael, 1943

Gates served as the Secretary of Defense in 2006 until 2011, and served both the Bush and Obama administrations. His new memoir *Duty: memoirs of a Secretary at war*, details his attempts to manage the Pentagon and wars in Iraq and Afghani-

stan along with the internal wars in Pentagon bureaucracy. It is revealing, informative, possibly self-serving, but ultimately evocative. Thomas E. Ricks of the New York Times book review has credited this book as "one of the best Washington memoirs ever".



The Customer Rules: The 39 Essential Rules for Delivering Sensational Service (2013)

Cockerell, Lee

Lee Cockerell, former Executive Vice President of Disney World, has shared his list of indispensable and universal rules for serving customers in 39 palatable bite-sized chapters. Cockerell outlines why these principles are as effective for large scale companies as they are for local coffee shops. Examples include: Rule #1: Customer Service Is Not a Department, Rule #5: Ask Yourself "What Would Mom Do?" Rule #25. Treat Every Customer like a Regular and Rule #39: Don't Try Too Hard.



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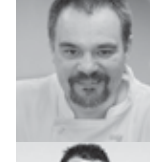
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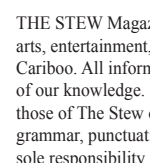
Gina Mawson
You, Me and We



Caroline Derksen
Alphabet Soup



Cathie Hamm
Behind The Curtain



Sage Birchwater
Looking Back

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hear

"History will be kind to me for I intend to write it."
— Winston Churchill

A look back in time

Tommy Hodgson made a name for himself as a pioneer trucker in the Chilcotin.

Born in Yorkshire England in 1885, he came to Canada with his parents in 1897, and moved to 150 Mile House in 1912 to take a job driving the weekly mail run to Alexis Creek. He was driving for Inland Express Company.

With the outbreak of the First World War in 1914, Tommy dutifully enlisted for service in the Canadian army, but was turned down because of varicose veins. He took over the Alexis Creek mail contract on his own and continued trucking into the Chilcotin for the rest of his life until his death in 1945.

Tommy married Edyth Paxton in 1915, and the couple had six children. There were three sons, Jack, Wilfred, and Patrick (Cookie); and three daughters Phyllis, Marjorie, and Betty Jean.

The Hodgson sons all drove for their father as soon as they were big enough to reach the pedals. When Tommy Hodgson died in 1945, Wilf Hodgson and his brother-in-law Joe Gillis took over the freight line until they sold the business in 1962.

Wilf Hodgson recalled accompanying his father into the Chilcotin when

he was six or seven years old.

"It was around 1926 and we stayed overnight with Old Bob Pyper at Chilanko Forks. He had quite a big store, and Arthur Haddock the fur buyer was there. It was Easter time and the priest was coming. When the

a small kid it's kind of an eerie sort of feeling. I guess they had a bit of homebrew, I don't know. By daylight it kind of quietened right down."

By the time Wilf was 17, he was driving regularly for his dad. One very cold winter day in 1937 he arrived at

Looking Back

By Sage Birchwater



priest came in those days it was big excitement."

Chilanko Forks was just west of Redstone Flats where Father Francois Marie Thomas was holding the big gathering known as Priest Time. Tsilhqot'in families converged on Pyper's store to sell their winter catch of furs before heading for the religious celebration.

"They came with their horses, packhorses and wagons," Wilf remembered. "Nobody came in cars. It was big excitement. I remember at night they played lahal right by Pyper's store. All night long you'd hear these Indians wailing away there. When you're

Chilanko Forks with the mail and a few groceries for Bob Pyper. The place was strangely silent.

"Old Pyper was the only one living between Redstone and Tatla Lake in those days," Wilf said. "The old fellow had a store there for years, then somebody burned the store down. I guess he didn't have any insurance, so he went broke.

"I knocked at the door and he wouldn't answer," Wilf continued. "There was no smoke coming out of the chimney so I went around to the side of the house and looked through the window. There was Old Pyper sitting in his chair



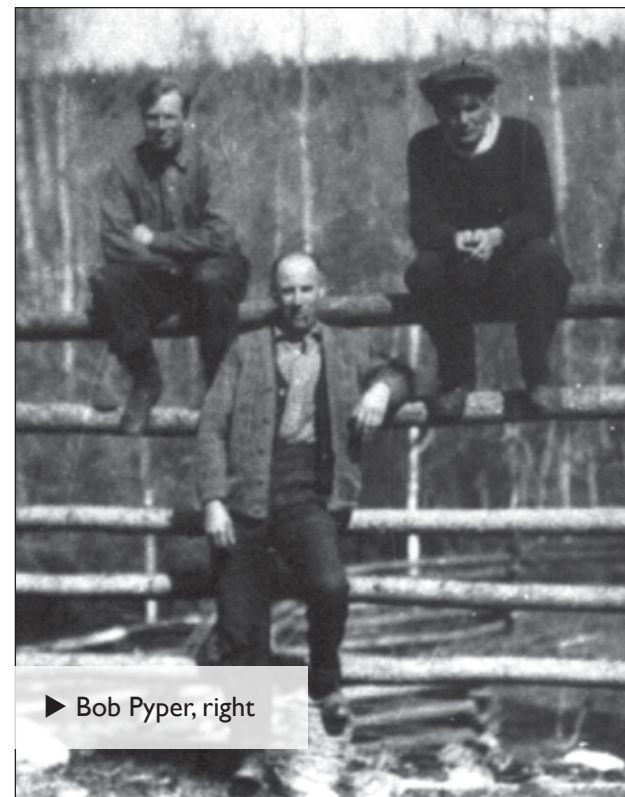
► Stuck in the Chilcotin mud, 1948

staring at me out the window. He didn't move. Then I realized he was dead. I had to get in the house and phone Andy Stuart at Redstone."

Eventually Provincial Police officer Bill Broughten, stationed at Alexis Creek, came out to retrieve Pyper's body. He hired Hank Law to help him.

"He paid me \$3.20 to be a policeman for a day," Hank grimaced. "They could shoot at you for that. We had to go in and get Old Pyper.

"He was in his underwear froze stiff as a board across the table in his old shack on the road before you get to Pyper Lake."



► Bob Pyper, right

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In consideration of others and ourselves

We've all heard the statement, "It is better to give than to receive." However, when it comes to giving and receiving in relationships it should ideally be reciprocal. At the heart of the relationship both partners should be giving just as much as they are receiving so it is an even playing field. If one partner does all the giving or the majority of it, a power imbalance is created in the relationship.

When one partner is constantly giving and receives very little in return it can leave that partner feeling unappreciated and unimportant. Those feelings are very powerful and can ultimately lead to the downfall of a relationship, so it is important to pay close attention to what your partner is needing in return from you. And be aware that it may not be a direct reflection of what you are being given, because each individual in a relationship may have a different perception of what makes that person feel valued.

I've always enjoyed discovering how couples who have been together for a long time have managed to keep the mutuality of giving alive in their relationships. The one great thing I have discovered is that giving does not have to be done on the 'grand gesture' scale all the time, or

even at all. Rather, the little things, much more so than extravagances, seem to be a part of what provides stability to the foundation of a lasting and mutually satisfying relationship.

Take the time to do little things for your partner in your day-to-day life that will be appreciated and make him or her feel valued, and you will see a positive impact on the health of your relationship.

Grand gestures are nice, don't get me wrong, but they should be the icing on an already fabulous cake. The day to day ingredients like respect, generosity, forgiveness, caring, kindness, compromise, intimacy, connectedness, and communication all work together to create the base of the cake, or rather, the foundation for a strong and healthy relationship.

A cake with basic ingredients missing tastes awful or just falls flat, and the same can be said of a relationship with elements missing. Eventually, the relationship will be distasteful, unsatisfying, and could collapse. But the good news is that it is possible to keep working at the day to day elements of a great relationship and bring about changes that shore up the foundation of a relationship if and when periods



of instability occur, as long as both people are willing to get back to the basics.

Another great side benefit to couples going about their daily life with the attitude that 'mutuality is what it is all about' is the role model it offers to the next generation.

When children see their parents showing generosity and a natural give and take in the relationship, children are exposed to what a healthy relationship should look like.

A prime example of this is a family I know where the father makes the children and their mother breakfast in bed on a regular basis. He happens to have all

**You, Me
and We**
By Gina Mawson



daughters and they are being taught to have high standards for the treatment they will receive in future relationships, and just how valuable they are.

Children who get a chance to see how they should expect to be treated have a higher chance of being successful in relationships (whether that relates to long or

healthy relationship should look like from a practical standpoint, we provide them with skills and tools that will have a real depth of meaning and will take them far interpersonally.

The act of giving doesn't stop just at romantic relationships, but models how we should treat everyone we are in relationship with; whether that is a good friend, a grandmother, a co-worker, or a sibling. Making the effort pays off in the long run when we are able to maintain healthy relationships.

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April 13-19, 2014

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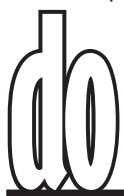
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Geia soy file moy / Hello my friend! A trip to the Greek Islands

BY CHRISTIANE KLEIN
& SYLVIA RASHBROOK

Did you know that there are 6,000 islands and islets scattered in the Aegean and Ionian Seas? Two-hundred-twenty-seven of those islands are inhabited; this is a truly unique phenomenon for the European Continent. Sixteen thousand km of coast lines offer a diversified landscape such as beaches stretching over many kilometres, sheltered bays and coves. You will find sandy beaches with sand dunes, pebble beaches, coastal caves, and steep rocks as well as dark-coloured sand typical of volcanic soil and coastal wetlands.

Some of the oldest European civilizations developed on the Greek Islands (Cycladic, Minoan to mention a couple), that gives these islands a unique archaeological perspective.

Today we will take you to four of those islands. Our tour will take you to Mykonos, Rhodes, Santorini, and, my personal favourite one, the island of Crete.

Mykonos is a grand example of the Cycladic architecture. Whitewashed cube-like buildings fit closely together to form a maze of narrow alleyways and streets. You will enjoy the aura of an incredibly blue sky and even deeper blue sparkling sea.

The well-preserved windmills and hundreds

of tiny red-roofed churches add to the scenery. The people of Mykonos are friendly and open and understand what it means to have a good time.

Mykonos has often been named "The Jewel of the Aegean Sea". It is a year-round destination with the sun shining for as many as three hundred days a year. During the summer months the temperature may occasionally reach the upper 30s, but, due to the cooling factor of the frequent winds, an average of 28 degree Celsius can be expected.

Rhodes is called the Island of Knights due to the fact that in 1309 the Knights of Saint John of Jerusalem conquered Rhodes from the Byzantine Empire. In 1948 Rhodes became officially a part of Greece. In 1988 the Medieval City of Rhodes was listed as a UNESCO World Heritage site. It is an enormously popular Island because of the ancient architecture and history.

Rhodes is an island which is ideal not only for the tourist that would like to relax, it is also a paradise for the travellers that love an action packed vacation. With its bright green hills, rich green valleys and uninterrupted line of golden beaches Rhodes is a truly blessed place.

You can not miss out on visiting the Old City of Rhodes which you will enter through the Gate of

Freedom and be amazed by the mosaic of different cultures and civilizations. It is rare that visitors have such a chance of experiencing a stroll within medieval walls and exploring 24 centuries of history. The medieval, fortress-like buildings, the bastions, walls, gates, narrow alleys, minarets, old houses, fountains, tranquil and busy squares, make you feel like you have stepped back into medieval times. What an adventure!

Now, let us travel to the island of Santorini. Cousteau looked here for the lost city of Atlantis. Santorini is also called the precious gem of the Aegean in the most southern part of the Cyclades. The whole complexity of Santorini Islands is that it is still an active volcano and probably the only one in the world whose crater is in the sea.

For the foodie under the travelers this island is the ultimate gastronomic experience as the island is a true culinary paradise. Here you will find some famous traditional products like cherry tomatoes, white eggplant, fava, caper and 'Holro Tyri' which is a special kind of fresh goat cheese only found on Santorini. Excellent wines are offered, made from the fruit grown in the volcanic soil of this island. Some of the island's wineries operate as museums and restaurants as well.

While on Santorini you can enjoy the deep blue waters and beaches with white, red or black sand as well as beaches with volcanic pebbles. See the



spectacular rock formations and the impressive lunar landscapes. The only option to reach and see Santorini is by ship. There are many cruise lines which provide this passage.

Not far away from Santorini, just an hour by hovercraft boat, is the Island of Crete, which is my favourite island of all. Arriving either by plane at the Heraklion Airport or by ship at the Harbour of Heraklion, this city is bustling with life. You have the instant feeling that you are in the middle of Greek life as it has been for centuries.

Reaching Heraklion by boat you will be greeted by the Venetian fortress Koules at the harbour gate. While in Heraklion you can visit the Archaeological Museum and the

Palace of Knossos which has partly been rebuilt to give you an impressive idea of how it looked in the ancient days.

The Cities of Chania, Rethymno, Malia, and Sitia with their coastlines are very much catering towards tourism. But if you take the time to visit the old city centers you will discover the luxury of old Venetian Villas in Chania. In Rethymno you can take a lazy stroll along the old section with the Castle and the sandy beaches. Sitia is a little quieter but still beautiful to visit because of its unique cafes and the beach.

Malia is in a newer part of Town and is very much tourist oriented. But, the Malia Old Town section is a small traditional town, situated

slightly up in the hills from the new town. It has a maze of narrow streets, which are lined with old traditional houses, mansions, hotels, and Greek taverns. Here you will meet the most fascinating and friendly Greek people.

Minoan Palace of Malia is a very interesting place to visit. This palace is the third largest Minoan Palace in Crete. There is so much to see and to experience on this largest island. I could carry on and on writing about it, if you are interested to hear more about it, just come in and see me at All-Ways Travel. Ask for Chris.

For now I say kalispera (good day) and I hope you will read my next article that will take you to Mauritius and Madagascar in the Indian Ocean.

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the month of
April

play

Submit your event to craig@thestew.ca.

WILLIAMS LAKE

April 1

Rhyme and Roll Parent and Tot Playgroup, Every Tuesday 10:30am-11:30am @ Child Care Resource and Referral

Cariboo Festival Band & Instrumental Performances 9am @ Lake City Secondary 1pm @ Columneetza. Featuring band/instrumental, piano, speech arts, vocal/choral and creative writing. Visit www.cariboofestival.ca for performance locations and schedules.

Workshop on Menopause 12pm to 1pm, lunch is provided. Call 250-392-4118 to register.

April 2

Urinetown: The Musical @ WL Studio Theatre 8pm

Cariboo Festival Speech Arts & Drama Performances @ the Calvary Church 9am-3:40pm

April 3

Urinetown: The Musical @ WL Studio Theatre 8pm

Cariboo Festival Speech Arts & Drama Performances @ the Calvary Church 9am-1:45pm

Busted Remedy Jam Night, Thursdays at the OV Pub @ 9:30pm

April 4

Station House Gallery 2014 exhibit: 'What to Wear?' Where Art, Fashion and Stories Collide @ 10am Station House Gallery

Ladies Singing Group @ St. Peters Anglican Church 7:30pm-9pm

Urinetown: The Musical @ WL Studio Theatre 8pm

April 5

Urinetown: The Musical @ WL Studio Theatre 8pm

Duck's Unlimited Dinner Fundraiser @ Elks Hall 5p doors open, 6pm dinner. Tickets available at FBB (above Caribou Ski)

April 6

Horsin' Around in the Cariboo Horse Events @ The Eagle View Equestrian Centre 10am

Barrel Race @ Eagle View Equestrian Centre 1pm-3pm

April 7

Nutrition Fun Walk & Run @ Cariboo Memorial Complex 11am

Horsin' Around in the Cariboo @ The Eagle View Equestrian Centre 10am

April 12

Senior's Bingo @ Upper Level of Boitanio Mall 1pm

Horsin' Around in the Cariboo @ The Eagle View Equestrian Centre 10am

Cariboo Festival Vocal & Choral Performances @ St. Andrews United Church 9am-8:40pm

April 8

Rhyme and Roll Parent and Tot Playgroup, Every Tuesday 10:30am-11:30am @ Child Care Resource and Referral

Williams Lake Ladies Soccer Annual General Meeting @ LCSS 7pm

Trisport Sports Program of floor hockey, t-ball, and soccer, ages 4-5 @ 4:45pm-6:30pm Cariboo Memorial Recreational Complex

Cariboo Festival Vocal & Choral Performances @ St. Andrews United Church 9am-7pm

April 10

Busted Remedy Jam Night, Thursdays at the OV Pub @ 9:30pm

April 11

Ladies Singing Group @ St. Peters Anglican Church 7:30pm-9pm

Scout Island Fundraising Banquet @ St. Andrews United Church Tickets are available at Scout Island or the Open Book

April 12

Big Brothers & Big Sisters Bowl For Kids Sake 2014 @ Cariboo Lanes noon-10pm

WL Minor Fastball Registration @ Walmart 10am-2pm

Amber Bowen CD Release Party at New World Coffee & Tea House 2-4pm

April 13

Big Brothers & Big Sisters Bowl For Kids Sake 2014 @ Cariboo Lanes 11am-3pm

Gymkhana @ Eagle View Equestrian Centre 11am-2pm

April 14

Cariboo Festival Piano Performances @ Calvary Church 9am-6pm

April 15

Rhyme and Roll Parent and Tot Playgroup, Every Tuesday 10:30am-11:30am @ Child Care Resource and Referral

Cariboo Festival Piano Performances @ Calvary Church 9am-2:15pm

Performances in the Park 2014 performer and vendor application deadline. Applications and info at www.centralcaribooarts.com/events/performance-spark.html

Human Trafficking Committee Meeting Tuesday 12pm to 1pm at the Women's Contact Centre. Call 250-392-4118 for more information

April 16

Williams Lake Bull Show 1pm @ Stockyard

April 17

Williams Lake Bull Sale 11am @ Stockyard

Busted Remedy Jam Night, Thursdays at the OV Pub @ 9:30pm

April 18

Ladies Singing Group @ St. Peters Anglican Church 7:30pm-9pm

Williams Lake Indoor Rodeo @ Williams Lake Memorial Complex 6pm

April 19

Williams Lake Indoor Rodeo @ Williams Lake Memorial Complex 1pm

Barrel Race @ Eagle View Equestrian Centre 1pm

Easter Petting Zoo & Cake Walk @ Boitanio Mall 10am-2pm

April 20

Williams Lake Indoor Rodeo @ Williams Lake Memorial Complex 1pm

April 22

Rhyme and Roll Parent and Tot Playgroup, Every Tuesday 10:30am-11:30am @ Child Care Resource and Referral

April 24

Busted Remedy Jam Night, Thursdays at the OV Pub @ 9:30pm

April 25

Ladies Singing Group @ St. Peters Anglican Church 7:30pm-9pm

Thomas from Family Rocks (Crystals & Gemstones) @ Hobbit House 10am-7pm

April 26

Cariboo Festival Honours Concert @ Cariboo Bethel Church 7pm-9pm

April 28

Transition Town film "Grow" showcases a new generation of market farmers @ Central Cariboo Arts Center (old fire hall) 6:30pm

Crafting with Recycling - learn a new way to craft with recycled materials. 6:30pm - 8pm Call 250-392-4118 to register

April 29

Rhyme and Roll Parent and Tot Playgroup, Every Tuesday 10:30am-11:30am @ Child Care Resource and Referral

QUESNEL

April 4

Moustache Madness ~ Roller Derby Bout @ Quesnel Twin Arena 6pm Tickets \$10, kids 10 and under are free! The Gold Pains City Derby Girls will be playing the Rated PG Rollergirls from Prince George

Kersley Players present "Tales from Me and Irmie" Starts Friday April 4 @ 6pm at the Kersley Hall Dinner Theatre Tickets 25\$ available at Cariboo Propane and Kersley Store

April 5

Quesnel Community Foundation Gala @ 5:30pm-10pm Quesnel Senior's Centre

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play

Roller Derby Bout @
6pm Quesnel Twin Arenas

Unseemly Evenings
Presents: Caribooby Caba-
ret @ 8pm-10:30pm Gold
Pan City Dance

April 7

Dummy Downhill
Quesnel @ Troll Resort
10am

Nutrition in the Cariboo
Info Fair @ College of New
Caledonia 10:30am-2:30pm

April 9

Chamber Board Meeting
@ 12pm Chamber of Com-
merce

The Little Mermaid 6pm
@ Chuck Mobley Theatre

Bev Sellars "They Call
Me Number One" Heritage
Speaker Series @ Quesnel
City Hall 7-8:30pm

April 10

Quesnel Film Club
Presents "Enemy" 6:30pm
@ Cariboo Theatre

Quesnel Festival of
Performing Arts Piano
Performances @ Lakeview
Church

April 11

Quesnel Festival of
Performing Arts Piano
Performances @ Lakeview
Church

Quesnel Festival of
Performing Arts Speech
& Dramatic Arts @ École
Baker Elementary School

April 12

Quesnel Festival of Per-
forming Arts Piano Perfor-
mances @ Lakeview Church

Quesnel Festival of
Performing Arts Speech &
Dramatic Arts @ École Baker
Elementary School

River City Music Associa-
tion open mic night @ Quesnel
Elks Lodge 7-11pm

April 13

Quesnel Festival of Per-
forming Arts Piano Perfor-
mances @ Lakeview Church

April 17

Where the Rivers Meet:
Country Bluegrass Jamboree @
10am Quesnel Senior's Centre

April 18

Where the Rivers Meet:
Country Bluegrass Jamboree @
10am Quesnel Senior's Centre

April 19

Where the Rivers Meet:
Country Bluegrass Jamboree @
10am Quesnel Senior's Centre

April 20

Where the Rivers Meet:
Country Bluegrass Jamboree @
10am Quesnel Senior's Centre

April 22

Quesnel Volunteer Citizen
Banquet 2014 @ Quesnel
Legion 5:30pm doors open,
6pm dinner

Quesnel Live Arts
Performances-Everything
Fitz @ Chuck Mobley Theatre
7:30pm

April 27

Bowl For Kids Sake 2014
Quesnel @ Rev Bowling
Lanes 9am

Begbie's on Sunday: Open
Mic @ Begbie's Pub 4pm-8pm

100 MILE HOUSE

April 3

South Cariboo Chamber
of Commerce Annual Gen-
eral Meeting @ The Valley
Room 12-1:30pm, lunch
provided

April 5

Prenatal in a Day 9am-
4pm @ Cariboo Family
Enrichment Center

Fun Day at the Forest
Grove Curling Club 10am-
4pm (bring clean shoes).
Contact Chris for info 250-
397-2892

April 8

Cariboo Reginal District
Library 100 Mile House hosts
How to Download Library
E-books 10-11:30am call for
info 250-395-2332

April 10

Dry Grad Fashion Show
Cutting Edge Fashion En-
tertainment & Live Music @
7pm 100 Mile House Junior
Secondary School Gym.
Tickets available: The Outlaw,
Didi's, The Log House and
Pharmasave

April 12

Cariboo Reginal
District Library 100
Mile House hosts How
to Download Library E-
books 10-11:30am call for
info 250-395-2332

Darts Tournament
@ Forest Grove Legion.
Entry fee \$10. Registra-
tion 9am-10am. Toe Line
11am, Potluck Lunch.
Info contact Rene or Ruth
at 250-791-7348

April 22

Festival of the Arts
April 22-May2 @ Martin
Exeter Hall

April 26

Steve Elliott's Tribute
to Elvis and Dance @ Lac
La Hache. Please check
with the South Cariboo
Visitor Centre for info.

Elvis is Coming Sat-
urday, April 26, 2014 @
8pm-12am Forest Grove
Community Hall

April 29

Sustainable Commu-
nity Film Series presents
"Surviving Progress" 7pm
@ Community Employ-
ment Center Horton
Ventures discussion to
follow.

April 30

8:30am PSO Dry Grad
Raffle @ Exeter Sporting
Goods or the 108 Esso

NEW DVD / BLU-RAY RELEASES

TITLE	RELEASE DATE
47 Ronin	1-Apr
Anchorman 2: The Legend Continues	1-Apr
At Middleton	1-Apr
Knights of Badassdom	1-Apr
Little Rascals, The Save the Day	1-Apr
Orphan Black - Season 1	1-Apr
Seal Team 8: Behind Enemy Lines	1-Apr

August: Osage County	8-Apr
Bad Ass 2: Bad Asses	8-Apr
Blood Alley	8-Apr
Grudge Match	8-Apr
Hobbit, The: The Desolation Of Smaug	8-Apr
Justin Bieber's Believe	8-Apr
Knight Of The Dead	8-Apr
Lizzie Borden Took An Ax	8-Apr
Nurse	8-Apr
Paranormal Activity: The Marked Ones	8-Apr
Snake & Mongoose	8-Apr

After The Dark	15-Apr
Better Living Through Chemistry	15-Apr
Black Nativity	15-Apr
Date and Switch	15-Apr
Flowers in the Attic	15-Apr
Gabby Douglas Story, The	15-Apr
Invisible Woman, The	15-Apr
Miss In Her Teens	15-Apr
Nut Job, The	15-Apr
Philomena	15-Apr
Ride Along	15-Apr
Secret Life Of Walter Mitty, The	15-Apr

Bag Man, The	22-Apr
Big Bad Wolves	22-Apr
Smoked (2012)	22-Apr
Suspect, The	22-Apr

A Case Of You	29-Apr
Bad Country	29-Apr
Devil's Due	29-Apr
Labor Day	29-Apr
Legend of Hercules, The	29-Apr



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The Canadian Services Sector employs three out of every four people and accounts for two-thirds of the gross domestic product.

Make plans to attend the 24th Annual Indoor Rodeo

Are you ready to Rodeo? Dust off those cowboy hats and polish your boots, spring is here and with it comes the 24th Annual Williams Lake Indoor Rodeo on April 18, 19, and 20. The weekend will be action-packed with plenty of great local and out of town entertainment, fresh rodeo stock, and several food and merchandise vendors.

Stop by the rodeo office (opens April 4) in the upper level of the Boitanio Mall to pick up your rodeo tickets, barn dance tickets, raffle tickets, and to check out the merchandise.

Brett Gardiner, 2011/2013 Canadian Pro Rodeo (CPRA) Announcer of the Year, will host the Williams Lake Indoor Rodeo.

Each day will open with the West Coast

Thunder Drill Team and the Williams Lake Stampede Royalty in grand entry. Local talent will entertain you with the Maureen Saunders School of Dance, and Sassy Six Gun and Porcupine mounted shooters.

This year the Indoor Rodeo will feature Dennis Halstead, Rodeo Clown and Barrel Man from Alberta. Dennis has many years of entertaining in front of rodeo fans young and old. Dennis brings unique enthusiasm and high energy shows into the arena for each performance. From his many small animals to his crazy machines, he is guaranteed to make you laugh.

Without great stock and their handlers there is no rodeo. C+ Rodeo continues to start off the rodeo season in the Cariboo providing award-winning stock for the Indoor



Rodeo. Earl and Roy Call co-owners of C+ have a strong rodeo background. Roy Call is the manager who oversees much of the day to day operations on the ranch. Earl Call is C+ Rodeo's main pick-up man and bull fighter. This family-run operation not only provides stock for rodeos, they provide opportunities for local youth to try their hand at rough stock rodeo events in a controlled environment.

SCHEDULE OF EVENTS

Friday, April 18

9am to 11am in the dirt Williams Lake Indoor Rodeo hosts a cowboy carnival.

This free event is geared towards kids under 10. Children must be accompanied by an adult. Try stick barrel racing, dummy roping, bucking bull barrels, bean bag toss, coloring, meet the clown and much more.

5pm doors open with rodeo action beginning at 6pm

Opening Act Maureen Saunders School of Dance. West Coast Thunder Drill Team, and Williams Lake Stampede Royalty.

5pm Beer Gardens open

9pm music starts with Rockin' Chair until 1am

Safe ride home offered by Adventure Charters by donation.

Saturday, April 19

9am Rodeo Slack

Free to the public (includes the rodeo events that have too many people entered to run them all during the rodeo performance).

Breakfast 8-11am with the Lions Club in the small arena.

12pm doors open with rodeo action at 1pm

Opening act is Sassy Six Guns and Porcupine. Watch our Local talent put on a display of mounted shooting. West Coast Thunder Drill Team, and Williams Lake Stampede Royalty.

Vendors: Indoor Rodeo, High school rodeo, P3 Creations, Bob's Shoe & Repair, Reliable Home Solutions, etc. Food including mini donuts, coffee, and Tasty Tube Steaks.

9pm Barn Dance

Budweiser is back. Music by the talented Lee Dinwoodie. Safe rides home

sponsored by Adventure Charters. A reminder, do not drink and drive, take the safe ride home or call a taxi or friend who has not been drinking.

Sunday, April 20

Take the family for Easter Sunday Brunch in the small arena hosted by Lions club 9:30am-noon.

12pm doors open with rodeo action starting at 1pm

Opening act is Sassy Six Guns and Porcupine. Watch our Local talent put on a display of mounted shooting. West Coast Thunder Drill Team, and Williams Lake Stampede Royalty.

Vendors: Indoor Rodeo, High school rodeo, P3 Creations, Bob's Shoe & Repair, Reliable Home Solutions, etc. Food including mini donuts, coffee, and Tasty Tube Steaks.

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Happy Birthday Queen Elizabeth II, queen of England, born April 21, 1926

Spotlight on Performances in the Park

Taking the 'Stage' for *The Stew's* Service issue is the Central Cariboo Arts and Culture Society (CCACS), a registered non-profit service organization whose mandate is to facilitate the development of arts and culture in the Cariboo.

The CCACS hosts a rich variety of arts and cultural activities in the Central Cariboo Arts Centre, which is home to the Williams Lake Spinners, Weavers and Fibre Artists' Guild, the Cariboo Potters' Guild, and the Cariboo Art Society, and which is available for use for events, meetings, performances, workshops, and more. In addition to serving more than 70 existing independent arts and cultural groups, the society administers an annual small project grants program, and has recently developed the Central Cariboo Art Route.

The CCACS also oversees Performances in the Park, an outdoor, free concert series which takes place Thursday evenings from 6 to 8 pm throughout the summer, from July 3 to August 21 at the Gwen Ringwood Theatre in Boitanio Park in Williams Lake.

Performances in the Park has been around for over 10 years, and this is the third year the event has been managed by the CCACS. However, many other communities host similar free weekly art and culture events. Each community's event varies widely in its variety of performers and caliber of entertainment, depending on their available budget. These community events are usually funded in part by the City and Regional District, and community donors too are a big part of the fundraising pie. "[This year's community] fundraising is beginning to receive a good response," remarks Performances in the Park Coordinator, Angela Sommer.

Not only does Williams



Lake's well-attended series bring high quality, family-friendly entertainment to the public for free, but Performances in the Park also provides an opportunity for local performers to gain experience and exposure. Two acts are featured each week; the 6 pm time slot usually showcases youth, theatre, dance, music, poetry, magic etc., and is followed by a headline act at 7 pm which is reserved for seasoned performers.

"In the early time slot I try to encourage young people and not-so-seasoned artists just to learn; get them on stage, get them used to being [in front of an audience] and help them 'get out there'."

"This is a very forgiving audience."

Angela sees a diverse well of talent in the area and she is working to encourage those hidden gems to come forward to be seen and heard.

Last year's Performances in the Park included talented headliners touring from as far afield as Robert's Creek and Vancouver.

Watch for the Williams Lake performance schedule, published in advance, complete with descriptions of the entertainment for each evening.

From now until their April 15 4pm deadline, the

Centre Stage By Renée Lozeau

CCACS is accepting applications from food vendors and entertainers of every type to fill the Performances in the Park 2014 schedule. "I would like to encourage food vendors to apply, as well as people that do aerobatics, dance, comedy, poetry or magic, for example, to apply too, so that there is variety."

"We'd also love to see kids' entertainment like juggling and clowns. Even if you think you can't fill the 40 minute time slot, I want to encourage you still to apply. Four ten-minute acts for example could be organized together into a combined show," Angela suggests.

Within the event's available budget, selection is based on criteria such as the quality and entertainment value of the performance, and stage setups that mesh with other acts on that particular night. The organizers are also mindful of selecting a good mix of musical styles

and performance types. "We want to do what we can to make sure [the event] is a good time," explains Angela.

Information and applications are available online at www.centralcaribooarts.com or contact Performances in the Park Coordinator Angela Sommer at performances@centralcaribooarts.com 250-305-4784.

I'd like to thank Angela and the CCACS for the work they are doing to provide entertainment to our community, and for helping our local entertainers take 'Centre Stage'. When communities support local performers, the result is the exposure, the encouragement, and the experience these acts need to open the door to opportunity.

I'm looking forward to heading out to the park this summer to enjoy the show, and give my support. I'll see you in the audience!

THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

April 14 is International Moment of Laughter Day

International Moment of Laughter Day will put a big smile on your face. The objective of this day is to get people to laugh, and to laugh more often. After all, "laughter is the best medicine".

April 20 is Volunteer Recognition Day

Volunteer Recognition Day honors the legions of volunteers who dedicate themselves to causes and helping others. They are making big and small differences in the lives of millions of people all over the world. They are saving lives. They are improving lives and providing comfort. They assist people, animals, and nature.

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*"All truly great thoughts are conceived while walking."
—Friedrich Nietzsche*

Ignore the inner doctor, and listen to the real one

You know that annoying light that sometimes comes on in your car that says 'Service Engine Soon' or something similar? Personally, in the past, I have ignored it after I have checked my fluids to make sure there is enough oil and anti-freeze in it to know it is not going to seize up or overheat on me. It seems pretty silly, considering how much it would cost to repair if it were something else more serious versus getting a check-up at my local service center to find out some computer module needs to be replaced.

I can say that the same has happened in the past with my body except there was no 'Check Body Light' or 'Service Body Soon' signal; or was there?

You know those nagging aches and pains you have after a workout or after sitting at your desk for 8 hours a day or playing with your kids and realizing that you can't pick up your 10 year old like you could a few years back. Those are the 'service' indicators your body has. I ignored them for years as all of us have, but as we get older those indicators are that much more important to pay attention to.

Doctor, heal thyself!

Early January, I felt some pain in my inner knee. As a good health care provider, I diagnosed myself. I felt I had some tight muscles which were causing irritation of the bursa (bursitis) as well as rotating the knee, hence the knee pain. My brilliant deduction came from self-treating my



injury with some trigger point therapy and soft tissue work. When I used the foam roller and a trigger point ball, the pain was significantly reduced so I figured I had pes anserine bursitis.

A few weeks later, an orthopedist told me that he may have agreed with me except for the findings on my MRI which told us that I actually had a 2 cm tear in my medial meniscus.

I found this to be a great lesson in my approach to patient care, which in the past, has been, "Do what I say, not what I do." I will be the first to admit, patients are advised to do more stretching in a week of seeing me than I do for myself in a month (probably longer). I have this invincibility thing going for me, or so I think. I am a healer, I never get hurt, I have never had a significant injury (except for that little spinal cord injury / partial paralysis thing, I don't count that), and I should not get hurt.

Here are some helpful things I have learned from this experience, and if you are my patient currently, you likely have heard me say these things. From here on out, I will be following my

own advice.

Lesson 1: Foam rolling, although painful, is a great way to flush out those beat up muscles after a workout. You don't have to do a workout for it to be beneficial though. Rolling your muscles on a regular basis (4-5 times per week) can really help to lengthen your muscles and break up scar tissue that you may have from a previous injury or just from daily wear and tear.

Lesson 2: Hydration needs to be consistent. I have a water bottle sitting next to me most days at work and all the time on my bike plus one in my car for after running. I don't bring one to the pool regularly though, which I know I need to do, even though I seem to drink enough pool water (but then again, the chlorine may counteract the actual water ingestion). Chronic low-level dehydration consistently exists in the majority of the population. A few of the many problems this creates are, poor circulation, poor toxic waste elimination, increased inflammation, poor nutrient absorption, poor chemical exchange throughout tissue and cells, strained and weakened immune system, and more painful joints.



Lesson 3: Don't use a pair of running shoes for 8 straight months. I don't keep close tabs on my mileage but I am guessing I had a few hundred miles on the last pair of shoes I had. The foam sole was significantly crushed on the outside, which would put moderate stress on the medial / inner part of the knee.

I have to say, I believe this to be the main cause of my knee injury. A meniscus tear is usually caused by twisting or turning quickly, often with the foot planted while the knee is bent. These tears can occur when you lift something heavy or play sports. As you get older, your meniscus gets worn, making it tear more easily. So, add together a worn out pair of shoes, my age, my weight, no rotational force, and there is the cause of my knee injury.

Lesson 4: Listen to your doctor (not your inner doctor voices, although they can be entertaining at times, they are not helping you make good life choices). I think I said earlier, I am a bad patient. If I didn't, well, I am, and from this point onward, I will change that part of my personality, mainly because she was right.

I had a visit with my primary care doctor for the knee early on in the pain evolution under the pretense of following up on some tests she ordered for me almost a year ago. I never had them done (bad patient) and in passing, I asked her to check my knee. After hearing the history of the pain and the progression, she suggested a diagnosis of patellar femoral pain syndrome (I disagreed) and told me to get new shoes and to avoid running on pavement.

For 90% of my running in the past 9 years, I have run on a trail but since moving to work downtown Portland, I have been running on concrete. My shoes have already been discussed in lesson 3, but I thought I could get a few more miles out of them. The day after I saw her, I did

exactly what she told me not to do and that was when I felt the pain the most severe. It didn't hurt too badly when running but when I was taking my required 5 minute walk after a 15 minute run, it began to feel like I was being stabbed.

Because I am a smart guy, I thought, "It didn't hurt when I ran, so I will start running," (before my 5 minutes were up). I soon discovered that I was unable to continue. The 15 minute run from my office took me about 45 minutes to walk back and every step was excruciating.

That was when I was really regretting all my past decisions which brings us to the moral of this story:

- Listen to your body, pain is its way of telling you something is wrong.
- Don't run through the pain, don't ignore it, stop, evaluate, and be proactive in finding out what is causing your pain.
- Listen to your doctor; they know what they're talking about for the most part.
- Drink water, it does a body good (or is that milk? I forget). Regardless, hydrate, hydrate, hydrate.

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When they ask, 'Give 'em the pickle'

Having spent the majority of my adult life in food services, I've heard a few colourful stories, most of which can't be printed in this fine publication. The one that I like most of all is 'Give 'em the pickle'.

Where it started, I don't know, but it is now a standard term in the industry known to all chefs and cooks. The story goes like this.

Someone, in some restaurant, somewhere, wanted a pickle with their sandwich. They asked the waitress to ask the chef for a pickle. When the ticket got to the kitchen, the cook said to the chef, "This sandwich doesn't come with a pickle."

The Chef looked back at the cook and said, "Give 'em the damn pickle dumbass!"

The meaning of this is "Give the customer what they want." People who are successful in the food services industry know that this is paramount to your survival. Failure to grasp the seriousness of this wisdom will result in a slow, painful, financial death. So the next time you are in a restaurant and staff is unwilling to accommodate you, it might be time to find a new place to spend your money.

Which brings me to a rather painful 'pickle' memory.

I was working one Friday night dinner rush at a very busy restaurant and got a new bill from the wait staff. As I started

Out of the Fridge

By Brice O'Neill



to call it out to the other cooks — "One schnitzel with mushrooms, one cordon..." — I felt the gears in my brain start to grind, and I thought, 'It says spaghetti with tomato sauce ... no tomatoes ... that can't be right.'

Read it again; it says, "Spaghetti with tomato sauce, no tomatoes."

Huh!?

So I called the wait staff over and showed her the bill. "Huh!?" I said.

She just looked at me with a blank stare. So I shouted, "What the f*** does this mean!?"

With a very serious look on her face she said "Can I get the tomato sauce with no tomatoes?"

I quickly replied in the most sarcastic way I could, "Sure it's called water and it comes out of the tap there beside you."

Another blank stare. Then she walked away and I went back to cooking. Twenty seconds later she comes back and says, "He just doesn't want chunks of tomatoes in the sauce."

It took me a second for my brain to catch up but when it did I said, "Okay,

no problem," and thought to myself, *Wow...I guess Darwin was wrong.* Then I started calling the bill again. "One Schnitzel with mushroom, one Cordon, no sauce, no baker, fries instead (I remember this bill very well, as I actually saved it and had it in a cupboard above my station for four years for when I needed a laugh.) ... one spaghetti with tomato sauce *no tomatoes!*"

I looked right at my Sous to see the look on her face when it registered what I had just called. I took great delight in watching the gears in her brain grind to a screeching halt. She began to say something, and I cut her off. "Put the sauce through a strainer. He doesn't want chunks of tomato in it."

There it is, my favorite "Give 'em the pickle story." I hope it wasn't you.

In the last five years I've made at least 500 quiches. I figure that through devel-

opment and testing, I can offer some tips on making it, and since I have had a lot of folks asking for my Ham & Cheddar Quiche recipe, I thought I would share it with our readers. Here, once again, is one of my patent-pending non-recipe recipes.

#1. Good pie dough. Yes, I make it myself.

#2. Quality ingredients like real cheeses, not the cheaper 'shredded dairy product with cheddar' *shudders*.

#3. Real cream. What Chefs call heavy cream, 33-35%.

#4 Quality ham *not* 18% meat protein style ham food (...eeewwwww!) and Kraft Real Cheddar cheese.

#5. 4 whole eggs and one egg yolk.

#6. Dock the pie dough (this stops it from bubbling and uneven cooking) and brush with the egg white you had left over.

#7 Lightly mix your eggs with a fork, add 1 1/4 cups cream. Put in a fistful of cheese and half a whack of thinly sliced ham. Fold in with a spatula — careful not to get too much air into it or it will soufflé. Pour into the shell and bake at 380 degrees for 35 to 40 min.

Easy eh? Questions, comments or concerns, Brice can be reached at info@newworldcoffee.ca.

RRSP vs. TFSA: Which is better for you?

Primary Purpose

RRSP: Mainly focuses on retirement needs

TFSA: Savings needs throughout your life

Annual Contribution Limit

RRSP: 18% of earned income (subject to annual contribution limit)

TFSA: \$5500 per year (depending on which year)

Taxation on Growth

RRSP: Growth is tax-deferred until the money is withdrawn

TFSA: Growth accumulates tax-free — never required to pay tax

Unused Contribution Room

RRSP: Carried forward from year to year (maximums as allowed by CCRA)

TFSA: Carried forward from year to year, but you can re-deposit in the years following a withdrawal up to your maximum limit

Tax Deductions

RRSP: Deposits reduce your income tax for the year

TFSA: No tax deduction for income tax reporting

Withdrawals

RRSP: Withdrawals do not increase your contribution room the following year. Taxes are withheld on withdrawals — amount of tax is determined by amount of withdrawal

TFSA: Withdrawals increase your contribution room the following year. No taxes are withheld.

Maturity Date

RRSP: Must be fully withdrawn or transferred to an RRIF or an annuity or other similar product by December 31 in the year in which you turn 71.

TFSA: Depending on the company, maturity dates will vary (ie. Age 105).

Features

RRSP: May result in immediate tax refund and tax deferral. Good part of retirement plan.

TFSA: May offer flexibility and does offer tax-free growth. Also a good part of your retirement plan.

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"How can I be useful, of what service can I be?
There is something inside me, what can it be?" — Vincent Van Gogh

Biddy Jones gave years of service to local theatre

The Williams Lake Studio Theatre has served the community for 59 years now, ever since that day of lore when Gwen Ringwood gathered a few thespians together to perform *Dark Brown / Orange Blossoms* in March of 1955. Not much is remembered about that performance, other than it marked the beginning of the Williams Lake Players Club, which changed its name to the Williams Lake Studio Theatre Society in later years.

As we look forward to celebrating our 60th year, we start thinking of all the people who have donated countless hours of service and dedication over the years. One of the first who springs to mind is Biddy Jones, who was active in the Theatre

Behind the Curtain

By Cathie Hamm



during the 1970s to 2000s, and was a huge inspiration for dozens of current theatre members. Biddy died a year ago at age of 84. Sharon Hoffman remembers her fondly:

"I met Biddy Jones around 30 years ago, and have been honoured to have her as my friend. Biddy was the matriarch of Williams Lake Studio Theatre for many years. I was in awe of her. One of the first plays I saw directed

by her was performed in the United Church Basement: *Blood Relations*. It was powerful.

"Her energy to get actors cast and rehearsed, have equipment hauled to a church basement, do the run, and then move equipment back to who-knows-where showed great dedication.

"Over the next few years I became involved with Studio Theatre and was always so impressed with her energy and

commitment. Biddy was always researching plays to direct and her choices were often new plays, Canadian plays, and edgy plays. She was dedicated to getting newcomers and youth involved. I remember her saying about newcomers, 'They are just so keen and will do anything for you.' She believed in her cast and crew and inspired pride.

"Biddy joyfully worked with young, inexperienced actors and crew. She mentored a young woman who wanted to direct *David and Lisa*. The group had rookie skills and also teenage issues, but Biddy found this rewarding, as in the same season the two co-directed *A Midsummer Night's Dream* with a group of young performers.

"Biddy's directing skills were superb. She did not take the task lightly, and by modeling, she taught several of us in the club how to get actors to develop characters and interpret the words of a script. We knew that doing a play wasn't just memorizing a bunch of lines. She was very organized when directing.

"We knew what was expected at the next rehearsal, and were kept to a schedule. But we *never* rehearsed on Sunday night. That was when she put her feet up and watched Masterpiece Theatre while sipping on a glass of sherry.

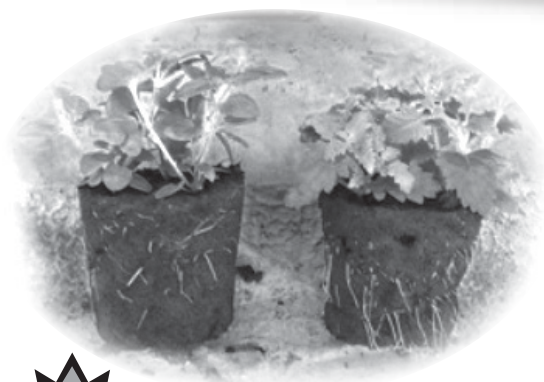
"Sometimes she drove us crazy. She totally changed the set design for *Tom Jones* when we were a month into rehearsal because it just

wasn't working. Also she was notorious for giving us acting notes for improvement when we were in the second to last performance of a run. I also remember a friend and I grumbling about the 'little biddiest of details' when she was having props designed and redesigned. But we understood that she wanted perfection and she wanted the show the best that it could be."

Sharon and all the others Biddy has influenced, like Sandi Alaric, Sheryl-Lynn Lewis, and Curt Sprickerhoff, are still striving to make every show the best it can be. Our theatre has seen a lot of change over its 60 years, but the one constant has been the passion and commitment of the hundreds of volunteers who serve.

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Scout Island Nature Centre is located in the heart of the city of Williams Lake. Offering nature appreciation and education, it is a bird-watchers paradise in spring and fall. Experience the wild side of the Cariboo!

Discover, re-experience, explore, and enjoy

BY CHRISTA SMITH

With spring comes the urge to get outside and do something after a long winter. The landscape is regenerating itself with greenery, buds, blossoms, and wildlife. This time of year is a great time to try a new activity or re-experience an old one like bird watching.

Our ecosystem plays home to such a diverse range of wildlife, that if birds are not your thing, there is bound to be something else poking out and about trying to enjoy the sun as well. So what better time than this beautiful spring time to grab your binoculars or just yourself and head on out.

Here in Williams Lake we are extremely lucky to have Scout Island right on our lake-shore just minutes from downtown and within walking distance. If you need some assistance with your outing, you are sure to find it at Scout Island in the nature center. With the nature center to assist you with identifying new birds, help with where to find birds, the library, and the vast knowledge of the fabulous people who work there, you will be sure to have all the help you need.

Scout Island is a bird watcher's dream as this unique combination of marsh, island, lake, and trees are home to hundreds of species of birds who find this



their migration path in the spring and fall. The beautiful white swans are back and making the creek mouth their play ground while waiting for the ice to move on down.

There are a maze of trails that stretch the length of the island and over two and a half kilometers of sightseeing wonder. This little piece of paradise is home to many species, not just bird. The outing will refresh, rejuvenate and inspire you. This is truly a natural spot of beauty and fun, free way to spend an afternoon.

The sounds of spring can be heard in the

birds if watching isn't your thing. The mating calls, the return of the geese, and the happy chatter of the black birds, red wings, and chickadees, just to name a few, can be heard everywhere. The most commonly recognized bird of spring is the Robin. Hopping through the new grass spears, it is a nice sight and reconfirmation that spring is truly here to stay.

Celebrate spring along with the birds

and take a walk, find a new trail, or travel an old familiar one. With the snow rapidly receding, the Williams Lake River Valley Trail should soon be ready for the lazy afternoon walk along the babbling creek and through the woods. This trail has something for everyone with short family treks or the full meal deal with the twelve kilometer hike to the Fraser River. With a nice gravel pack base the River Valley Trail

is perfect for walking, biking, jogging or even horseback riding. The amenities along this winding creekside trail include picnic areas and washroom facilities.

A drive out highway 20 towards the Fraser River may result in seeing Blue Birds darting through the air and

busily building their nests along the fence posts in the fields. It never ceases to be a source of wonder, the natural instincts that the birds have for where to go, what to do and how to live life. Hoping we can take it from the birds and do the same. Happy spring!

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hear

"Music, in performance, is a type of sculpture. The air in the performance is sculpted into something."

—Frank Zappa

Soundtracks and scores lead the month's new releases

Ahhahahahhaahhahahaha! Oh my god, *Archer* cracks me up so much!

Have you been watching *Archer*, the hilarious animated spy comedy produced by FX? It airs on Teletoon here in Canada. Well, if you're not up to date on season five, ***SPOILER ALERT*** (though not really, if you know anything at all about the new season) they're out of the spy business and now they're selling cocaine. Except Cheryl. She's now become **Cherlene**: America's hottest rising country music superstar.



Well Cherlene now has an album, and yes, 'Danger Zone' is on it. In fact, it's track one. Even better: it's a duet with Kenny Loggins! Sploosh!

She also covers 'East-bound and Down' (obviously) and a couple Kevn Kinney songs: '40 Miles of Mountain Road' and 'Chattahoochee Coochie Man.' But don't fret over all these classic country covers, Cherlene picks a



few of her own out for the album. There's 'Cherlene's Broken Hearts and Auto Parts,' and a song about her passions called 'I'll Burn It Down' and even one to her therapist called 'Gypsy Woman.'

These songs have such a classic country sound that I actually thought that some of the songs with less Cheryl-specific lyrics were also covers. Best country music soundtrack for a long-haul road trip since *The Devil's Rejects*.

That's not the only good soundtrack out this month. We're entering blockbuster season and the soundtracks are on the front lines. Usually a soundtrack (especially when it's the original score) is released a few weeks to a month before the movie hits theatres, so lots of them are starting to roll out.

But the the one I've spent the most time listening to this month is the



newly released soundtrack album for the 2013 indie film *Wrong Cops*. The film is a disturbed little comedy about some terribly bad (at their jobs), corrupt, cops. It mostly follows the story of them trying to dispose of a (almost) dead body that one of them accidentally shot.

The bizarre film and its equally groovy, and almost as bizarre, soundtrack could only come from the mind of Quentin Dupieux, A.K.A. **Mr. Oizo**. He's a French house and experimental techno producer, probably best known for his 1999 hit "Flat Beat" but more lately in his career he's been making as much film as music.

You may have seen the hilariously surreal, instant cult hit of 2010, *Rubber*. Yeah, that was also his. The album is actually called *Wrong Cops (Best Of)*, as it obviously doesn't offer all the songs and score appearing in the film.

This isn't *Tron* or a *Lord of the Rings* soundtrack. It's full of hard techno beats and all the weirdness you expect from Mr. Oizo. This album is a hit!

Speaking of *Lord of the Rings* and techno producers, it was **Junkie XL** who composed the entire soundtrack to the latest, greatest (not really), fantasy war movie with boats, *300: Rise of an Empire*. After a friend dragged

me out to this movie, I discovered the soundtrack was by Junkie XL, a name I remember from techno video game and sci-fi soundtracks from the late 90s.



I was pretty sure there was no techno in the movie. In fact, I remember war drums and a captivating, suspenseful, atmospheric mood created by the music. So I've been listening to **300: Rise of an Empire - Original Motion Picture Soundtrack** as I read up on Junkie XL and learn that he's been working with Hans Zimmer and collaborating with him on films like *The Dark Knight Rises* and *Inception* and even *Man of Steel*. Well I think I'll be looking for Junkie XL, or maybe Tom Holkenborg, in the music credits of movies more often.

I'm gonna file this one next to the rest of my fantasy action movie soundtracks. They play well while reading books or playing role playing games. But who does that? That's geek stuff.

The other one, which I didn't get to spend as much time listening to as I had wanted, is **The Grand Budapest Hotel - Original Soundtrack**, with score by **Alexandre Desplat**. *The Grand Budapest Hotel* is Wes Anderson's (*The Royal Tenenbaums*, *The*



Life Aquatic with Steve Zissou) latest film. Alexandre Desplat has previously scored Anderson's *Fantas-*

tic Mr. Fox and *Moonrise Kingdom*. Other artists, including the Osipov State Russian Folk Orchestra do appear on the album.

Unfortunately I haven't had a chance to see this movie yet, but I'm a big Wes Anderson fan and am looking forward to it. In the meantime I've given a couple listens to the soundtrack and it's pretty neat. It's got the sound of what my imagination assures me is traditional Hungarian style music and yet there's the wit and whimsy that you'd expect from a soundtrack to a Wes Anderson movie. I want to have tea in a big lounge on plush couches of red velvet and gold paisley and discuss world affairs with my companions as this plays quietly in the background. It's quite nice.

Believe it or not I did check out a few albums that were not soundtracks as well.



Major Lazer dropped another EP. This one's called **Apocalypse Soon**. After last year's flood of Lazers, I hate to admit it but I'm getting a little Lazed out. This is just a little five track EP with more familiar reggaeton and dancehall beats. Rest assured there will be remixes. I'll probably pay less attention to them this time around.

But that's not to say these songs are any less good than previous Major Lazer offerings. They're just not grabbing me like 'Jet Blue Jet' or 'Get Free' or even 'Hold the Line' or 'Mary Jane' from '09's *Guns Don't Kill People, Lazars Do*. Although, I will admit I had 'Aerosol Can' featuring Pharrell Williams stuck in my head before I even listened to it

earlier today. Right now, I'd just rather hear some of Diplo's work without the heavy reggaeton. It's not bad. It's just.. over-saturation.

Speaking of over-saturation, I had no idea how often **Current 93** releases albums until I did some searching after I heard they had a new album on the way. According to Wikipedia they've released at least two albums a year (quite often even three or four a year) from 1984 through 2010 after which it dropped to one a year with a live album in 2011 and nothing in 2013. Wow. That's a lot of music.

And even with all that, honestly, have you ever heard of these guys? I probably wouldn't have either, but a dozen years ago an eccentric friend dumped the last half of his CD collection on me before he moved across the country. There was all kinds of weird shit in there. Stuff you've never heard of — this guy was the definition of hipster before hipster was even a word.



But out of his collection, what had the most impact on me was the discovery of a circle of artists that spoke to the esoteric, psychedelic me of my early 20s. These artists included such industrial and gothic acts as Throbbing Gristle, Psychic TV, Byron Gysin, Genesis P. Orridge, Edward Ka-Spel and The Legendary Pink Dots, and Current 93 and Nurse With Wound.

So I've got about five or six old 80s and 90s Current 93 albums that I've loved over the years, but on this side of the pond we don't get much news about this little British gothic / apocalyptic folk band, so I

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hear

“One good thing about music, when it hits you, you feel no pain.”
— Bob Marley

had no idea that they were still actively pumping out two or four albums a year for the last decade. They're not, how you say, chart-toppers.

Of course I had to check out the brand new album *I Am The Last Of The Field That Fell*. Ya know, with that many albums you'd think their style would evolve or shift at least some. Well this album sounds exactly as I remember them from their most well-known release, 1992's *The Thunder Perfect Mind*. The music is pretty piano heavy with distorted guitars churning punctuation and exclamation into the dark, apocalyptic, deeply poetic lyrics that are rasped and hissed at you in an English accent while flutes flit around in the brighter moment.

Thank you very much, David Tibet. Now excuse me while I go spend a bunch of money on a load of Current 93 albums that I didn't know existed. Meanwhile, you should check out the two I've mentioned here.

Then, the unexpected gem of the month was a brand new, full length LP from Skrillex. We'd heard there was new music from him on the way but when or what was still a mystery until he quietly released the tracks into his mobile app, *Alien Ride* (available on Android and iOS), in the small hours of the morning one day, and then announced that the album would be available a week later.



Boom. Now we have *Recess*. This is the first full length album Skrillex has done, so at eleven tracks, he's got a little more room to stretch out and explore than he did in the seven track *Bangarang* EP. Almost as a giant middle finger to everyone, he opens the album with one of the heaviest, most abrasive, most hardcore tracks on the album called 'All Is Fair In Love And Brostep.' As if to say, "Here's what I'm known for. Now that that's out of the way, here's what else I can do."

From there, he moves into the title track which is a catchy little ditty that sounds like someone tapping out a beat with hollow tubes between a chantable chorus line. Then there's a trap song. Then some stuff you'd more typically expect of Skrillex. There's a straight up D&B rap song collaboration with Chance the Rapper called 'Coast Is Clear.' It's catchy, groovy, very danceable, but it's got lyrics that make Robin Thicke's 'Blurred Lines' look like the adult innuendo in a kid's movie.

Chance comes right out and says "What your interests are? Who you be with? Can I ask a ques-



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tion? Can you keep a secret? I don't really give a- what! What I need to know is do you wanna...?"

I wonder if that'll generate the same controversy as 'Blurred Lines.'

And have you ever wondered what you get when you cross trap and dub? You get 'Dirty Vibe' and the gettin' is good. 'Ragga Bomb' is some dancehall reggae crossed with heavy dubstep and it's actually pretty wicked. But the little piece of left-field ear candy is 'Doompy Poompy.' It starts with a distorted voice saying, "I know what I think y'all wouldn't expect," and then begins a goofy, groovy little cartoonish beat, that wobbles along, distorts, erodes, turns brightly ethereal splashes around in some digital water, carries on and fades out. Wow.

Wait — that was Skrillex? Cool.

'Ease My Mind' is a

trancey ballad with a dubstep breakdown — not the greatest. But he closes it on a nice light, trancey D&B bit featuring Kid Harpoon. I think I'll be switching up my Major Lazer for some Skrillex this year. Yes.

There was also a Beck album released last month. I didn't listen to it too much. It's called *Morning Phase* and it's



gone back to the sound of his '02 album *Sea Change*.

It's actually a sequel or companion piece to

Sea Change and some of the same musicians have come back to work with him on it. It's a nice light Beck album but I prefer early Beck and *Guero* / *The Information* type Beck. *Sea Change* Beck is pretty but doesn't interest me much.

If you enjoy Beck at all, give it a listen. If you like *Sea Change* you'll love it.

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Another fine example of video game customer service: *Running With Scissors Inc.* has recently released substantial patches for their game *Postal 2* which was released in 2003. That's a long shelf life!

Service just as vital in game industry

Service is just as important to the video game industry as it is to any other business or industry, but it shows up in slightly different ways. There's frequently little interaction between game developers, game publishers, and their audience (outside of Facebook pages and Twitter accounts, and let's face it, those are mostly for marketing). So without any sort of ability to show your customers a friendly face, how does good customer service show itself in the video game industry?

Well, in a few different ways, but one of the biggest ones is by simply extending the longevity of a game.

Let's take a look at *Grand Theft Auto V* which was released late last year. For about \$60 (if you bought it full price at retail) you had a game with about 30 hours worth of story to play through and a multiplayer, online mode that allowed you untold hours further to explore with your own custom character.

For a lot of companies, that would have been more than enough to provide in a game, but Rockstar Games has gone a step further by continuing to support their game in the months since release by continuing to provide content for the GTA Online multiplayer mode — new weapons, new clothes, new cars, new missions, new races, and all completely free of charge.

Now it's likely that some amount of paid content is waiting for GTA fans somewhere down the road, Rockstar's willingness to release regular, free content for their game shows just how much good customer service means to them.

Of course, it's also good business, because the longer people are playing their game, the

PHOTO BY
DJANDYW.COM



Gaming Life

By Todd Sullivan

fewer copies of the game end up in the 'Used' bin of the local game stores. And fewer used copies available mean more brand-new copies sold to gamers.

But this just shows you why good customer service is so vitally important, not just to the video game industry but to every industry. The happier your customers are, the happier you'll be as a business. It doesn't matter how you measure that service or what sort of equation you use, that's the bottom line.

Of course it's not just Rockstar Games, and it's not always free content. Plenty of games have released paid content packs that include substantially more content — map packs for games like *Call of Duty* and *Halo*, new cars for racing games like *Burnout*, even whole expansions, as in the case of *World of Warcraft* (a new expansion, *Warlords of Draenor*, is due by the year's end).

All of this keeps gamers happily playing the games they love, and that makes the companies happy. With good cus-

tomers service, everyone gets to be happy, and everyone wins.

Okay, let's look at what's coming out this month.

On April 4, Bethesda Games brings their powerhouse *Elder Scrolls* franchise to the MMO world with *The Elder Scrolls Online*. Few games have managed to go toe-to-toe with *World of Warcraft*, but this is one that might have the fanbase to pull it off. Available for PC and Mac.

The highly anticipated *Titanfall* comes to the Xbox 360 on April 8 after a short delay. It's already arrived for the Xbox One, and initial word is very, very strong. If you're into online shooters, you'll want to make this a day-one purchase.

Do you enjoy building cities and then ruling them with an iron fist like a mad dictator? Then *Tropico 5* — the latest in this despot simulation series — might just be up your alley. It arrives for PC, Mac, Linux, and Xbox 360 on April 18.

If you enjoy super-heroics, you might

want to check out *The Amazing Spider-Man 2*, which arrives on April 29 for PC, Playstation 3, Playstation 4, Wii U, Xbox 360, Xbox One, and 3DS. The last game was a fairly impressive little open-world, web-slinging adventure. This one looks to be at least as good.

Other notable releases: Batman: Arkham Origins Blackgate (04-01); Goat Simulator (04-01); Dynasty Warriors 8: Xtreme Legends (04-04); Trials Fusion (04-16); Child of Light (04-30)

Correction: Last month's reference to *Dead Souls II* should have actually referred to *Dark Souls II*, which arrives this month for PC following last month's release to consoles.

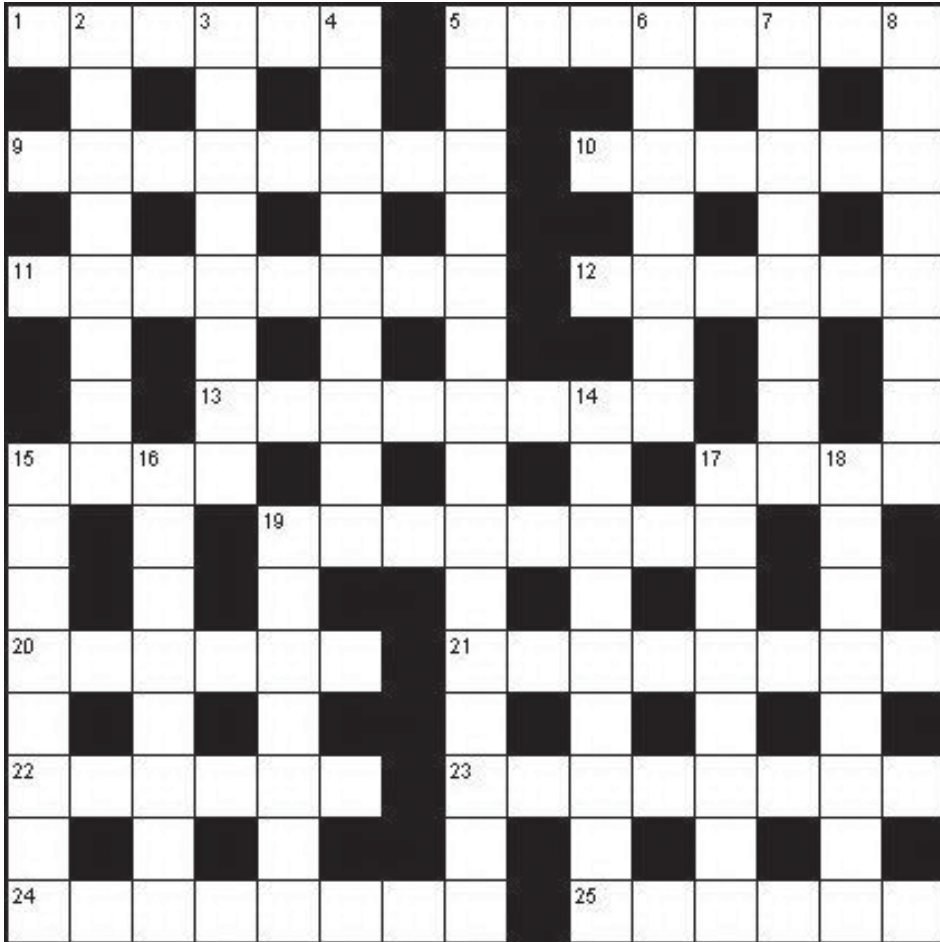
What have I been playing lately? I re-activated my *World of Warcraft* account (my main is named Dominex on the Uldum server if you want to say 'Hi!'), so that's been a pretty big part of my gaming this month. Beyond that, I've been slowly working my way through all the hidden unlockables in *Lego Marvel Superheroes* (and there's a lot of them — I'm barely at 30%)

What have you been playing lately? What are your favourite examples of good gaming customer service? Favourite map pack? Favourite DLC? I want to hear about it! Shoot me an email at todd@thestew.ca.



*This month's Crossword puzzle brought to you
by the fine people at Bob Paterson Homes.*

X-Word Puzzle



ACROSS

- 1 He could be consumed with a lust to become crystal-user (6)
- 5 Very delicate material available from the Web (8)
- 9 Vessel containing pills primarily? (8)
- 10 Kingdom that's in possession of year-old Japanese painting (5-1)
- 11 Defeated party bouncing back as poll for Euro is decided (8)
- 12 In just under a month German replaces new car (6)
- 13 Introductory radio broadcast given by Liberal after European vote (8)
- 15 Slav girl has year off (4)
- 17 Nest's located by English woman (4)
- 19 I attempt to keep a certain equality of measure (8)
- 20 Loathing produced by

crone hoarding money (6)

- 21 It's fired from Winchester perhaps (8)
- 22 Enjoy the taste (6)
- 23 Paisley for example puts marriage first (8)
- 24 Making certain to telephone after being given place by university (8)
- 25 A series that's tied? (6)

DOWN

- 2 Combine fossil fuel energy with significantly cleaner energy sources (8)
- 3 What old newspaper did, having cowardly editor (8)
- 4 Sent academician translation of Proust that's about acceptable (9)
- 5 German poet said to have blasted "mostly dumb German opera" (15)
- 6 Tree from Lusaka's gone astray (7)
- 7 Summer festival's lead-

- ing lady finds setter's packing a most powerful piece (3,5)
- 8 Gypsy gentleman needs money for food (8)
- 14 Passed examinations? (9)
- 15 Piece of music much performed in Copenhagen? (8)
- 16 Marine being risqué in speech, almost drunk (8)
- 17 Cosmetic from the Orient found on the old ship (8)
- 18 No rep is substituted, note, when one appears thus (2,6)
- 19 One charges, taking pound from hero-worshiper (7)



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