

The background of the cover is a photograph of a Western-themed scene. In the foreground, a large, weathered wooden stagecoach with four large spoked wheels is parked on a gravel path. Behind it is a two-story wooden building with a sign that reads "RATTLESNAKE SALOON" and "EST. 1885". To the left of the saloon is a smaller wooden structure with a sign that says "TRADING POST". The background shows rolling hills and a blue sky with scattered clouds.

# the stew

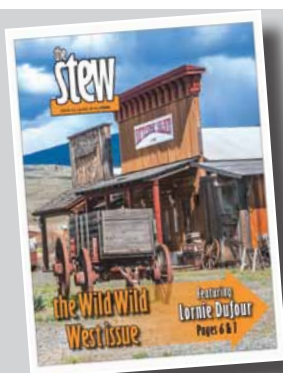
ISSUE 5.6 | JUNE 2014 | FREE

the Wild Wild  
West issue

Featuring  
**Lornie Dufour**  
Pages 6 & 7



hear

We want to hear from you! Email [craig@thestew.ca](mailto:craig@thestew.ca)

## On the Cover:

This is a photograph of an old town site that was constructed as a movie set. The town is a miniature with only building faces strung together to create the illusion that there is a full town beyond it.

## Deadline for advertising:

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

# Go west, young man, to Cariboo country

Go west, young man.

That phrase was heard many times in the mid-1800s and actually is a paraphrase of a quote by Horace Greenly in the New York Tribune newspaper that said, "If any young man is about to commence the world, we say to him, publicly and privately, go to the West."

What is funny is that when I was researching this article the phrase came up in many different configurations, a lot of them attributed to the same man. Some say he didn't originate it but merely popularized it. He was an American politician that favoured expansion to the west to grow the country.

We live in the wild west, or what was considered the wild west in the mid 1800s. We live in one of the last areas of North America that was settled. People came west with the promise of gold or silver easily found and the opportunity to have land to homestead. I don't have near enough writing space to give you a history lesson on this area but to me it's more thrilling than a Hollywood blockbuster. There are more stories and legends than you could imagine and the descendants of some of those people still live in this area.

Back in the early days of British Columbia the administration of the territory, as it was back then, was run by the Northwest Company who was eventually bought out by the Hudson's Bay Company. The northern region, everything north of the Thompson River, was run out of Fort St. James, whereas the south was run out of Fort Vancouver (now Vancouver, Washington) and this territory extended from the



Thompson south to the northern part of California.

At that time the men that travelled out west were here for the fur trade. In 1846 the current BC border was drawn up and agreed upon.

In 1858 gold was discovered on the banks of the Thompson River and the Gold Rush officially started; this brought a huge influx of people into the interior of British Columbia searching for their big strike. The second BC gold rush, which is called the Cariboo Gold Rush, occurred between 1861 and 1865 and created small towns that don't really exist anymore.

Barkerville, which at one time had the largest population north of San Francisco and west of Chicago, being one of the biggest and most famous is still in existence as a museum. Places like Richfield, Keithly Creek, Quesnelle Forks, Antler, and Fort Alexandria were thriving communities back then and are not much more than empty shells of buildings or just landmark signs telling you what used to be there.

The Fraser Canyon Gold Rush

seemed to be mainly Americans up from San Francisco but the Cariboo Gold Rush was mainly Canadians and Brits. Most of the participants in the Cariboo Gold Rush stayed and homesteaded in the Cariboo. The Americans sought gold on the Fraser River. What amazes me is the road that was taken by these early settlers. We whine and wring our hands if the Fraser Canyon is closed due to a slide and we have to go a different route to get to our concert in Vancouver. Imagine for a second what the people had to endure back in 1860.

If you were an American it started with a trip by ship from San Francisco to Fort Victoria. Once you've landed you need to find another ship to take you to Fort Langley where you will buy all your supplies. Now that you have gotten what you need for your trip we need to get to Yale and the start of the Cariboo Wagon road, so we need to take another boat up the Fraser. From Yale you would be travelling by foot, wagon, mule, or Camel all the way to Fort Alexandria where you would get on another boat to take you to Quesnel. From there it was back on the road for another short trip (well it's less than 100 miles) to Barkerville.

Your total road trip from Yale is about 400 miles and pack horses can maybe do 10-15 miles a day. When you include your trip from San Francisco you've been on the road a very long time. It's no wonder it was called 'gold fever' as you would have to be delirious to take that trip.

A few little nuggets of history from our area: Williams Lake, which at one time was where you would register your claim was

bypassed at 150 Mile House by the Cariboo Road and was technically a ghost town for about 50 years.

Mile 0 is Lillooet.

Most of the Fraser Canyon is the original Cariboo Road.

The 150 Mile General store is still standing on the Pateneau Ranch.

Both trails to the goldfields actually originally met in Williams Lake.

The Cariboo Wagon Road was built by a detachment of Royal Engineers and the cost for 400 miles of road was \$1.5 million.

The 108 Hotel was run by a couple who were rumoured to have murdered many miners and buried the stolen gold in the surrounding countryside.

I could go on and on about the many interesting histories of this area we call the Cariboo. In 1986 I decided to go west — and north — and ended up in Williams Lake. The rumours I heard about this town were varied. I was excited about a new opportunity and really wanted to get away from the city life.

Compared to 120 years earlier this was tame. No shoot-outs at the saloon and most of the cattle rustling was accidental. Although we live in an area where most people own firearms, they are now for hunting. It's not unusual to have deer, moose, or bear going through your yard. You can ride a horse through the Tim Horton's drive through, and drive in most directions and not see cars or people after a few minutes on the road. The City people don't understand our need for wide open spaces but they don't have to, as this is our home.



**SHIELDS**  
AUTOMOTIVE

**BRAKE & MUFFLER**

**Appointments Not Necessary –  
We can hear you coming!**

- Family operated since 1972
- All work is guaranteed
- Friendly, reliable service
- Competitive rates

**CARIBOO TRIVIA:** What year was the first annual Williams Lake Stampede?

**250-392-3115**

Accepting Used Oils • 1-800-665-2291 • 100 N. Mackenzie Ave., Williams Lake

Trivia Answer: 1919



# ingredients



## Lornie Dufour Featured Artist

Pages 6 & 7

### Nutrition Facts

Serving Size: 28 pgs  
Servings Per Container 1

Amount Per Serving

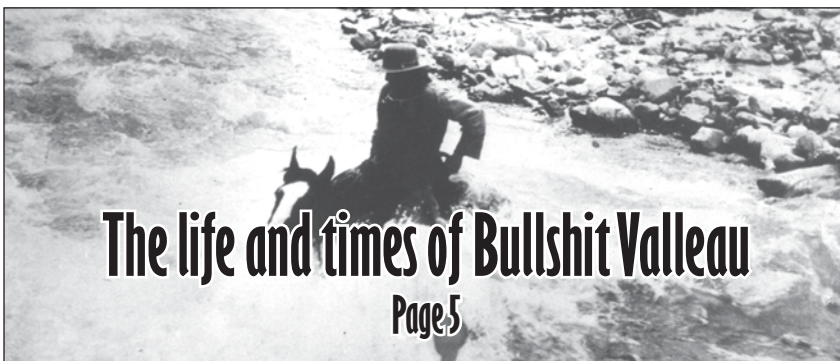
Calories 0

% Daily Value\*

The Wild Wild West is something that has been true for hundreds of years. From the romanticized gun fights and racing wild horses to the modern day rural communities that, to some, still have elements of a wild west.

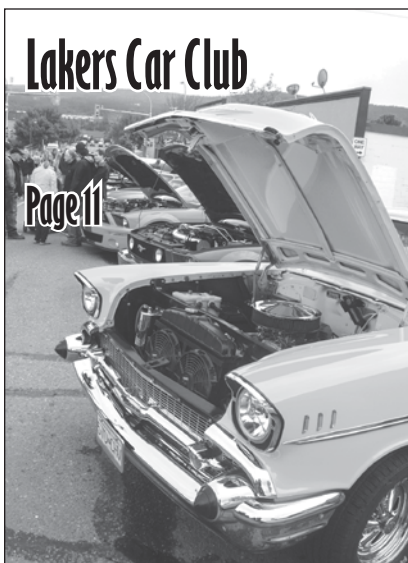
#### Ingredients (or things that helped

us get through the last month): The month has been a fast and furious one, with not a moment to breathe, but we wouldn't have it any other way. It is what keeps us going and fuels the energy and creative enthusiasm to publish this magazine. What helps us the most is the inspiration that we get from our staff, readers, and friends to build on ideas and search for new ones. May all your trails this month lead west.



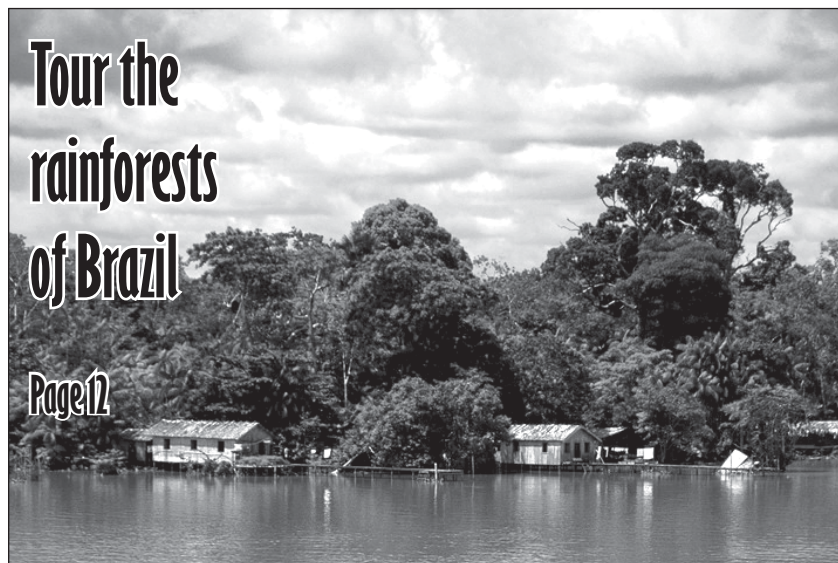
## The life and times of Bullshit Valleau

Page 5



## Lakers Car Club

Page 11



## Tour the rainforests of Brazil

Page 12

**Support  
the Cariboo!**

Buy goods made by local artisans and manufacturers.  
Shop in your community to support local employers.  
Attend a play or concert and support local entertainers.  
Vacation locally; enjoy the beauty and the wide variety  
of recreational activities the Cariboo has to offer.  
**Spending locally gives back  
to the community,  
helping us all.**

**NEW WORLD  
COFFEE & TEA HOUSE**

**NOW FULLY LICENCED**

**Stampede  
Specials**

FOR THE MONTH OF JUNE

[www.NewWorldCoffee.ca](http://www.NewWorldCoffee.ca)  
778-412-5282 | 72 Oliver Street, Williams Lake

**LA PRAIRIE'S**  
ALTERNATIVE FUNERAL SERVICES

**250-398-9100**  
Fax 250-398-9175  
Toll Free 1-866-398-9100  
Email [laprairie@telus.net](mailto:laprairie@telus.net)

**By Appointment Only**  
308-35 2nd Ave. S.  
Williams Lake  
Above Bank  
of Montreal

**Luc LaPrairie**  
Licenced Funeral Director

*Serving the Community for Over 35 Years*

**GINA CALABRESE B.A., LL.B.**  
LAW OFFICE

Property Transfers  
Mortgages • Estate Transfers  
Wills • Estates • Elder Law

#206-197 2nd Ave. N., Williams Lake **250-392-7917**

**Accounting & Payroll  
Certificates & Diplomas**

CPA Certification  
or Just One Course  
Quickbooks or  
Simply Accounting  
*Start Today!*

**Academy  
OF LEARNING  
COLLEGE**

Williams Lake  
**778-412-5512**  
291 2ND AVENUE NORTH

**Call Joan  
to advertise!**

**Joan Oliver**  
Advertising Consultant  
**250-398-7446**  
288 2nd Ave. N.  
Williams Lake



# Everything You Need For Backyard Living at our **Garden Centre**

**Get Ready for Summer!**

- ▶ **Barbecues**
- ▶ **Garden Centre**
- ▶ **Patio Furniture**



**CANADIAN  
TIRE**

**It's all you need.**

**WILLIAMS LAKE: 1050 S. Lakeside Drive • 250-392-3303**

**QUESNEL: 570 Newman Road • 250-747-5274**

**Mon-Wed 8am to 8pm • Thur-Fri 8am to 9pm**

**Sat 8am to 6pm • Sun 9am to 5pm**



hear

*"If the facts don't fit the theory, change the facts." — Albert Einstein*

# Exploring the life and times of Bullshit Valleau

There's a creek that drains the western slopes of the Niut Mountains between Tatlayoko Valley and the West Branch, known locally as Deer Creek. On government maps it's called Valleau Creek, and empties into the West Branch River at the outflow of Bluff Lake.

Today there's little known about Valleau, but in his day he was one of the more talked about characters around Tatla Lake.

In the wild west days of the Chilcotin, only the census taker and post master knew his full name, Theodore Harley Valleau. To everyone else he was just Valleau, along with any descriptive appellatives folks cared to add. Bullshit Valleau was a favourite, or Bullshit Balloo in the local vernacular.

He arrived in the Chilcotin from the United States around the First World War, and settled on the south shore of Bluff Lake about 20 km south of Tatla Lake. He was last man down the trail past the end of the wagon road and he liked it that way.

He didn't welcome visitors and posted signs like "Keep out. This is my valley"; "No one wanted"; "Indians shot on sight"; "Beware of man traps and spring guns" along the narrow, rocky trail. It was said he couldn't bear another man's smoke across his sky.

South of Bluff Lake he had free run of the West Branch Valley all the way to its confluence with the Homathko River, 60 km downstream. He trapped animals for fur in winter-time, kept a herd of horses

## Looking Back

By Sage Birchwater

for packing supplies to his trap cabins, and always had a few goats because the goat milk soothed his stomach. Like other men he took work where he could get it on ranches around the Chilcotin.

Valleau had a reputation – obstreperous one minute, then warm and agreeable the next. Ollie Knoll described him as the kind of man you didn't want spend too much time with in any one stretch.

"He was one of those guys if you knew him for four or five days, it was time to dissolve your partnership for awhile."

Valleau had running feuds with James Lee "Jim" Holt and Pete McCormick, both trail-hardened men from the American wild west.

When Jim Holt came to the country, Valleau generously showed him a choice piece of ground on Sapeye Lake to homestead, and even bent over backwards to help him get established, loaning him tools and supplies. There wasn't enough he could do for him.

Then one day Valleau showed up on the warpath, demanding all his possessions back. After that they were mortal enemies.

Pete McCormick was a horse-freighter on the

Cariboo Road between Ashcroft and Barkerville when the Pacific Great Eastern Railway made horse packing redundant. He moved west to the Chilcotin and settled at Clearwater Lake.

Bill Bliss said Pete McCormick and Valleau got in a fistfight in the middle of the Chilcotin Road one day. Both men jumped off their wagons at Willow Springs, and had it out. Bill claimed that Pete came out the better man.

One time Valleau attacked a Tsilhqot'in guide working for a geological survey crew camped at Bluff Lake, by whacking him over the head with his long-barreled pistol. After the man was taken to Tatla Lake for medical attention, Valleau offered his services to the surveyors. "Now that I have fired your packer, I guess I better give you a hand," he said.

A few years later, mountain climber Don Munday hired Pete McCormick to take them down the West Branch Valley by horse-back to Scimitar Glacier so they could explore Mount



Waddington. Valleau and 13 of his horses were hired to help McCormick with the trek.

Deep in the wilderness Pete and Valleau got into an argument, and Valleau threatened to pull out with his string of horses, leaving the climbers stranded.

"He spent the night in one of his nearby trap cabins," Munday recalled in his book, *Unknown Mountain*. "He woke us in the night by firing a shot, but we agreed not to mention it in the morning. He breakfasted alone in his cabin perhaps looking for an advance from us. Failing this he went out for his horses staked in the meadow, and saddled and loaded them as if nothing had happened."

A year later Valleau got sent to prison for shooting at his neighbours

Johnny Hamm and Bob Nicholson. Originally he had invited them into the valley after they had been forced from Saskatchewan by the dust bowl of the Dirty Thirties.

The only photo of Valleau shows him midstream in the turbulent waters of Chilko River after betting someone \$2 he could swim his horse across at Siwash Bridge.

Randolph Mulvahill had fond memories of Valleau working for his family in Chezacut.

"Our milk cow was wild and would fight you every time you wanted to milk her. Mother told Valleau he'd have to catch her and

tie her up to milk her. He said don't worry about it, I'll handle her. So he got her in the corral the first time and milked her.

"After that he'd just go out in the yard and milk this wild cow any old time, and she wouldn't move. He had this way with animals. Same with horses – once he handled a horse just a little while, he could do anything with it. There was something uncanny about the bugger."

West Branch got too crowded for Valleau so he eventually left the country with his string of horses and goats, and settled near Vanderhoof where he spent the rest of his days.



Let the "City Folks" pay to take the bloom off the rose! A good truck is **just as good** 1 or 2 years old, but affordable for the "Working Man." Call us for an ex-rental.

**Ron Ridley Rentals**  
**250-392-6828**  
665 Oliver St., Williams Lake



**Aboriginal Day 2014**  
**Saturday, June 21**  
A celebration of Aboriginal heritage

**10:00am Parade** (from Elks Hall up Oliver St. to Boitanio Park)

**11:00am-2:30pm Activities in Boitanio Park**  
Fun for all ages! Bouncy toy, face painting and balloons for kids. Cultural displays, Native artists and craftsmen, traditional foods, fundraising activities

**SEE YOU THERE!**  
Contact Northern Shuswap Tribal Council  
for parade entry & display forms  
**250-392-7361** 17 South 1st Avenue, Williams Lake



*Dandelion Living*  
Look Good, Feel Good, Be Good

**The HERD has arrived just in time for Stampede!**

**Catch yours while supplies last!**  
**Handcrafted Locally**  
**778-412-9100**  
271 Oliver St, Williams Lake  
OPEN Mon.-Sat. 10 to 5pm  
Join us on Facebook



# flavour of the month

CRAIG SMITH PHOTO

**WILD WEST POET** ► Lornie Dufour is a poet, an author, and a horse logger.





# flavour of the month

## McLeese Lake poet, author, and horse logger

BY SAGE BIRCHWATER

Poet, author and horse logger Lornie Dufour is the epitome of the Wild, Wild West. For one thing, he has been writing verse since he was in high school in the Northern Ontario town of Blind Bay on the shore of Lake Huron, and for another thing, he's not in the computer age. He types all his poetry and stories on a manual typewriter.

Lornie credits one of his teachers for instilling in him the love of poetry.

"In high school Tommy Ecclestone, our English Lit teacher, turned us onto Keats. He loved Keats and explained what Keats was doing; how his poems worked; what his life was like, being on the edge of the grave all the time until he died still very young at 26."

Lornie says none of the other kids in his high school English class really understood their teacher.

"Looking back, I think I wanted to create poems so beautiful they would last forever like Keats did. I could hear Keats; hear his voice; feel him right with me hundreds of years after he died. Wow!"

Poetry comes from a place of insight and feeling where you're totally honest, Lornie says.

"I still believe in magic, and know when it's happening. You might just get a glimpse of it... catch the tail end of it...then try and express it."

He says poetry is prose without clothes. Lornie writes prose as well – in a poetic manner – candid, colloquial, like he's speaking to you over a cup of coffee, or talking over his shoulder while driving his big team of Clydesdale horses through the bush.

Lornie got turned onto horses when he was a kid in Blind River, where his dad worked in horse-powered logging camps.

"When I got out of high school I wanted my dad to get a team of horses so we could go logging – he wouldn't do it. Instead he encouraged me to get an education and become a lawyer."

Lornie attended St. Pat's University in Ottawa, then later he got his teaching certificate at UBC in Vancouver.

"I went to university for six



years and studied poets and their work – Canadian and American poets. I needed to understand what they were telling us – not so much how to do it, but what it really meant to me."

He credits the horses for giving him the power to create poetry.

"From them I began to learn what power is all about, the power to move mountainsides of trees, build roads, earn a living by practising carefully, being gentle and simple and direct, and never giving up."

During the summer of 1974, Lornie got a job with the Little People's Caravan in Armstrong, touring around the province in horse-drawn wagons putting on puppet shows.

A job offer to teach school at Esket (Alkali Lake) brought him to the Cariboo in 1975. He was one of three teachers hired to reopen the elementary school in Esket that had been closed for several years. These were significant years for the Esket community led by Chief

Andy Chelsea and his wife, Phyllis. Sobriety, self-determination and empowerment were at the root of the transformation taking place there.

John Rathjen was hired as the school principal and Lornie and John became close friends. Then a tragic Halloween boating accident took John's life, and that of rancher Marten Riedemann.

Lornie's life was saved by the good graces and quick actions of Jacob Roper, who knew what to do to treat hypothermia. This experience later served as the rich fodder for Lornie's award-winning book, *Jacob's Prayer* (Caitlin Press, 2009).

Lornie says Alkali Lake was the Wild, Wild West because most families had teams of horses, and did things every day with horses.

Most significant for Lornie that year, he met his life partner, Diana Geensen. When the school year ended the couple got their first team of Clydesdale horses and adopted the dream of being bush gypsies,



"camping out with our horses and staying in touch with the earth." They have owned big horses ever since.

"We've had 14 Clydes," states Lornie, "and we lived in a tent for 12 years with our family."

They started horse-logging in the Shuswap near Salmon Arm, where their two older children, Creole and Teraina, were born.

Lornie says he likes the challenge of horse logging. "I never liked working for someone else or taking orders. I like working alone."

One day a noted Canadian poet came to visit their mountain camp and encouraged Lornie to always make time for his writing. "I told him I had to be making a living to support my family."

Nevertheless Lornie did continue to write and would frequently read his poems at local coffee houses. He created a loyal fan base but never gave much thought to getting his work published.

Then some of the musicians and singers from the Little People's Caravan put on a benefit concert, dance and auction to raise money to publish a book of Lornie's poems. That's how *Spit On Wishes* came about in 1983. The title of the book came from an old Doukhobor man Lornie once looked after.

"He asked me what I wanted to do with my life, and I told him I had dreams to go back to school and get a teaching certificate and live a normal life. He said, 'You wish for this and wish for that', then he spat on the floor. 'Spit on wishes,' he said."

In 1983 Lornie and Diana moved back to the Cariboo to be closer to Diana's family. They started horse logging at McLeese Lake, then in 1987, got a 600-hectare woodlot, and their youngest son, Easten, was born.

Their approach to logging is sustainability. The area they logged 30 years ago is still a forest.

"Trees were left standing and using horses keeps the skid trails small. Many would say we're idealistic. It's a matter of lifestyle. We enjoy living that way."

In 2001 Lornie published his second book of verse, *Starting From Promise* (Broken Jaw Press), followed by *Jacob's Prayer* in 2009, and *The Silence of Horses* (Caitlin Press 2013).

Lornie continues to write topically and prolifically, and to work with his big horses. He is one of the Cariboo's and Canada's writing treasures. His books can be found locally wherever books are sold, or purchased directly from the author.



# Wespeak

*"The 8-second ride on the bull is the biggest adrenaline rush in the world. There's no other rush like it." — Sam Reeves*



## In celebration of the longest eight seconds in the rodeo

BY CHRISTA SMITH

Countdown; ready, grip, tighten, heart's

pounding so loud that it drowns out everything else, then the horn blows and

the gate swings open. This is when the eight seconds that change everything start.

In those eight seconds, cowboys focus, wives hold their breath, and crowds go wild. It is the eight seconds that mean victory, disappointment, relief, adrenaline, power, and just about every other emotion, for not only the rider of the massive animal, but also the spectators and loved ones.

My grandfather rode broncs for many years and, after giving up the thrill of the ride, became a pickup man for other riders, but there was nothing quite like those eight seconds. A time when every second feels like an eternity and focus means the difference between life and possible death.

So what is it that draws cowboys to the rodeo? What is it that drives the need to face the wild eyes of a bull and climb on the angry beast?

Some say it is a rite of passage to manhood. For others it's the sheer adrenaline that courses through your veins as the chute opens and the ride begins.

Some say that cowboys are just plain crazy, and others claim that it is just in their blood.

Generation after generation have taken to the rodeo circuit and attempted the eight second ride of guts and glory.

I talked to a friend who said their worst fear was the day that their small son said, "Mama I wanta ride bulls."

So now what? If it's part of the family history, how can the next generation be denied the inner drive that makes this sport an obsession, hobby, or profession?

Wait and hope that they get it out of their system, or sit in the audience and hold your breath as your baby takes on his own eight seconds? Or let go and wait for the feeling of pride that washes over you as his heart pounding ride comes to an end.

Summer is the time when all over the country-side rodeos begin and crowds gather to share in the small piece of excite-

ment that the cowboy shares with the audience. Here in Williams Lake we boast to be the home of a world famous stampede, and people come from literally all over the world to ride in it and to watch.

I think that is a really long way to come for eight seconds and that there must be something more, a private secret that the cowboy has that draws him, that without actually taking that eight second ride we may never truly understand.

Thank you to all of you out there that come and share in this world famous event that Williams Lake hosts every year.

To the cowboys, be safe and take your eight seconds with pride.

To the loved ones who sit and hold your breath, may the ride end in cheers, and to all who witness this eight seconds of intensity, may you continue to show your support for all the participants in the rodeo who bring you this event.



### Halls Organics

*Giving a hand in growing a better world!*

107 Falcon Road, Williams Lake, BC V2G 5G7  
250-398-2899 • 1-888-498-2899

**20% OFF  
Organic  
Fertilizers**  
for the month of June



Need something cold and refreshing this summer? Come in and try our King Tut Lemonade, Baja Iced Tea or our Spring Berry Tea. They make exceptional iced teas! We have a wide assortment of tea pots and infusers too.



Help Dad increase his garden yields this summer with the new Veggie Bee Garden Pollinator. Great for tomatoes, cucumbers, peppers and more.

**10% OFF on Father's Day**  
Storewide discount, only on Sunday, June 15th

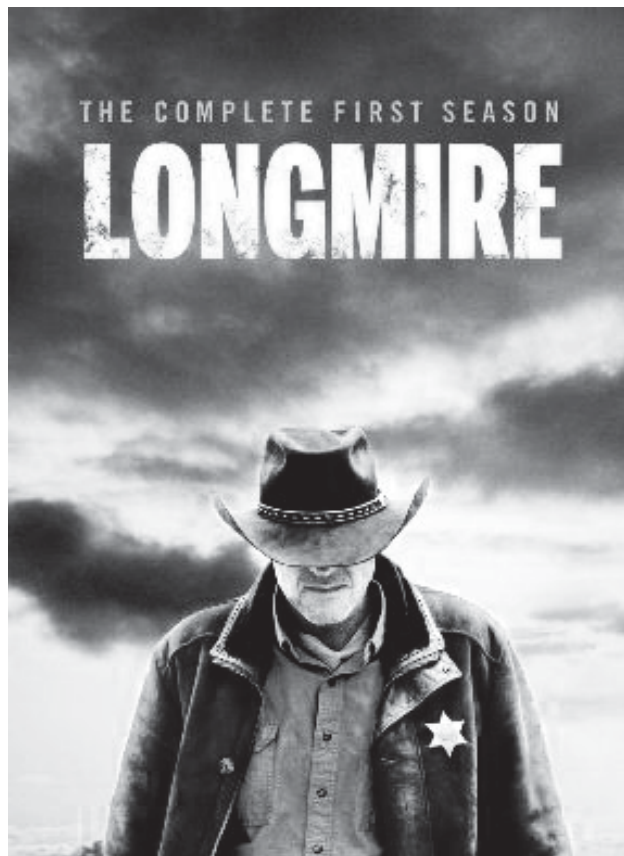
Happy  
Father's Day



read

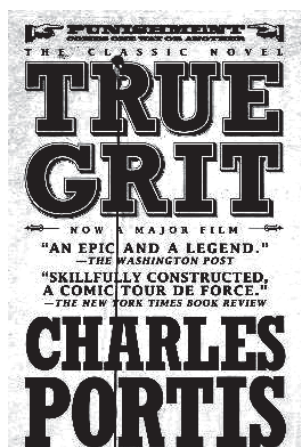
"If one cannot enjoy reading a book over and over again,  
there is no use in reading it at all." — Oscar Wilde

## Books and TV explore the wild west



### Longmire: the complete first season [DVD], 2013

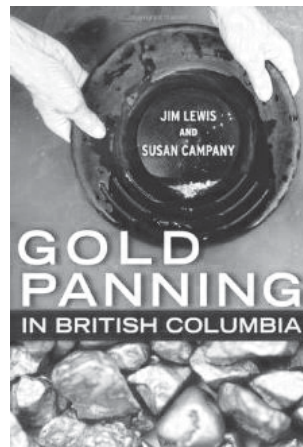
The first season of the cowboy detective series *Longmire* is off to a great start: excellent source material (based on the series by Craig Johnson), a beautiful setting (featuring the wide-open spaces of the American West), good acting (starring Australian actor Robert Taylor). "It's nicely crafted, as well, with a slower pace than the average police 'procedural,' but more than enough character intrigue to compensate." (David Hinckley, New York Daily News).



### True Grit (1968) Portis, Charles

When looking at lists of all-time best western novels, *True Grit* is

generally at the top of the list and is considered a classic American novel alongside *To Kill a Mockingbird* and the novels of Mark Twain. It tells the story of a teenage girl's quest to avenge the murder of her father. As noted in the Washington Post, "Portis has made an epic and a legend. Mattie Ross should soon join the pantheon of America's legendary figures such as Kit Carson, Wyatt Earp, and Jesse James."



### Gold panning in British Columbia (2013)

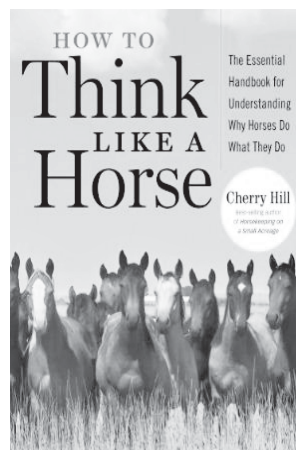
Lewis, Jim

If you've ever had the urge to look for gold, this newly compiled and expanded edition of Jim's previous three bestselling gold-

## Alphabet Soup

By Caroline Derksen

panning guides is the book for you. Jim Lewis has experience gold panning all across this province. Each creek is well described and accompanied by clear directions and maps. Lewis explains how to read the river, summarizes the mining history of each region, and doesn't short you on his own personal tips and tricks for striking gold.



### How to Think Like a Horse: The Essential Handbook for Understanding Why Horses Do What They Do (2006)

Hill, Cherry

When thinking of the wild, wild west, horses immediately come to mind. And then so does *How to Think Like a Horse*, which is considered one of the best handbooks on understanding horse behaviour. Cherry Hill's philosophy is that every human / horse relationship benefits from a greater human understanding of what motivates horses, how they experience the world, what makes them happy, and what worries them. If horses are treated respect-

fully with methods they understand, everyone involved — animal and human — will be happier, safer, and more productive. "Any horse owner, from beginner to advanced, will find information of value in this book." (Horse and Rider magazine, 2007).



### The Cariboo trail: a chronicle of the gold-fields of British Columbia (2013)

Laut, Agnes C. (Agnes Christina)

Originally published in 1920 as part of the Chronicles of Canada series, Agnes C. Laut's *The Cariboo Trail* has been reprinted in 2013. It tells the tale of the fascinating history of the Canadian gold rush that began in 1858. In early 1849, a group of scruffy miners arrived in the quiet town of Victoria from California and by 1859 thousands of miners and prospectors were travelling north and east from the headwaters of the Fraser River, with the dream of striking it rich. Within a twelve year span, a whopping twenty-five million dollars in gold came from the Cariboo country.



Christa Smith  
Publisher & Editor  
[christa@ccrproductions.ca](mailto:christa@ccrproductions.ca)



Craig Smith  
Publisher & Sales Manager  
[craig@thestew.ca](mailto:craig@thestew.ca)



Joan Oliver  
Advertising and Sales  
[sales@thestew.ca](mailto:sales@thestew.ca)



Renée Lozeau  
Advertising Design & Prepress  
Centre Stage



Todd Sullivan  
Layout  
[todd@thestew.ca](mailto:todd@thestew.ca)



Jamie Horsley  
Tone Soup



Brice O'Neill  
Out of the Fridge



Darren Smith  
Adrenaline Fix



Gina Mawson  
You, Me and We



Caroline Derksen  
Alphabet Soup



Cathie Hamm  
Behind The Curtain



Sage Birchwater  
Looking Back

THE STEW Magazine is an independently owned and operated monthly arts, entertainment, recreation and leisure magazine published in the Cariboo. All information contained in this magazine is correct to the best of our knowledge. Opinions expressed by contributors are not necessarily those of The Stew or its employees. We reserve the right to edit articles for grammar, punctuation, or length. The Stew's advertising customers assume sole responsibility for correctness of their advertising — we require approval in writing of each ad before it is published. We reserve the right to refuse any advertising or editorial submission which we believe to be inconsistent with the philosophy of this publication. The content of this publication are copyright The Stew Magazine.



21st Annual

# STAMPEDE STREET PARTY

## Saturday, June 28, 2014

11:30am-4pm

**LIVE MUSIC All Day Long**

**Great Food**

**Street Vendors**

**Play Street Hockey with the  
2014 Coy Cup Champion  
Williams Lake Stampeders!**

**FREE Carriage Rides**

**Bouncy Castles**

**Laker's Car Club  
CLASSIC CAR SHOW**

**Fun For the  
Whole Family!**



Downtown Williams Lake Business Improvement Area  
327 Oliver Street, Williams Lake • [info@wlcba.com](mailto:info@wlcba.com)

**250-398-5717**



*Biggest Downtown weekend of the year!  
Don't miss the Street Party and Lakers Car Show on Oliver Street June 28.*

# Lakers Car Club showing and shining at Street Party

BY CHRISTA SMITH

This year the Lakers Car Club pulled out all the stops with their 20<sup>th</sup> Annual Spring Roundup. Held in May, the Show and Shine did just that — when the sun was out they shone and when the rain came down they showed, despite the mixture of uncertain weather.

Car show spokesperson and car enthusiast Wayne Potter said, “This year we broke records with the highest attendance ever with 220 participants.”

This weekend is always held in conjunction with the Children's Festival in Boitano Park, and the Ladies Only Poker Run in the downtown. The weekend is well designed with families in mind and is sure to please everyone. The Car Show also had a live band on site and plenty of vendors. The weekend is full of fun and prizes and raffle tickets for the mini four-wheeler donated by Canadian Tire are still available.

If this sounds like too much fun to have missed, never fear, the Lakers are bringing it all back for the Street Party after the Stampede Parade on Saturday June 28 near the end of Oliver Street and First Avenue.

Wayne says, “Most of the cars will be in the parade but after that they will set up.”



The draw for the raffle will take place at the Street Party so be sure to get your ticket before it's too late.

Summer is a great time to take in other car shows if you have missed this one and want to see more. After the Street Party in June the 100 Mile Car Club is hosting Hot Summer Nights in July in 100 Mile House. The Lakers Car Club always goes down to enjoy the fun and take a shot at the prizes.

For more information about these clubs you can like them on facebook

or visit their website at [lakerscarclub.ca](http://lakerscarclub.ca).

Wayne says that everyone is always welcome and you can just come on down. They are always looking for new members and it is a fun way to get involved with a great group of guys. This group is very generous and you can find them volunteering at various events and even driving grads in the grad parade. So make sure to watch for upcoming car shows and support them with your continued attendance as they support the community.



**Grand  
Re-Opening**  
Friday, June 13th

Buy a 6"  
Sandwich  
and a Drink  
and Get a  
6" Sandwich  
**FREE**

**SUBWAY**  
eat fresh.®



**Both Williams Lake  
Locations:**

1196 S. Broadway  
250-398-7800

Prosperity Way  
250-398-7821

Turn Your Vehicle Into A  
**Moving Billboard**

**Tell-Tale**  
SIGNS & PRINTING

**Best  
Wild West**  
IN THE  
SINCE 1995

**www.telldesigns.ca • 250-398-7446**  
Next to CP Electronics • 288 2nd Ave. N., Williams Lake





*"The trail is the thing, not the end of the trail.  
Travel too fast and you miss all you are traveling for." — Unknown*

# Take a tour of the rainforests of Brazil

BY SYLVIA RASHBROOK  
& CHRISTIANE KLEIN

For this article let us take you to the beautiful country of Brazil.

Tourism is becoming a major industry in Brazil, particularly because this country is hosting the 2014 FIFA World Cup Soccer Championships from June 12 to July 13.

Rio de Janeiro and Sao Paulo are two of the most visited destinations in the country. Visitors can have a fabulous peek into the complex heritage and natural spectacle of Brazil. Canadian travelers will require a Visa to enter Brazil.

Today, Brazil is the most visited country in the South American continent with its main natural attractions like the Amazon Jungle and the Amazon River, along with the many other rainforests, of this Tropical and Subtropical Region. Extensive beaches and bays that line the coast, and many tropical unique and fascinating plant and animal species, are attractions as well.

The high season in Brazil is one week before Christmas until Carnival, which is from February until early March. This is the most popular time

for tourists to visit Brazil. The down side of this festive season is the sometimes overpriced hotels. However, the splendor and activity of the season more than outweighs the cost.

Brazil is also an interesting and rewarding destination for families. The natural highlights of this country are a wonderful surprise for the whole family. So bring your Children to see the culture of Brazil, and the natural grace, beauty, and majesty of the rainforest. Of course they can also get a history lesson touring the cities in Brazil.

A great way to explore Brazil's rainforest is to live in it. Eco-Lodges provide this opportunity depending on how wild or how civilized you would like to experience the jungle.

An excellent way to experience the Amazon River is to take a multi-day river cruise.

The Amazon River is the second biggest river in the world and passes through the region of Amazonia in Brazil. The River is formed at the meeting of Rio Negro and Rio Solimoes.

At this location, which is appropriately named 'Meeting of the Waters', the black waters of Rio



Negro join and mix with the clay-colored waters of Rio Solimoes. This effect can be enjoyed right in front of the visitors' eyes and is one of the greatest highlights in this region.

The Iguassu Waterfalls and National Park offer the visitor a one-on-one with nature.

The Amazon's amazing size has given rise to many myths and legends including those of the giant sloth and amorous dolphins.

Sailing on the Amazon has been associated with an eerie feeling because of these legends and myths, and the greenish steaming waters. It has often been referred to as 'Green Hell' because of its colour and stories. There have been many attempts to profit from this natural wonder, including Henry Ford's attempts to tame the rubber trees, but they have ended in failure – best left

alone to its splendor and wonder.

If you are more of a city person you will find the most interesting highlights in Salvador de Bahia. The historic and colorful city is situated near miles of amazing beaches and coastline.

Sao Paulo is the biggest city in Brazil and it is also the business capital of Brazil. Recently, Brazil qualified to be one of the richest countries in the world and Sao Paulo is at the heart of it.

Recife, the city in the northeastern coast of Brazil is a destination that has much to offer a tourist. Neverending beaches, Brazilian culture, people and food are just some of the highlights.

The Portuguese language unites this vast and diverse country, with nearly 100 percent of the population speaking it. However, there is a

vast difference between the Portuguese language spoken in Portugal and that in Brazil.

There are small foreign languages that are spoken in areas, for instance Tupi, Arawak, Carib and Ge. English is often taught in some schools but it is not predominant there. You would need to learn the Brazilian Portuguese language to find your way around Brazil.

Brazil is full of history, from 1500 when the Portuguese Sailor Pedro Alvares Cabrel set sail with a crew of 1200 men for India and ended up in Brazil. To 1929, when the global economy weakened the coffee planters' power over the government, to 1994 when Fernando Cardoso was elected as President, Brazil had a weakened economy. Then under Fernando Cardosa the economy flourished and the currency stabilized. Currently, Brazil runs one of the top economies of the world.

The official body of the UNESCO declared the following to be World Heritage Sites: The Mosteiro do Sao Bento Church in Pernambuco, Jesuit Missions of the Guaranis, including San Ignacio Mini, Santa Ana, and the Ruins of Sao Miguel das Missoes, Sanctuary of Bon Jesus do Congonhas, Salvador de Bahia, Iguacu National Park and Brasilia. If you are planning a vacation to Brazil, you may want to put these sites on your itinerary.

For the 'Foodies' in the group, especially in the Northern Region com-

monly known as Amazonia the diet consists of local fish, root vegetables such as peanuts, yams, and tropical fruit. The cuisine is heavily Indian influenced, and a very popular dish here is the Caruru do Par, a meal of dried shrimp, onion, okra, cilantro, and tomato.

In the Northeast Bahia region, there is heavy African influence, whereas in the coastal areas, the staples on menu usually include seafood, shellfish, and tropical fruits.

Fresh fish locally caught, and beef dominate the Central West region. Pork from the surrounding ranches is another common meat from this area, as well as soybean, corn, rice and manioc.

If you are traveling to Brazil don't forget to take in the hot samba music and dance in one of the many clubs. Brazilian music has always been known for its diversity. There have been major influences from the Spanish, the American jazz age, to the Caribbean beats and passion. The bossa nova of the 1960s has been replaced by the lively Brazilian rhythms and dance movements of forro, lambada, and pagoda — a real treat for the Latin ballroom dancer.

I hope you enjoyed our little tour to Brazil and join us next month again, when we travel to Turkey. By the way, please call or visit us at All-Ways Travel if you are thinking of going to the Fifa World Cup Soccer Championships. Tickets are still available!

**1ST EDITIONS**  
BOOKS AND TOYS  
new toys & second hand books!

**ENTER TO WIN THESE FIGURES!**  
Draw Date: July 31st - No purchase necessary  
name: \_\_\_\_\_  
email: \_\_\_\_\_ phone #: \_\_\_\_\_

We are closing out our Christian stock at 50% - 75% off to make room for all the great new toys coming in!  
Grab a deal and see what's new!

**Breyer** **Goldie Blox** **FOLKMAN'S Puppets** **Schleich**

www.1st-editions.ca • 35A First Ave S • 250-392-7079

**ALL-WAYS TRAVEL**  
Serving the Cariboo Since 1978

**Travel to Brazil**

**250-392-6581**  
TOLL FREE 1-800-737-7631  
www.BookTripsOnline.com

357 Oliver Street, Williams Lake • Locally Owned & Operated  
Fully Licenced and Accredited Agency

**Brides & Belles**  
Gowns • Gifts • Accessories

**Gifts for ALL Occasions —  
Don't forget DAD June 15th  
Great selection of BLING**

271 Oliver St (Delainey Bldg) Williams Lake  
www.BridesandBelles.net **250-267-8131**



CRAIG SMITH PHOTO



# Play

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



# play

## WILLIAMS LAKE

**June 1** Senior's Activity Centre Fundraising Dinner, \$16 per person, Doors open 4:30pm, Dinner 5:30pm at The Senior's Centre Office

**June 2** Tickets on sale for the July 12th Gardens and Arts Tour, \$10 each, available at Open Book and Beaver Valley Feeds

**June 2** Senior's Bingo 1pm Upper Level of Boitano Mall

**June 2, 9, 16, 23, 30** Cariboo Kennel Club Puppy Class, Mondays 7pm-8pm 965A Mackenzie Ave.

**June 3** Osteoporosis workshop 12-1pm Women's Contact Centre

**June 3, 10, 17, 24** Rhyme and Roll Tuesdays 10:30-11:30am at CCRR

**June 6** Williams Lake Dry Grad Sneak Peek 6-8:30pm Cariboo Memorial Complex

**June 6** Colin Christopher Hypnosis Show, \$65 each, \$120 for couples, Tickets available Women's Contact Society, M&M Meat Shops, & Woodland Jewellers 6pm-10pm at Lake City Secondary (WLSS)

**June 6, 13, 20, 27** Farmer's Market 9-2pm in Boitano Park

**June 6, 13, 20, 27** Oliver Street Farmer's Market Fridays



3-8pm in Courthouse Square

**June 6-28** Brushes with History: Our Cariboo History – Cariboo Art Society Group art showing at Station House Gallery

**June 7&8** Big Lake Fishing Derby for info Call Peggy 250-243-0024

**June 8** Scott Woods Old Time Jubilee 2-4pm at Williams Lake Elks Hall Tickets available at The Open Book

**June 12** Barrel Race 7-9pm at Eagle View Equestrian Centre

**June 13-15** 30th Annual Chief Will-Yum Father's Day. Sugar shack concession on site, Breakfast on Saturday and Sunday, Traditional feast 5pm Saturday, Give away on Sunday at 4pm, \$50 per day or \$100 for weekend for vendors - Please register by June 14<sup>th</sup> 9am Friday-10pm Sunday

**June 14** Fan Appreciation Night Regular Points Race – Qualifying 5pm, Race 6pm at Thunder Mountain Speedway

**June 14** Walk for ALS – Registration 10am & race

11am in Boitano Park

**June 14** Maureen Lee – Straza Dinner/ Auction Ramada Convention Centre, Doors open 5pm, Tickets \$30 & Available at CIBC & New Waves Pool & Spa

**June 15** Father's Day Gymkhana 11-2pm at Eagle View Equestrian Centre

**June 16** Good Food Box – Pickup 1-3 pm at Elks Hall

**June 19,20** Psychic and Wellness Fair at The Hobbit House

**June 21** National Aboriginal Day Celebrations 10am

parade from the Elks Hall up Oliver Street to Boitano Park. Park celebrations from 11am-2:30pm with family-oriented activities.

**June 21-22** Stampede Warm-up Barrel Race at Eagle View Equestrian Centre

**June 22** Kidsport Classic half marathon 8am at Cariboo Memorial Complex, early registration June 15 [www.williamslake.ca/426KidSport](http://www.williamslake.ca/426KidSport) Classic-Run for more info 250-398-7665

**June 22** Join the movement – ride with us! Mountain bike group 1-5pm at Williams Lake River Valley Trail

**June 26** Barrel Race 7-9pm at Eagle View Equestrian Centre

**June 27** Williams Lake Stampede – 88<sup>th</sup> Annual Rodeo, 1<sup>st</sup> Performance 1pm, 2<sup>nd</sup> Performance 7pm at Williams Lake Stampede Grounds

**June 27** Crash-To-Pass, Smoke Show, Truck Tug-of-War, & King of the Hill Races – Qualifying 5pm, Race 6pm at Thunder Mountain Speedway

**June 28** Stampede Racing Featuring: All Class Invitational and 1st race of the 2014 Tri-City Racing Series – Qualifying 5pm, race 6pm at Thunder Mountain Speedway

**June 28** Williams Lake Stampede – 88<sup>th</sup> Annual Rodeo 2pm

**June 28** Stampede Parade 10am Downtown Williams Lake

**HOWDY! WELCOME TO THE STAMPEDE**

**Don't Forget to insure your Travel Trailer Camper, Boat & ATV**

**Johnston/Meier Insurance Agencies Group**  
Corner of 3rd & Cameron  
280D 3rd Ave. N., Williams Lake  
250-398-9033 | 1-888-696-1855 | [www.jmins.com](http://www.jmins.com)

**bo peep**  
children's boutique

- Clothing Size 0-16
- Shoes & Boots
- Toys & Games
- Dance Gear
- Nursing Bras
- Baby Gear

359 Reid St. Quesnel • 250.992.7753  
Order online at [www.bopeep.ca](http://www.bopeep.ca)

**Barking Spider MOUNTAIN BIKE**

Check Out Our Great Selection of Bikes!  
Accessories • Sales • Service

**Get Out There & Have Fun!**

250-392-5177 • [www.barkingspidermountainbike.com](http://www.barkingspidermountainbike.com)  
19-1st Ave. N., Williams Lake • Email [bsmb@telus.net](mailto:bsmb@telus.net)



# play

**June 28** Street Party and Lakers Car Show 12pm-4pm downtown

**June 29** Williams Lake Stampede – 88th Annual Rodeo 2pm

**June 30** Williams Lake Stampede – 88th Annual Rodeo 1pm

**June 30** Crafting with Recycling 6:30-8:00pm at Women's Contact Centre

100 MILE HOUSE

**June 2, 13 20, 17** South Cariboo Farmer's Market Every Friday 8:30am-1:30pm at 100 Mile Community Hall

**June 6** The 4th Annual Forest Grove Elementary End of Year Recital, the community hall @6:30pm

**June 14** A Play in a Day! Acting, Directing, Stage Managing Workshop – Pre-registration by June 7 - \$20 per person (dinner included) 16+ years of age 10am-8pm Martin Exeter Hall

**June 9** The Heart and Stroke Big Bike Ride – More info [www.bigbike.ca](http://www.bigbike.ca) or 250-395-4421

**June 13-15** 15<sup>th</sup> Annual Family Fishing Weekend. All BC lakes, all weekend

**June 23-28** Legion Week. Wednesday noon, 50+ lunch and elders plus live band. Thursday 4-7pm Ladies Auxiliary meet and greet. Friday 5-7pm steak night and legion meet and greet. Saturday 4-6pm meat draw and 6:30pm karaoke



**June 24** The Cariboo Treasure Hunters meet every last Tuesday of the month at the Forest Grove Community Hall @ 7pm. Everybody Welcome

**June 29** Outrider's Gymkhana 9am at the Outriders arena on Airport Rd

QUESNEL

**June 4&9** Arena Replacement Referendum advanced polls 8am-8pm at CD Hoy Room at City Hall

**June 7** Southhills Neighborhood Yard Sale 9am-2pm

**June 7** 16th Annual Quesnel Charity Motorcycle Poker Run 10am-4pm Maple Park Mall

**June 7** QARA Double Points Minis & Street Car Races 10:30-11:30am at Gold Pan Speedway

**June 7** Show Your True Grit - Playground Pub Night, tickets \$25 available at Circle S Western Wear and Quesnel Arts & Rec Centre 5:30-9pm Cariboo Hotel Pub

**June 7** RCMA Open Mic night, \$10, Free for members 7-11pm at Elks Hall

**June 7** Intro to Song Writing with Amber Bowen 1-5pm at West Fraser Timber Room in the Rec Centre 250-992-3452

**June 14** Arena Replacement Referendum 8am-8pm at Red Bluff School, Parkland Community Hall, Bouchie Lake Elementary School, Barlow Creek Elementary School, West Fraser Fire Hall and Quesnel Legion

**June 14,15** North Cariboo Mud Racers Father's Day 1-4pm at Redline Raceways

**June 15** Father's Day Picnic at Cottonwood House 11am-3pm at Cottonwood House Historic Site

**June 21** QARA Minis & Streets Car Races 10:30-11:30am at Gold Pan Speedway

**June 21** Theatre Royal Gala 7-9pm Theatre Royal in Barkerville

**June 28** Down the Rabbit Hole –An Unseemly Evening, 8-9pm at Gold Pan Dance City. Tickets \$30

**June 28, 29, 30** The Spirit of Cariboo Cameron Performances 11am-8pm Methodist Church in Barkerville

NEW DVD & BLU-RAY RELEASES

JUNE 3
Angry White Man
CBGB
In The Blood
Lone Survivor
Pretty One, The
Robocop
Small Time
Son Of God
True Blood: Season 6
Wild Canada
JUNE 10
Alan Partridge
Jack Ryan: Shadow Recruit
Non-Stop
Short Game, The
Tim's Vermeer
True Detective: Season 1
JUNE 17
Assumed Killer
Authors Anonymous
Devil's Knot
Drive Hard
Grand Budapest Hotel, The
Joe
Joy Ride 3
Lego Movie, The
Machine, The
No Clue
Prisoners of the Sun
Violence Of Action
JUNE 24
300: Rise of an Empire
A Fighting Man
A Fine Step
All The Wrong Reasons
Blood Ties
Duck Dynasty Season 5
Enemy
Repentance
Shiver
Walk of Shame
Winter's Tale
Wolf Creek 2

Finds for  
**Gardening  
House + Home**

Adornments + Apothecary  
Gifts

A Profusion of  
Flowers

**250-747-3569**

1215 Maple Dr., Quesnel  
Edgewoodfarm@shaw.ca

**MOVIES ON THE GO**

**FREE FILM FRIDAYS**

1st Friday of every month. Free Film with food or cash donation to the food bank.

**SUMMER PRICING**

NEW RELEASES \$3.99 6 days a week

105B 2nd Ave. N, Williams Lake 250-392-4668

Happy Father's Day!

Court Smith 250-302-1176

Pauline Colgate 250-302-1785

**Sutton** Cariboo Realty

[www.suttoncariboorealty.com](http://www.suttoncariboorealty.com)

232B 3rd Ave. N., Williams Lake





# Cariboo Saddlery, making the ride for almost 40 years

Williams Lake is the home of Cariboo Saddlery, one of the longtime businesses here in the heart of the downtown. The smell of saddles and leather greet you as you step inside this unique saddle shop. Situated in a heritage building on Oliver Street, Cariboo Saddlery was opened by Tom Denny in 1977. Although Tom did not build saddles, he did custom leather repairs. From there the business began to grow and make a name for itself over the years.

After apprenticing in Alberta for two years Mark Denny joined his dad in 1980 as a custom saddle maker. Mark's talent lies not only in making saddles but also in repairing anything leather from horse tack to purses.

Today Mark's saddles are sought after and sold world-wide. Each saddle bears a serial number and to date he has hand crafted 739 works of art. These quality western



saddles are designed to fit different breeds of horses perfectly. Mark even custom orders the trees from southern Utah in various sizes and structures depending on the breed. The tree is the base for the saddle that Mark works with to create his work of art. These all-important precision trees take up to six weeks to make. When Mark is done with his molding and fitting, these custom saddles are designed to fit not only the horse and rider, but also the

riding style.

Williams Lake, being home to this talented family, has benefited from the countless contributions of the Denny family to the Stampede, and in the late 80s Tom Denny was given a lifetime pass to the Stampede. We would like to acknowledge and congratulate Mark, who is this year's lifetime pass recipient. It is their time, energy, and commitment to the community that makes this family such a local treasure.




**WE HAVE A FEW LEFT!**

## BIG SPLASH

### HOT TUBS PRICED TO CLEAR

- ☒ Up to \$4,410 in Extra Value
- ☒ 2013 Hot Tub Model Blowout
- ☒ Scratch 'n' Dent Hot Tubs

**Easy in-store financing with payments as low as \$63/month**

**BEACHCOMBER HOT TUBS**

**NEW WAVES POOL & SPA**  
74 N. BROADWAY  
**250-392-4818**  
www.newwaves.ca

## KENDRA'S



### FIRST AID

- MTC's (Mobile Treatment Centers) Transport Canada Approved
- Medical Supplies: Level 1-2-3 First Aid Kits, ETV Kits
- Locations in Williams Lake & Smithers
- Mobile to Quesnel & 100 Mile House areas

**DOT CERTIFIED Drug & Alcohol Testing**

**Keeping your worksite safe & injury-free**

**250-296-0094 • www.kendrafirstaid.com**  
Fax 250-296-0193 • Cell 250-392-0053 • Email kendrafirstaid1@gmail.com





*"What other people may find in poetry or art museums,  
I find in the flight of a good drive." — Arnold Palmer*

# The Cariboo has some of the best golfing experiences

BY CHRISTA SMITH

**Marmot Ridge Golf Course** is located just off Exeter Road in 100 Mile House and features a nine-hole course with onsite pro shop and restaurant. It is the perfect after-work stop for a quick round of golf and a social beverage. The greens are straight and don't have any sand traps and there is only one water hazard, so the course is relatively easy, and with only 300 yards it plays well with the lower irons. Marmot Ridge also features miniature golf, racquetball courts, and a full-service clubhouse.

**108 Golf Resort** boasts over 500 acres of outdoor adventure with spectacular views. This gem is nestled between two lakes in the heart of the Cariboo. This CPGA course is an eighteen-hole, par 72 delight, with a restaurant between the 9<sup>th</sup> and 10<sup>th</sup> holes. If the whole family isn't into golf there is a heated pool beside the course along with other sport activities which include volleyball, bocce ball, tennis, 12ft x 12ft outdoor checkers, and a children's playground. There are also trail rides and numerous trails for biking and hiking.

The 108 Golf Resort is a full family resort that offers a variety of stay and play options for both camping and lodging if you want to make this a weekend getaway. The camp sites range from dry to full amenity hookup and offer the camper the luxury of both beauty and convenience. Where else can you find the perfect combination of family activities and a great golf



experience in one?

From beginner to the experienced golfer the **Williams Lake Golf Club** is one of the top golf courses in the interior region of British Columbia. The course is a par 71 that overlooks Williams Lake. The terrain is rolling hills and provides challenge and fun all in one. They offer a fully equipped pro shop and Bar and Grill that is open for lunch or a half-way rest stop before continuing on to the rest of the eighteen holes. There is a driving range and practice putting area with lesson services available.

**Coyote Rock Golf Course** may be the new kid on the golf scene but they're not to be underestimated. This course offers stunning views of the lake and valley from every hole and the late afternoon sun creates a glow that highlights the greens. This course is a nine-hole master's length course that will challenge the best of golfers. Coyote Rock is a

true beauty or diamond in the rough.

This course cannot be truly appreciated unless given a full shot of your best. The greens and fairways offer everything that you would expect of a great course, just beware the unforgiving landscape if your ball goes astray. With deep valleys and rocks this course is sure to claim a few balls so come prepared. It's easy to relax and enjoy the experience with even a beverage cart service right to you on the course. They know what golfers like and how to do it right at Coyote Rock Golf Course just outside of Williams Lake heading south.

For the kids, or the kid in all of us, there is **Bell-E-Acres Recreation Site**. Set on the hill as you head out of Williams Lake, up Hodgson Road towards

Bella Coola, Bell-E-Acres is a full day's entertainment. They have a par 3 golf course, mini golf, go-karts, putting green and picnic area complete with horseshoes and badminton. This is the perfect place to learn to golf or just brush up on your game before hitting the big courses.

**Richbar Nursery Golf and Garden** is Quesnel's newest golf course combined with a well-established garden center and nursery. Combining the knowledge and beauty of the botanical gardens with the love of golf, this course is nothing short of breathtaking. The course claims challenges for the champion and presents as a very nice nine-hole executive course. The course at Richbar is a par 33 at about 2,400 yards with the occasional water



hazard around holes keeping the golfer on their toes. The two mile detour off highway 97 is well worth the experience that you will find at this course, and while passing through you may even find the perfect gift in the garden center.

The **Quesnel Golf Club** boasts one of the finest golf courses in the country and has been successful in bringing golfers back for over fifty years. This course is a 6,404 yard course and rolls over gentle hills with lush woods and a meandering creek. This course is located on the other side of Quesnel, west and then north on Blackwater Road. The generous fairways reward the big drives and

let you see what's really in your swing. This beautiful course is going to be a challenge and reward, and at the end offers a relaxing covered patio to finish off the day.

So whether you are a member of a golf club or not, the Cariboo has some of the best golfing experiences for all levels of expertise. Next time you reach for your clubs why not check out a new course, create some fun in your routine, and challenge yourself to a new experience. The Cariboo is rich with lush greens and courses that boast to be the best, so make it a day and see where your drive takes you.

Z

O

N

E

4

**Hair Styling  
& Tanning**

**250.398.8812**  
149 2nd Ave. N., Williams Lake

YOUR COMMUNITY PHARMACY

HOWDY! WELCOME TO THE STAMPEDE!

**Kornak  
& Hamm's  
PHARMACY**

**250-398-8177**  
366 Yorston Street  
Williams Lake

Homegrown  
perennials &  
bedding plants

Hardy trees & shrubs

Growing with the  
Cariboo since 1957

Cafe & 9-hole golf course

**RICHBAR  
NURSERY**

**Call 250-255-GOLF (4653) for tee times**

**We Have Father's Day Gifts for  
Golfing and Gardening Dads**

3028 Red Bluff Rd, Quesnel **250-747-2915**  
**www.richbarnursery.com**  
Follow us on Facebook & Twitter





*Murals may be the oldest form of art dating back to cave painting and the famous Sistine Chapel. It is possibly the greatest form of publicly expressed art.*

# Walk the mural walk in downtown Williams Lake

BY CHRISTA SMITH

This month as promised, we are going to feature a few more murals in Downtown Williams Lake. Our walk starts out at a delicious treat of a business, Taylor Made Cakes on Oliver Street next to Ron Ridley Rentals. The mural on this building is probably one of the newest to Williams Lake as it was only painted last year. Daughter of baker Brenda Taylor, Abbi Taylor, assisted the well known Dwayne Davis in this piece of artwork.

Depicted here is a good old-fashioned eats and treats mall, where people gather to chat up old friends and make new ones. Not a bad description of what you can find inside of this actual building. The smell of baking bread and scrumptious cakes will make it next to impossible to pass by without stopping in before heading down the street for the next mural.

Walking down the street towards the Downtown, don't forget to take a quick peek at the lovely gardens along the way. On Oliver Street and the corner of Sixth Avenue you will find a xeriscape garden, creatively put together with plants that need little water and can survive the Cariboo environment. Across the street is the Glen Arbor's Heritage Garden that is home to an abundant variety of interesting and beautiful plants and



The Dog 'n' Suds Restaurant

flowers.

At the intersection of Third Avenue and Oliver you can't miss the mural down the whole side of Kondolas Furniture with its scenic outdoors larger than life. This mural, also a Dwayne Davis creation, compiles a few different images together into one. The lone ranger, the fisherman, and the beauty that is our countryside. It's not hard to pull the imagination into the story that this building's mural tells.

Before going too far you will notice that behind you is another mural that borders the parking lot on the wall beside the Cariboo Growers Co-op. This is a place that you will find local foods and food products. If you are looking to find fresh from the garden



Taylor Made Cakes

vegetables, locally made jams and honey or meat from local farmers this is a must see, and possibly the best kept secret in the downtown area. Outside, the mural that overlooks the parking lot is a small

garden paradise that was painted in dedication to the Communities in Bloom.

Just around the corner on Third Avenue facing south on the side of Deanna's Studio is our next mural. This mural was painted in 2012 and dis-

plays a general mercantile and tack shop, just like the good old days, maybe even part of the local history when the wild, wild west was won here in Williams Lake.

Across the street and still on Third is the 2004

mural of The Pacific Great Eastern Railway in 1919, followed by the Roman Race which is one of the first events in the Williams Lake Stampede's history. The three men at the end can be attributed to the Williams Lake namesake; Chief Williams, William Lyne Sr., and William Pinchbeck proudly stand guard as the founding fathers.

Each mural tells a story and seeks imagination and thought from the on-looker. It's easy to drive by each day and not really stop to appreciate the art and history that murals contribute to our City. With warmer days to enjoy, make a plan to get out and take the mural walk in the downtown and maybe discover a new store or shop you may have missed before.



## Dog 'n' Suds

**FAMILY DINER • 1172 S. Broadway, Williams Lake • 250-392-6161**

### Rock 'n' Roll Your Way Down Memory Lane!

**Great Food • Fun Atmosphere**





## Museum of the Cariboo Chilcotin

- History of Williams Lake
- Stampede History
- BC Cowboy Hall of Fame

[www.cowboy-museum.com](http://www.cowboy-museum.com)  
 Summer Hours Mon.-Sat. 10-4  
 113-4th Ave. N., Williams Lake

# 250-392-7404





The history of live theatre traces back to 2500 BC in Egypt where the first ever theatrical performance was showcased.

# Gwen Pharis Ringwood brought theatre to Williams Lake

The City of Williams Lake celebrates Stampede, the west, and all things cowboy at this time of year, as it should. Ranchers were the original white settlers in the area, and they are the ones who developed a (white) community and, eventually, a town here.

However, the 'wild west' imagery we all have, of cowboys taming the land, complete with outlaws and 'savage' Indians, may apply to the American frontier, but things were a little different in Canada. This is not to say that there weren't some interesting stories of outlaws and hostile relations with the 'Indians' — First Nations peoples — but largely, the government and the RCMP (then the North West Mounted Police) kept things in order. The land was settled in a peaceful fashion by struggling ranchers and farmers, whose main foe was the harsh Canadian winter.

Gwen Pharis Ringwood was raised on the Prairies, in Alberta, and captured the flavour of frontier life there early in her playwriting career, notably in *Still Stands The House* (1938). It is her most famous play.

"So successful was this one-act play that it has been repeatedly performed over the years, particularly on university campuses. Depicting the sufferings of a farmer and his wife on the Alberta



## Behind the Curtain

By Cathie Hamm

prairies, it succeeds in becoming a powerful, artistic metaphor of humankind's relationship to the earth. Set in the depression years of the 1930s, it recreates the bitter drought of summer and the fierce blizzards of winter. The land is the protagonist and the people reflect the prairie spirit. Though part of that very land, Ruth rebels against it, while her sister-in-law is obsessed by it and finally becomes as deranged as the weather itself, succumbing to and becoming part of its violence." (Gwen Pharis Ringwood, Biocritical Essay by Dr. Geraldine Anthony, S.C., 1987)

Gwen and Barney Ringwood moved to Williams Lake in 1953, when she was well into her career, and she is our playwright, and the founder of our theatre. In March, 1955, she gathered a troop together to perform two short plays, *Dark Brown* and *Orange Blossoms* (the details of which are lost in the mists of time). Performances happened sporadically over

the next few years, or at least our records of them are sporadic, but the Williams Lake Players Club was formed, and things have mushroomed from there.

In the 1980's we changed our name to the Williams Lake Studio Theatre and became a registered society. We are currently committed to performing three or four shows per year, and promoting live theatre in our community in any way we can.

Gwen lived until 1984, and in her time here she continued to write and promote theatre in our town. She changed her focus from frontier and farming Alberta to more modern issues.

"The focus of Ringwood's final work in her most mature period is social protest. Never a feminist or activist, Ringwood had always been content to dramatize the

human situation as she saw it in regional plays with emphasis on humankind's relationship to the earth and its evolving character. However, in the last twenty-five years of her life from 1959 to 1984 she became more and more concerned with the ills of human society, and she used her talent, not with the intention of grinding any axes, but rather of censuring a society that fails to alleviate human suffering. Her relationship with the Indians whom she taught in Williams Lake gave her a first-hand awareness of their suffering. The problems of youth's confusions and rootlessness in the 1960s and of the elderly generation's problems in the 1970s drew upon her compassion. Thus she wrote of the Indians as victims in *Lament for Harmonica* (1959), *The Stranger* (1971) and *The Furies* (1980); of youth's problems in *The Deep Has Many Voices* (1968) and *A Remembrance of Miracles* (1975); of old age in *The Lodge* (1975) and *Garage Sale* (1981)." (Anthony)

*Garage Sale* is dedicated to her husband, and is a pleasant tale of an older couple finding a new direction for



their life together while watching their neighbour's garage sale. It is one of her last plays, and it shows a change in her understanding of the human psyche.

As part of our 60th anniversary celebrations,

WLST is honouring Gwen Pharis Ringwood by presenting *Still Stands the House* and *Garage Sale* in March 2015, exactly sixty years after she changed our community by introducing live theatre.

*The Station House Gallery Presents:*  
**June 6<sup>th</sup>-28<sup>th</sup>**  
**Cariboo Art Society**  
**BRUSHES WITH HISTORY:**  
**OUR CARIBOO ROOTS**  
 Historic Train Station, Foot of Oliver St., Williams Lake

**Oliver Street Market**  
**Every Friday 3-8pm**  
**Courthouse Square in Williams Lake**  
 Corner of 1st & Oliver • For Info Call 250-305-7217  
**Local Foods, Produce & More!**

**Wagner KITCHENS**  
**Sizzling Summer Savings up to 40% OFF**  
**German Engineered – Canadian Built**  
**250-392-3425**  
 955D South Mackenzie Avenue, Williams Lake





## Summer Vacation / Travel Insurance Special

Emergency Medical Insurance Plan, effective from June 14 through to September 2, 2014 inclusive (you can pre-purchase if you are traveling during this time).

Single or multiple trips, no limit on number of trips or duration of each trip (up to September 2, 2014)

\$49.00 per person or \$98.00 family rate (must include at least one adult and one child to qualify for family rate).

### SOON TO BE NEWLYWEDS...?

Perfect travel insurance plan for this summer for your honeymoon! Excellent plan if you expect to travel outside of your province more than once this summer season. Must be under age 61 for promotion.

If you would like additional information on Travel Insurance or to receive a quote, please call Adele or Lisa at 250-392-6448 or toll-free at 1-866-398-7386. Email: [admacfin@telus.net](mailto:admacfin@telus.net)

# How to grill the perfect steak on your backyard barbecue

"Are you gonna do something, or just stand there and bleed?"

I saw a guy in a cowboy hat say this to some other dude, also in a cowboy hat, after he slapped him in a movie I once watched. I've also seen all three seasons of Deadwood, and that's about the extent of my knowledge of the Wild, Wild West.

I've lived in Williams Lake since 1975 and have *never* attended a rodeo, indoors or out. To some citizens of this world famous rodeo town, this is paramount to blasphemy. To me, animals are either cuddling on the couch, on the BBQ, in an oven, or on a plate. They are not ridden, roped or otherwise played with, as in all forms of rodeo-isms.

That said, me and cowboys do have one thing in common and that's our love for a good steak... man, I love beef! So, today, I'm gonna tell you some of the tricks of the trade to make your next steak as good as any you would get in a decent restaurant.

## Out of the Fridge

By Brice O'Neill



**Step #1.** Approach your local butcher (cautiously, they're armed.). Tell him that you would like a 1½ inch thick rib-eye or tell him you want *entrecôte* (on-tra-cot) if you want to sound like a pretentious know-it-all French chef. Pay him whatever he asks. It will be a lot, but it will be worth it. Take that baby home (grab a six pack on the way), put it on a plate, season with kosher salt, which is large crystal that has not been iodized, and black pepper. Start the barbecue and crank it as high as it will go. Yes this means as close to 650 degrees as possible. Leave the steak at room temperature while you drink your first beer and wait for the BBQ

to warm up.

**Step #2.** Open the barbecue (carefully it's hot), put the steak in the center and gaze in wonderment at the glory before you. Wait 2½ to 3 minutes, pick it up with tongs (not a fork or I will come to your house and slap you) and rotate 45 degrees. Do NOT flip at this point. Wait another minute and then turn it gently over like you would a page in a book. *One turn, one flip, that's it.* The more you play with it, the harder it will get ... but that's a different column.

**Step #3.** Grab a beer.

**Step #4.** Three more minutes have passed. A good way to tell if it is cooked to your liking goes like this. I'm sure you have seen chefs on TV pushing their finger into a steak. This is testing for doneness. But how do they know what it feels like? Here's the trick. Push

your index finger tip to your thumb tip a couple times. That's medium rare. Push your middle finger to your thumb tip, and that's medium. And if you go past medium I will come to your house and slap you.

**Step #5.** Recycle empty beer can. Put your steak on a plate and *let it rest for at least 5 minutes* while you enjoy another beer. The resting allows the juices to stay in the meat and it also keeps it tender. After the really hot grill, resting is the most important thing.

**Step #6.** Grab a baked potato, which of course you started exactly one hour ago and cooked in a 400 degree oven, a cob of corn, which you properly cooked by placing it in boiling water, putting on a lid, and turning the heat off for 5 minutes, and then put the steak on the plate with the corn and potato. Put a nice chunk of cold butter on the steak — yes on the steak — and watch it melt. Cut the steak and voila! You have created magic.

You can reach Brice O'Neill at [info@new-worldcoffee.ca](mailto:info@new-worldcoffee.ca).

## Adele McLearn, CHS

Life, Disability & Critical  
Illness Insurance

Group / Individual  
Health Plans

RRSP • RESP • RRIF

Travel Insurance

Call Us!

250-392-6448

Email [admacfin@telus.net](mailto:admacfin@telus.net)  
299C North 2nd Avenue, Williams Lake

## Sunshine Ranch Weddings

- Country-Style Wedding Venue
- Natural Setting in Picturesque Horsefly
- Private Lake, Saloon & Barn
- Horse Drawn Carriages
- Services Include Catering, Bartending, Rentals, Makeup

**250-620-3339**  
5983 Horsefly Lake Rd, Horsefly, BC  
[www.sunshineranchweddings.com](http://www.sunshineranchweddings.com)

## It's "You" Time

CLOTHING • JEWELLERY • ACCESSORIES

Fashion with Attitude

Great Selection for Mothers of the Bride and Groom

79C 3rd Ave. N., Williams Lake **778-412-2722**



*If you think you are too small to be effective,  
you have never been in bed with a mosquito. — Betty Reese*

# Keeping safe in the great outdoors of the wild, wild west

I struggled with this month's theme, 'Wild Wild West'. I know it was a great TV show back in the 60s and a movie in the late 90s, but I was thinking about how to translate that to a health-related article for this month.

Then it hit me, camping season is upon us and there are many critters out here in the Wild, Wild West that can do some damage to our bodies while we are trying to enjoy the great outdoors.

Deer tick bites (causing lyme disease), for example, although not extremely common in BC, are something to keep an eye out for. The tick bite delivers a bacteria into the skin and the first thing that is noticeable after a bite occurs is a rash. Around the time the rash appears, other symptoms such as joint pains, chills, fever, and fatigue are common, but they may not seem serious enough to require medical attention. These symptoms may be brief, only to recur as a broader spectrum of symptoms as the disease



progresses.

As the bacteria continues spreading through the body, a number of other symptoms, including severe fatigue, a stiff, aching neck, and peripheral nervous system (PNS) involvement such as tingling or numbness in the extremities or facial palsy (paralysis), can occur.

The more severe, potentially debilitating symptoms of later-stage infection may occur weeks, months, or, in a few cases, years after a tick bite. These can include severe headaches, painful arthritis and swelling of joints, cardiac abnormalities, and central nervous system (CNS) involvement

leading to cognitive (mental) disorders.

If the symptoms are noticed and treated quickly, the spread of lyme disease is usually stopped and the treatment will result in complete recovery. Ignore the symptoms for too long and it can become a life threatening condition.

Growing up in BC, I have had my share of mosquito bites and never think twice about it. The mosquito-borne West Nile Disease never quite made it over the Rockies, thankfully, so usually all we have to deal with is the never-ending itching.

One thing some people have to worry about is an allergic reaction to a bee



sting. Most people that have a sting allergy carry an epinephrine pen with them so they can self-treat but if they don't, they can go into anaphylactic shock which is life threatening and a 911 call is in order. Health-Link BC has listed some of the things to watch for if someone has a reaction to a bite/sting:

- A severe allergic reaction (anaphylaxis). Severe allergic reactions are not common but can be life-threatening and require

emergency care. Signs or symptoms may include:

- Shock, which may occur if the circulatory system cannot get enough blood to the vital organs.
- Coughing, wheezing, trouble breathing, or feeling of fullness in the mouth or throat.
- Swelling of the lips, tongue, ears, eyelids, palms of the hands, soles of the feet, and mucous membranes (angioedema).
- Light-headedness and confusion.

- Nausea, diarrhea, and stomach cramps.
- Hives and reddening of the skin.

These symptoms often occur with other symptoms of a severe reaction.

There are other things out there in the Wild, Wild West that can cause you harm and I could go on for more than my 600 words will allow, so in the words of Sergeant Phil Esterhaus: Hey, let's be careful out there. (Hill Street Blues? Anyone? Bueller?).

## Yarn bombing coming to Herb Gardner Park



During the month of June various places in William Lake will be hit by a Yarn Bombing.

Project co-coordinator Sharon Hoffman says she got the idea while visiting another community last summer and found that there were so many trees decorated (bombed) with

wool articles. "This made me smile" says Sharon, and that made her decide to propose this project to her group.

Sharon is the secretary of the Community Arts Council, and has successfully pulled together a bunch of people and groups to participate in

this creative expression of decoration.

So far, ten of the members of the Community Arts Centre have claimed trees to decorate in Herb Gardner Park just below City Hall. The Station House Gallery is on board and will be bombing their venue, and the

Spinners and Weavers Club will be bombing the cage that houses the fire truck outside of the Arts Centre.

The commencement of this Yarn Bombing will start during the last two weeks of June, so keep an eye out for this project.

The Yarn Bombing doesn't stop there, but also integrates an intergenerational project that includes the ladies at Retirement Concepts that have been knitting up a storm all winter and now have a plethora of long skinny scarves that will be woven through the chain link fences on Carson Drive with the help of school children.

This part of the project is set to take place on the 17 and 18 of June. Some of the classes have even made pom-poms to add to the decorations. The girl guides have pitched

in their talents and will be adding to the project as well.

The upcoming Art Walk that takes place in the downtown of Williams Lake at the end of every summer will also be featuring this unique and fun project.

This is a great example of what can happen when

an idea takes hold and people come together. From school children to seniors, artists to volunteers, the idea grows and the results are an interesting new display of art.

Make sure to take some extra time next time you are downtown to seek out this project and have a look.





hear

*"You aren't wealthy until you have some thing money cant buy" — Garth Brooks*

# Showdown at the OK Corral ... or not!

It's high noon at the OK Corral. Two gun-slingers stare each other down, waiting for the first flinch, the first telling sign that one is going to draw. The tension could be cut with a fork and women, children, and the elderly run and hide behind closed doors. A horse snorts in the background.

Then one of the men says, "Aw, shucks, I'll give you back your horse if you'd be obliged to forego the shootout."

The other man stares him down some more, spits sideways, and finally concedes saying, "Well that ain't no fun. But I'm guessin' that'll be better than shootin' ya."

Well, we all know that that is not how it would have gone down, but this is a family magazine after all. And really, the point is that things don't have to be resolved in such a final manner.

Sometimes, when communication really breaks down in a relationship it can feel like the Wild, Wild West. There are no rules and no holds barred. Nothing either of you is trying to convey is being truly heard or consid-



## You, Me and We

By Gina Mawson

ered. No one is willing to budge an inch and the staredown can last hours or even days.

Maybe one or both of you don't even remember what the original issue was that led to the friction and discord in the first place, but as the hostilities rose and the prideful need to be right got in the way, neither party was willing to back down. The problem with this scenario is that nothing gets worked out and in the end, no one wins the standoff.

So, what can you do instead of holding onto your position like it was the last seat on the stagecoach and the town was burning to the ground? Take a long look in the mirror and examine what your true priorities are. Is the need to win or come out on top your first prior-

ity, or is it the continued well-being of your relationship? Are you ready to share the last seat and find a way for both of you to not only survive but ultimately thrive? Is it all or nothing or are you willing to find a way to compromise for the greater good of yourself and your partner? Without the willingness to meet in the middle the relationship faces complete breakdown.

So how do you meet in the middle? Someone needs to be the first to lower their pistol, take the first step, and apologize. You don't have to apologize for your feelings about the original issue. Everyone is entitled to their feelings, but what you should apologize for is being a part of the problem and not the solution.

Invite your partner into a discussion with the intent to find a way to work together and find some form of common ground. Attempt to find a way to really get to the root of the



issue without sliding back into the same 'both barrels blazing' attitude that got you into a mess of hot water in the first place.

So, how do you dig in your heels and figure out what the real bur under the saddle is? Sit down together, or better yet, go for a walk, and talk. Sometimes when emotions and tensions are high it is best to talk things out without the constant need for

eye contact. I know, you're thinking that eye contact is a key to effective communication. However, in this situation, maintaining a little space while you and your partner get things out in the open can help things from heating up again.

And what can you do if you and your partner just can't get past the point of no return on your own? Sometimes having someone

who is not emotionally involved in the process or the outcome can be a lifesaver. Like the sheriff riding into town and stopping the showdown from ending badly, a counsellor, a pastor, or a trusted person who will not take sides can be a powerful aid when things really are not going well and you both place a high priority on seeing things through to a more positive outcome.

## MAKE IT A NIGHT TO REMEMBER!

### Colin Christopher Hypnosis Show

50/50  
ticket draw



Cash Bar

Opening Act:  
Perfect Match



Friday June 6, 2014  
Lake City Secondary (WLS)  
6:00 pm to 10:00 pm  
Tickets Prices: \$65 each  
\$120 for couples

Steak or Chicken Dinner Catered by the Rotary Club of Williams Lake  
**TICKETS AVAILABLE at the Women's Contact Society,  
M&M Meats and Woodland Jewellers Ltd.**  
Call Ashlee at 250-392-4118 for more information

All proceeds go to the  
Girls programs at the Women's Contact Society



## Farmer's Market in Boitanio Park

May 9 to Oct. 10  
Fridays 9am to 2pm

**Eat Local • Eat Fresh**  
New Vendors Welcome

Monthly draw for \$50 Market coupons

For info call Vonny 250-392-3577  
<http://wlfarmersmarket.blogspot.com>



## SHOP LOCALLY

### Psychic & Wellness Fair June 19-20

Belly up to the COFFEE BAR  
for an organic brew, hot or cold,  
or enjoy a shot of wheatgrass

Unique Things for Unique Souls  
Find us on Facebook 250-392-7599  
71-1st Avenue S., Williams Lake





“Where words leave off, music begins.” — Heinrich Heine

# Goodwin has played steam trains and shopping malls

Taking Centre Stage for the Wild West issue of *The Stew* is the charismatic and down-to-earth John Robert Goodwin. I had the pleasure of speaking with this Quesnel country / folk / roots artist about his long musical career, his thoughts on promoting local entertainment, and about passing on the wealth of knowledge and life experience he has gathered.

John began our interview with his long list of accomplishments. CDs, appearances and awards — he nonchalantly rattled them off, and it's an impressive list to remember, even when only touching on the highlights.

John first began writing songs nearly 40 years ago and released his first single, 'Making Memories' in 1983, which led to singing at the BC Country Music Awards for two years running (1984 to 85). That 1985 BC Country Music Awards saw John nominated for Male Vocalist of the Year, and in 1988 he released his 12-song album *Messages*. In 1990, while playing with the Goodwin Brothers Band, John and his brothers recorded a live album at the Quesnel Legion during Billy Barker Days.

To date, John has released four albums and is working on his fifth, a gospel album. You may have recently heard his songs on Cariboo Radio such as



'Go for the Gold' (about the Gold Rush) or 'Nazko Valley Hills'.

John was inducted into the Quesnel Entertainers' Hall of Fame in 2010, won the 2012 Cariboo Idol songwriting contest, and helped start the Central Interior Musicians' Association.

For four years, John interviewed musicians, writing one bio each week for the local TV Guide. Expanding his writing career, he now has a book coming out in August called *Rainbows in the West*, featuring amusing anecdotes from John's interesting life, some of which were the basis for his songs — it's bound to be an entertaining read.

Over the years, John has noticed a change in the area and the local music scene. "There's more live entertainment around than ever, and we are still supporting each other," but, he says, the lack of good jobs in the area has audiences staying home. "There just aren't as many people in the seats."

John sees the need to

start looking at entertainment more from a business and marketing standpoint — to try and attract people and dollars to revitalize the economy, and by association, opportunities for local entertainers.

"This region has a lot going for it that will attract tourists and people relocating from larger centres. The Gold Rush Trail is becoming a world destination," he says. John outlines his plans for revitalization; "Why not think of ways to market to the people coming on tour buses. Along with stopping to look at attractions, we could work with tour operators to add value to their experience, offering live entertainment stops along the way. Once you get people's attention, they take an interest in what you're doing and will buy something. Then the story starts spreading, and more people will come."

John sees many new faces relocating to our area for the climate and relaxed lifestyle. "We are the last of the wide-open spaces — and reasonably priced



land," he says. "Those people will spend money and create jobs, and people will start going out and doing things again."

Describing his lengthy musical career, John jokes, "I've played steam trains and shopping malls — every kind of show you can think of."

"It's an amazing life. I don't make a pile of money, but I sure make a pile of friends, and I sure enjoy what I do."

John jokes, "I hope to do it until I can't move anymore and I have to hire a driver."

But even if it comes to that, he will still have a wealth of experience to share with the next generation. "I learned who I was just being on the road and eating peanut butter for two or three days at a time.

That's when you can really write a good song, because you've got to live it to know it. You've got to connect with what you're singing in order to get the audience to connect with it."

And that comes through in John's music. "I traveled all over, performing and learning from other people how to entertain. I took different jobs so that I could write songs about interesting things," he says, and sings me a couple lines of a new song he's writing called 'Swamp Donkey', about a truck driver's encounter with a moose.

"It all comes around; the experiences I've had, now I can help other musicians starting out. This music thing, it never ends. It's evolving all the time."

John is involved within his musical community,

getting to know everyone and helping everyone around him move forward — that kind of generosity is not something you see every day and I commend him for it.

"I want to set an example so that when I sit back in my rocking chair, I have taught someone to entertain me," John laughs.

"I feel blessed that I have been given this gift; to be able to convey my message and stories, and to be able to connect with people. Maybe all the hard times and things I went through were so I could help other people."

Sometimes John looks back on his life to help with his own daily trials.

"I broke my back when I was 21 and never thought I could continue to work, let alone walk. I wrote journals everywhere I went, and pushed myself beyond my limits many times, because one day I might be sitting in a wheelchair and I wanted to have lots to sit and write about."

John's lifelong passion in pursuing his craft through adversity is an inspiration to all of us with a dream. I hope I am so lucky, and live such a full life as John Robert Goodwin.

Stop by and let John tell you a story. His next show is in June at The Occidental in Quesnel, and he'll also be playing at Lebordais Park main stage on Thursday, July 17 during Billy Barker Days.

## Morelli Chertkow LLP LAWYERS

Serving the BC Interior since 1911

**YOUR LAWYER MAKES THE DIFFERENCE...**

Contact us for all your legal needs:

1.888.374.3350

[www.morellichertkow.com](http://www.morellichertkow.com)

**WILLIAMS LAKE OFFICE**

161A - 351 Hodgson Road

Tel 250.398.7326

[kchurch@morellichertkow.com](mailto:kchurch@morellichertkow.com)



Kevin Church



# CHEQUE US OUT

**We Do** ☒ Manual Cheques ☒ Laser Cheques

**Tell Tale**  
SIGNS & PRINTING

**[www.telltalesigns.ca](http://www.telltalesigns.ca) • 250-398-7446**

Next to CP Electronics • 288 2nd Ave. N., Williams Lake



hear

## THE STEW MAGAZINE'S Monthly MIX



### HOLIDAYS OF THE MONTH

#### June 25 is Log Cabin Day

Log Cabin Day brings you back to a quieter, simpler, more rugged era. A couple hundred years ago, life was far more rugged. Moving West to untouched wilderness, filled with pristine forests. Settlers built their homes out of logs. These log cabins were solid, long lasting, and served them well. Life was rustic and simple. Heat was provided by an open fireplace, where they also cooked their meals.

Log Cabin Day celebrates what was then the "Modern" home in America, and all of the lifestyle that accompanied it. Today is a day to appreciate the history and significance of log cabins. Visit them at historical museums today, or sometime this summer.

#### June 29 is Hug Holiday Day

Hug Holiday Day encourages us to give hugs to those who need them. On this day, people go out and give hugs at senior citizen centers, hospitals, and other places. The focus is upon elderly, sick and invalid, lonely people and anyone who needs the warmth, cheer, and love that a hug provides.

© By Premier Star Co

### Maureen Lee-Straza Fundraising Dinner / Auction Saturday, June 14, 2014

Ramada Convention Ctr, Williams Lake, Doors open 5pm



## LIVE MUSIC

Tickets \$30 each, available at  
CIBC and New Waves Pool & Spa

## Exploring the virtual wild west

One of the reasons that we play video games is to have the opportunity to experience a reality that is outside of our own, to be able to explore worlds that are part history, or part fiction, but are always unique.

Sometimes those worlds are on distant planets, light-years from our own. Sometimes those worlds are in the distant past, populated by brave knights and fierce dragons. And sometimes those worlds are made up of the dusty trails of the wild, wild west.

Given the setting's tendency towards adventure and violence, bloodshed and womanizing, it's surprising that there haven't been more western-inspired video games. Maybe it's just that gaming saw its birth and growth during the years when mankind was looking more to the future than the past, but there aren't exactly a lot of wild west video games to choose from. Thankfully, of the ones that are available, there are a number of stellar choices.

The very first western game I ever played was a title called *The Law of the West*. It was available for the Apple II family of systems, the NES, and — the system that I experienced it on — the Commodore 64.

Gameplay in *The Law of the West* was fairly basic. You were the sheriff of a small, wild west town, interacting with the other citizens of the town who may or may not be friendly and law-abiding. As you encountered each person, you would begin a dialogue, and have the opportunity to choose how you wanted to respond to the citizen from a list of four dialogue options or by drawing your pistol and firing.

The trick was to try to find the unlawful folks in town and get them to show their true colours, then fire on them before they took you out, while



### Gaming Life

By Todd Sullivan



avoiding pulling your gun on any of the peaceful townsfolk. It was actually the first game that allowed the players to interact with other characters through choices in dialogue, something which would become increasingly popular in games to this day.

Another classic of frontier gaming is *The Oregon Trail*, a famously difficult adventure that tasked players to attempt to guide a party of settlers from Independence, Missouri, to Oregon's Willamette Valley on the Oregon Trail via a covered wagon in 1848. Designed as an educational title, *The Oregon Trail* was intended to illustrate to students the difficulties of the 19th century pioneer lifestyle.

Gamers looking to experience something similar to *The Oregon Trail* with a slightly different flavour should check out *The Oregon Trail*, an indie-game with almost identical gameplay, only instead of travelling across the frontier players travel across a post-apocalyptic United States, trying to

survive a zombie outbreak — good times.

But if you really want to step into the shoes of a wild west outlaw, the best game to offer that experience is *Red Dead Redemption*, released in 2010 for the Playstation 3 and Xbox 360. Offering a sprawling open world for players to explore with their six-guns at their side, *Red Dead Redemption* is, basically, *Grand Theft Auto* in the wild west. And that is every bit as awesome as it sounds. It's one of the best games of the last generation, and if you haven't played it yet, you're seriously missing out.

Alright, let's see what's going on in gaming world in June.

First off, mark your calendar for the weekend of June 10 to 12 — that's when the E3 Electronic Entertainment Exposition is taking place, and there'll be sure to be some major game news hitting over those three days. Whether you're next gen or last gen, a fan of Microsoft, Sony, or Nintendo, there'll be something for

everyone at this expo.

Now, as for what to play in June, the month is looking a little on the light side, but there are a few titles to note. *Murdered: Soul Suspect* drops for the Playstation 3, Playstation 4, Xbox 360, Xbox One, and PCs on June 3 while *EA Sports UFC* arrives for the Playstation 4 and Xbox One on June 17.

*Divinity: Original Sin* comes to PCs on June 20, for players interested in another visit to the Divinity RPG universe.

And if you're a PC gamer looking to explore the world of plants and zombies from a first person perspective, you pick up the shooter *Plants vs. Zombies: Garden Warfare* on June 24.

**Other notable releases:** Worms Battlegrounds (06-03); Transformers: Rise of the Dark Spark (06-24); Don Bradman Cricket 14 (06-26); Grid Autosport (06-27)

**What have I been playing lately?** Again, I've been pretty busy, but I did dust off my copy of *Final Fantasy XIII* in the interest of trying to get through some old titles. I've also picked up a few more discounted gaming bundles, but the less said about that the better.

**What have you been playing lately?** Did I forget any important wild west inspired titles? What's your favorite western-themed game? Shoot me an email at [todd@thestew.ca](mailto:todd@thestew.ca)



*& Fastest Growing*

# Williams Lake's Newest <sup>✓</sup> Accounting Firm

**FBB** FRASER  
BEVZ  
BROUGHTON  
CHARTERED ACCOUNTANTS LLP

★ **Always Accepting New Personal Tax and Corporate Clients** ★

For All Your Accounting, Audit, Bookkeeping, Advisory Services, Corporate, and Personal Tax Needs



Servicing: Agriculture, Forestry, Mining, First Nations, Logging, Construction, Retail, Tourism, Services...

301 - 19 First Avenue North  
Phone: **778-412-4200** | Fax: **778-412-4199**





*"The digital camera is a great invention because it allows us to reminisce. Instantly." — Demeti Martin*

## Stew Spots

Monthly distribution of The Stew Magazine

### 100 MILE HOUSE

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

### LAC LA HACHE

Fast Trac Gas &  
Convenience Store  
Clancy's Restaurant

### MCLEESE LAKE

McLeese Lake Store

### 150 MILE HOUSE

150 Mile Mall  
Marshall's Store

### WILLIAMS LAKE

A&W  
Alley Katz  
Andre's Electronics  
Bean Counter  
Best Western  
Canadian Tire  
Canwest Propane  
Cariboo Memorial Complex  
CRD Library (Magazine  
& News Section)  
Central Cariboo Arts &  
Culture Center  
Concrete Fitness  
Cool Clear Water  
Crates Gift Shop  
Dairy Queen  
Dandelion Living  
Denny's Restaurant  
Dog n Suds  
Elaine's Natural Foods  
Frame Creations by Bruce  
The Gecko Tree  
Greyhound

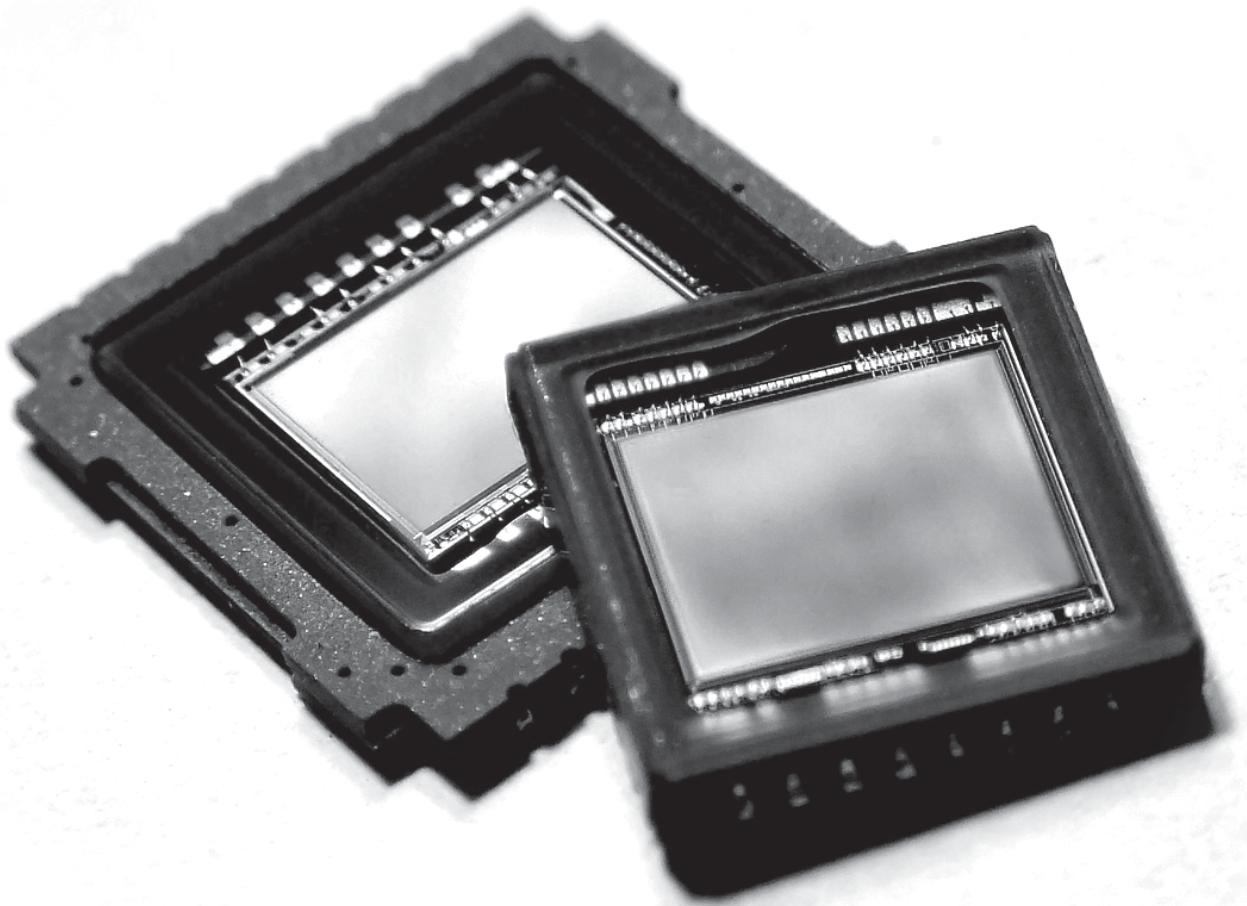
Good Guys Gardening  
Halls Organics  
Hobbit House  
Hopkins Design Studio  
Husky  
Karamia's  
M&M Meat Shop  
McDonald's  
Mohawk  
New World Cafe  
One More Slice  
The Open Book  
Ramada Hotel  
Red Shred's  
Safeway  
Sandman Inn  
Save-On Foods  
Scrub Ur Duds  
Shields Brake & Muffler  
Shopper's Drug Mart  
Starbucks  
Station House Gallery  
Subway (Highway 97)  
Subway (Prosperity Ridge)  
Super 8  
Tim Horton's  
Tourism Info Centre  
TRU  
Walmart  
WLCBIA  
Women's Contact Society

### QUESNEL

A&W  
Aroma Foods  
Billy Barker Hotel & Casino  
Bliss Grill  
Burger Palace  
Carry All Books  
Granville's Coffee  
Karin's Deli  
Mac's  
Museum & Tourist Centre  
Quesnel Music  
Quizno's  
Riverside Bistro  
Safeway  
Save-On Foods  
7-11  
Shopper's Drug Mart  
Subway  
Super Suds Laundromat  
Tim Horton's (Downtown)  
Tim Horton's (Highway 97)  
Willis Harper Hardware

**Want to be a STEW depot?**

Email [craig@thestew.ca](mailto:craig@thestew.ca) or Call 250-398-7446

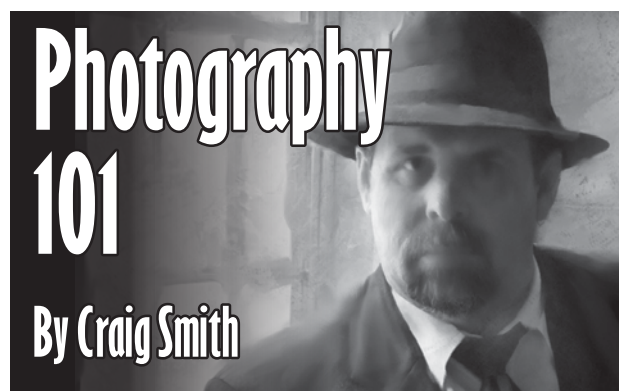


# Tips on photographic file types

Let's take some time this month to talk about digital picture files.

I find that this is a subject that seems to come up at least once a day as I'm working because we are now a society that has to deal with digital files. Whether it's a photograph or an email to mom, if it's done on a computer it is now a combination of zeroes and ones. I could write a book on all the different files there are out there so today I'm going to break it down to the most common files we use for photography.

A picture file is made up of a number of blocks of colour that we call pixels (short for picture element). The file is expressed as width x height for example it could be 3000 x 2000 pixels. Depending on what colour



each pixel is the file size will vary.

I've had a lot of people ask me why each file is a different size and I tell them it depends on what they are shooting. For example a black cat in the dark will be a bigger file than a white cat in a snowstorm because black pixels contain more information.

The most common file types for photography are as follows: JPG, TIFF,

PSD, CR2 and NEF. There are many more but these are what we are going to deal with today.

The JPG or JPEG is the most universal file format for photography out there. It is an amazing format that we have to use for a lot of things but it has some shortcomings. It is what we call a compressed file – when it is saved some of the information contained in the file is thrown out and the more the compression, the more your camera or computer throws away. When the file is opened your computer will guess what the missing pixels are.

For most photography this works as the computers and software these days are very smart – it opens and closes without issues. The issues will

start to occur when you open the file, do some work to it and then save it. JPGs were not meant to do this and if it's done too many times we start to get what are called JPG artifacts, which are strange blocks of colour in your image. All the labs and social media sites only accept JPGs so you do have to use them but if you are playing with the image multiple times it would be better if you used other file types.

For saving and manipulating your images I would recommend to make a copy of your JPG and save it as a TIFF or if you are working in any of the Adobe products, a PSD. Both of these files do not compress and information is not thrown out.

The last two file types I mentioned were CR2 and NEF and these are called raw files. These are incredibly powerful files but are not for the beginner. As you are learning more and more about photography, using these files will make more sense and become more appealing.

Until next month... happy shooting.

**coffee**

**Brewer and 6 Boxes of Coffee for only \$60**

**250-398-3814** **about face**  
288 2nd Ave. N., Williams Lake Photography

*Gifts and Treasures*  
*Something For All Occasions*

Check Out Your Year-Round  
**Christmas Store**  
in Downtown  
Williams Lake

**250-398-9887**  
281 Oliver St, Williams Lake • [jandegifts@shawcable.com](mailto:jandegifts@shawcable.com)





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

# X-Word Puzzle

## ACROSS

- 1 The Evening Star reported escape by rapist - not first bloomer to be made (5,3,4)
- 9 Cornish town provides setting for final part of Prometheus Unbound (5)
- 10 It was once standard for old gun to be loaded with ammo, having fired round (9)
- 11 A time to bring in repair men to make alteration (9)
- 12 Talk endlessly about fish being dependent on water movements (5)
- 13 Glossy coating for hair rejected by the European (6)
- 15 Trunks could be required for such clothing (8)
- 18 Revolt mostly crushed by soldiers during first wartime operation (8)

19 Unpleasant people who create a stink? (6)

22 Group of eight hundred volunteers found among the returning party (5)

24 Rheingold is cut short and replaced with new opera (9)

26 At heart, describes a tailor's work (9)

27 To some extent dog resented cruel people (5)

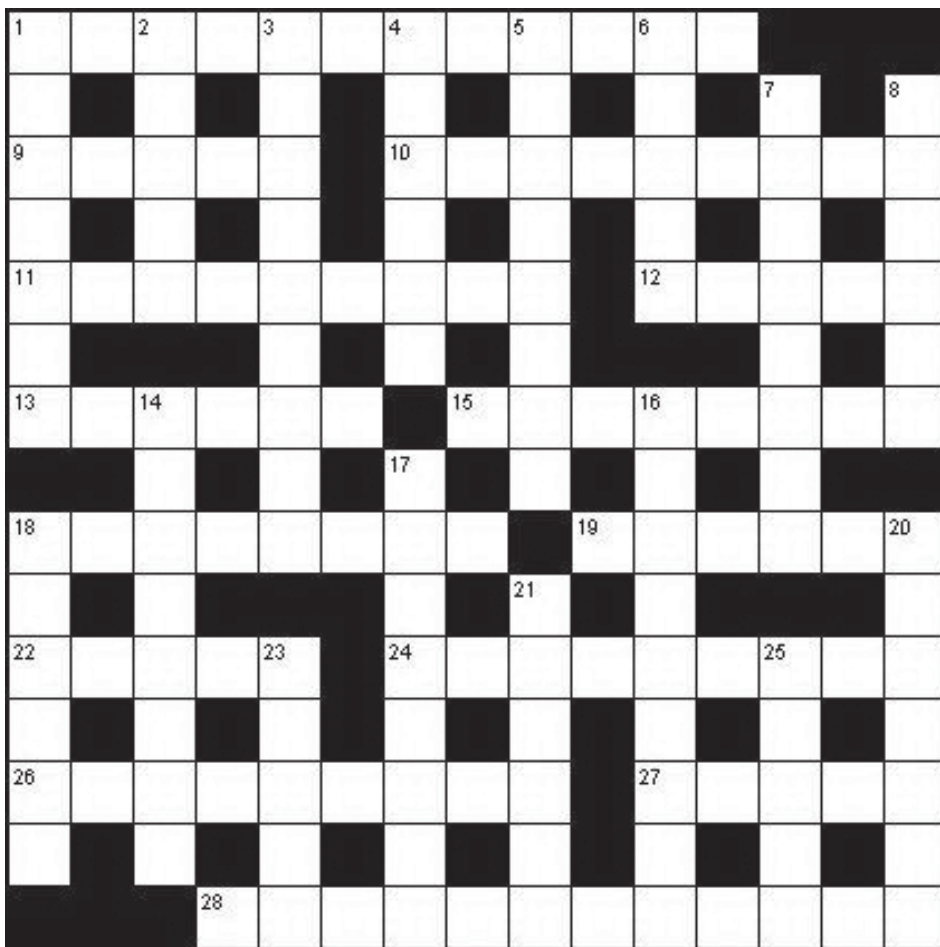
28 Flying over once more, airmen start to attack with shells - not half a thunderous downpour (7,5)

## DOWN

1 House, for example, is turned over to a small community (7)

2 One who wept and was petrified (5)

3 Hasten to find source of water for plant (9)



4 He's a hero to the Spanish (6)

5 A place with cultural

links to another - like Baden-Baden? (4,4)

6 Having no New Testa-

ments to share out? (5)

7 A little boy swallows insect (8)

8 Where to find wine vendor, say (6)

14 A fresh flower's opening (8)

16 Decamping with money originally belonging to a ruler of France (6,3)

17 Cook, having misappropriated gin, gets persistent questioning (8)

18 Player - one wearing new boots (6)

20 Being employed to fill ship's cavities (7)

21 One who laments loudly for Ahab? (6)

23 Lawrence has a sash for washerman (5)

25 Country with two rivers (5)



## Business Cards to Billboards

We do it ALL!

## Tell-Tale

SIGNS & PRINTING

telldesigns.ca

250-398-SIGN

(7446)

## FREE

## CORDLESS LIFT SYSTEMS\*

**LIMITED TIME ONLY**

**APRIL 1 - JUNE 30, 2014**

Cordless Lift is a desirable, safer alternative to standard cords for homes with children and pets.

CORDLESS LIFT PROMOTION

APPLIES TO:

- ▶ STANDARD SHADES  
Graber Cellular, Pleated, and Natural Shades
- ▶ BOTTOM UP/TOP DOWN\*\*  
Cellular Shades
- ▶ SUN UP/SUN DOWN\*\*  
Cellular and Pleated
- ▶ PERFECT-VUE™\*\*  
Cellular and Pleated
- ▶ BLINDS  
Wood, Faux Wood and Composite Blinds

\*Not available with Solar/Roller Shades, Aluminum Blinds, or Simple Selections. Contract quotes are excluded from this offer. Orders must be placed April 1 - June 30, 2014 to qualify for the free upgrade. To calculate discount, remove the cordless surcharge for each blind or shade. The free cordless surcharge pricing will automatically be built into the price during the promotional period. The discount will not appear on invoices as the promotional pricing has already been applied to the price of the option. \*\*All other surcharge options still apply.

**Hopkins Design Studio** RESIDENTIAL & COMMERCIAL COVERINGS

Walls • Floors • Windows • Free Quotes • Installation • Consulting & Project Managing

250-392-2621 • 262A 3rd Ave. S., Williams Lake

Too HOT to Handle



# Community Futures

Cariboo Chilcotin

*Growing Cariboo Chilcotin Communities... One Idea at a Time*

## Small Business Resource Centre

Community Futures invests time, resources and expertise with entrepreneurs in our communities. We are here to help businesses succeed and grow.

## Services Offered:

- ✓ Business Lending
- ✓ Workshops & Training
- ✓ Business Plan Consultation
- ✓ Succession Planning
- ✓ Start-Up Mentoring

**For more information on our services contact: 250-392-3626 or 1-888-879-5399**

266 Oliver Street, Williams Lake • [cfdc@cfdccariboo.com](mailto:cfdc@cfdccariboo.com) • [www.cfdccariboo.com](http://www.cfdccariboo.com)

*Serving Williams Lake, Bella Coola, McLeese Lake, Likely, Horsefly, 100 Mile House & 70 Mile House*



## Community Futures Business Success Stories



### SELL YOUR BC BUSINESS TODAY!

We are Business Succession Specialists, providing professional guidance to BC Business owners to plan for their transition and ready their business for sale, through Real Estate or as a For Sale by Owner.

With a goal to connect business sellers with buyers, Venture Connect has created marketing systems that expose listings to thousands of local and foreign buyers.

See more at  
**[www.ventureconnect.ca](http://www.ventureconnect.ca)**



### Are you Eligible ?

**You may qualify for support to  
“Start your own Business”**

#### Financial Support at Start up:

- \* Living Support
- \* Transportation
- \* Daycare

#### Business Support Partner

#### Community Futures Cariboo Chilcotin

- \* Entrepreneurial Workshops
- \* Business Planning
- \* Coaching and Mentoring

**Call us today for an appointment  
to assess your eligibility**

**Williams Lake  
Employment Services**  
Williams Lake, BC  
250-398-5133  
[inquiries@hortonventures.com](mailto:inquiries@hortonventures.com)

**Community  
Employment Services**  
100 Mile House, BC  
250-395-5121  
[employ@hortonventures.com](mailto:employ@hortonventures.com)

**Bella Coola Valley  
Learning Society**  
Bella Coola BC  
250-799-5811  
[ls\\_cc@yahoo.ca](mailto:ls_cc@yahoo.ca)

