

the stew

ISSUE 5.7 | JULY 2014 | FREE



the
Bar-B-Q issue

Featuring
Ken Wilson
Pages 6 & 7



On the Cover:

No matter what you choose to throw on the barbecue – burgers, steak, fish, veggies, potatoes, kebobs, squirrel?!, the list is endless – get out and enjoy barbecue season!

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Enjoy your sacred fire pit this summer

BY CRAIG SMITH

The word Bar-B-Que conjures up a vast amount of images when used in a conversation – the smell of various foods cooking, children running through sprinklers, people playing horseshoes and conversations with your favourite beverage within easy reach. The funny thing is that this again is another one of those English words that have actually strayed from its original meaning. What we now call bar-b-qing isn't actually bar-b-qing at all, it's grilling.

Most of the word origin experts agree that the word 'barbeque' comes from one of the Caribbean Islands and means sacred fire pit. The Islanders that coined the word started by digging a pit large enough to hold the animal that was going to be barbequed, normally a goat. The animal was dressed and placed on a platform in a pit that was made of wood and then covered with leaves and set on fire. The meat would then be cooked over a long period of time with low heat. At one time in Europe, to barbeque actually just referred to the slow roasting of a hog.

Our current barbeque grill isn't really made to barbeque like the old days. It's hot and fast which also has its advantages when you're hungry or have a lot of mouths to feed. It has been about 500 years since the Europeans first discovered barbequing in the Caribbean but it has since traveled the world and been adopted by many cultures as a means of gathering.

Barbeque, which at one time only meant a specific style of cooking, now encompasses other styles such as, grilling, braising, roasting, smoking, and baking using some kind of outdoor cooking apparatus.

These days a barbeque is not



only the item you're cooking on but it's also the event. "Come to our barbeque" "let's have a barbeque" can be heard throughout the summer. It's actually hard to avoid, unless you never leave your house, going to a barbeque. One of my favourite movies, Independence Day has Will Smith yelling at the Alien he just shot down with his fighter plane "I could have been at a barbeque!"

I'm not sure why, but the barbeque seems to be the one way of cooking that is the domain of men. Does it go back to our caveman days? Probably not, as it was the male's job to hunt and the female's to gather and prepare. It's funny how in our culture, and by that I mean mainly North American/European, it's just the way it's done. It hasn't been written down or taught but it is expected. My Dad was at the barbeque, I have been, and when visiting my son or daughters it's the male of the house, at the grill doing the cooking. There are some men like me that do it out of a sense of obligation as I am a man therefore I must grill meat over fire hoo hoo hoo! (that would be the sound an ape makes). There are other men like my granddaughter's father, who does

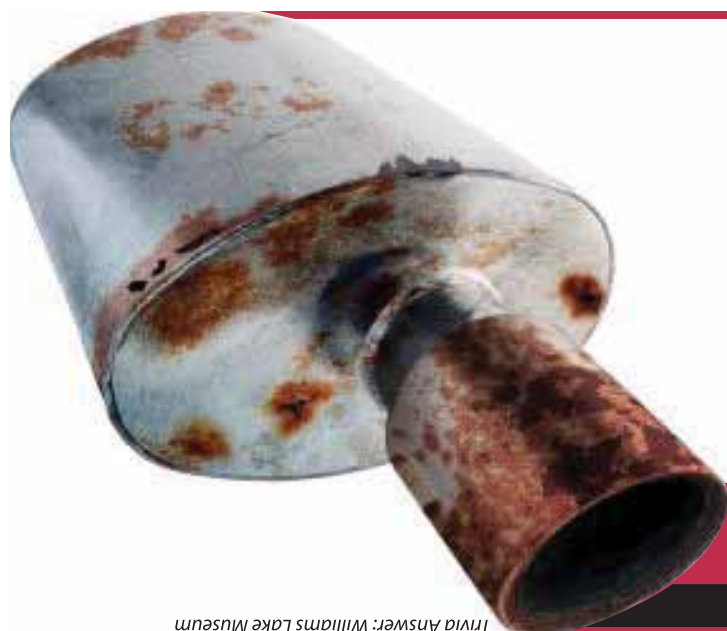
it all. He has a special marinade, adds exotic wood chips to the grill for flavor, cooks the veggies, and smokes the meat.

At these gatherings genders seem to split as well. Men hanging around the sacred fire giving each other secret tips to getting the best results from the grill while drinking a beer or a pop. Women on the other hand hanging out in the kitchen preparing everything else that goes with the event, from buns, to salads and dessert, drinking wine, ice tea, or lemon water. It's funny as I don't know where the trigger comes from as I'm not a beer drinker, but when I barbeque I need a beer in my hand for the full experience. As soon as I'm done and bring the meat into the house if I have any beer left in the bottle, it just doesn't taste the same.

The funniest part of barbequing that has always made me laugh is the chain of events, before, during, and after a barbeque. It starts with the shopping. I'll push the cart and add the occasional item, but my wife has the list and knows what we need. Some men don't even participate in this part. I will load the groceries and unload at home and sort of help put them away. Again a lot of guys miss

this step. She then makes the salads, gets the bread, buns, and potatoes ready for the oven or the barbeque. Depending on what meat is on the menu, she will start the thawing process or mix a nice marinade to soak it in. This is normally when I get the call to crank up the grill, get it hot and make sure it's clean. I'll get the meat handed to me with tongs, barbeque sauce and an extra plate. I notice I don't have a beer so I will grab the one I've had chilling in anticipation of this event. If it's the two of us I'll be outside and she will continue getting things ready, frying mushrooms or chopping things up. If we have friends over the males will join me on the deck. We chat about the cut, the thickness, who's the best butcher, can you really tell the difference between grass fed and grain fed meat, and so on. I move the rarer ones off to one side of the grill and continue for those that need more cooking. Once I've got everything done I'll load the plate and hand it to my wife. Meanwhile she has set the table, added all the condiments, salads, drinks, and side dishes to the table. She will compliment me on my cooking skills, and go on about my cooking dinner, which I know I only did a very small part, but I'll take it. What I find funny is the after dinner is done, in most houses, the female now does the dishes and the man in a very loud voice will ask his girl how she enjoyed her night off from the kitchen. I'm not dumb, I know it wasn't a night off but I still enjoy the accolades from grilling meat well.

So here's to enjoying your summer barbeques and the fun, family and fellowship that goes along with it – and ladies, if you want to see if it's still a male dominated activity pick up the tongs and head to the grill and see what happens!



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ingredients



Ken Wilson
Featured Artist
Pages 6 & 7

Nutrition Facts

Serving Size: 28 pgs
Servings Per Container 1

Amount Per Serving

Calories 0

% Daily Value*

The BBQ issue is full of mouthwatering thoughts of everything that can be barbequed. But more than that it is about summer, back yards and the company of friends and family. The food is just a really cool bonus.

Ingredients (or things that helped us get through the last month): This month's issue of The Stew was put together with many a second helping of barbecue. Trying to find just the right flavor, the perfectly grilled steak and the biggest juiciest hamburgers. It was a treat to patron all of the restaurants and sample all of the burgers as inspiration for this issue. In the end barbecue won out over the perfect burger issue as we were not able to choose between all the greatest and best summer foods.



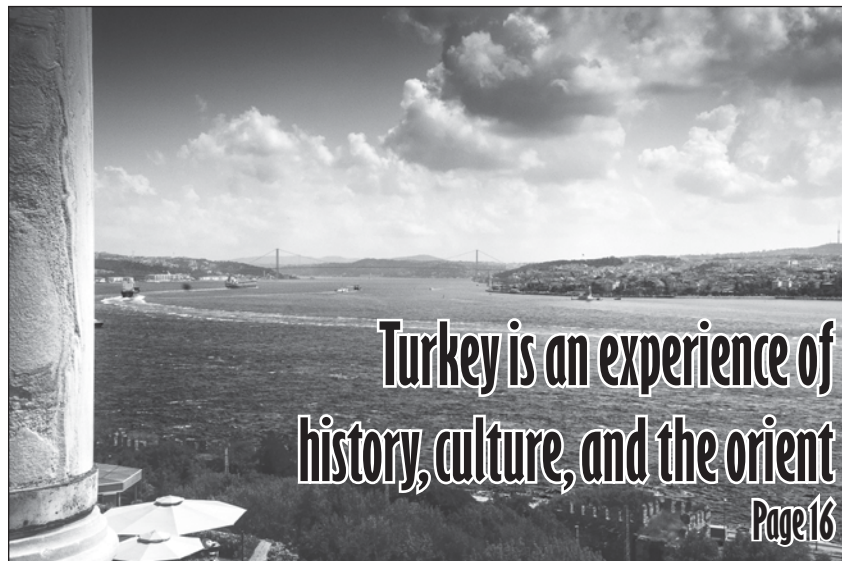
Packer Pete drove stagecoach on the Cariboo Road
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Experience the magic of Billy Barker Days
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Barbecue derives from the word barabicu and translates as "sacred fire pit".

Packer Pete drove stagecoach on the Cariboo Road

One of the more dynamic characters in Old Chilcotin was horse freighter and packer Pete McCormick. Originally from the States, he drove stagecoach on the Cariboo Road between Ashcroft and Williams Lake for a number of years before moving west and settling at Clearwater Lake just west of Kleena Kleene in 1916.

Clearwater Lake was known as McCormick Lake during Pete's era, but that changed after he was gone.

It took skill to drive a coach with four or six horses rounding hairpin turns, where Pete first made his living in the Cariboo. An error of an inch or two meant a plunge to death down the sheer sides of a ravine to the rocks below.

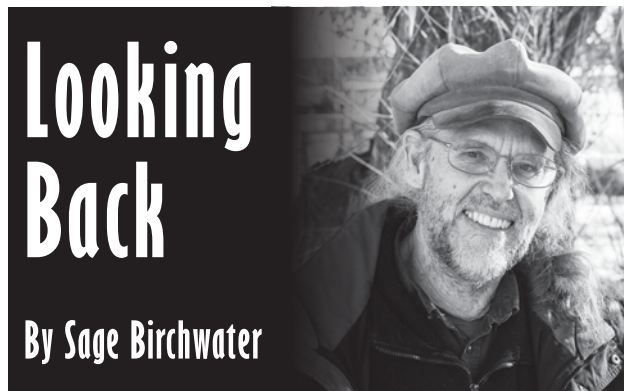
There was one story Pete told of someone driving a particularly stubborn team of mules. He couldn't get them to go so the driver built a fire underneath them. They moved alright, one wagonload forward, and the fire consumed the wagon and all its contents.

It was the coming of the internal combustion engine and the building of Pacific Great Eastern Railway that put an end to horse freighting along the Cariboo Road, so Pete headed to the Chilcotin where horses still ruled the day.

A couple of books by famed mountaineers shed some insight into the life and times of Pete McCormick.

Don Munday, in his book, *Unknown Mountain*, describes Pete's horsemanship and prowess taking his party into the impenetrable wilderness of Mountain Waddington in 1933, following the West Branch River to Scimitar Glacier.

Pete was unflappable despite contending with his arch rival, the notorious Bullshit Valteau, who threatened to sabotage the expedition, and they



Looking Back

By Sage Birchwater

safely made it back to civilization.

Then a year later Pete took the Sir Norman Watson ski mountaineering expedition down the same route to Scimitar Glacier, where half the party ascended Fury Gap and skied down the Franklin Glacier to Knight Inlet at the mouth of the Klinaklini River.

Valteau was not on this trip because he was cooling his heels in Oakalla Prison after taking rifle shots at his neighbours the winter before. Word that Valteau had been let out of jail didn't sit well with the climbers, who refused to sit on the same side of the campfire as Pete as they made their way back to Tatla Lake.

"Pete's confidence in himself and his outfit was completely infectious," writes E. J. King, recounting the epic slog into the wilderness in the book, *Round Mystery Mountain*. "He inspired faith, performing miracles hourly, getting the pack-train through. In his company we forgot all about our aches and discomfort, listening eagerly to all he had to say, describing a region that has no written history."

There could be no greater cultural gap than that of the British gentry making the trek and the rough-and-ready packer, Pete McCormick. Yet there was a nobility they both recognized in each other.

Alcohol greased the wheels of Old Chilcotin in those days, and Pete McCormick was no exception. Whenever he made his way to Williams

Lake for business or pleasure, it was only natural to rendezvous with old friends at the Lakeview Hotel pub or other watering holes like the Ranch or Maple Leaf. When his money ran out, he would extricate himself from whatever unseemly situation he was in, and retreat home to the safety of the West Chilcotin.

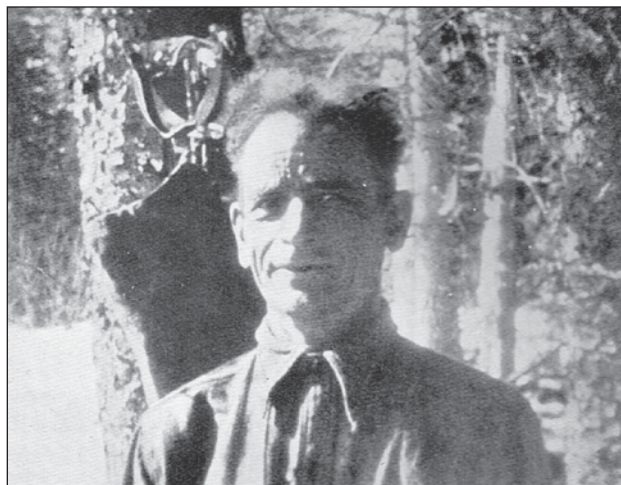
So when the mountaineering aristocrats sent Pete advance payment for his services so he could meet them in Vancouver to help prepare for the trip, they were chagrined when he hadn't shown up as expected.

On his way through Williams Lake, Pete's celebrations with his friends had been on a royal scale. They continued for a week until his friends placed him on the PGE train for Vancouver in the care of a perfect stranger, a Mr. Campbell.

Pete made it to Vancouver okay, but Mr. Campbell lost track of him in the "stews of the seaport", and feeling a sense of duty, was worried because, as he put it, "Pete was an infant-in-arms when away from his familiar mountains."

Pete eventually did show up, none the worse for wear, and proved his worth to the expedition. Once they reached the wilds of the Chilcotin he guided them to their destination and safely back to Tatla Lake, providing an adventure of their lives, notwithstanding the lurking fear of Valteau.

When Pete stated his intention to accompany the mountaineers on their return trip to Vancouver,



on the pretext of needing to see a dentist, E.J. King admits he felt some trepidation. He was a bit concerned that Pete might get waylaid by his legion of friends in Williams Lake.

"Our stay in Williams Lake was very brief," writes King. "We transacted our business with the bank as quickly as we could and furtively slunk out of the town before the news of our arrival could reach Pete's many friends who would, we knew, have formed themselves at a moment's notice into an active committee of welcome."

In their haste to leave Williams Lake, they forgot to bring a supply of food, trusting for an open roadhouse along the way. They were very hungry by the time they found a roadhouse at Lac La Hache, only to be quite shocked when greeted at the door by two girls in beach pyjamas.

"We thought we were

child as we drove along, reliving parts of his life," recalled King. "Wild orgies and old-timers' bottle parties figured largely in Pete's stories of those strenuous days. It's a wonder anyone survived at all."

When they reached Vancouver, Pete suddenly disappeared without saying goodbye, while King and other members of the party were transferring their luggage into a taxi.

Back in England King got a letter from Pete, postmarked Klinaklini: "Sorry I could not see you off. I was getting married in Vancouver. I now have someone to comb my hair."

We'll conclude this story of Pete McCormick in the August issue of *The Stew*, where my interviews with old-timers Hank Law and Johnny Blatchford paint a colourful conclusion to his life.



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flavour of the month

KEN WILSON ► **Champion Barbecuer and food artist.** CRAIG SMITH PHOTO



flavour of the month

Passionate about the creative side of cooking

BY CHRISTA SMITH

Connoisseur of new and creative ways to enjoy foods, and quite possibly king of the barbeque, Ken Wilson is this month's featured food artist. Food is not just something that you eat and cooking something you do. "You've gotta eat so you might as well have fun doing it" says Ken as he talks about his passion for food.

When choosing a feature this month it was a pleasure to be able to sit and talk with Ken. A longtime resident, of not only Williams Lake but the Cariboo, Ken is everything that encompasses this magazine, a business man, a food artist, and a community volunteer.

Born in Indian Head Saskatchewan, Ken made his way to the Cariboo region through an interesting set of travels and circumstances. He spent five years in the Canadian Navy, attended broadcasting school in Chicago, and ending up in Vancouver for an educational opportunity he felt was ground breaking for its time. The schooling in Vancouver lead to a job offer in Quesnel as a disk jockey and copywriter. "The job morphed into becoming the first news director of Cariboo Radio", Ken remembers, and from there his career grew. He spent thirty five years in the radio industry and during the last few years was a manager of three stations in the Cariboo, owned by Jimmy Pattison, a business man for whom he has a lot of respect.

Ken's career also took him to Nelson where he spent three years doing play by play hockey around western Canada in the old Western International Hockey League, (WIHL). Ken did play by play here in Williams Lake for the Mustangs. In 100 Mile, he was the manager of CKBX radio station for ten years. Ken



was one of the first people in BC to do recipes on air. In 1992 Ken retired from radio.

After a long fulfilling career in radio Ken moved over to the business side of things and spent a couple of years working for the Business Development Centre with Ethel Winger. Then he taught some business courses for the University College of the Cariboo.

Ken's volunteer work in the community goes above and beyond. He has been involved with the Chamber of Commerce for over thirty years and served as president six times. He sits as 2nd vice president at the Legion and is involved in numerous other community projects. But his true passion is with the business community. Ken says, "I am a very business orientated person, as business is the backbone of the community."

Ken is also a very distinguished writer. He started a cooking column in the early 90's and has also been writing an opinion column for the Tribune and the Advisor for over four years.

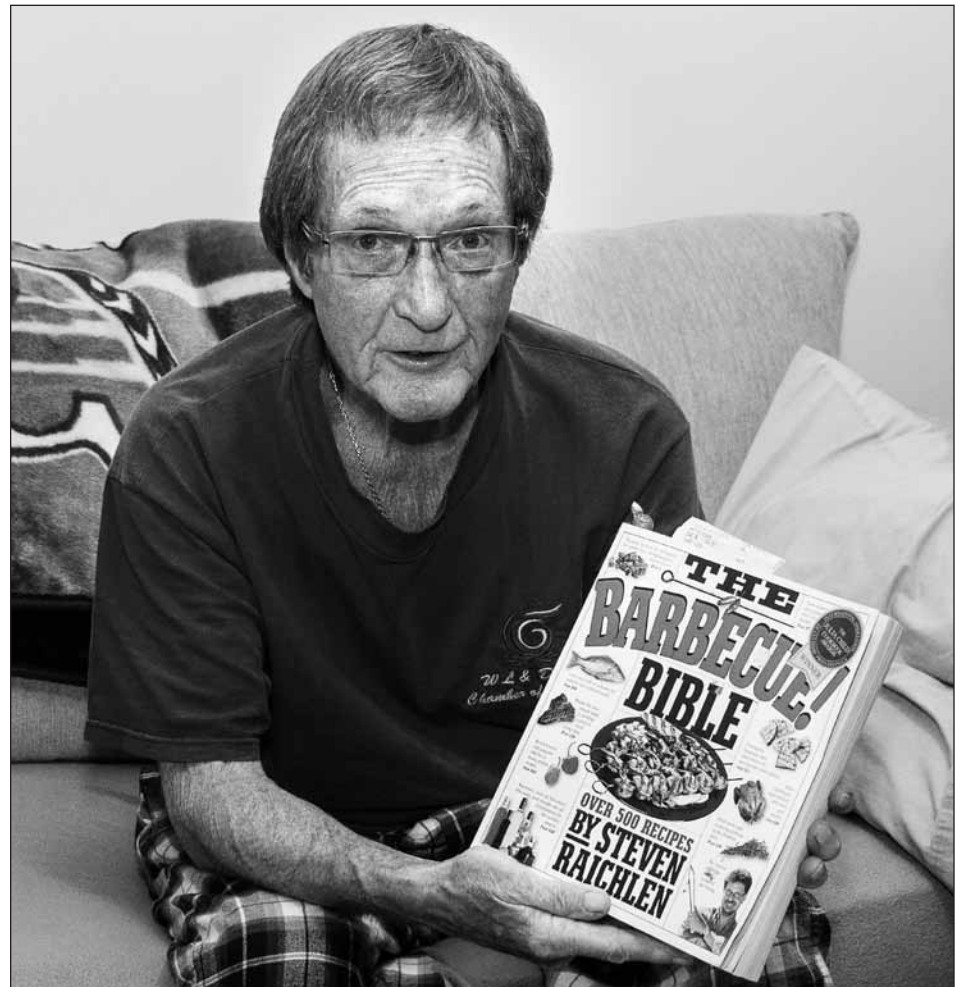
So where did his love for food come from? Ken remembers while growing up on the prairies, "we just ate everything". While at vocational

school in Vancouver, the place where Ken lived, first got him into helping with the dinners. From there Ken learned to cook on the fly with a busy budding career. The first time Ken really remembers taking a bigger interest in cooking was one Thanksgiving in 1964 when he spent a lot of time making a salad that included a big turkey carved from vegetables as the decoration and remarked how quickly this was consumed.

He then learned to love cooking and experimenting with herbs and spices, mixing a little of this and that.

Ken has spent most of his life creating with food, and even though he has never cooked for a living, despite some offers, he is still very passionate about the fact that, "cooking is such a creative thing".

You may have had the privilege of tasting some of Ken's creative uses of food, as he has done many cook offs, a few at the Loon and three at Elysia Resort on Quesnel Lake, one of which he won with his roasted red pepper soup with cream jalapeno sauce drizzled on top. Every year one of Ken's dinners is auctioned off at the Business Excellence Awards and over the 19 years he has done it, he



has raised close to twenty thousand dollars for the event.

Ken has taken 6 Thai cooking courses and over the years he has collected recipes and just made them his own, "cooking is such a creative thing" Ken explains. "My love for cooking comes from experimenting."

As Ken talked about food, it was apparent that his enthusiasm and passion for food was deep.

"You can start with

a recipe and then add a little of this and a little of that" Ken says people say to him, "this was good what's in it" and he replies, "I'm glad you like it but I can't remember." His art with food is just that, art, a one of a kind master piece every time. When asked if he has a favorite the answer was, no, as there is no way to put a label on any one.

As far as the king of the barbeque, Ken has a secret that he shared

with us. He recommends that everyone start with the BBQ Bible, a book that Ken loves, as a base for ideas and inspirations, "you just look up what you feel like having and then go from there". Turning food into creative works of art Ken Wilson is artist of the month, and having shared a small part of his secret with us, the barbeque issue of The Stew is complete.

Wespeak

"Mmmm ... hamburgers." — Homer Simpson

A good barbecue is about more than just food

BY CHRISTA SMITH

The BBQ issue is so much more than BBQ's and barbequed food, it is about a life style or should I say an atmosphere. When I think about barbeque I think about family gatherings and social activities in the backyard or on the patio. Don't get me wrong I am all about the food but it is more about what goes

along with it.

When you say, "hey do you guys want to come over for a barbeque" most people are thinking more about the social aspect of the event and possibly less about the food and whether it will be burnt steak or a sensuous blend of barbequed vegetables. The first thoughts are often about how long it's been since the last get

together or about the thoughts of a relaxing evening with friends accompanied by great conversation. In the Cariboo thoughts about a barbeque often include thoughts about the weather and temperatures with a solid back up plan for eating indoors and an umbrella over the grill.

To me the BBQ issue of The Stew should be more about social aspects and back yard activities than the food associated with it. With summers so short these days, any chance to have a barbeque and enjoy the weather – whatever it's doing – is about the feelings that go with it. The feelings of doing something



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special, a real family affair with the whole family involved in the process and friends over to catch up with. The feeling that there is nothing more important in the world than scintillating conversation between good friends or that perfect steak. To barbeque should be defined as a word that encompasses all things good, all things right with the world, and all things summer. Don't get me wrong there is no reason that the snow can't be shoveled

out of the way and this experience can't be enjoyed all year round, your company may just opt to stay indoors and wait for their food without you.

Well back to the topic at hand and that is the atmosphere of barbequing or the code, the code that says this is going to be much more than just a meal cooked over a flame on a grill, it is the code of friendship and family. When we barbeque with friends it is a way to relax and

enjoy each other's company, catch up on all the news and just take the time to enjoy the company. Enjoy a cold drink, and a relaxing moment where the best things in life are right now in this moment.

The family time that is spent together over a barbeque is about acknowledgement of the ties that bind and life is too short to let the little things get in the way. Family is the most important thing in the world and if not for the excuse of food, we may not see each other nearly as often. The kids get a chance to socialize and play games in the back yard and neighbours become more than friends they become family as well.

Take the opportunity to have a barbeque and whether you actually have a barbeque or not, create the social aspect and code of a barbeque, and spend time with great friends and family and savor the things that matter in life. If your barbeque chef is any good you might even be able to savor a great meal out of the deal as well!



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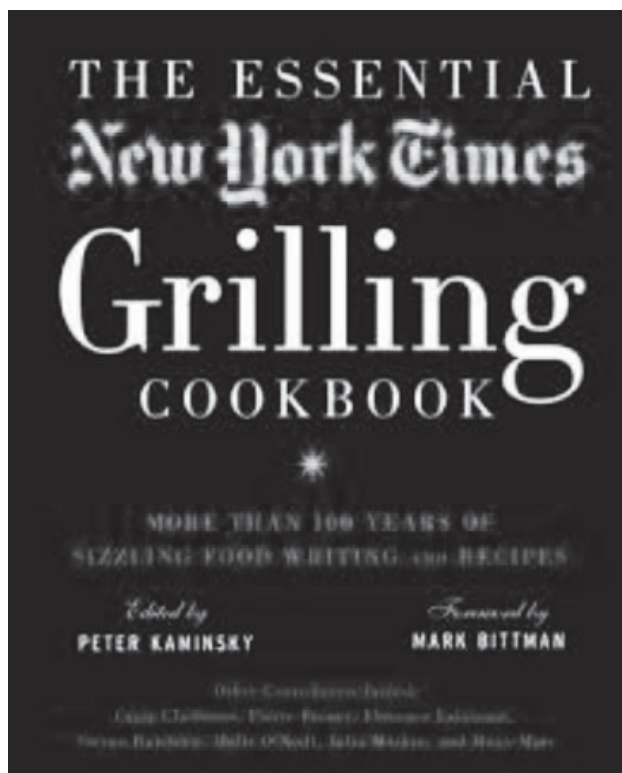
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"It is better to have burnt and lost than to never have barbecued before." — William Shakespeare

Do your homework before grilling



The essential New York Times grilling cookbook: more than 100 years of sizzling food and recipe ideas (2014)

Over the century, the New York Times has published thousands of articles and recipes on barbecuing and grilling. This mouth-watering collection of nearly 200 recipes contains the best of the best. There is time-tested advice and instruction, and excellent storytelling that even non-cooks will find a pleasure to peruse. Watermelon burgers with cheese, Vietnamese pork kebobs, grilled sardines, grilled ratatouille, and spider bread – everything is up for grill. As noted in a Book list starred review, “most anything the New York Times puts its name on is not only good but also outstanding in its field”.



Sizzle and smoke: the ultimate guide to grilling for diabetes, prediabetes and heart health (2014)
Petusevsky, Steve

Want to enjoy barbeque and grilling, but need to keep some dietary considerations in mind? Written specifically for people with diabetes or prediabetes, Petusevsky reveals that although many classic grilling recipes are nutritional disasters, grilling has a smoky little secret — it's a fundamentally low-fat method of cooking. The book has an impressive coverage of foodstuff, including lamb, beef, poultry, veggie sides, plus marinades, rubs, and desserts, along with an extensive section on techniques, methods, and equipment.



Gastro grilling: fired-up recipes to grill great everyday meals (2013)
Reader, Ted

This volume contains 365 recipes for the grilling aficionado, by the most renowned griller on the planet: Ted Reader. According to Regis Philbin, “Ted is so good, he’s the

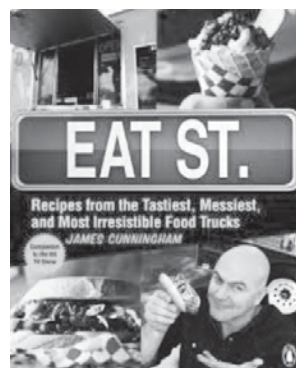
Alphabet Soup

By Caroline Derksen



[Gastro Grilling] contains 365 recipes for the grilling aficionado, by the most renowned griller on the planet: Ted Reader

only Canadian chef we’ve ever had on our show.” Make your friends and family happy, and get your fingers sticky with Grilled Beef Tenderloin with Fire-Roasted Red Pepper and Goat’s Cheese, Grilled Half Chicken with Kick O’Honey BBQ Glaze, or Hot English Cheese Steak with Pale Ale and Stilton. This Summer, take your BBQ to the next level.



Eat St. : recipes from the tastiest, messiest, and most irresistible food trucks (2013)

Cunningham, James
Okay, this isn’t technically grilling, but I couldn’t resist the opportunity to talk about one of the hottest trends in cooking right now: street food. This swashbuckling cookbook exclusively features recipes from the best and most innovative food trucks in North America. Loosen your belt a notch with awesome recipes like Tijuana-style tacos, sirloin burg-

ers slathered in bacon jam, Jambalaya, Gumbo, Turkey Caesar Sandwich, 7th Inning Stretch (spicy hotdogs served on naan flatbread), and the Tripple Cream Brie Melt Sandwich. Check it out from the library once, and you may find you need to own your copy.



Guy on fire: 130 recipes for adventures in outdoor cooking (2014)

Fieri, Guy
Food Network Mega-star and bestselling author Guy Fieri takes it outside with this smart, hands-on cookbook that will have you cooking outside in no time. Get your BBQ season started with Bacon Wrapped Hot Dogs with Spicy Fruit Relish, or Crispy Zucchini Planks with Parmesan and Aioli. Or impress everyone on the campsite as you dish out Smoked Salmon Hash or Old School Baked Beans with Molasses. Unlike other BBQ cookbooks, Fieri also gives plenty of practical advice on equipment.



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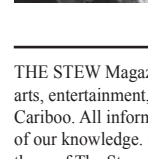
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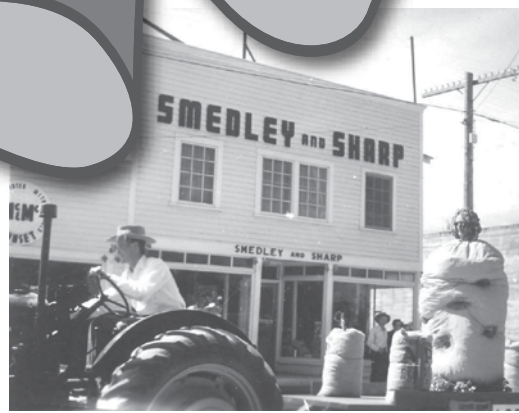
Cathie Hamm
Behind The Curtain



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Looking Back

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The World Championship Barbecue Cooking Contest is held annually in Memphis, Tennessee, during the Memphis in May festival. According to the Guinness Book of World Records, it is the world's largest pork barbecue contest.

Enjoy the lush and beautiful gardens of summer

BY CHRISTA SMITH

July might just be the best month of the whole year for gardens, most flowers are at a beautiful peak and the greenery is full and lush. When talking about the edible type of gardens it may be a little later in July and the beginning of August that the fruits (and vegetables) of your labour start to yield their best crops. Of course every year the weather effects the exact timing of this great satisfying harvest. But for this particular article we are going to focus on the visual art work that has become gardening enthusiast passion all over the world. Here the Cariboo is no different.

The Williams Lake Garden Club is presenting a self-guided Garden and Arts Tour on Saturday July 12. This year's tour will feature nine unique gardens along with interspersed local works of art from quilters, artists, potters, spinners and weavers. Some of the gardens will even have local musicians who are donating their time to entertain during the tour. The gardens will be open for viewing 10-4pm on Saturday and tickets for this event are available at the Open Book and Beaver Valley Feeds for ten dollars. The proceeds from this event are being donated to the local Hospice and Hough Memorial Cancer Society.

In many communities the municipal districts and downtown associations dedicate funds to beautification projects. These can range from hanging baskets and sidewalk flower beds to whole garden projects. In Williams Lake there are beautiful hanging baskets that align the main street along with small garden plots at the corners of many intersections. Williams Lake city workers also plant and take care of the rose gardens at the



intersection along with a variety of small areas all over the Downtown. Sometimes, in passing, it may not immediately be apparent how much thought goes into the plant and flower combinations.

Quesnel is one of the most well-known and recognized cities for their flower beds. Whether driving through town or exploring the Downtown there is no missing the way the flowers create a visual impact on their surroundings. Along with the side walk rows of flowers there are also the gardens that grace the

local parks and welcome visitors to town. When it comes to creative beauty Quesnel has out done themselves.

July is the perfect month to take a closer look at the gardens in your community and appreciate the hard work and time that it took to create them. Every community has beauty on display you just have to take the time to see it. So whether it is visual art or an edible garden, we thank you for doing your part in making the world just a little more beautiful and healthy.



"Walking for no other purpose than to enjoy the walk is an excellent way to live in the moment." — Jack Herrick

Walk the Riverfront Trail, walk Quesnel

BY CHRISTA SMITH

The Riverfront Trail in Quesnel is a summer must do. This historic and educational trail follows along the banks of the Fraser River and Quesnel Rivers. The path is paved and is accompanied by maps, historical points of interest, and viewpoints. The trail system is a fun and healthy way to spend an afternoon. The City of Quesnel began developing the trails in the mid 1980's with the intention of providing recreational activities within the city limits for residents and visitors. The trails offer not only recreation but a taste of history and an up close and personal look at nature.

The West Quesnel loop is around 3.8 km and the East Quesnel Loop just over 5km with the walking bridge that crosses the Fraser River as a connector between the two trails. The bridge itself is a slice of history as it was turned into a walking bridge in the late 1970's and has since undergone a restorative project to make it the land mark that it is today.

At this junction point between the two trails is one of the oldest buildings in Quesnel, the



Hudson's Bay Building which is now a local arts and crafts gift shop.

The walking trails sport a bike lane for the cyclists and are stroller friendly. The experience provided by these trails is true joy as the green space is nothing short of spectacular. In every direction there is lush green vegetation. The sights and sounds of water as you parallel the river give the sense of a wilderness paradise within the City. The gardens are well kept

with flowers planted in all the parks. There are benches along the path for a rest or just take in the surroundings.

The Riverfront trails are a photographer's dream as there are natural backdrops in almost every direction. The green foliage and river provide everything needed for amazing portraits or just a scenic shot.

Whether your goal is exercise, hobby photography, or just a stroll with a friend, this is an experience that is a must. After the walk, Quesnel's Downtown offers just the right spot for relaxation whether it's an amazing cappuccino at Granville's



on the patio, an ice cream, or a meal, the Downtown is bursting with choices. Maybe a visit to a museum or the park is where you find your end. One thing that is for sure

Quesnel has an abundance of parks and green space, it is urban living at its best.

When taking into consideration pedestrian traffic and leisure activities, even after hours, Quesnel has done an amazing job. The Riverfront Trail is just one of the showcase points that is within Quesnel and it is apparent

that making this city a place to live life outdoors to the fullest is a priority. So to all the Quesnel residents congratulations on a project well done you are very lucky and to everyone who lives elsewhere make sure to put the Riverfront Trail on your summer list of things to do and make a day of it. Happy trails.

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CRAIG SMITH PHOTO

HISTORY COMES ALIVE ▶ Take a walk back in time across the historic Fraser River Foot Bridge in Quesnel.



Play

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

play

Submit your events to craig@thestew.ca

WILLIAMS LAKE

July 1 Canada Day Celebrations in Boitanio Park starts at 10am

July 1-August 31 Alley Art Mural Project, contact the Downtown BIA

July 2, 9, 16, 23, 30 Children's Baseball- Ages 6-12, Free, Equipment provided 3:30-4:30pm at Kiwanis Park Ball Diamond

July 3, 10, 17, 24, 31 Performances in the Park, free, bring your own chair or blanket 6-8pm in Boitanio Park, Glen Ringwood Theatre

July 3, 10, 17, 24, 31 Busted Remedy hosts Jam Night 9pm at the OV Pub

July 4-6 31st Annual Puntzi Lake Fishing Derby, \$20 entry fee, weigh in at Woodland Caribou Resort Puntzi Lake

July 4, 11, 18, 25 Farmers Market 9-2pm in Boitanio Park

July 4, 11, 18, 25 Oliver Street Farmers Market 3-8pm in Spirit Square, at the corner of 1st Ave and Oliver Street

July 5-August 30 "My Williams Lake" Juried Art Show 8-5pm at the Station House Gallery

July 5 Blue Notes, Live Music 7-10pm at Signal Point

July 5&6 Anahim Lake Stampede

July 5, 6, 12, 13, 19, 20, 26, 27 Free Mountain Bike Shuttles Every Saturday & Sunday in July – Every hour on the hour 10-6pm - **July 5 - Westsyde**, Pick Up River Valley Parking Lot, Drop Off at Snakes & Ladders Trailhead - **July 6 - Fox Mountain**, Pick Up at OV Parking Lot & Fox Mountain Rd, Drop Off at Hillbilly & Mason Road Trailhead - **July 12 - South Lakeside**, Pick Up Canadian Tire Parking Lot, Drop Off at Dog Creek Road - **July 13 - Westsyde**, Pick Up at River Valley Parking Lot, Drop Off at Snakes & Ladders Trailhead - **July 19 - Westsyde**, Pick Up at River Valley Parking Lot, Drop Off at Snakes & Ladders Trailhead - **July 20 - Fox Mountain**, Pick Up at OV Parking Lot & Fox Mountain Rd, Drop Off at Hillbilly & Mason Road Trailhead - **July 26 - South Lake Side**, Pick Up at Canadian Tire Parking Lot, Drop Off at Dog Creek Road - **July 27 - Westsyde**, Pick Up at River Valley Parking Lot, Drop Off at Snakes & Ladders Trailhead

July 7 Seniors Bingo 1pm Upper Boitanio Mall

July 7,14,21,28 Cariboo Kennel Club host Puppy Classes 7-8pm 965A Mackenzie Ave

July 7-10,14-17,21-24 Summer Art Camp 9:30-2:30, contact Community Arts Council for more info

July 8, 15, 22, 29 Playgroup in the Park 10-11:30am at Kiwanis Park

July 9 Gibraltar Mines Tour – Reservation Necessary, Max. 14 People, Long pants, closed toed shoes and long-sleeved shirt mandatory 10-4pm, Bus leaves from & arrives at Tourism Discovery Centre

July 10 Barrel Race 7-9pm Eagle View Equestrian Centre

July 10 CAC Youth Sponsored Performances, Beautifully Haunting 6pm, contact Community Arts Council for more info

July 11 & 12 Arts on the Fly Festival, Friday 6:30pm-Late night, Saturday 12:12pm-Late night Horsefly, BC

July 12 Williams Lake Arts & Garden Tour 10-4pm Tickets are \$ 10.00

per person available at the Open Book & Beaver Valley Feeds. Proceeds go to Hough Memorial Fund & Williams Lake Hospice Society.

July 13 Gymkhana 11-1pm Eagle View Equestrian Centre

July 19 Principal Cellist and Pianist from the Montreal symphony concert at St. Peter's Anglican Church 7:30-9pm

July 19 & 20 Bella Coola Music Festival at Fair Grounds, Highway 20, Bella Coola

July 22 Cariboo Camera Club 7pm TRU Room 1321

July 24 Barrel Race 7-9pm Eagle View Equestrian Centre

July 26 Christmas in July Toy Drive- Regular Points Race, Qualifying 5pm and Race 6pm Thunder Mountain Speedway

QUESNEL

July 1 Canada Day BBQ 11-3pm at Cottonwood House Historic Site

July 1 Dominion Day Celebrations 11-8pm Barkerville

July 1 The Spirit of Cariboo Cameron Perfor-

mances 11-8pm Methodist Church in Barkerville

July 3 Miss Quesnel Speech and Talent Night

July 4 Miss Quesnel Crowning

July 11 2014 Monster Run – 1667 km in 30 hours, BBQ July 12, Motorcycle Trip July 11 4:30am- **July 12** 11:45pm

July 11 FEMBOTS 5th Annual Kings and Queens Tournament-Slow-pitch baseball, \$350 entry fee & 75% Payout 4pm-5pm West Fraser Timber Park

July 12 Barkerville Aboriginal Celebrations 11-8pm Barkerville

July 17- 20 Billy Barker Days LeBourdais Park, and downtown Quesnel

July 17 QARA Bob Willson Memorial Crash to Pass Memorial 6-10pm Gold Pan Speedway

July 18-20 Quesnel Rodeo 9-5pm

July 19 QARA Gold Pan Classic ASA, Minis and Streets 10:45-11:45am Gold Pan Speedway

July 19-20 North Cariboo Mud Racers Billy Barker Days- \$10 for adults, children under 10 get in free 1-4pm Redline Raceways, Oval Road

July 27 Prospector's Car Club – The Cariboo Cruise 11-2pm @Cottonwood House Historic Site

100 MILE HOUSE

July 1 Canada Day Celebrations 108 Heritage

Site & 108 Mile Ranch, Entertainment from 11-4:30pm

July 1 Interlakes Canada Day Celebration, Events start 10am

June-July 19 Pinkett Art Show at the Parkside Art Gallery

July 4-6 BC Heritage Finals Maple Ridge Equestrian Centre

July 4, 11, 18, 25 South Cariboo Farmer's Market 8:30-1:30pm 100 Mile Community Hall

July 5 Lone Butte Rocks Days 10-3pm Downtown Lone Butte

July 4, 12, 19, 26 Interlakes Farmers Market Interlakes Business Area, across from Loon Bay Craft Market

July 8 Outriders Meeting, everyone welcome 5:30pm 100 Mile

July 11 Canim Lake Pow Wow – Registration 6pm, Grand Entry 7pm

July 11 Hot July Nights A&W 100 Mile Cruisers Car Club Cruise 6:30pm at A&W

July 12 Hot July Nights A&W Meet and Greet/ Early Registration 1-4pm A&W

July 12 Annual Cariboo Trails Combined Driving Event, spectator friendly (Bring your own chair), admission by donation, concession on site – Events: Dressage-Dignified & Cones Course- Accuracy 9am 70 Mile House

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play



GORD PERRY PHOTO
CARNIVAL RAP-TURE ► Rainbows faded in a hurry; carnival rides move quickly. I had only a short lens and had to run half a block. Out of breath, I quickly set my camera's shutter speed to saturate the rainbow's colours and freeze those kids in just the right spot. Good thing I did. It was their last time around; the ride was over!

July 12 Watch Lake/
Green Lake Gymkhana

July 12 Canim Lake
Pow Wow - 7-9am
Breakfast 12pm Princess
Pageant 1pm Grand Entry
3pm Mercedes Boyce
Special 5- 6pm Supper
7pm Grand Entry 11pm
Retire Flags

July 13 Canim Lake
Pow Wow 7- 9am Break-
fast 12pm Grand Entry/
Crowning New Princess
5- 6pm Retire Flags &
Supper

July 13 Hot July Nights
Show 'n Shine, Registra-
tion 8am, Awards to fol-
low 10am-2pm Centen-
nial Park

July 13 Annual Cari-
boo Trails Combined
Driving Event, specta-
tor friendly (Bring your
own chair), admission by
donation, concession on
site - Events: Marathon
9am 70 Mile House

July 13-19 The Great
Cariboo Ride, 5 day long
ride, meals provided for
rider and horse, equip-
ment not provided, \$675
per person Gang Ranch

July 14-16 Wheels at
Wildwood driving horse
clinic at Marocchi's farm

July 14-18 Eureka
Science Camp, Ages 7-14,
\$160 per child South
Cariboo Recreation Ctr

July 18-20 6th An-
nual Combined Driving
Event at Huber Farms,
70 Mile

July 19 Trail Horse
Competition, Reign-
ing Club at Outriders
Grounds

July 19, 20 Tradition-
al 2014 Archery Shoot
at Cariboo Bonanza
Resort

July 20 Outriders
gymkhana at Outriders
arena

July 25-27 3rd An-
nual Hootstock Festival
of Dance and Spoken
Word at Old Bradley
Creek Schoolhouse, For-
est Grove, BC

July 25-28 Cariboo
Turn 'n Burn Barrel
Racing at Outriders
Grounds

July 25-Sept 6 Fine
Art Show and Sale Park-
side Art Gallery 10-4pm
Cedar St.

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Returned, The

July 8

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In The Name of The King: Mark of the Dragon Warrior
Kid Cannabis
Lunchbox, The
Nymphomaniac
Raid 2, The
Run
Stage Fright

July 15

13 Sins
A Night in Old Mexico
Face Of Love, The
Gimme Shelter (2014)
Into The Dark
Rio 2
Road To Paloma

July 22

American Girl, An: Isabelle Dances Into The Spotlight
Appleseed: Alpha
Blue Ruin
Dom Hemingway
Fuzz Track City
Heaven is For Real
Justin and the Knights of Valor
Sabotage
Transcendence
Tyler Perry's Single Mom's Club
Zero Theorem, The

July 29

Angriest Man In Brooklyn, The
Cuban Fury
Expecting
Le Week-end
Legendary
Lullaby
Noah
Other Woman, The
Trailer Park Boys 3: Don't Legalize It
Under The Skin

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Istanbul is the fifth largest city in the world and the largest city in Turkey. It has a population of 12,782,960 people.

Turkey is an experience of history, culture, and the orient

BY CHRISTIANE KLEIN
& SYLVIA RASHBROOK

I had the opportunity to visit Turkey a few years ago and can only recommend everybody visit Turkey at least once in their lifetime.

Connecting Europe and Asia, Turkey is the cradle of cultures and civilizations that have reined the lands of Anatolia for centuries.

Ankara is the capital of Turkey, which established a democratic regime with the foundation of the Turkish Republic in 1923. The Bosphorus and the Dardanelles, connect the seas of this magnificent landscape and is surrounded by the Black Sea, the Mediterranean, Aegean and Marmara seas.

Turkey is blessed also with a wide range of climatic diversity. You may encounter different climate zones in different areas of Turkey which is comprised of seven geographical regions and experience various climates in one day.

Located at the mid-point of the European, Asian and African Continents, Turkey has wide-ranging geography rich in Mountains, Plains, Caves, Seas and many other natural formations and beauties.

Alanya and Antalya are the major Tourism Cities. The City Centers give you the feeling of walking through an Oriental Bazaar. Here you will

find the Souvenirs which you can take back home as gifts for your loved ones. Most Hotels and Resorts with their beautiful beaches are located around those two cities.

From this location you are able to take a trip to Pamukkale and Hierapolis. Pamukkale is one of Turkey's top attractions in the world with its cotton-look terraces. The underground water once gave life to the ancient city of Hierapolis now helps Pamukkale be one of the most important thermal centers of Turkey. Tourists and locals visit Pamukkale and Hierapolis frequently, not only for its extraordinary look and its ancient history, but also for wellness. Scientifically proven to cure many diseases, the waters attract people and there are many thermal hotels in the area that serve 12 months a year. Hierapolis was founded in 190 BC and is declared a UNESCO World Heritage site. Hierapolis also holds a sacred quality for the Christian world because Saint Philip, a disciple of Jesus was murdered here.

I will never forget overlooking the Cotton-Look-Terraces during a Sundown, painting the usually white Terraces in a beautiful range of Pastel Colors.

You can also fly into the gorgeous City of Istanbul with its Landmark the Bosphorus Bridge that connects the European



Continent to the Asian Continent. A must see in Istanbul are the Hagia Sophia Mosque and the Topkapi Palace.

Hagia Sophia is the great architectural beauty and a very important monument both for Byzantine and for Ottoman Empires. First a church, later a mosque, and now a museum at the Turkish Republic, Hagia Sophia has always been the precious of its time.

Topkapi Palace used to be the Home of the Sultans with their Harems during the Ottoman Empire.

In the past only accessible by guided tour, you can now wander through the Harem on your own.



There are only a certain number of visitors allowed at one time, so go there first thing in the morning to avoid waiting.

After wandering through the Harem

you can stroll the palace's spacious Grounds and four Courtyards at your leisure. Don't miss the Treasury in the 3rd Courtyard, with its incredible gems, gold, and works of art.

While you are in Turkey you should consider the experience to visit a Turkish Bath called Hamam. This is an experience in itself, but be warned you can not be prude. But you never feel this clean and relaxed after enjoying a bath and a massage at the Hamam.

One of the most precious and diverse treasures of Turkey is, of course, the Turkish Cuisine. Flavours which evolved over the centuries with the blending of

cultures of many communities and civilizations are limitless.

Thousands of unique delicacies and specialities ranging from meat dishes to cold dishes and olive oil to spices that are waiting to be served to the visitors from all over the world.

Turkey is well known for its hospitality and friendliness and it welcomes visitors any time of the year.

I hope you enjoyed reading about the trip to Turkey and don't hesitate to come in and see us at All-Ways Travel for more information. Next time we would like to take you with us on a trip to Jamaica.

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eat

July 2, 1932 is the birthday of Dave Thomas, founder of Wendy's.

Barbecue cooking while keeping both eyebrows



Out of the Fridge

By Brice O'Neill



The Barbeque. Mans greatest invention. I know what you're thinking. Frankly that terrifies me, and it should you too. What about the wheel? Isn't the wheel the most important invention? No, you're wrong and I'll tell you why. Every spring, as soon as the snow is gone, men across this great country unveil their most

prized possession, which has the ability to harness the greatest force in the universe. Fire! Take a moment to savor that fact. But alas, so many people don't understand the full potential of such an important piece of equipment which is so dear to so many men's hearts. For example; How many of you have ever

considered the comedic potential. I'll explain. Turn all the knobs to high and keep the lid closed. Count to 30 and have the youngest member of your household, preferably under ten, push the striker button. Hilarity ensues. You can both laugh about this later in the burn ward or at your youngest child's wedding explaining why his left eyebrow has never quite grown in properly.

But seriously. A lot of people just use their BBQ's for steaks, the occasional hotdog and burgers. There are so many other uses for a giant outdoor smoky oven. A nice 5(ish) pound eye of round roast, liberally seasoned with steak spice, placed onto a very hot grill (as

hot as you can get it) fat side up. Quickly lower the heat, all the way down to low, and close the lid. Come back in thirty minutes (2 or 3 beers) and turn it over with tongs (not a fork, please see the last issue regarding tongs vs. forks). Wait another 20 minutes, put it on a plate and let it rest for at LEAST 20 minutes. Trust me, the wait is worth it. This should give you a nice medium roast with a delicious crunchy spicy crust that will change your life.

Another meal I like on the BBQ, that's really under-rated and few people think to do is a really good pork chop. You are going to need a BIG one (pork chop that is). Go

to the butcher and ask for an inch thick centre cut chop, bone in. Prepare a brine of 2 cups water, 2 tbsp. salt and a tbsp of sugar. Put the chop in the brine and refrigerate for 4 to 6 hours. Dry the chop well with paper towel. You will notice it is whitish in colour. That is good. Season with salt and pepper and lightly brush with oil, put it on the hot grill and lower the temperature to medium. Leave the lid up. Wait three to four minutes, rotate 45 degrees, wait five minutes and then flip

with tongs. Cook another three or four minutes, take it off, let it rest five minutes and chow down. It will still have some pink (which is good). This is not 1932 you do not have to destroy a beautiful cut of pork that you just paid \$12 for to avoid Tricranosis which is no longer an issue. Finally, the next time you are having a BBQ, instead of chicken breast, try a turkey thigh. If you want the recipe email me at info@new-worldcoffee.ca and I am more than happy to share for \$5 (just kidding).

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Named after Billy Barker, in 1959, Barkerville was opened as a provincial historic park.

The gold rush comes alive with Billy Barker Days

Thursday

Seniors Day

Sponsor: Billy Barker Days Society
Time: 10:00am-2:30pm
Location: LeBourdais Park
Admission: FREE!
 Seniors Day offers a FREE afternoon of entertainment, a light lunch, & beverages in the park. It is our pleasure to treat you to a day of fun and relaxation!

Billy's Info/Souvenir Booth

Sponsor: Billy Barker Days Society
Time: While music playing on Stage
Location: Next to Water Park
 Buy your program, Billy Buttons, Souvenir T-shirts, pins with 41st logo, plus undated and sale clothing, mugs, pens, glasses, and ball caps. Information available at no charge!

Billy's Civic Plaza

Sponsor: Billy Barker Days Society
Time: All Day
Location: Civic Plaza Overlooking LeBourdais Park
 Community, out of town organizations, and volunteer groups are set up at the Civic Plaza to display their information to the public.

Billy Button Sales

Sponsor: Billy Barker Days Society
Time: All day
Location: All over town
 Stop by Billy's Souvenir Booth or find a Billy Barker Days Member and buy your buttons! Buttons are \$5 each with prizes of GOLD to be won!

Crash to Pass

Sponsor: Quesnel Auto Racing Assc.
Time: Time trials @ 5:00pm
Location: Gold Pan Speedway
Admission: Adults \$20, Seniors and 12&under \$10
 Various Hit-to-Pass races and a main event that goes until only one car is left. This Fan Favorite is one event you do not want to miss.

Shooting Star Amusements

Sponsor: Shooting Star Amusements
Time: 11:00am-10:00pm
Location: LeBourdais Park
Admission: (see below)
 Join us for Thrifty Thursday wristbands and you can ride all day for \$30! Friday and Saturday wristbands \$33 each. Like us on Facebook, win free rides & more!

Gold Dust Mall

Sponsor: Quesnel Downtown Assc.
Time: 10:00am-9:00pm
Location: Reid Street
 Come visit our outdoor street market complete with food concessionaires and free stage entertainment.

Friday

Kids' Day in the Park

Sponsor: Billy Barker Days Society
Time: 10:00am-2:30pm
Location: LeBourdais Park
Admission: FREE!
 Enter the magical world of Kids' Day! Bring a friend and have some fun with Crafts, games, and stage entertainment.

Kids' Air Band

Sponsor: Billy Barker Days Society
Time: 10:30am-11:30pm
Location: LeBourdais Park Stage
 Back by popular demand! Kids 12 and under take to the stage to showcase their lip-synching, dancing, and impersonation skills of their favorite artists.

Billy's Treasure Hunt

Sponsor: Billy Barker Days Society
Time: Noon-2:00pm
Location: LeBourdais Park
Admission: FREE
 This event is for treasure seekers 10-15 years of age. Strike out on your own or get together with 2 partners and set out to find Billy's Treasure. Find answers to all the questions and you can stake your claim. If your claim is lucky, you could strike it rich with a special prize!



50/50 Draw

Sponsor: Billy Barker Days Society
Location: LeBourdais Park Stage
 Strike it rich! Buy your 50/50 Tickets in the park Friday and Saturday night. All draws will be done after the Headliner's show ends. You *MUST* be present to win.

4th Annual Gold Rush Rumble

Sponsor: Gold Pain City Derby Girls
Time: 6:00pm-9:30pm
Location: Quesnel Twin Arenas
Admission: Adults \$10, kids 10 & under FREE
 ROLLER DERBY! Come out and Watch Quesnel's Gold Pain City Derby Girls take on the TCSS Wreckers from Kamloops! Beer garden! After Party! Tickets for the bout and after party* are available at Reason 2 Run and at the door. *after party tickets are pre-sale only up to the end of the bout.

BCRA Quesnel Rodeo

Sponsor: Quesnel Rodeo Club
Time: starts @ 6:00pm
Location: Alex Fraser Park
 Advance Tickets \$10/adults, \$7/ seniors & youth. At the gate \$12/ adults, \$9/seniors & youth. Team Roping, Wild Cow Milking, Wild Horse Races.

Shooting Star Amusements

Sponsor: Shooting Star Amusements
Time: 11:00am to 10:00pm
Location: LeBourdais Park
 Friday & Saturday wristbands \$33 ea. Like us on Facebook, win free rides and more!

Gold Dust Mall

Sponsor: Quesnel Downtown Assc.
Time: 10:00am to 9:00pm
Location: Reid St
 Outdoor street market with food concessionaires and free stage entertainment.

Saturday

Parade

Sponsor: Billy Barker Days Society
Time: Starts @ 10:00am
Location: See parade route map
Admission: FREE!
 Bring your lawn chair and come enjoy the floats, band, old cars and trucks, dignitaries, and royalty as they proceed along our parade route.

Rotary Pancake Breakfast

Sponsor: Quesnel Rotary Club
Time: 7:00am to 9:30 am
Location: Safeway parking lot
Admission: Adult \$7, Seniors \$5 Kids 7 and under \$5.
 Join Quesnel's Rotarians as they serve up pancakes, sausages, and eggs with all the trimmings. A great way to enjoy the sun and wait for the parade. All proceeds go to support Rotary's local and international projects. Visit Shelterbox used in disasters around the world.

Billy Barker Days Dance

Sponsor: Billy Barker Days Society
Time: 9:00pm to 2:00am
Location: Quesnel Seniors Center
Admission: \$25
 Dance the night away to the musical stylings of Fyre in the Hole. Tickets available in advance at Bumble Bee Boutique/Barkerville Fudge, the Visitors Center, and the Billy Barker Days Office.

Stock Car Racing

Sponsor: Quesnel Auto Racing Assc.
Time: 4:30pm
Location: Gold Pan Speedway
Admission: Adults \$20, 13 and under and Seniors \$10, handicapped FREE.
 Quesnel Iron Street Stocks, The Fireworks Warehouse Mini Stocks, and ASA late model cars.

Pie Eating Contest

Sponsor: Billy Barker Days Society
Time: 1:00 pm to 1:30pm
Location: LeBourdais Park Stage
Admission: FREE!
 A Fan Favorite! Come watch as 10 adults and 10 kids fill their faces with flavored cream filled pies until they are completely consumed. Register at noon at the Billy Barker Days Office.

50/50 Draw

Sponsor: Billy Barker Days Society
Location: LeBourdais Park Stage
 Strike it rich! Buy your 50/50 tickets in the park Friday and Saturday night. All draws will be done after the Headliner's show ends. You *MUST* be present to win!

Legion Pancake Breakfast

Sponsor: Legion Ladies Auxiliary
Time: 7:00am to 11:00am
Location: Royal Canadian Legion
Admission: \$6/Adults, \$4.50/Seniors & Kids 12 & under
 Start your day with some good energy! Enjoy a traditional breakfast complete with your choice of coffee, tea, or juice.

Shooting Star Amusements

Sponsor: Shooting Star Amusements
Time: 11:00am to 10:00pm
Location: LeBourdais Park
 Friday & Saturday wristbands \$33 ea. Like us on Facebook, win free rides and more!

BCRA Quesnel Rodeo

Sponsor: Quesnel Rodeo Assc.
Time: starts @ 1:00pm
Location: Alex Fraser Park
 Come early for the pancake breakfast. Advance tickets \$10/adult, \$7/youth & seniors. At the gate \$12/adult, \$9 youth & seniors. Barn Dance!

Gold Dust Mall

Sponsor: Quesnel Downtown Assc.
Time: 10:00am to 9:00pm
Location: Reid St
 Come and visit our outdoor street market complete with food concessionaires and free stage entertainment.

Sunday

Billy Barker Slam Jam-Skateboard Competition

Sponsor: West Quesnel Business Assc.
Time: 1:00pm to 4:00pm
Location: Baker Cr. Pk., West Village
Admission: FREE!
 Skateboard competition for beginner, intermediate, and advanced. Prizes, music, food, and beverages.

Shooting Star Amusements

Time: 11:00am to 4:00pm
Location: LeBourdais Park
 Not too late to squeeze in one last ride!

Billy's Phenomenal Fireworks

Sponsor: Billy Barker Days Society
Time: Dusk (approx. 10:20pm)
 Enjoy a dazzling show of fireworks by Fireworks Spectaculars. Best views for the show are from Plywood Hill, around Moffat Bridge & behind West Park Mall.

Gold Dust Mall

Sponsor: Quesnel Downtown Assc.
Time: 11:00am to 4:00pm
Location: Reid St
 There is still time to come visit our outdoor street market!

BCRA Quesnel Rodeo

Sponsor: Quesnel Rodeo
Time: starts @ 1:00pm
Location: Alex Fraser Park
 Come early for the pancake breakfast. Advance tickets \$10/adult, \$7/youth & seniors. At the gate \$12/adult, \$9 youth & seniors.

Legion Pancake Breakfast

Sponsor: Legion Ladies Auxiliary
Time: \$6/Adults, \$4.50/Seniors & Kids
 Come to the Legion and enjoy a traditional breakfast complete with your choice of coffee, tea, or juice.



BY CHRISTA SMITH

Quesnel's annual Billy Barker Days festival is a tradition that stretches back over the last forty years. Every year the third weekend in July, Quesnel comes alive with gold rush fever as the whole town transforms into the festive spirit of the 1800's as business decorate, costumes are donned, and activities take shape. This three day weekend is an event for the whole family and can be enjoyed entirely for free. The stages have talented artists that perform for the crowds all weekend along. There is a parade on Saturday and a Sunday finale of spectacular fireworks to enjoy.

The event started as a joint venture between the Chamber of Commerce and the Town council as a way to attract visitors to Quesnel and celebrate the rich heritage and pride in the gold rush. The weekend was picked for the best of the summer weather as well as in conjunction with the rodeo. The event started to take form and grew into what it is today. The events have changed in some ways over the years but the tradition remains the same with a focus on the history of the gold rush.

If you really want to get into the celebration there is an 1890's costume rental place so that the whole family can experience the event to the fullest. With so many activities there is no lack of things to do. Besides the stages for live music and entertainment there is also the midway, rodeo, dances, parade, race track, and many community sponsored activities.

Volunteers work on this event all year round so when it comes time this is truly a City wide event to enjoy. Mark your calendar for the third weekend in July and make a plan to take in all of what this event has to offer. Check out the list of events and times so you are sure not to miss anything and enjoy Billy Barker Days in Quesnel!

Volunteers work on this event all year round so when it comes time this is truly a City wide event to enjoy. Mark your calendar for the third weekend in July and make a plan to take in all of what this event has to offer. Check out the list of events and times so you are sure not to miss anything and enjoy Billy Barker Days in Quesnel!



Experience the magic of Billy Barker Days



ALL BILLY BARKER DAYS PHOTOS
COURTESY BILLY BARKER DAYS SOCIETY

Take a walk with me if you will... imagine a beautiful, sunny July day. As you walk along, your senses are delighted from all directions. You smell a delicious aroma wafting on the breeze from the food vendor down the way. Many unique and beautiful items catch your eye as you wander down the row of interesting booths. You hear the excited voices of children as they walk past you on their way to the midway with a parent in tow... and now as you get closer, you hear music. You listen in wonder as the musicians seem to offer their very hearts and souls to the audience. These experiences are the magic of Billy Barker Days.

July's BBQ theme at first appeared a bit of a challenge when talking about an entertainment column, but then it came to me! The Bands of Billy Barker in Quesnel – it's the BBBQ! Okay, so it's a bit of a stretch... but what a great event to take 'Centre Stage'!

Billy Barker Days boasts an impressive history of live entertainment. For the last four decades, every third weekend in July musicians and spectators alike have travelled from far and wide for great enter-



tainment.

This outdoor festival offers two stages with an exciting array of music, including headliners, free for all four days.

The Quesnel Billy Barker Days Society hosts the Lebourdais Park stage, including Saturday's headline acts. Also in the park you'll find vendors, the midway, Billy Button sales, souvenirs, costume rentals and the pie eating contest (on Saturday) to entertain the whole family.

The Quesnel Downtown Association hosts the Gold Dust Mall on Reid Street each year. This outdoor mall is two city blocks of eclectic street vendors from across British Columbia, paired with an excellent selection of musical performances, spanning throughout the entire four day event.

Refer to the entertainment schedule on this page for detailed listings

for both the Lebourdais Park, and Gold Dust Mall stages.

After checking out all the fun things to see and do with the family during the day, why not head out Saturday evening for some adult fun?

Billy Barker Days organizers are also hosting a dance at the Senior's Centre with band "Fyre in the Hole" July 19 at 9pm. Tickets are available at the Billy Barker Days office or the Quesnel Visitor's Centre.

The Quesnel Rodeo Barn Dance with "Rick Stavely" band is Saturday from 9pm to 1am at the rodeo grounds. Tickets are available at Circle 'S' Western Wear, 347 Reid Street, Quesnel 250-992-2811.

Head to downtown Quesnel July 17th to 20th and experience the magic of Billy Barker Days. I'll be there, soaking it all in – see you outside!

Entertainment Schedule*

Lebourdais Park Stage				
Time	Thursday	Friday	Saturday	Sunday
10:00	Windy Reeds	Kids' Air Band	(after parade)	Church Service Pastor Monte Harrop
11:00	Old Time Fiddlers		Business Decorating Winners	
11:30			Opening Ceremonies	
12:00	Cariboo Nuggets	Q Music Girls	Johnny Handsome	Akimbo
1:00	Auberte	Take It Or Leave It	Pie Eating Contest	Third Degree
2:00	Overlanders Lament	Audacity	Fyre in the Hole	Amber Gregg
3:00	Tim Landon	Ryan Exile	Scott Lapointe	Blackwater
4:00	Paige Johnston	Celestial Ruin	Chad McQuaig	Frenzy
5:00	Doug Koyama	The Wharf	-	Jerry Jones Band
6:00	Gerry Laurent/Sam Boyd	-	Aerosmith Rocks	Closing Ceremony
7:00	JR Goodwin	Big Guitar does CCR	Who Made Who	-
8:00	-	-	The Hip Show	-
Gold Dust Mall Stage (Reid Street, downtown)				
Time	Thursday	Friday	Saturday	Sunday
11:00	-	Tim Landon	(after parade)	-
12:00		Elaine & Friends	Now's The Time	Jim Savage
1:00		Overlanders Lament	Johnny Handsome	Oren Barter
2:00	Windy Reeds	Rocking Chair	Overlanders Lament	Cariboo Thunder
3:00	Old Time Fiddlers	Alex Verge/ Paige Johnston	Roaches Are Wild	Third Degree
4:00	Quesnel Music Singers	Stone Willie	TJS	-
5:00	Danny & Hannah	Auberte Campeau	Blackwater	
6:00	John Brisco	Chad McQuaig	T.B.A.	
7:00	First Nations Band	Carrier Nation Reloaded	Akimbo	

*Information is provided by the event organizers and was accurate as of press time. Subject to change.

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What is it? Why do I need it?

Main question to answer is this: Where would the money come from if I couldn't go to work due to an injury off the job or a lengthy illness?

Most people believe that they are covered at work and while it is true that almost everyone has disability insurance from your employer, there are facts you may not be aware of: The benefit is usually taxable which reduces how much you actually receive.

The amount of monthly coverage is not usually a high amount – disability insurance through your employer is usually a maximum of \$2000 (may be more or it may be less depending on your plan and your income).

How long do you have to wait for the first cheque – i.e. – 0 days, 60 days, 90 days or ???

Do you have to claim under the Employment Insurance medical leave first?

How long does your plan pay for? 5 years or to age 65?

Does your insurer reduce your benefit – dollar for dollar – by the creditor insurance you have on your truck/car loan; mortgage; line of credit; etc..

These are the main questions that you need answers to before you have a claim.

Remember – camping and BBQ season are here...accidents happen when you least expect it!

And usually while you're having a lot of fun!

Don't wait until you need an insurance plan to apply...it may be too late by then!

"Don't try to close the barn door after the horse has run away!"

If you would like a review of your group disability plan or receive a quote for disability insurance to compliment your group plan at work, please call.

No obligation to purchase anything and no cost to receive information

Have a safe and fun summer season!

Safety for the barbecue season



studies linking HCAs and PAHs to cancer have been in the laboratory, using rats and very high doses. Most people don't eat barbecue food often enough for the health risk to be measurable. Even if you spend every Saturday afternoon in the sunshine drinking beer and eating burgers, the alcohol and the cholesterol are probably hurting your health a lot more than the HCAs and PAHs.

Marinating meat is often suggested as one way to cut down on the formation of heterocyclic amines, but the evidence that marinating helps is mixed. The Harvard Health Letter suggests some other tips that may make barbecued meat safer to eat:

-Cook smaller pieces: They cook more quickly and at lower temperatures.

-Choose leaner meat: Less fat should reduce flames and therefore smoke.

-Precook in the microwave: Doing so for two minutes may decrease heterocyclic amines by 90%, according to some research.

-Flip frequently: That way, neither side has time to absorb or lose too much heat.

So, the moral of the story for your Canada Day festivities: eat, drink, and be merry, but do so in moderation.

clic amines (HCAs) and there is some evidence that these compounds cause cancer in high concentrations. Frying and grilling meat will produce some HCAs but barbecues tend to be much hotter, and worrying about underdone meat means that many of us tend to cook until everything is well charred, so the level of HCAs is much higher.

Also, unlike grilling, a barbecue heats the meat from below. As the fat drips onto the hot coals it burns, and the smoke rises up and coats the meat. This smoke contains lots of polycyclic aromatic hydrocarbons (PAHs) from the partially burned fat. PAHs are another group of chemicals that are known to cause cancer.

But so far most of the

Adrenaline Fix

By Darren Smith



When I was doing research for this month's barbecuing article, I came across quite a few articles about potential cancer causing agents in barbecued food. It seems everything these days has a link to a disease of some sort, and there are a few things I've learned about barbecued food.

I believe I have said this in previous articles: moderation is the key for almost anything in life. Having a Pepsi every once

in a while is not going to hurt you for example, but drinking a six pack a day will definitely put you at a high risk for diabetes over time.

Here are some interesting facts from researchers at Harvard:

Meat contains creatine, an organic acid that helps to supply the energy used by muscle cells. When you cook meat, a chemical reaction turns creatine into a group of compounds called heterocyclic

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hear

July 1, 1961 — Princess Diana, Princess of Wales, married Prince Charles.

Summer season means barbecues and books

To me, summer and the barbeque season also means reading books; how I absolutely love books. I've always been an avid reader and love immersing myself in a story and letting my imagination flow or learning about something I have a fascination with. As a child I would read for hours, and I still take the time to read a good book here and there. Along with that, I read a lot of books that relate to the work I do. I get excited when I get new books to use as resources, because I not only add to my understanding and repertoire, but I can also offer more tools to clients who need to add to their relationship toolbox.

One of the things I come across frequently is that there is a tendency in relationships for communication to be sporadic, minimal, and lacking in real intimacy. Talking about who is getting the groceries, who is walking the dog, or who is picking up the kids all needs to happen without a doubt. However, when it starts to be the only form of communication in a relationship there are obviously issues with meaningful and effective conversation.

There are so many amazing books that have been written around communication for the wide variety of relationships we



You, Me and We
By Gina Mawson

all encounter in our daily lives. Most focus on having the communication be effective and purposeful. Relationships that thrive and survive have a deep level of communication that goes beyond the mundane and enters into the depth of who we are as people and as partners. Without that depth of communication, the relationship exists only on a shallow level that does not act as a cementing force when times call for it.

Right now I am enjoying reading the book "Nonviolent Communication – A Language of Life," by Marshall B. Rosenberg, Ph.D. It is a book I would heartily encourage people read because there are so many tools contained within its pages that once you finished reading it your communication toolbox would be overflowing. And the best part is the focus is on the reader and what the reader brings to the table. Right away the author steps into personal

accountability and self-awareness as being key to communication. And just like my fabulous Grandmother, the author notes that practising healthy forms of communication teaches others how to communicate with you in a healthy manner. So much of what is written in this book is common sense, but it could also be argued that in this day and age, the art of communication is being downplayed and down-sized.

I have yet to find a book on how to have meaningful and effective communication through texting, but I am sure it must be out there somewhere. The problem that I see, and have heard many people speak about, is texting loses the natural nuances contained in face to face conversation. You can't hear the tone or inflection of how someone is speaking. You lose awareness of the subtleties displayed in the nonverbal facets of communication, which



is not a good thing since 70% of communication is nonverbal.

When using texting to communicate, you don't

see the quick flashes of emotion on someone's face or the way the eyes dart away or look directly at you. You don't see the

tense or relaxed posture and the way the person might be still or fidgeting with nerves. And really, it is not that much of a surprise that when 70% of the conversation is lost there are misunderstandings and misinterpretations, because sometimes we struggle when all the components are in place to either get our point across or understand where another person is coming from. So, if there is something really important to discuss the best thing would be to keep it real by keeping it face to face rather than relying on a cold and impersonal form of technology.

So take some time this summer while there is less on the television and read up on the art of communication. It will be well worth your time while you are waiting for the barbeque to heat up.

Performances in the Park Thursdays 6-8pm at Boitano Park in Gwen Ringwood outdoor theatre • Williams Lake

- | | | |
|----------------------|-----|--|
| July 3 | 6pm | Music for Life - Angelkeys Music Studio |
| | 7pm | Blue Note |
| July 10 | 6pm | Beautifully Haunting |
| | 7pm | Pugs and Crows |
| July 17 | 6pm | Discover Belly Dance |
| | 7pm | Drum and Bell Tower |
| July 24 | 6pm | Perfect Match |
| | 7pm | Nice Verdes |
| July 31 | 6pm | Cariboo Idol |
| | 7pm | Soupbone (followed by movie Despicable Me 2) |
| August 7 | 6pm | Point Blank |
| | 7pm | Genevieve Chatwick |
| August 14 .. | 6pm | Cariboo Men's Choir & Just for Fun |
| | 7pm | Don Alder |
| August 21 .. | 6pm | Robyn Ferguson and Oren Barter |
| | 7pm | Sam Tudor |

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July 20, 1919 — Sir Edmund Hillary, explorer, mountaineer, first to reach the peak of Mount Everest

Camping adventure with some compromise

BY CHRISTA SMITH

Camping is just one of those summer activities that the Cariboo is known for. Like all the other great stuff that the Cariboo does great, camping is right up there. We have it all, from amazing summer resorts on the lake to roughing it in the woods with a tent and the mosquitos, the Cariboo can find a fit for your camping style.

As far as locations in the Cariboo you can't drive ten minutes before stumbling across an amazing spot, well maybe a bit more but you get the picture.

Exploring is one of my most favorite things to do, it may very well be in my ancestral blood as my great great many greats grandfather was Alexander McKenzie. Anyway to make my point, adventure runs deep in my blood, the need to explore, find new places, and follow small roads and cow paths, is very appealing to me. Well, try being with a very practical partner who thinks of the obvious and responsible things like, what happens if we break down, run out of gas, or get stuck? Those thoughts never cross my mind, it is always more important to know exactly where that road goes and what is beyond the next turn that is at all significant.

So here is my story about the first camping trip my husband and I took together. We loaded up the small motorhome that we had at the time and headed out for adventure. I was looking for the coolest looking trail to follow and he was looking for the best power outlet. I have to admit I was a bit confused when every small pond and creekside pull off he shook his head at. I figured that the further we drove and the smaller the road I took the more likely I was to get my way. As it turned out I wasn't as far away from all things civilized as I thought and we both got our way when we came across a small resort at the edge of Quesnel Lake. The resort was lovely, he got power, and I got wilderness to a certain point. The tranquility of the experience was everything that I had hoped for. The area was quiet, the lake peaceful, and the scenery breathtaking. I think that is all that really matters in a search for adventure, beauty, peacefulness, and companionship.

But wait let me tell you about the trip home! I definitely got the adventure aspect of the weekend, as we set out for a water fall I just knew was around somewhere. As we headed down the dirt road I was driving, and admittedly



there is the possibility that I may have been going just a little bit too fast for a dirt road, when we came upon a cattle guard. Well this was not just any old cattle guard, this one had quite a rise to it and when we crossed it not only did the cattle guard rise so did the whole motor home through the air. It was like when you are on a roller coaster and you feel the air beneath you before you begin your gut clenching decent. That was fun, until we landed and every pot, pan, and plate also landed only this time it was in our laps. Ooops, my bad. After coming to terms with what had actually just happened and allowing the shocked look to dissipate, I had to



laugh as it was really the funniest thing all weekend. I don't think that I won any points for the adventure side though as the very

practical person in my husband came out. "What if we wrecked something? What if we were stranded in the middle of nowhere? What if??..." I still wanted to find these falls, I just knew it was here somewhere and after a little coaxing I managed to maneuver down a very tight, probably walking trail, road with the motor home to find the trail head to the water falls. After some traipsing thought the trees and fighting off the bugs there it was a most beautiful set of water falls.

Worth the airborne ride through the air, yes! Worth the fear of backing down a long road because there might not be a turn

around, yes! Was this the small piece of nature's beauty in the middle of nowhere, absolutely not, it just felt that way, and isn't that even the point? Have as much adventure without hardly leaving your own back yard. The resort was Elysia and the falls, even though unmarked, I'm pretty sure was Moffat Falls just outside of Big Lake. Don't ask me how to get there, as I'm more of a just drive around the back roads until you find it kinda person, but I am sure if you bought a back roads map book this stuff would be a lot easier to find. Happy camping everyone and hope you take the chance to explore this summer.

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"Grilling means good times, good friends, and hopefully, great food." — Bobby Flay

The history of the theatre begins in the great outdoors

Summer is here, the season when Canadians buy copious amounts of insect repellent and move outdoors. We harken back to a time when buildings were small, and people largely lived, worked, and played outside. Of course, this was easier in the Mediterranean climate where Western Civilization originated.

Ancient Greece is considered the birthplace of modern theatre. The word "theatre" is of Greek origin (theatron), meaning a place to view, and the first theatres were places to watch a ritual rather than partake in it. People have been enacting rituals since the dawn of history: According to the mythologist Joseph Campbell, rituals are related to three basic concerns: pleasure, power, and duty.

Power- influencing and controlling events- was often the intention of rituals such as ceremonies to guarantee a successful crop or to please the gods. Usually societies had rituals that glorified supernatural powers, victories, and heroes. Often supernatural forms would be represented using costumes and masks. Rituals that were practiced as duty to the gods, also brought entertainment and pleasure. These rituals are accompanied by myths.



The myths enter the storytelling tradition, gaining a life beyond the original rites. This new life allows the myths to move towards entertainment and the esthetic. These stories now are performed for their own sake and move towards theatre. Through these rituals, leaders, or actors of sorts, emerged. These acting/leadership roles were often filled by elders and priests. In addition, the beginnings of acting spaces or auditoriums developed as a result of more elaborate rituals. (Scott R. Robinson, Central Washington University)

In ancient Greece, the priests of the cult of Dionysus would dance and sing the ritual. They became known as the chorus. Dionysus (known as Bacchus by the Romans) was the god of fertility and wine, and the rituals were often wild and very explicit. But the Dionysians also develop a more structured form of drama. They dance and sing, in choral form, the

stories of Greek myth. In the 6th century BC a priest of Dionysus, by the name of Thespis, introduces a new element which can validly be seen as the birth of theatre. He engages in a dialogue with the chorus. He becomes, in effect, the first actor. Actors in the west, ever since, have been proud to call themselves Thespians. (History of Theatre, www.history-world.net)

The theatre, as a physical place to view a performance, developed from there. The stage for these rituals was a circle, the orchestra (the Greek word "orkhestra" means "to dance"), where the dancing and later the drama took place. The audience sat "on a slope of an Athenian hillside". This developed into the familiar semi-circle of audience seats made out of stone that overlook the stage. There are still many surviving examples of Greek and Roman theatres: two thousand year old open



air structures made of stone. Some are still in use, notably the theatre in the town of Epidaurus in Greece. The theater was designed by Polykleitos the Younger in the 4th century BC. The original 34 rows were extended in Roman times by another 21 rows. As is usual for Greek theatres (and as opposed to Roman ones), the view on a lush landscape behind the skênê is an integral part of the theatre itself and is not to be obscured. It seats up to 14,000 people and is the most famous theatre in the world. The theatre is marveled for its exceptional acoustics, which permit perfect intelligibility of unam-

plified spoken word from the proskenion or skênê to all 15,000 spectators, regardless of their seating. Famously, tour guides have their groups scattered in the stands and show them how they can easily hear the sound of a match struck at center-stage. A 2007 study by Nico F. Declercq and Cindy Dekeyser of the Georgia Institute of Technology indicates that the astonishing acoustic properties may be the result of the advanced design: The rows of limestone seats filter out low-frequency sounds, such as the murmur of the crowd, and amplify high-frequency sounds from the stage. (Wiki-

pedia)

Canadian theatres are usually indoor structures, but are built on the same theme: the audience on one side, sloping down viewing a stage, hopefully with acoustics that are as well designed. The Sagebrush Theatre in Kamloops seats about 800, and is home to Mainstage 2014, Theatre BC's annual competition. Williams Lake's "Sense and Sensibility" is representing the Central Interior Zone on July 4th, competing with eight other plays from around BC. It is a great opportunity to see the best of amateur theatre in our province. Information is available at www.theatrebc.org.

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— Julia Child

THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

July 4 is Sidewalk Egg Frying Day

Sidewalk Egg Frying Day is today. Hmmm.... Do you wonder why we have such a day?

It's July, the middle of summer. It's hotter than blazes. It's steamy, unbearable heat. Everything you touch is hot, sizzling hot. Why, it's so hot that you could fry an egg on the sidewalk.

As we thought about this day, we realized many of you will now rush out under the hot noonday sun to fry some eggs on your sidewalk. Once you do so, who will eat it?

July 23 is National Hot Dog Day

National Hot Dog Day celebrates one of America's favorite summer sandwiches. It is only fitting that this dog gets its day.

It's summertime. Hot dogs are center stage on the grill, and at picnics all across America. They are at the ballpark. They are sold from carts on street corners in every city. It's not hard to find them. We consume hundreds of millions of hot dogs on the Fourth of July alone.

Enjoy National Hot Dog Day to the fullest. Have a couple of hot dogs for lunch or dinner. And, don't forget to cook a few on a stick at the evening campfire.

E3 marks the arrival of gaming summer

So it's *The BBQ Issue* of *The Stew Magazine*.

I thought about maybe writing about the *Hell's Kitchen* video game, based on the Gordon Ramsay television show, that I picked up for the Wii a few years ago -- it was freaking terrible, by the way. And I thought about maybe writing about a game called *Cook, Serve, Delicious* that I picked up during the last big Steam sale, which was actually more fun than I was expecting, and is worth picking up when it's on sale for only a few bucks.

But in the end, I decided I wasn't going to say anything about food or barbecues.

But I wasn't worried about what I would write about, because the Electronic Entertainment Expo -- pretty much the biggest video game event of the year -- was held just last month. So of course there's going to be stuff to talk about.

Now, there's been plenty of E3 coverage, and plenty of votes on what was the best of the show or the worst of the show or the whatever of the show. And so I thought, why do all that over again? I'll just talk about whatever seemed cool to me.

The biggest surprise out of E3 for me was that by the time the event was done, I had a favourite in the current-gen war between the Xbox One and the Playstation 4. And to my surprise, after nothing but love for my Xbox 360, I'm firmly in the PS4 camp now. And my shift in allegiance comes down to a single game. And that game is 15 years old.

Grim Fandango is one of the great classics of video game storytelling. It was released in 1998 and, sadly, is no longer available on any platform. But that's about to change very soon, thanks to Sony and Double Fine Productions.

If you're already familiar with *Grim Fandango*, you should know how great an opportunity

COMING SOON ► Master Chief is, of course, coming to the Xbox One.



Gaming Life By Todd Sullivan



this is. And if you're not already familiar, then very soon you're going to have the chance to get familiar. Which you should totally do.

Another big item from this year's E3 was the announcement of a new *Zelda* game arriving -- finally -- on the Nintendo Wii U. After a few remakes, including *Ocarina of Time* for the Nintendo 3DS and *The Wind Waker* on the Wii U, a brand spanking new *Zelda* title is finally going to hit Nintendo's current-gen console sometime in 2015. But what might be the most exciting part of the announcement is that they're promising an open world experience for this title.

Of course E3 was also home to some announcements that could be considered no-brainers. *Halo 5* is coming to the Xbox One, but not this year. This year you can look forward to the *Master Chief Collection*, featuring

HD remakes of *Halo*s 1, 2, 3, and 4.

Also, *Grand Theft Auto 5* will be coming to PCs and current-gen consoles. Because of course it will.

Oh, also, I can't remember if this came out of E3 or just slightly before, but the new house construction tools available in *The Sims 4* look really, really cool. I'm pretty jazzed for this release, but also pretty sure my current PC won't be able to handle it.

Let's see what's coming out this month.

On July 1 *Child of Light* comes to the Playstation Vita after dropping for all major platforms in April. Also hitting on July 1 is *Guacamelee! Super Turbo Championship Edition* for the Playstation 4, followed by releases for Xbox 360, Xbox One, and Wii U on July 2.

On July 10, the spiritual successor to the *Quest for Glory* games, *Quest for Infamy*, hits PCs running Windows or Linux and

Macintosh computers. This release follows up the promise of their 2012 Kickstarter campaign.

A remake of a classic console title, *Oddworld: New 'n' Tasty*, arrives on July 22. The original *Oddworld: Abe's Oddysee* was released in 1997 for Playstation and PC, and featured a character who, among other more useful abilities, could also fart with the push of a button.

And a less flatulent remake hits shelves on July 29 when *The Last of Us: Remastered* comes to the Playstation 4.

Other notable releases: *Mousecraft* (07-08); *Forza Motorsport 5 Racing Game of the Year Edition* (07-22)

What have I been playing lately? I picked up a copy of *Watch Dogs* and have been exploring the virtual Chicago every chance I get. As is usually the case when I play an open world sandbox type game, I haven't spent much time playing the actual story, preferring instead to just wander around the city, hacking the cell phones and bank accounts of the pedestrians as they wander by me..

What have you been playing lately? Did you have a favourite moment during this year's E3? Let me hear about it! Shoot me an email at todd@thestew.ca

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Mural Walk Wind Up

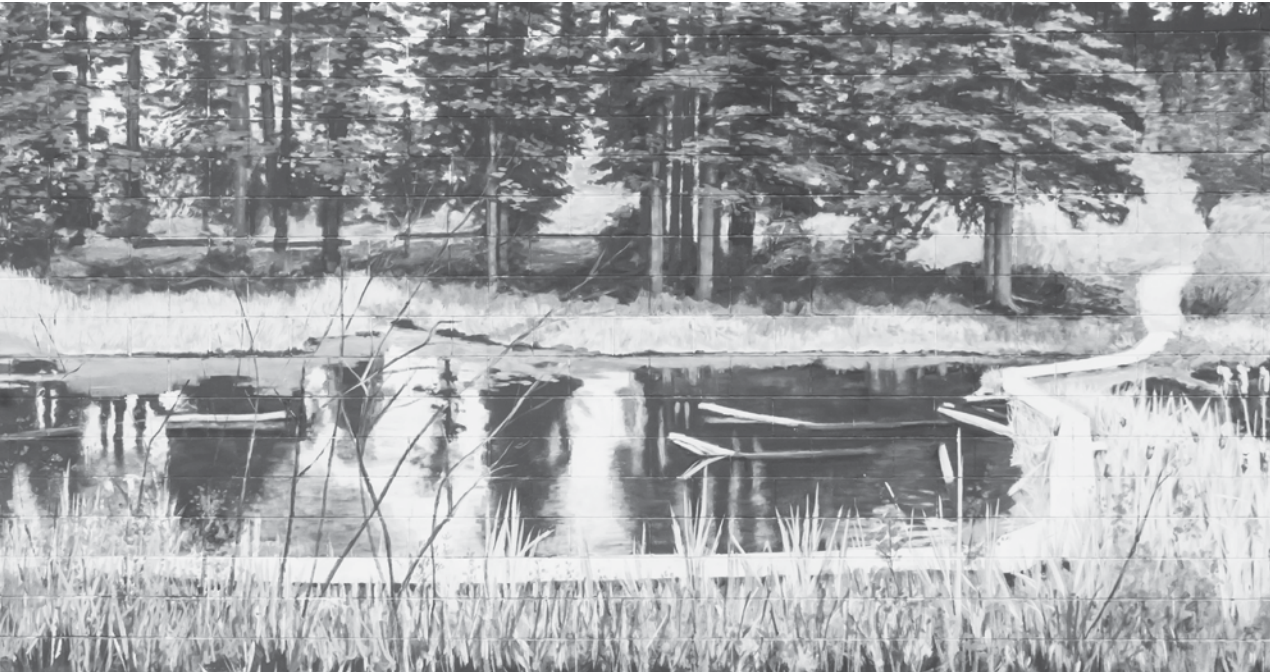
BY CHRISTA SMITH

As we finish up the mural walk in the Williams Lake Downtown we have just a couple of fine pieces of art to see. The first stop is at Sam's Restaurant on Third Avenue by the Credit Union. The side of this building features a full length mural of a walking path through the marsh lands. The scenery is tranquil and you can feel the peacefulness of the moment when you look at this mural. This mural, The Cattail Trail, was painted

ed in 2003 by Dwayne Davis as a tribute to the River Valley Trail and its scenes depict images that you might see there. As the weather is warm and the flowers in full bloom this is a perfect opportunity to take a walk down Third. With coffee shops and restaurants all along the way, the walk can be thoroughly enjoyed. The last mural that we want to feature is on the side of The Tribune building located on First Avenue. This mural was painted in 2003 and reflects The

Tribune over time. The images of an old newspaper along with a more recent one are nicely laid out. Giving tribute to the community that has supported this long standing local newspaper, as the cover on one of the newspapers reads, "The Tribune Celebrates 75th year in the Lakecity". This mural shows a slice of the Cariboo, the relationship between community and business. A relationship that goes so much deeper than just business, but to who we are and how we have evolved through

time. A community that has been reported on, and informed by, this newspaper for generations past and to come. The murals around our great City are a testament to our history, to the residents and businesses that form its growth and inform its future. As tourist season pulls into full swing the murals are just one more way that we share a piece of our community, and as locals just one more way to remember and reflect on this place we call home.



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X-Word Puzzle

ACROSS

- 1 Dorset town's home for Penny Barker (6)
- 5 It's unpleasant when crowd almost swamps island state (6)
- 9 Spin fabric, changing direction before the end (5)
- 10 Drunken bum's outwardly dead ringer for body-builder's pick-up (4-4)
- 12 Lad turning to booze over time finds remedy (7)
- 13 Monkey going without oxygen displays listlessness (7)
- 14 Travel round America – east of Connecticut – with great enjoyment (5)
- 16 Ancient style of writing in clay, principally, that's consistent around the East (9)

- 18 Old measure of distance's always a problem for the motorist (9)

- 21 Go around one European city (5)

- 22 Girl from Israeli town returned after noon with answer (7)

- 24 Smash hits involving controversial rap musician (7)

- 26 Is virgin about to get reprimand? (8)

- 27 Mr Jones has daughter out of the blue (5)

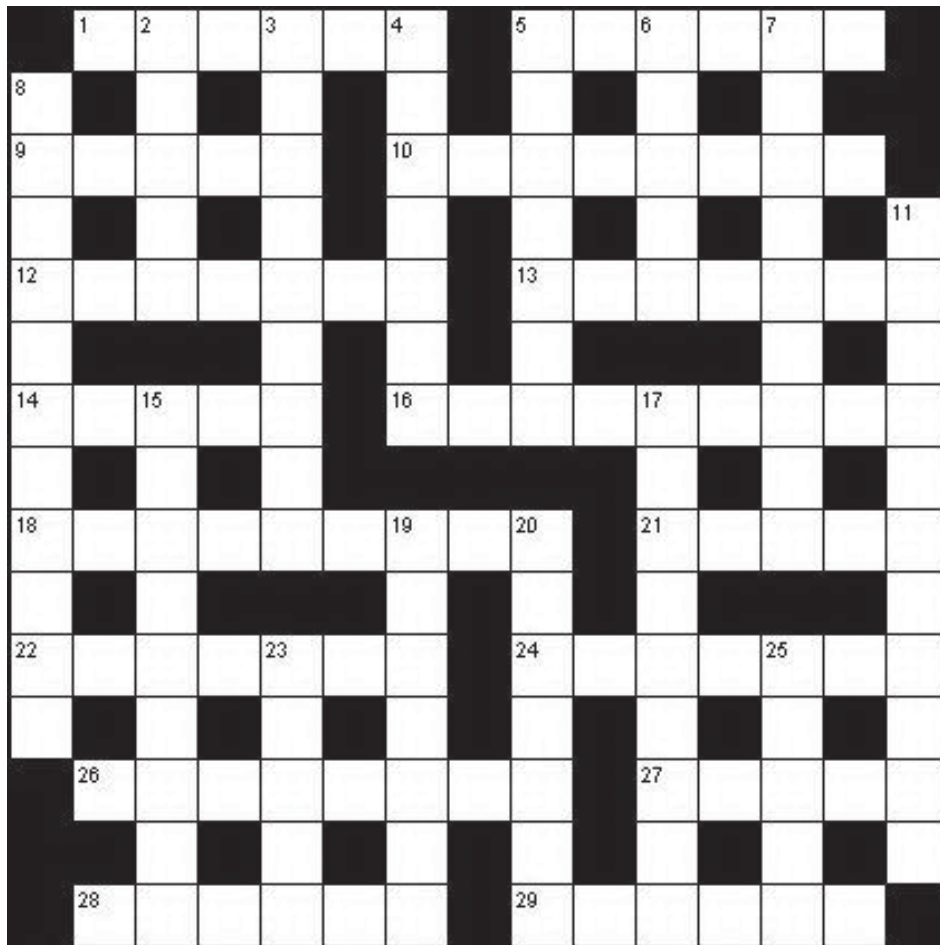
- 28 Lean bit of steak eaten rare (6)

- 29 Loudly express relief when given the cutting tool (6)

DOWN

- 2 I put most rubbish outside in skips (5)

- 3 Delighted when getting tasty recipe for cold starter (9)



- 4 One wanting medicine for treatment of disease (7)

- 5 This town's rat-catcher took issue when he was not paid (7)

- 6 Hood of gown finally replaced by one that's new (5)

- 7 Sick jokes can cause bad feeling (3-6)

- 8 Notes clue for a type of flour? (11)

- 11 Pontiff in Rome dismissed two fellows, possibly as warning (11)

- 15 Toils hard, having obtained work here (9)

- 17 The train from Bury to London? (9)

- 19 Recluse regularly yearned to have child (7)

- 20 Renovates part of Oxford at last? (7)

- 23 So one side is up at end of game; the other side will be this (5)

- 25 National flag seen over hospital (5)



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