

the stew

ISSUE 5.10 | OCTOBER 2014 | FREE



the
antique issue

Featuring
Dean McLean
Pages 6 & 7

hear

We want to hear from you! Email craig@thestew.ca

On the Cover:

Pictured is an antique gas pump, at the old 153 Mile Store site along the Cariboo Road (now Hwy 97). Originally built by the Crosina family of 153 Mile Ranch as a store to supply their workers, it was rebuilt (1914) in its current location. Run by Lily Crosina for 35 years, the Store was closed and remained untouched after her death in 1963. Joe and Peggy Patenaude purchased the property in 1958 and rediscovered Store's artifacts in the 1970s, displaying them in a museum as part of the restored 153 Mile Ranch.

Deadline for Advertising:

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

I blame it on Grandma

BY CRAIG SMITH

When I sat down to write about this month's theme 'antiques' I got about a paragraph into it when I had to stop to deal with a more pressing issue. A few days went by and I received the article from my brother on health. You can tell we share DNA as the very first paragraph of his article was almost identical to mine. His opening paragraph had nothing to do with health so I edited it and decided to use it in mine. I will give my brother credit for the next two paragraphs but they were my words too.

According to Wikipedia, an antique is "an old collectible item. It is collected or desirable because of its age, beauty, rarity, condition, utility, personal emotional connection, and/or other unique features. It is an object that represents a previous era or time period in human society." Apparently, things over 100 years old are antiques but when it comes to cars, 25 years old makes it fit that category.

Antiques need special care to make it to the 100 year mark. The old saying, "they don't make 'em like they used to", rings true for many things. Even once expensive electronics are now almost throw away priced versus paying for an extra warranty or paying to fix the item, it just isn't worth it. Old items that have been well taken care of can last forever.

Having said that, is something considered an antique just because of age? Some people think yes, but I beg to differ. In order for something to be considered an antique it has to be valued,



rare, and desired by someone. Anyone who knows me knows about my love of movies and movie quotes, and one that came immediately to my mind regarding this month's theme was in the Indiana Jones movie *Raiders of the Lost Ark*. Indiana and his nemesis Belloq discuss their profession archaeology and a pocket watch Belloq is holding. "Look at this. It's worthless – ten dollars from a vendor in the street. But I take it, I bury it in the sand for a thousand years, and it becomes priceless."

I discovered that there is a difference between the word 'antiques' and the word 'antiquities'. Both originate from the Latin word 'antiquus' which means old. According to all the dictionaries I found, antique refers to something that is desirable and col-

lectable and is less than 300 years old. Antiquities are all valuable and all much older.

I've always been fascinated by antiques. My grandparents had a house full of them. The furniture in some of the rooms was antique and there were many display cabinets with little nick nacks. Everything had a story. In the entrance to the house was a built-in glass cabinet that held among other things the surveyors scope that belonged to my great great uncle who was the surveyor for the Spiral Tunnels where the railroad crosses the Rockies near Field BC. That same case held many antique cameras that fascinated me as well when I was younger, and my grandmother, an amazing amateur photographer, would let me play with them. I did have to be care-

ful but things were built much sturdier in those days. My grandmother's family was from Mexico and she had antiques from there as well. There was a statue of the Aztec Sun God that my grandfather would faithfully turn to face the corner to show his displeasure whenever it rained, and spin back when the sun came out. There was also the antique corn grinder my grandmother showed me how to use when I was ten.

My love of antiques probably came from them. Not only living surrounded by antiques, my grandmother was also the curator of the museum in Salmon Arm for a time. When I was younger I would jump at any chance to go there. I loved, and still love history. Seeing and holding items hundreds of years old is just an indescribable feeling.

save on foods

- Great selection of organic and natural foods
- Fresh food & friendly service
- Full Pharmacy service
- Serving Williams Lake & area since 1931
- Proudly a BC company since 1915
- Employing over 125 team members locally



SO MUCH *more* IN STORE

250-392-7225

730 Oliver Street, Williams Lake
www.saveonfoods.com

OVERWATEA FOOD GROUP SUPPORTS LOCAL FARMERS & RANCHERS

ingredients



Featuring
Dean McLean

Pages 6&7

Nutrition Facts

Serving Size: 28 pgs
Servings Per Container 1

Amount Per Serving

Calories 0

% Daily Value*

This issue of The Stew was inspired by all of the memories we have of times gone by and the items left behind that remind us. Antiques are not only pieces of history but also a reminder of a different time and how far we have come. The beauty and worth is often in the eye of the beholder, but there always seems to be a draw to old items no matter how old you are.

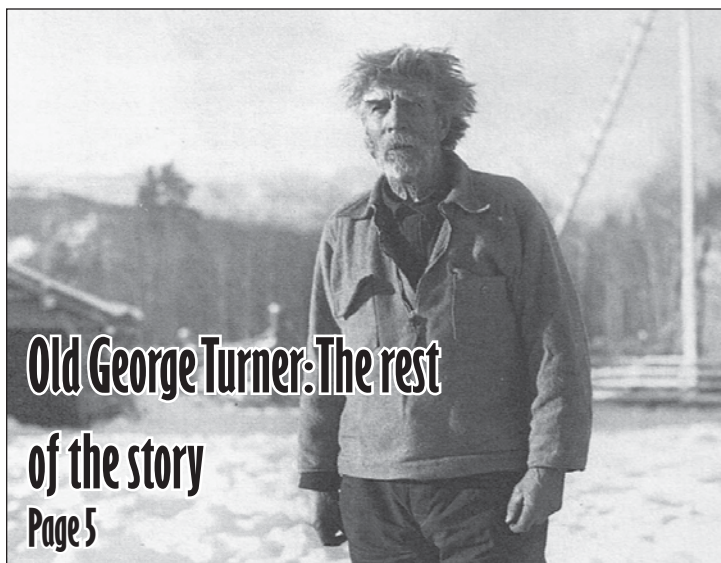
This month's Stew was blended with just the right amount of new and old. A few new writers joined the mix and of course our usual writers are not old but they do bring to the table a taste of their individual style and flare. Our inspiration for the antique issue was a combination of remember when and check this out. A few pieces of antique furniture grace our home but mostly the unexplainable draw to history is what brought together the elements of this month's issue, enjoy.



Historic Quesnel:

Occidental and HBC Building

Page 22-23



Old George Turner: The rest
of the story
Page 5



Beautiful and romantic
Christmas markets

Page 11

**Get the Stew
Working for You!**

- Month-long advertising at reasonable rates
- 2,500+ distributed monthly (100 Mile, Williams Lake & Quesnel)
- Creative, effective, professional ads
- Keep advertising dollars local

Call Joan!
250-398-7446

the stew
MAGAZINE

**NEW WORLD
COFFEE & TEA HOUSE**

**SPOOKTACULAR
Dinner**

FRIDAY OCT. 24
Call for Reservations

Pumpkin Spice Lattes
\$3.00 Reg \$3.50 Lg

www.NewWorldCoffee.ca
778-412-5282 | 72 Oliver Street, Williams Lake

LA PRAIRIE'S
ALTERNATIVE FUNERAL SERVICES

250-398-9100
Fax 250-398-9175
Toll Free 1-866-398-9100
Email laprairie@telus.net

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

Luc LaPrairie
Licenced Funeral Director

Serving the Community for Over 35 Years

**Treasures Given
a Second Chance**

**10,000
Beads**

- Costume Jewellery
- Recycled
- Restyled
- Repurposed
- Custom Orders & Repairs

Order now for Christmas!
HANDCRAFTED IN WILLIAMS LAKE **250-392-6053**

SUIT UP!
MENS WEAR

Joe Boxer • DKNY
Ralph Lauren

BLACK & LEE
RENTALS

Suits • Sport Coats
Pants • Shirts
Ties • Belts
Casual Wear

250-392-3814
288 2nd Avenue N.
Williams Lake
Located with
Aboutface Photography
Next to CP Electronics

Gifts and Treasures
Something For All Occasions

Less than 85 days till Christmas!

Your Christmas Store

281 Oliver, Downtown Williams Lake
jandegifts@shawcable.com **250-398-9887**

Winter is Coming!

We have everything you need

- ▶ **Winter Tires**
- ▶ **Antifreeze**
- ▶ **Vehicle Safety**
- ▶ **Snow Shovels**
- ▶ **Driveway Salt**
- ▶ **Snow Brushes**
- ▶ **Winter Boots**
- ▶ **Snowsuits**
- ▶ **Ice Skates**
- and more!***



It's all you need.

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

QUESNEL: 570 Newman Road • 250-747-5274

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

Sat 8am to 6pm • Sun 9am to 5pm

hear

Old George Turner: the rest of the story

In the May issue of The Stew Magazine, we told you about the legendary Old George Turner of Kleena Kleene. He was reputed to be a gunslinger from south of the border who slipped into Canada to get out of rifle range from whoever might be pursuing him.

That part of Old Turner's tale is quite factual.

But as Paul St. Pierre liked to say, the chattering classes went to work, and soon the reputation of Old Turner took on a life of its own. Because he was so reclusive and private about his business, it was speculated that he was the long lost member of the notorious Dalton Gang of train and bank robbers who were finally brought to their knees on the fifth of October, 1892 in Coffeyville, Kansas.

But was that really the case?

A beekeeping journal by W. H. Turnbull, published in 1958 for British Columbia's Centennial, reveals some little known history of Old George Turner.

Records show he applied to pre-empt a homestead in Bella Coola in 1903, during the time of Norwegian colonization of the valley. Seeking a less civilized life, he moved further up the valley, following the Atnarko River to its headwaters, and over the ridge into Knot Lakes and the North Fork of the Klinaklini River.

It was there at Sleepy Hollow in the heart of the Klinaklini wilderness that George Turner made his home with his Tsilhqot'in wife, Louisa One-Eye, daughter of Chief One-Eye Charlie of One-Eye Lake. George and Louisa had two children, George Junior and Mary Anne (Ross), and he helped raise Louisa's two other offspring, Timothy Stillas and Lucy Dagg.

Old George didn't suffer fools lightly. He defended his turf with an iron hand. One time at

Looking Back By Sage Birchwater

a rodeo at Andy Stuart's store in Redstone, he cold-conked a man with the butt of his pistol, who confronted him over trapping rights in Knot Lakes country. That decided the question immediately.

Old Turner entered the annals of beekeeping history when he decided to rob a bee tree one day. He procured enough honey to satisfy his sweet tooth for a year, then got busy and found a hollow cedar tree with a shell about two inches thick. He cut the tree into fourteen-inch blocks which he cleaned out and set with cross sticks to carry honey combs. Then he located a swarm and established an apiary at his wilderness home.

As W.H. Turnbull pointed out, Old Turner's ingenious beekeeping efforts were never registered with the Department of Agriculture, nor were his hives ever inspected by the Inspector of Apiaries. "It only was proof of the ingenuity of our real pioneers," he concluded.

Old Turner and Louisa lived more than fifty years together in the rugged mountain country of the Klinaklini and Upper Atnarko. Turner Lake, source of the spectacular Hunlin Falls, is named after them.

But it was in old age that Old Turner's true identity and past were finally revealed.

Corporal Bob Turnbull, son of the beekeeping journalist, was serving as the provincial policeman at Alexis Creek when Turner, then in his eighties, decided

to apply for his old age pension.

When local authorities couldn't establish Old Turner's Proof of Age, Bob Turnbull paid him a visit. Going through an accumulation of papers, some more than half a century old, he uncovered Turner's 1903 application for a homestead in Bella Coola, and that was sufficient evidence for his pension.

But it was another discovery by the police officer that cracked open the story to Old Turner's past. Turnbull unearthed an old Colt 45 pistol in a pack sack, with twenty-seven notches carved in its wooden handle.

"What's this?" Turnbull asked.

The time was ripe for the aging trapper to reveal his story to the man who helped him out.

His home country was Kansas. The same state, incidentally, as the infamous Dalton Gang's last caper. But instead of being an outlaw, Turner was a deputy sheriff under the legendary sheriff and gunman, Bat Masterson.

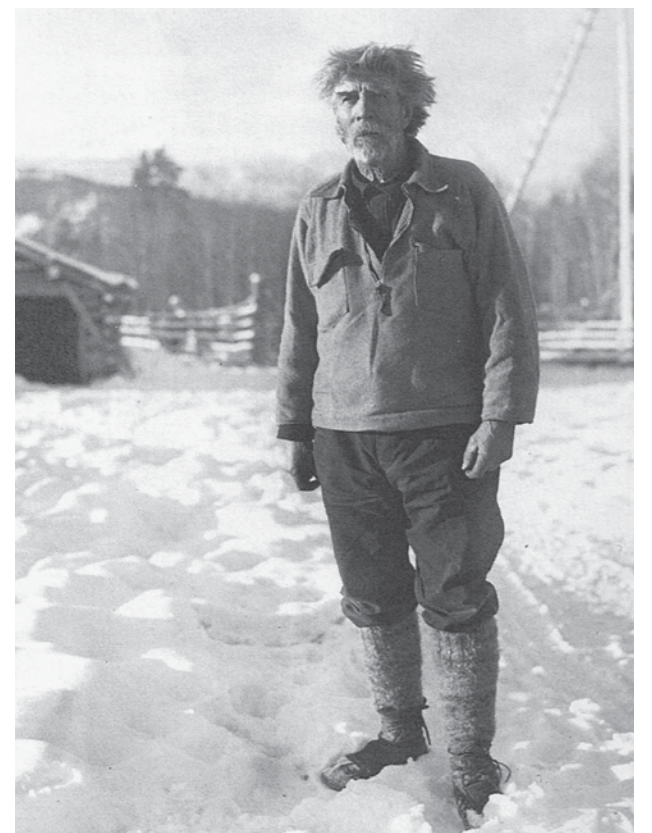
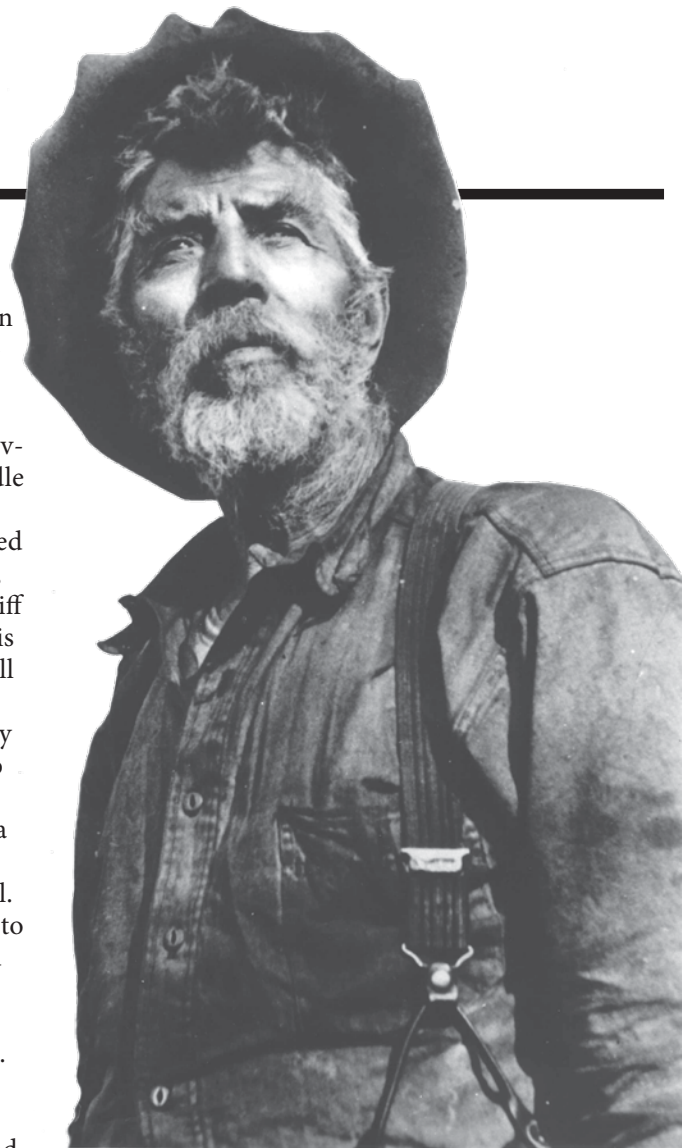
This was an era when a man had to be "lightening on the draw" to stay alive, and George was fast. The twenty-seven notches on the handle of his old "45" attested to this. They were carved in the memory of men, who in his deputy sheriff days, had challenged his skill and not lived to tell about it.

Old George naturally made many enemies so he decided that a quiet life in British Columbia would be more conducive to his own survival. He took the steamship to Bella Coola and picked about the wildest part of the country to settle down and live in peace.

Bob Turnbull asked Old Turner if he could still fire the old gun, and the old man answered that he was a bit out of practice and had no ammunition for it. The officer unstrapped his own service revolver and handed it to the old man and asked if he could hit a milk can lying on the ground a dozen metres away.

He fired four shots in succession and the can jumped with every shot, Turnbull reported. Then he asked to have the can tossed in the air and he hit it three times out of four shots.

Bob Turnbull later said the old man's eyes twinkled. "He was very pleased that his skill with the six-gun was still as good as it was fifty years earlier."





COWBOY CHRISTMAS
Sat. Nov. 22, Gibraltar Room

CONCERT at 7pm, Tickets \$15 available at the Museum. **Featuring:** Cowboy poets including 13 year old Jayden Stafford and Bruce Rolph, singer/songwriter Alan Moberg & Fiddler Wesley Hardisty

MARKET 10am-4pm, Free admission

The Station House Gallery Presents:

October 3rd - November 1st
Canadian Road Trip Project
Kathy Lauriente-Bonner
Painted Landscapes
Sirkka McKerral

Historic Train Station, Foot of Oliver Street, Williams Lake

flavour of the month

CRAIG SMITH PHOTO

DEAN McLEAN ► Restoration artist standing in front of his showroom and workshop building.



flavour of the month

"Antiques are things one generation buys, the next generation gets rid of, and the following generation buys again." ~unknown

Dean McLean takes antique hobby to a deeper level



BY CHRISTA SMITH

Featured artist of the month is a man who has taken an interest in antiques to a deeper level. Dean McLean takes the old and makes it new again; he is a restorer of antiques. Dean's road to where he is today has taken a roundabout tour and lead him to what he loves and does well.

Dean was born in Williams Lake but moved away, only to return to his birthplace at twenty-five. He worked at a variety of jobs from roofing to a lumber company until an injury took him out of the game for

about four years.

Coming back from recovery, Dean decided to make a change and go back to school. Applying at TRU he completed the Human Services Diploma and graduated valedictorian of his class. From there Dean collected experience and applied his skills to being a teacher's assistant, working for a few years at the Grow Center, Cataline, Wildwood, Maranatha and Kwaleen schools. It was at Kwaleen that Dean met and married his wife Patsy.

Making yet another life change, Dean's road led him towards col-

lecting and restoring antiques. Due to changes in his health, this seemed to be the best fit. Dean recalls, "I always liked antiques" and while staying with an uncle once, was given antiques to sell. He began to see the value in items once they were cleaned up and restored. "100 year old things are still functional; stuff was just built better in the old days", Dean explains.

Dean feels that he is selling people's memories and he becomes a part of what he's helped to build or renew. He enjoys the histories that people share with him about

their items. He says this is a great part of the job that he finds addicting.

Dean is now at a place where he knows what he can do and what he can't, and is able to judge which projects to take on. He has turned his twenty-six acres into his own playground and has even set up a whole barn as a display.

Dean's favorite part of the job is simply cleaning an item to see what is underneath; often the transformation is a dramatic one. Dean has many local customers but has also done work for people as far away as Washington. His show

room has items ranging in value from two dollars to fifteen hundred. "People buy the oddest stuff," Dean recalls. He not only sells to collectors but he also does custom restoration work.

Often he stumbles across his projects by luck, "in share sheds, beside dumpsters and sometimes people give me stuff," Dean explains. Sometimes it is a trade or barter system that influences his collection and he also takes items on consignment.

The services that Dean offers range from full restoration, to just polishing and cleaning

items. He rebuilds and restores furniture as well. Dean has no formal training in restoration, he states, "many things are just trial and error," but he also has the experience of his uncle to call on.

After finishing a project, Dean mainly uses the internet to figure out the value for the item he has completed. Whether you are looking for a specific piece, or just shopping for a piece of history, Dean can probably help. His business is called Artifacts Man Cave Vintage & Antiques and he can be contacted by email at dm4735@telus.net

Wespeak

The very first Oktoberfest was held in Munich, Bavaria, Germany on October 12, 1810.

Captured Memories



BY CHRISTA SMITH

The antique issue of The Stew brings to mind many things. I guess most notable in my memory was my childhood, and no I don't consider myself to be an

antique just quite yet, but rather some of my fondest memories.

When I was very young we lived next to my grandparents and of course as a small child I thought anyone as old as my grandparents were

antiques. Thinking back they probably weren't that old, but at the time it felt like it. I remember their house like it was yesterday. They had lots of antique furniture and even though I was young, I knew it was



old and very special. I remember watching my grandmother play her 'organo', which is what I think they called her piano, that doubled as an organ at the flip of a lever. I don't think I have ever seen one quite like that since, and no, the electric keyboard that does just about everything does not count.

I also remember waiting with glee and anticipation for their grandfather clock to strike its hour with its deep and rich 'dongs.' When thinking back, it seems like everything they had was old and fascinating in some way or another.

Now the closest I can

come to the antiques that were in my grandparents' house is an old sewing machine that folds down into a desk. My son was blown away the other day when I told him what was inside and that, "yes I am sure great grandma even used that weird looking machine to actually sew things".

I think that we tend to forget what special memories that antiques hold these days, as everything that we buy seems to only have a shelf life of a couple of years. We are so caught up in the disposable age that we forget about the memories that can be made with something

as simple as a piece of furniture. I could probably remember a story or feeling that went with everything in my grandparents' house. I find it strangely interesting that so many of my childhood memories can be retrieved when thinking about furniture.

Antique shops are places where, not only can you find an interesting piece of history, but you are also surrounded by thousands of memories. I think of all the small children who probably have vivid memories of the pieces that are now for sale. I think about the creaking rocking chair that my parents used to read to me in, and I wonder if that chair is now the treasured reading chair in someone else's home. When you buy or inherit antiques, you are not just getting a piece of durable furniture and a piece of history, you are also getting all the memories that have been created over the years.

History is not just about what we read in books or see in movies, it is something that lives on in all of us, and whether we still have that one old piece of physical history or whether it's just in our memory, take a moment and appreciate your antiques this month.



Halls Organics

Giving a hand in growing a better world!

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



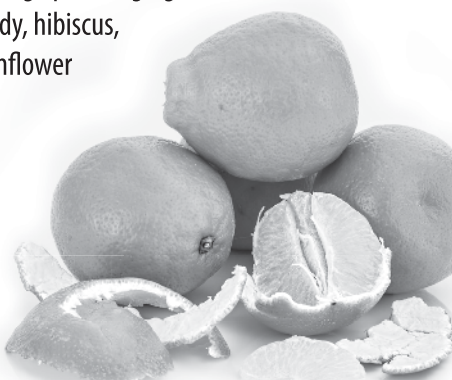
NEW

Sleepy Hollow Pumpkin Chai Tea

Full astringency. Warming and comforting in the chai tradition with pumpkin ghoulish notes. Excellent with milk for ghostly visuals. Luxury ingredients: black tea, cinnamon, apple, rose hip, orange pieces, ginger, cardamom, black & white pepper, candy, hibiscus, calendula, and sunflower

Vitamin C

Keep your Immune system boosted this Fall and Winter with our certified organic Dr. Huldha Clark's Vitamin C Powder in 5 great sizes; we even have it in bulk 1 kilogram bags!



**HALLOWEEN
COSTUME CONTEST**

October 31
9:30am to 5:30pm

Best costume will win a

\$100.00

**Halls Organics
Gift Certificate!!**

Come in and get your picture
taken in your costume to
be entered!



Books and Toys

**Toys,
the NERD ROOM
10,000 used books!**



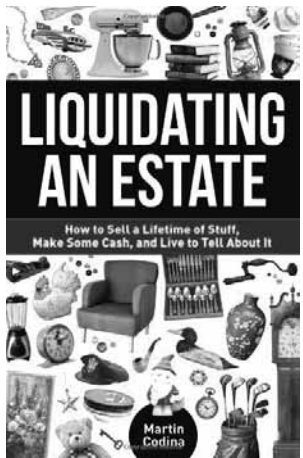
Tonka

35A First Ave S ~ www.1st-editions.ca
250-392-7079 firsteditions@outlook.com

read

'Tom Sawyer' was the first novel to be written using a typewriter.

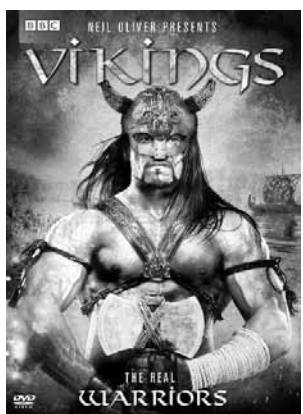
Some things are better with age



Liquidating an Estate: how to sell a lifetime of stuff, make some cash, and live to tell about it (2013)

Codina, Martin

"What do I do with all this stuff?" Is it an antique, or is it trash? Whether a loved one has passed away, you're preparing to move, or it's just time to downsize, the task of getting deciding what to do with "stuff" can be arduous and overwhelming. Liquidating an Estate is filled with how-to information essential to selling or liquidating the personal property of a loved one or your own. Topics include differentiating between treasure and trash, acquiring basic antiques and collectibles research skills, and running an estate sale. While it thoroughly covers the pragmatic and practical aspects of dealing with the liquidation of an estate, Codina also addresses the emotional issues that arise, like dealing with conflict among family members.



Vikings [DVD video recording]: the real warriors (2014)

This high-budget documentary from the BBC explores the his-

tory and motives behind the powerful Norsemen who plundered Britain's peaceful monasteries; were they blood-drenched pillagers or shrewd medieval explorers and entrepreneurs? In his quest for insight, historian and presenter Neil Oliver takes you along to key archaeological sites in Norway, Sweden and Denmark. You'll see some of the key artifacts (antiques!), and follow the Norsemen's hunt for wealth – taking it by force from rich Anglo-Saxon and French kingdoms, and trading silk, bronze, and slaves from Dublin to Russia and Constantinople. Oliver covers every angle, including Viking diet, religion and burial practices. It's a huge story – spanning over 300 years, from pre-Viking days, to their years rampaging as warriors, traders, explorers, and settlers, which Oliver has the knowledge and expertise to pull together. Truly fascinating.



Empty mansions: the mysterious life of Huguette Clark and the spending of a great American fortune (2013)

Dedman, Bill

Pulitzer Prize-winning journalist Bill Dedman stumbled upon this surprisingly fascinating story, after noticing a 2009 grand home for sale that had gone unoccupied for almost 60 years. The story that unfolds is one of mystery and wealth, nineteenth century affluence (no shortage of antiques), and a twenty-first century dispute over a 300 million dollar legacy. It is the



story of Huguette Clark, the daughter of self-made copper industrialist W.A. Clark. The tale Dedman uncovers unfolds like a fairy tale in reverse: "the bright, talented daughter, born into a family of extreme wealth and privilege, who secrets herself away from the outside world."

"Thrilling . . . deliciously scandalous." — Publishers Weekly (starred review)

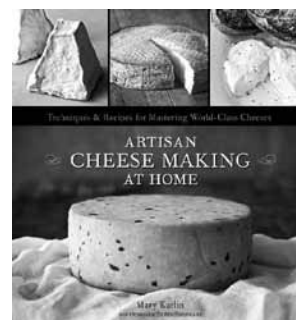


Make your brain smarter: increase your brain's creativity, energy, and focus (2013)

Chapman, Sandra Bond

Is your mind starting to feel a little... antique? Lately, there has been a proliferation of neuroscience-based books on the subject of "rewiring your brain". One such book is Make Your Brain Smarter by renowned cognitive neuroscientist, Dr. Sandra Bond Chapman. Dr. Chapman introduces the very latest research in brain science, and neuroplasticity, while providing practical advice on improving brain and cognitive functioning as you age. Dr. Chapman provides strategies to reduce stress and anxiety, increase productivity,

enhance decision making, and strengthen how your brain works at every decade. If this piques your interest, there are quite a few more books on this subject, such as "Rewire Your Brain: Think Your Way to a Better Life (2010) by Dr. John B. Arden, or Soft-Wired: How the New Science of Brain Plasticity Can Change Your Life by Dr. Michael Merzenich (2013).



Artisan cheese making at home: techniques and recipes for mastering world-class cheeses (2011)

Karlin, Mary

Okay, so cheese making isn't really "antique", but it can be "old" and "aged". If you've ever considered making cheese from home, or even if you're already a seasoned cheese-maker, there is plenty to take away from this gorgeous and inspiring cookbook and guide. The book features over 80 recipes (including Mascarpone, Crème Fraîche, Irish-Style Cheddar, and Bloomy Blue Log Chèvre). After learning basic skills by creating fresh cheeses like Ricotta, you'll soon be on to creating and aging complex mold-ripened "antique" cheeses like Camembert and Stilton. The photos are so lavish and decadent, however, you may be content to just look.



Christa Smith
Publisher & Editor
christa@ccrproductions.ca



Craig Smith
Publisher & Sales Manager
craig@thestew.ca



Joan Oliver
Advertising and Sales
sales@thestew.ca



Renée Lozeau
Ad Design, Layout & Prepress
Centre Stage



Todd Sullivan
Gaming Life
todd@thestew.ca



Brice O'Neill
Out of the Fridge



Darren Smith
Adrenaline Fix



Gina Mawson
You, Me and We



Caroline Derksen
Alphabet Soup



Cathie Hamm
Behind The Curtain



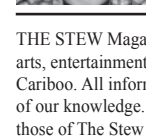
Sage Birchwater
Looking Back



Paige Knights-Smith
Tasty Tidbits



Jack Simpson
Cariboo Water



Isaac Steward
The Coffee Press

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

Your body: the ultimate machine

Antiques need special care to make it to the 100 year mark of becoming an official antique. People, although not referred to as antiques, need special care too. Old items that have been well taken care of can last forever.

Although the human body won't last forever, you will get more mileage out of it when you take good care of it. Feed it, exercise it, and get routine checkups. We could make this a car analogy and say check the oil, use premium fuel, and call it good, but the human body is a little more complex than a car (although I couldn't tell you where the oil filter is on my new car).

Feed it: use premium fuel and synthetic oil and the engine runs better. Eating whole foods versus processed can go a long way. Your body is very



efficient at using natural fuels but when foods are packed with preservatives, your internal organs have to figure out how to process what is usable fuel and what is garbage and fillers. When it comes to food, you may feel that you get less when purchasing something that isn't processed, but in the long run, that natural fuel will burn cleaner and leave less toxins for your vital organs to eliminate.

In our society, most fast food places have

\$0.99 menus because our current mentality is that we want more for our money, but in the end, it just isn't worth the long-term effects.

Exercise it: take it out for a spin regularly, and in the words of Bill Cosby, "blow the gunk out of it" (Google that one, it's funny). When you exercise you sweat, or for you ladies, "perspire". Either way, you are literally blowing the gunk out. Sweat is primarily water, sodium, chloride, and



some potassium but you can still get some of those toxins out, albeit only trace amounts.


Your heart rate increases as you exercise which causes blood to move through your liver and kidneys and they function to remove more toxins from the blood, eliminating them through urine and feces.

Routine maintenance: As you age, things wear

out. I pointed out in a previous article that ignoring pain can be detrimental to your health and even be deadly. Just as your car's manufacturer recommends service intervals, Doctors recommend having some things checked after a certain age. Depending on your family history, it may be suggested to have those things checked earlier. Let me just say, that a mo-

ment or two of discomfort, or having anything with an -oscopy after it is worth the time and potential awkwardness to find out that everything is running smoothly, or by catching a disease progress early, before it gets too advanced.

Just like antiques, the better you care for your body, the longer it will last and the better it will look!



DELAINEY'S CENTRE MALL

The Delainey Centre Mall (originally Smedley and Sharp) was originally built in 1933, and has undergone many changes over the years. Drop in and experience this eclectic mix of retail and history in the heart of Downtown!



Highway's short Cuts

Wheelchair accessible from back parking lot

Appointments • Walk-Ins

Golyen Highway
250-303-1009

Tuesday to Saturday, 10am-7pm
271 Oliver St, Williams Lake

1	2	3
4	5	6

7th cut FREE

Dandelion Living

Look Good, Feel Good, Be Good



778-412-9100

OPEN Mon.-Sat. 10 to 5pm
271 Oliver St. • Join us on Facebook



Brand new to our studio?

Take advantage and find your practice with a one month unlimited pass for \$35!

Feeling anxious or depressed?

Ask us about our Chronic Pain Management Program. Let one of our certified instructors help get you started on your path to a better self!

Angie Delainey & Tricia Ramier
info@satyaogastudio.ca

778-412-9020 Lower Level, 271 Oliver
www.satyaogastudio.ca



The cameo is an ancient type of jewellery that may have had its beginnings in ancient Greece and Rome, around 200 B.C.

Beautiful, romantic Christmas markets

BY CHRISTIANE KLEIN
OF ALL-WAYS TRAVEL

It sounds a lot like Christmas and it smells like it too. Too early you might think. No, it is not because if you would like to experience the beautiful Christmas Markets of the old country, now is the time to book your travel.

Imagine the smell of fresh, snowy air, together with the comforting smell of hot chocolate, fresh baked gingerbread cookies, mulled wine, and Bratwurst fresh from the roast.

One of the oldest Christmas markets is located in the City of Nuremberg in Germany.

This market is also called the "Christkindle" Market.

The idea that the Christkindle (Baby Jesus) brings children their Christmas gifts goes back to the Protestant reformer, Martin Luther (1483 – 1546). Before that time it was tradition that the children get presents on the evening of December 6. Martin Luther told his children that "Holy Christ" had brought their presents. This tradition quickly took hold in Lutheran families. In Nuremberg it was already common by the end of the 16th Century.

Today, every year a woman is chosen to play the Christmas Angel and she will officially open the Christmas Market on the Friday before the weekend of the first of Advent.

Nuremberg is also a great place to visit for the history lover. A City of emperors and princes,

leaders and followers, Nuremberg has mirrored German history ever since the Middle Ages. Protected by the castle, arts and crafts once flourished, while a new spirit of freedom enlivened the city at a time when few other places could offer such quality of life. The same is still true today. Every Emperor of the Holy Roman Empire lived at least for a time at Nuremberg Castle between 1050 and 1571.

The next Christmas market I would like to visit with you will be in the romantic City of Salzburg, Austria. Take a walk on Salzburg's mountains and enjoy the breathtaking view of the City's snow-covered rooftops and domes.

The beautiful sound of bells ringing will remind you that Christmas is approaching.

Memories of your childhood will come to mind when you are at the Christmas market and smell the scent of punch and toasted almonds, hot chestnuts, freshly baked apples and gingerbread hearts. You can purchase nativity figurines, Christmas ornaments, toys and hand-knitted woolen socks for your loved ones at home.

If you are looking for a peaceful and contemplative atmosphere I recommend you listen to the Advent singing – Advent serenades during one of the church services – and the readings that are done in celebration of the traditional alpine Christmas. You can also retrace the history of the famous Christmas carol "Silent

Night" in Salzburg. Joseph Mohr, the song's lyricist, was born in Salzburg and the carol was first performed in nearby Oberndorf.

From the beautiful Country of Austria I will now take you to the independent Switzerland. Independent means that Switzerland is not part of the European Union as it always has been and you will need Swiss Francs to pay for any purchase in Switzerland.

During Christmas the City of Basel assumes a unique charm. Two romantic Christmas markets are located in the heart of the City center. One is nestled among the Christmas decorations adorning the historic Old Town in Barfuesserplatz around the historic Barfuesserkirche (Barfuesser Church). The other one is probably the City's best-known on Muenster Platz right next to the Cathedral. This Christmas market is probably the best known landmark, where a magnificent Christmas tree is decorated by Christmas specialist, Johann Wanner.

At both locations you will be greeted by numerous traders and artisans that present their wares. A culinary delight is the cup of hot mulled wine, waffles and the famous Baseler Leckerli biscuits.

That all sounds good you say, but it is too far to travel. Well for those who



are not able to take a trip like that there is a solution.

The German Christmas Market in Vancouver will open its doors on November 22nd and run until December 24th. Visiting this event myself a couple of years ago, I have to say it brought back a lot of childhood memories and is the closest Christmas market that you can find to the original German Christmas market. Please visit us at All-Ways Travel and we can help you with all the options to visit one of the beautiful and romantic Christmas markets.

Please join us on our next trip that will take us to Iceland.



Z

O

N

E

4

Hair Styling & Tanning

250.398.8812

149 2nd Ave. N., Williams Lake

Serving the Cariboo Since 1978

Christmas Markets of the world!

250-392-6581

TOLL FREE 1-800-737-7631

www.BookTripsOnline.com

357 Oliver Street, Williams Lake • Locally Owned & Operated

Fully Licenced and Accredited Agency

Cozy Paws Kennel

Dog & Cat Boarding

When you can't take them with you, bring your pet to Cozy Paws for a relaxing & fun pet vacation!

200'x40' Grass Runs

250.398.7297 (Paws)

860 Vanderburgh Road, Williams Lake

Local Art: Worth Seeing, Fun to Create

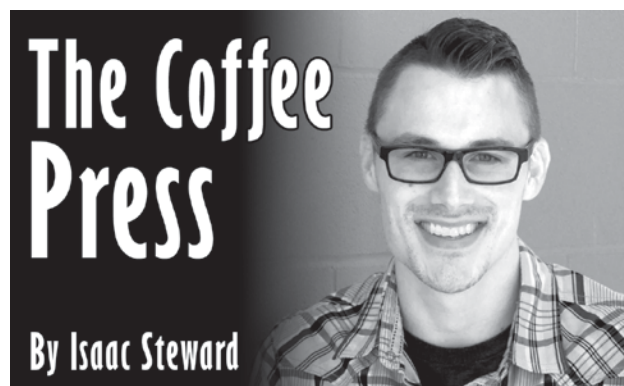
The Art Walk may be over but finding local art on display is never far away.

Come on in... Bring a friend... take a minute and have a homemade muffin with your latté as you check out the local art gracing the walls of the Gecko Tree Café.

Local artist Shirley Pascas is presently featuring her hand dyed fabric and rust art creation quilts at the Gecko Tree. These intricate and artfully patterned quilts are now available for sale and enjoyment while having a coffee or lunch.

If getting involved with art is something that you have always wanted to do, now is your chance. Until November 15 there will be a "Wednesday Water Colorist" mixed media or art expressions. This takes place at the Senior's Centre where this local group of artists gather to paint and create. If you are interested call Beatrix at 250-440-5759.

Dark vs. light roast: who's the heavyweight?



The Coffee Press

By Isaac Steward

After having some time to play with the French Press method of brewing, you may be starting to learn some things about coffee that you never noticed before. The amount of flavour that is being transferred to your palate with this process is going to unlock some uniqueness and intriguing flavour notes.

I frequently ask people what their preference is for roast. I always know someone who has a genuine love and respect for all that is coffee when they answer with something like "well it depends". Different roast levels will draw on different elements of the bean (which is actually the pit of a cherry) producing a wide variety of tastes.

Some people enjoy certain aspects of coffee that others do not. Case in point, the diehard dark roast drinker more than likely enjoys the carbon-esque, ash-like bite that

a typical dark roast bean has to offer. I have a sort of twisted sense of enjoyment when I tell a dark roast lover that they are not getting nearly as much caffeine with their coffee choice... It's quite true that the more a coffee is roasted, the more caffeine is burned out of it. So, it stands to reason that if you are looking for a good kick in the pants, ease up on the roast level and watch your hands start vibrating! All this said, I believe in a dark roast that is not burned and will still offer a ton of tasting notes with only minimal impact on the caffeine count. This is easily achieved through contact with a local roaster who can custom roast for you!

In many ways, coffee can be likened to many other foods... over cooking leads to loss of flavour that would otherwise be prevalent. Try "white coffee" to find a whole new



side of coffee that you have likely never experienced before, as well as a new level of caffeine high! Energy drinks have nothing on white coffee.

Touching back on the different brew methods I previously mentioned, I have several of them

and still stick with the French Press a majority of the time. I am a bit of a 'bean head' and I still go back to this method even over espresso drinks! Did you know that lattes, cappuccinos and other milk-based coffee drinks were actually started in Europe to help weaken the coffee for children's consumption? The 'Americano' drink, which is an espresso shot (or 2) in a cup or more of hot

water, was coined for the American soldiers who wanted to water down the straight espresso shots, as they were just too strong for our North American tastes.

Get adventurous and step outside your usual coffee drinks, and explore the lighter side and/or dark side of the force... sorry, bean. That reminds me, coffee has a 'dark side', a criminal record so to speak... maybe next time.

THE GECKO TREE CAFE

Real Food for Real People • Licenced

Friday Oct. 31, 7-10pm
LIVE MUSIC Featuring Black Spruce
Bog and other local musicians,
Tickets at The Gecko Tree

OPEN: Tuesday - Friday 7:30am-4pm,
Saturday 9am-3pm

250-398-8983

54 Mackenzie Avenue North, Williams Lake

DANCING GOAT COFFEE CO.

• Artisan Crafted
• Micro-batch
• Locally Fresh Roasted

Now available at:
Barking Spider Mountain Bike (coffee bar)
and Taylor Made Cakes & Sweets

We Do Custom Orders!
250.305.0511

Turn Your Vehicle Into A
Moving Billboard

Tell Tale SIGNS & PRINTING

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

CRAIG SMITH PHOTO
STATION HOUSE GALLERY ▶ Williams
Lake's oldest building, originally a BC Railway Station, is nearly 100 years old. Feature on page 19.



Play

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

play

WILLIAMS LAKE & AREA

October 1 Strong Start centers open at Marie Sharpe, Mountview, Cataline, Alexis Creek, 150 Mile, and Horsefly Schools for children 0-5. Free drop in with a parent or caregiver for early learning activities. Info 250-398-3839

October 2,9,16,23,30 Busted Remedy hosts Thursday Jam Night at the OV Pub 9pm

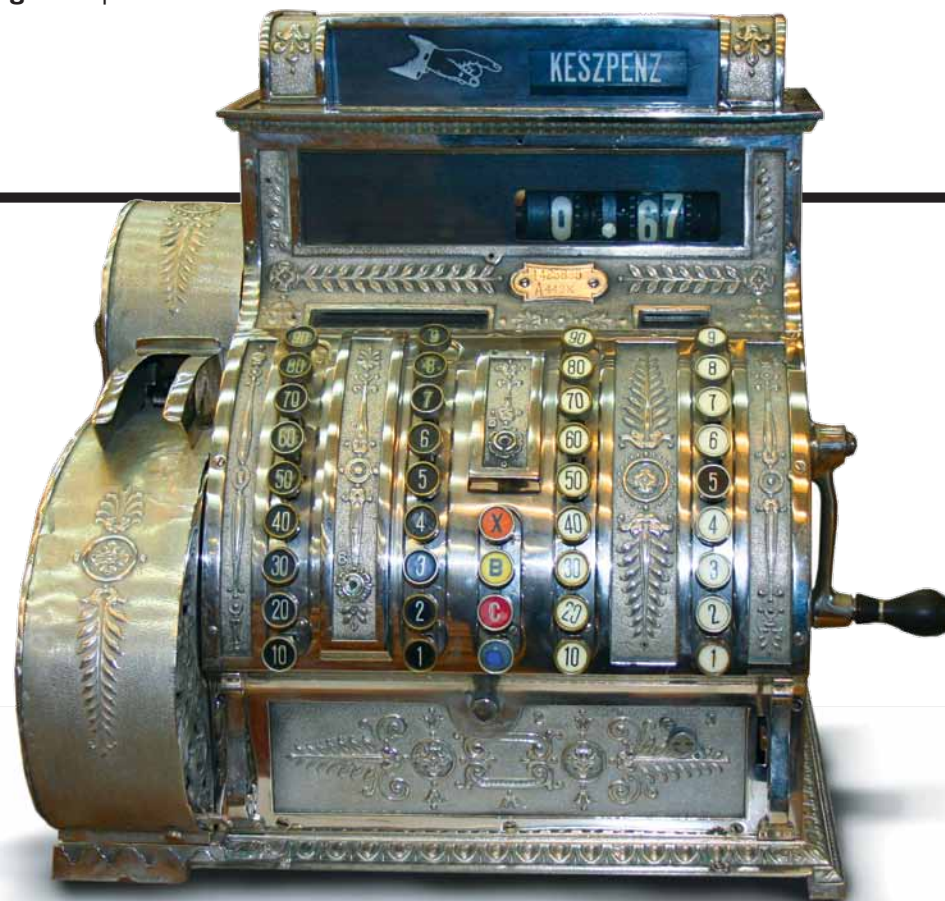
October 3 Farmer's Market 9am-2pm Boitanio Park

October 3 Wined up to Give Fundraiser for United Way. 50/50, live auction, door prizes, free shuttle home provided by Cariboo GM. Contact Melinda 250-267-8080. Cocktails 6pm, Dinner 7pm The Laughing Loon

October 4 Public and Family Skates begin at the Cariboo Memorial Recreation Complex

October 5,7 Auditions for Williams Lake Studio Theatre production DIE Theatrically, 366 Yorston St, Kornak & Hamm Building upstairs, 7pm

October 6 Senior's Bingo, upper level Boitanio Mall 1pm



October 7 Heartburn / GERD Workshop hosted by Women's Contact Society & Shopper's Drug Mart. RVSP by Oct. 3, call 250-392-4118. Free & Lunch Provided 12-1pm Women's Contact Society Boardroom

October 7,21 Regular Council Meetings in Council Chambers, City Hall 6pm

October 10 Farmer's Market 9am-2pm. Last market of the season, customer appreciation day

October 11 "Under Wraps: CIZ New Play Festival", 3 new plays by local playwrights including Williams Lake's April Gerwing. Tickets at AboutFace

October 18 Lake City Chess Tourney, all ages/levels. \$20/\$15 online and \$25/\$20 at the door, Public Library 9am-2pm

October 18 Octoberfest at the Laughing Loon with live music

October 25 Tea Bazaar and Bake Sale St. Andrew's United Church

October 25 Drum-speak - Drum Circle Workshop, Granville Johnson 1-4pm Central Cariboo Arts Ctr. Admission \$25, all levels/styles welcome, djembe drums provided. Pre-register Brenda 250-398-6810

October 26 Halloween Gymkhana 10am-12pm Eagle View Equestrian

October 28 Cariboo Camera Club, All ages. Membership \$25 annually, TRU Rm 1321 7-9pm

October 31 Live Music featuring Black Spruce Bog and other local musicians. Tickets 250-398-8983 Gecko Tree

October 31 Halloween Fireworks 7:45-9pm Stampede Grounds

QUESNEL & AREA

October 1-15 Kersley Corn Maze www.australianranch.ca

October 2 Seniors' Centre Harvest Dinner, Doors open 5pm, Dinner 6pm. Tickets \$18 at Seniors Centre open 10am-2pm, 5pm-8:30pm.

October 2 Quesnel Film Club: Boyhood. Regular admission \$9 Seniors admission \$7. 6:30-7:30pm Carib Theatre

October 2 The Blue-nose Picker, live music at The Occidental 8pm

October 3 Old Time Fiddlers' Hospitality and Jam Night, Royal Canadian Legion Hall 7:30-9:30pm. Admission by donation. Contact Jean 250-992-9721

October 3,4,10,11,12 Kersley Haunted Corn Maze, admission \$7 www.australianranch.ca

October 4 Doggy Poker Walk around the Quesnel West Side riverfront trail, collecting playing cards along the way. At the end of the walk the 3 best poker hands win a portion of the entrance fees. \$20 per hand, \$10 for additional hands. Participants can register and start walking any time between 10am and noon. Must be 19+ to purchase poker hand. Baker Creek Park 10am-1pm

October 4 Quintessential Breastfeeding Challenge, 11am-noon. Info www.babyfriendly.ca

October 4 Old Time Fiddlers' Contest, Quesnel Legion Hall

October 4 local hip-hop group Exile opens for Florida band Hard Target & Kensta Lopez, The Occidental 8pm

October 5 21st Annual Quesnel Women's Fall Challenge - Choose a 5 or 10km walk, 5 or 10km run, or half-marathon. Awards presented in each event to the top 3 finishers in each age category, 8-9am Dragon Lake Boat Launch. Register early, fee is \$30

October 7 Quesnel Live Arts: Valdy & Nadina Mackie Jackson, 7:30-9:30pm Chuck Mobley Theatre. Tickets \$25 (\$20 Seniors and Students) available at KMax, Quesnel Music, Save-on Foods and at the door. Season tickets \$125 (\$100 Seniors and Students). 250-747-2207 www.qla.ca

October 8 Quesnel Chamber Board Meeting 12-1:30pm Quesnel Chamber of Commerce

October 9 Ladies/Girls Learn to Crochet with Cheryl Proctor, Women's Contact Society Thursdays during October and November, 5-7pm. Pre-register 250-392-4118

October 10 "Under Wraps: Central Interior Zone New Play Festival" See 3 new plays by lo-

Travelling?

Whether you're planning a holiday in Canada or Internationally, don't forget Travel Insurance!

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

Fits Leather Plus

NEW to Williams Lake

LEATHER!
Great selection of handbags
Ladies & men's wallets
Mocassins
Italian-made men's work boots
Canadian-made ladies winter boots
Wide variety of leather belts

Upper level Boitanio Mall across from Bootlegger, Williams Lake

SAFETY WORKS
ACCREDITED TRAINING LTD.

**Fall Protection
Confined Space
Work Safe
and More!**

250-398-RESQ
Safety Specialists

play

cal playwrights, including Pete Drewcock. Tickets at the door, Kersley Community Hall 7:30pm

October 10,12
12th Annual Pow Wow. Friday 6pm, Sunday 4pm, Quesnel Friendship Centre, Quesnel Tillicum Society

October 12
Live music Twin Peaks, The Occidental 8pm

October 12 Live music at ArtSpace with Doug Koyama, Prince George 7:30pm

October 18 Better at Home Casino Night Fundraiser, cost \$25 5:30-9pm

October 17-18 Big Dog Comedy featuring Christina Walkinshaw and Kathleen McGee, The Occidental 8pm

October 23 Quesnel Film Club: Land Ho!, Carib Theatre 6:30-7:30pm. Regular Admission \$9, Seniors \$7. Info 250-747-7422

October 23 Live music Red Haven, The Occidental 8pm

October 24,25 Live music Frenzy, Saturday is 80s Prom Night, The Occidental 8pm

October 24-26 Adoptive Families Camp, Ness Lake Family Camp 8am-5pm. Contact Selena Weiers at sweiers@bcadoption.com or call 250-747-7494, 1-866-303-4591



October 24-26 Antiques and Uniques Sale, St.Johns Community Hall/Church 2-5pm

October 28 Child Development Centre Variety Show Fundraiser. Free Admission, donations gratefully accepted 448 Mclean St 11am-3pm

October 31 Halloween Ghostly Town Tour & Blair House of Horrors, Barkerville 5-8pm

October 31 Live music Tax Free Liquor and Mamaguroove, The Occidental 8pm

100 MILE HOUSE & AREA

October 2 Country musician Rod Black at Jakes Pub 9pm

October 1-11 Parkside Art Gallery - "Throwing Stones", Mon-Fri 10-4 & Saturday 12-4

October 2,9,16,23,30
Royal Canadian Army Cadets meet Thursdays 6:30-12:30pm. Info, Capt. Kevin Seal 250-395-1181, cadets2887@shaw.ca

October 3 Hun City Hunnies presents Comedy Night 2014. No minors, 100 Mile Community Hall, doors open 7pm. Tickets \$20 or reserve table of 8 for \$160, available at Donex and TW Tanning.

October 3, 10 South Cariboo Farmer's Market 8:30am-1:30pm Community Hall

October 4 Spaghetti Dinner and Dance Fundraiser. Tickets \$12. Overnight Camping available, mystery door prize, cash bar. Forest Grove Community Hall, 4489 Eagle Creek Rd. Doors open 5pm, dance 7:30pm until midnight. Contact Wendy Clarke 250-397-2452

October 7 Outriders Club Meeting, everyone welcome, 5:30pm. Location TBA (In 100 Mile)

October 7,14,24,28
The Art of Grieving, art course with Sarah Smith 6-8pm, supplies provided. Pre-register with 100 Mile Hospice 250-395-7680

October 16,17,18
100 Mile Performing Arts Fall production, Love Letters, Thurs-Fri 7pm, Sat 1pm and 7pm, Martin Exeter Hall. Tickets \$15, available at Didi's & Donex

October 18 Ducks Unlimited 29th Annual Banquet & Auction, 108 Community Hall

October 19 Hospice Society Concert, Martin Exeter Hall 12-5pm

October 19 The Cariboo's Got Talent presented by 100 Mile District Hospice Palliative Care Society, Martin Exeter Hall 2pm, admission by Donation

October 31 Annual "Halloween Town" Celebration, community bonfire, haunted house, skating, cartoon-type scary movies on the big screen and fireworks 6-9pm South Cariboo Recreation Centre

October 31 Halloween Fireworks, Forest Grove Community Hall, 4489 Eagle Creek Road 7pm, hot dogs and hot chocolate followed by a Halloween dance at the Forest Grove Legion 250-397-2455

NEW DVD & BLU-RAY RELEASES

OCTOBER 7th

A Million Ways to Die in the West
Alpha & Omega - Legend of the Saw Toothed Cave
Are You Here
Duck Dynasty - Season 6
Edge of Tomorrow
Heatstroke - Survie
Houdini - The Miniseries
In Secret
Life and Times of Grizzly Adams - Once Upon a Starry Night
Love Finds You in Sugarcreek
Million Dollar Arm
Tracks

OCTOBER 14th

Arctic Air - Season 3
Hellion
Mr. Peabody & Sherman
Mystery Road
Sharknado 2 - The Second One
The Prince
Vikings - Season 2
White Tiger
X-Men - Days of Future Past

OCTOBER 21st

Earth to Echo
Rampage - Capital Punishment
See No Evil 2
Sex Tape
Snowpiercer
The Purge - Anarchy
Wrong Turn 6

OCTOBER 28th

Beethoven's Treasure Tail
Begin Again
Deliver Us From Evil
Free Fall
Grace - The Possession
Life of Crime
Plastic
Wish I Was Here
Zulu

LAKE CITY AUTO CARE MALL

The Trucks are Back!

✓ **Rental Returns**
Order Yours Today!

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

MOVIES ON THE GO

LOOKING FOR A SPECIAL GIFT?

Custom Order Movies Now For Christmas

TOONIE TUESDAYS!
All Week's New Movies are only a Toonie Every Tuesday!

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

Happy Thanksgiving!

Court Smith
250-302-1176
Pauline Colgate Smith
250-302-1785

Sutton
Cariboo Realty
suttoncaribooirealty.com
232B 3rd Ave. N., Williams Lake

hear

The table: a short story

BY SUSAN CARLSON
OF WILLIAMS LAKE
WRITER'S GROUP

"Ha! It's off to the free store with you," I said to my kitchen table.

I was excited. My husband had just phoned from town to tell me he had found a round solid oak antique table to replace the chrome-legged, imitation marble-topped one which had served our family for over thirty years. It would be wonderful to have a table of "character" to replace this one.

I was in the middle of canning peaches. Jars and other preserving paraphernalia covered the table top. I started thinking about how much better the kitchen would look without this tacky old thing.

A slide show of pictures began flicking

through my brain, scenes centered around that table...

Scenes of laughter. Our younger son when he was two, asleep with his face in his plate. "Pig night". A sleepy daughter pouring her juice on her pancakes instead of in her juice glass. Her younger sister sipping her milk, lost in dreamland. Ridiculous pun and malapropism competitions while we ate our Sunday night waffles and omelet. The time the whole table collapsed during a wild game of Pit.

There were projects. Beaver skinning. Cake decorating. Small engine repair. Experiments. Puzzles. Our older son with unfinished homework spread out before him while on the side he worked on sketches of his latest invention.

And of course there

were birthday parties. Angel food cakes, chocolate cakes, jelly roll cakes, cakes shaped like houses, tractors, kitties, hearts, farmyards. Even pies or cinnamon rolls with candles in them. All served to friends and relatives who had come to join the celebration around...The Table.

Guests: Hans, the blonde Norwegian giant who stayed with us one summer so he could learn about Canadian ranching. He always hit his head on the chandelier when he stood up from the table. Lanky, freckle-faced, red-haired Tim from Nova Scotia who came to work on a nearby ranch with our son during their summer break from college. If there were any leftovers on the table at the end of a meal, he polished them off. Then there were the



pine-cone picking crews who loved to come home to a hot meal after a chilly day around the cone pile. Foster kids.

Tears. There were tears at that table. We cried there with friends after they stumbled up our steps with the news that their daughter had

The percentage of people who dream in black and white decreased after color TV came out.

been killed in a hit and run. With others when they lost their baby to crib death.

By now I was sitting at the table, stroking its still somewhat smooth top, tears trickling down my face. How could I even think about replacing this dear friend that had been

there in the middle of so many memory-making events?

Okay, we're still going to make use of that lovely antique oak table. But maybe we should hang on to this one a little longer. Who knows, maybe it will become an antique some day!

FUEL THE FIRE

ADD OUR CREAMY SRIRACHA TO YOUR FAVORITE SANDWICH

SUBWAY

HWY 97 & PROSPERITY RIDGE, WILLIAMS LAKE

& Fastest Growing

Williams Lake's Newest Accounting Firm

FBB FRASER BEVZ BROUGHTON

CHARTERED ACCOUNTANTS LLP

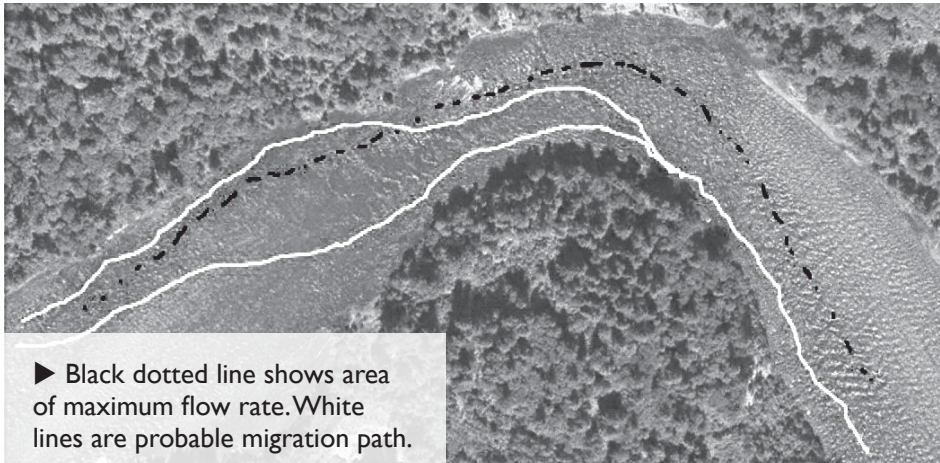
★ **Always Accepting New Personal Tax and Corporate Clients** ★

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

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

Prince George 250-563-0026 101-1440 Second Ave.	Quesnel 250-563-0026 223 Reid Street	Williams Lake 778-412-4200 301-19 First Ave. N.
--	---	--

Follow the fish!

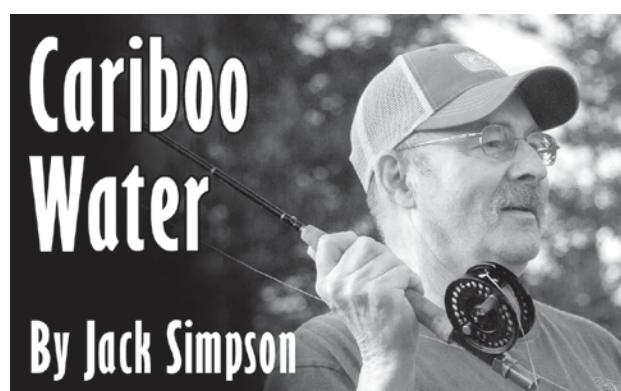


If one can understand the hydraulics of a salmon migration river as well as envision the task of swimming up a river against some very strong current, then it is a relatively simple matter to deduce where in a river the salmon SHOULD be.

River Hydraulics:

First, know that the part of the river that has the highest rate of flow (water speed), is the top water layer. Why? Because there is minimal friction against rocks or debris. The top, centre of a river is free flowing. As the flow nears the bottom and the sides of a river channel, it encounters rocks, sand, debris, tree roots and bedrock that slows the flow.

Where are they? Let's apply that knowledge to the task (for a salmon) of swimming upstream. Where in the river flow are they going to swim? Where the flow is the slowest and swimming against the current is the easiest, of course! So, by simple deduction, the



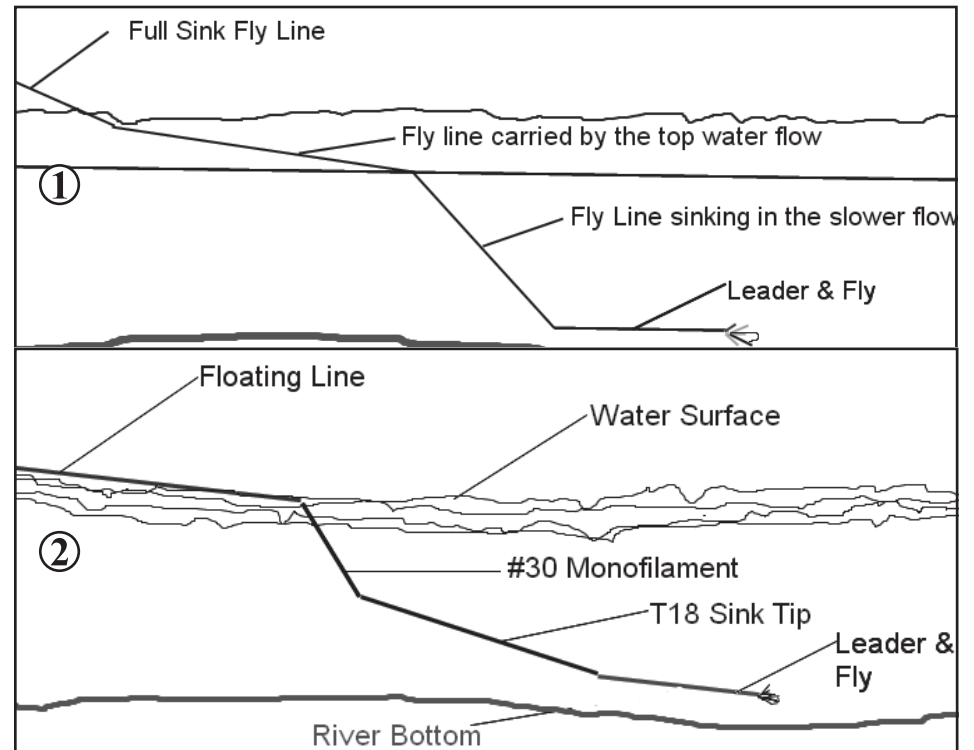
slowest flow/easiest swimming is near the bottom of a river, as close to the river banks as possible, while still maintaining some safety against possible predators. Put together as simply as possible; within 10 feet of the river bank, in water depths of 3 to 6 feet, within a foot or less of the bottom. That is the most likely area in a river to find salmon heading upstream.

Getting the fly down to the fish:

① Casting a full sink line (Type VI or heavier) with a 4-6" leader and weighted fly out into the flow, then feeding and mending line so the fly

and line sinks as it is carried downstream then swings toward shore.

② Casting a floating line connected to a 4' length of #30 or #40 monofilament line, which is in turn connected to a length of custom cut sinking line (normally lead core or tungsten centred line with a sink rate of 8-10 inches per second, also known as LC13 or T-18 line) then to a leader and weighted fly. This set up has the advantage of allowing the casting "floating head" to float on top of the water, having the narrow diameter monofilament cut through the fast-flowing top water and allowing



the separate sink tip to "get down" into the slower water below.

In any case, the purpose is to get the fly near the bottom. How "near"? In the words of a friend of mine and consistently very successful Coho fly fisher, Harold Dean, of 100 Mile: "If you're NOT snagging bottom occasionally, you're not down far enough!"

Flies: High & murky flows require bigger, heavier & brighter coloured flies, low, clearer water require smaller more subdued flies.

High Water: 2/0 short hooks with bright colours



and substantial volume of material

Low Water: #6 or #8 XL hook, sparkle wrap & marabou tail



The Cast and The Retrieve:

My preferred technique is to cast out toward mid-stream, playing out line so that the line or sink tip drifts freely downstream as it sinks. At about 75-80' downstream take up tension on the line and allow the front end and fly to swing toward shore. When the line and fly is approximately 6-8' out from river bank shallows begin to briskly strip

retrieve the line. At least 2' of line at a time, using the strip/pause method. This technique plays upon the aggressive behavior of Coho as they migrate up the river. By stripping the line and fly upstream, in the manner described, a fly will quickly pass a swimming Coho, which, out of pure instinct will aggressively attack the fly. Positive, fair hooked (in the mouth) fish. And the fight is on!!

Questions? homewaters2011@gmail.com.

Planning a trip down to the Bella Coola Valley? Please visit the several really great camping and RV Facilities in the Valley. They've had a couple of really tough years and could use the patronage. Have a great time and preserve our resource.

It's "You" Time
CLOTHING • JEWELLERY • ACCESSORIES
Fashion with Attitude

Get Ready For Holiday Parties!

Check out Williams Lake's Newest Ladies Fashion Boutique

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

Last Market Oct. 10 is Customer Appreciation Day!
Thanks to all our customers!

Farmer's Market in Boitano Park
Fridays, 9am to 2pm

Eat Local • Eat Fresh
New Vendors Welcome
Monthly draw

For info call Vonny Williams Lake, BC **250-392-3577**
<http://wlfarmersmarket.blogspot.com>

Cariboo Envirotech Ltd.
INTEGRATED NATURAL RESOURCE CONSULTANTS

- Watershed Assessments
- Aquaculture
- Stream & Lake Surveys
- Silviculture
- Registered Professional Biologists
- Environmental Monitoring
- Research
- Reclamation
- Freshwater Commercial Fishery Management
- Since 1995

Our clients are fish, and the environment they live in!

Ph/Fx **250-790-2456**
PO Box 174, Likely • Email carenvir@wlake.com

do

Remember that the most valuable antiques are dear old friends.
~ H. Jackson Brown, Jr.

Standing the test of time

I love antiques. I love seeing them and imagining their story. Where they've been and the families they have been a part of, and how much care and love had to go into preserving them. We got our table, and after two months with our four year old and a nasty run in with a planter, it wasn't that well preserved. I will have to refinish it for it to be around for a while, and then I should try getting one of those clear plastic tablecloth covers my grandma always had over her table whenever it wasn't in use. I remember the care she took with her dining set and wish I had spent more time paying attention to the effort she put into keep things nice, but what can I say? I was a kid and she had horses, so I was never in the house.

That got me thinking about how things stand the test of time, and then

You, Me and We

By Gina Mawson



to how relationships stand the test of time. With the divorce rate hovering at around 50% of all marriages, I think it is worth pondering. When two people spend as much time together as most married people do, the little things can become big things that can wear on the relationship. So how do you not let them become a big deal? How do you keep yourself in a place where you are feeling happy enough that the little things still remain amusing little quirks that you let wash off your back

like rain off a roof?

My husband and I were talking and he made a comment that both startled me and amused me. We were talking about taking 'me' time. He said, "You might notice that I make sure to take 'me' time, even if we are in the same house or room." Yes, I noticed. Then he said, "I don't think women take enough 'me' time". Interesting. He continued on to say he had observed that women say they are taking 'me' time, but that they are usually taking on more work in reality.



I was amused by that, because it is more than likely true. Scrap booking is a really popular hobby with women, and it takes work. Having a garden, that takes work. Building a cabin, that takes work. And I don't have the answer to whether or not that is really taking 'me' time, because I think the answer would differ for each person. However, I can't see why it wouldn't be if it was something that you were doing because you loved it and it gave you the 'me' time you were seeking.

Let's face it, our society is geared towards being overwhelmingly busy at times. Some women might scoff at the thought of having enough hours in the day for 'me' time. I know I often feel that way. But the reality of it is, if we let ourselves be scheduled to death,



...the little things, that we would normally just ignore or laugh off, start to become bothersome, like a splinter under your skin.

we won't have the time. Why does that matter? To preserve our relationships and our families we need to work on keeping ourselves healthy and happy. If we run our personal wells dry, then eventually we start running out of the energy we need to have in order to continue giving to the people we love in our lives. That is when the little things, that we would normally just ignore or laugh off, start to become bothersome, like a splinter under your skin.

So, regardless of what

'me' time means to you, making sure you make a regular practice of recharging your batteries is a good idea. It can be a soak in a bubble bath, it can be a really good phone conversation or time out with a best friend, or it could be a 30 minute walk where you take time to smell the roses. It really doesn't matter what it is, just that you take the time to make yourself a priority once in a while. Believe me, the people who love you will appreciate the benefits of a healthy, happy you.

CHIEF WILLIAM
GAS BAR & STORE

250-296-4522
2581 Hwy 97 S., Williams Lake

Sugarcane
TREADPRO
Tire Centres

250-296-4453
2579 Highway 97 S., Williams Lake

CHIEF WILLIAM
RV & CAMPGROUND

Laundromat • Showers • RV Hookup
250-296-4352 2581 Hwy 97 S., Williams Lake

COYOTE ROCK
GOLF COURSE

Golf \$18.00 Every Day

250-303-4653 • www.coyoterockgolf.com
Hwy 97, 5 min. South of Williams Lake

Reach out to us.
We can help.

Your BC Interior law firm – supporting families, individuals, and business since 1911.

- Personal and business disputes
- Business & real estate matters
- ICBC claims & personal injury
- Divorces & family matters
- Wills & estate matters

Morelli Chertkow LLP
LAWYERS

Kevin F. Church **250-398-7326**
MorelliChertkow.com 1-888-374-3350

Serving Williams Lake, Kamloops, Merritt, and Ashcroft

eat

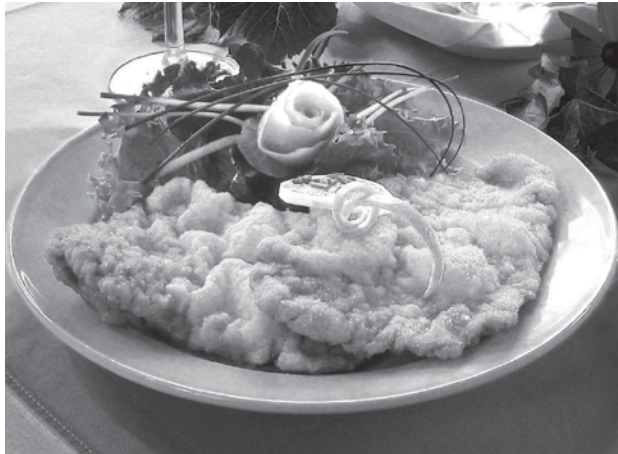
Happy Birthday on October 11, 1844 to Henry John Heinz who founded the Heinz Ketchup Company.

Give me real, old fashioned food

It's not a long trip. Not long enough to solve the world's problems, however it is long enough to have a good conversation about the current state of affairs. About half way into the trip I usually stop thinking about what we are talking about and start to pretend that my van is a time machine and I'm hurtling through space at a ridiculous speed going back in time. I'm going for dinner in the 70s!

The outside hasn't changed for as long as I can remember. It's a medium-sized restaurant painted white with green trim. Walking through the front door is like walking back in time, a large bar behind the front desk with bottles of all the good things in life. Tables covered in white cloths with roses embroidered into them, topped with glass, and plants adorning every empty space. This looks, I'm sure, like every German restaurant in the 1970s must have looked (not being born until 1973 I can only assume they all looked this way).

To a cook, opening the menu offers the same relief as an old pair of (insert your favorite old clothing item here). Things like deep fried camembert with half



Out of the Fridge

By Brice O'Neill



a canned pear, some cranberry jelly and fried parsley, and classics like Schnitzel with mushroom cream sauce are a rare find. This is a place unabashedly unchanged with time. When the food arrives there is simply a piece of perfectly cooked meat with a sauce on top of it, a few sliced vegetables and a starch (in this case Spätzle). It's old-fashioned good food that's been the same for a very long time. I think that's the beauty of antiques, they are un-

changed with the ravages of time and they offer a glimpse of how things used to be.

Recently my partner and I were visited by someone from a big city who told us all about his life in the hustle and bustle. He talked about how amazing everything was and how he could do all kinds of wonderful stuff because everyone in the city was awesome... or something to that effect. I wasn't really listening too closely because I was pretending I was a

giant robot bent on world domination.

My interest was brought back to the conversation again when he started talking about restaurants and how they are serving this new thing called shar-cut-ery. It took me a moment, due to his pronunciation of the word, to figure out that this wasn't some great new food from the future served only in the high-end restaurants of the city. It was in fact Charcuterie, a very old form of cooking involving things like Pâté, terrine, galantine and roulade, food that has been around since the beginning of haute cuisine.

It was weird to think that things I made in culinary school and haven't given a second thought to since are now the latest trend in high-end food. It was kind of comforting to know that food is starting to come back to the way things used to be; a time when cooks cooked, they didn't open a bag and dump the contents into a deep fryer. You can't go down to your local supermarket and buy a terrine. There is no way to open a box of pâté and thaw it out before haphazardly slapping it on a plate. These things take skill, patience and a

Historic Williams Lake: BC Railway Station

• **1920s** The BC Railway Station was built, one of only two that remain standing in the Cariboo. Note the platform area (lower right) where the Gallery Shop would be later added



• **1970s** Note the Lakeview Hotel to the left of the Station

• **1982** Station House Gallery negotiates 15-year lease from BC Rail



• **2014** The building's rotted wood was replaced and the building repainted with generous donations to The Station House Gallery and the help of volunteers

willingness to make, darn it!

Whoa sorry guys... I kinda got carried away there. I almost gave a lec-

ture. Well I guess this is a good time then to give you the email address and say thanks for reading. sales@thestew.ca

Enter to Win a Scholarship!

Until October 31, 2014, we will be giving away scholarships ranging from \$1,000-\$19,500

Stop by TODAY to enter!

Programs Include:
Customer Service
Accounting
Healthcare
Business
I.T.



Academy OF LEARNING COLLEGE

778-412-5512
291 2nd Avenue North
WILLIAMS LAKE

Christmas at The Point

Make it a Point to Celebrate at the POINT!

- Our beautiful Pioneer Room seats up to 170
- Creative catering with our new culinary team

It's time to book your Christmas party!

Signal Point GAMING

250-398-5554 Ext. 112
spg.marketing@shaw.ca

belc

Plan how long you'll play.
GameSense

19+

Diamond Saturday, October 25 Dinner

The Point Banquet Room
Net proceeds will support the Good Food Box and the new Autism Centre

Tickets \$80 per person, available at Child Development Ctr. & Women's Contact Soc.

For more information call
Ashlee 250-392-4118 or Nancy 250-392-4481

Signal Point GAMING

Woodland Jewellers

Gustafson's

CHRYSLER Jeep



Happy Birthday Buster Keaton, October 4, 1895

Lifelong Learning Plan (LLP)

Are you thinking of post secondary education but do not want to apply for a student loan – why not borrow money from yourself if you have an RRSP? You are able to use your RRSP's in order to go to school. Do you qualify and meet all of the criteria below:

- You have an RRSP
- You are a Canadian resident
- The LLP student is enrolled (or has received an offer to enroll before March of the next year):
 1. As a full-time student – minimum of 10 hours per week
 2. At an approved designated educational institution
 3. In an approved and qualifying educational program
- If you have made an LLP withdrawal in a previous year, your repayment period has not begun

Key Information:

LLP Student – this is the individual whose education you are financing under the LLP. It can be you, or your spouse or common-law partner. It cannot be your child, your spouse, or common-law partner's child. You also have to participate in the LLP for the same LLP student each year until the year after you have reduced LLP balance to zero.

Repayment period – starts in the second, third, fourth of fifth year AFTER the year of the first withdrawal and ends when the LLP balance is zero.

Any contributions deposited in the last 89 days cannot be used for the LLP.

Note: If you have a locked-in RRSP (such as funds that came from a pension plan), you are not permitted to use these funds as an LLP.

ALSO...be careful of where your RRSPs have been invested. If they are in a back-end load fund (DSC), you are permitted to use them tax free for an LLP, but your financial institution may still charge you a penalty if you withdraw the funds.

If you have RRSPs and are currently or planning to attend a university, college, or other institution that qualifies for the LLP, call me to discuss this matter. Each individual may or may not have other factors that come into play when taking money out of your RRSPs for furthering your education.

Adele McLearn, CHS

Life, Disability & Critical
Illness Insurance

Group / Individual
Health Plans

RRSP • RESP • RRIF

Travel Insurance

Call Us!

250-392-6448

Email admacfin@telus.net
299C North 2nd Avenue, Williams Lake

Road trip a nostalgic rite of passage

As kids, most, if not all, of us went on the family road trip with our parents. It is almost an archetypal childhood learning experience, a 20th/ 21st century North American rite of passage. Now, imagine going on that trip as an adult with your aging mother. Better yet, imagine getting the chance to write about it and then see your words come alive in a play.

Last spring, the Central Interior Zone of Theatre BC hosted a writing workshop and had twelve participants from all through the zone come together to learn the art of being a playwright. The group met several times in Williams Lake, Kersley, and Prince George. Kersley resident Roy Teed, an accomplished playwright himself, lead the participants through the process of developing their stories. WLST has produced at least three of Roy's plays: "Tales of Me and Irmie" (1999), "Har! The Pirate Play" (2007) and "The Good Game" (2010). April Gerwing, who by coincidence acted in "The Good Game", was one of two Williams Lakers to take part in the workshop.

April stressed how positive the learning environment was, and how much the writers learned from each other. "The emphasis was on positive feedback, and we all supported each other to make our stories bet-



Behind the Curtain

By Cathie Hamm



ter. Roy stressed that you have to be a play 'wright', not just somebody who 'writes'; a wright is an artist who must craft the whole story."

April has done this admirably, with "The Trip". This short play is the story of Winnie, the mother, Abby, the daughter, and Dale, the son-in-law, who go on a car ride from their prairie home to Vegas. Along the way they meet three young men, and learn a few things about themselves and each other. Just what is learned is best told by the play itself, but

just remember that when you are traveling with your mother and you get sleepy and let her drive, anything can happen.

April admits that at least part of the story is biographical, and the play is dedicated to her mother, Eleanor and her "indomitable spirit", and the memory of her father, Cliff. How much of her mother is reflected in Winnie is best left to the imagination. April does talk poignantly about how she started writing this story before her father died. After his death, her mother took her and her husband to Hawaii, "the trip she couldn't make before". April didn't reveal any details of that journey, but her story solidified in the meantime. She says that once she started the workshop and actually sat down and concentrated on the script, it all came together quickly. She finished it on Mother's Day while her husband and son were outside working on the lawn. She stayed inside and just wrote. Teed and the group then helped her polish the results.

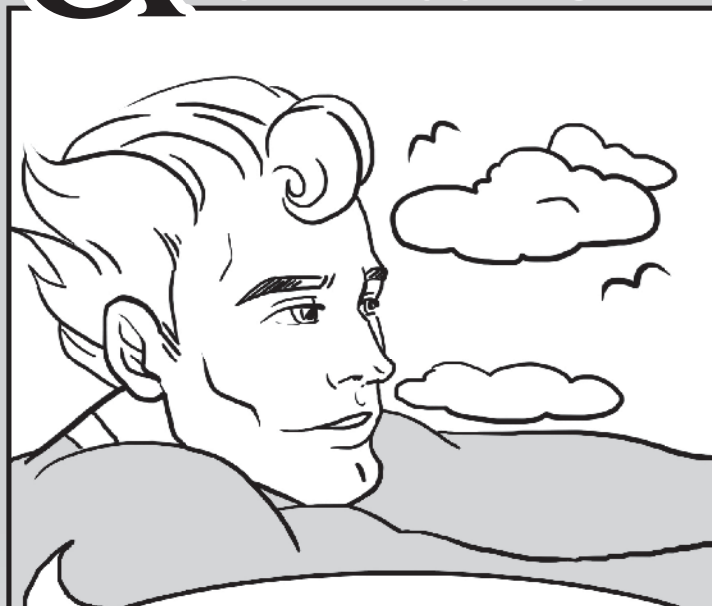
She was then chosen for the exciting opportunity to present her play. "I have this vision, and now I get to make it come alive". April is now learning the next step of stagecraft, directing a play. She has chosen her cast and crew, and is currently working them through the process of polishing the vision.

As both the playwright and director, April has a distinct vision which would be different from what other directors would see in the script. One very important thing to April as a playwright is the music for the story. Often the soundtrack for a play is left up to the director, but April has chosen songs that complete her script. "I have chosen all Canadian music, and it is an essential part of the story. It is part of growing up in the prairies."

"The Trip" will be performed with two other plays: "Down the Rabbit Hole" by Pete Drewcock of the Kersley Players, and "Work" by Raghu Lokanathan of Pocket Theatre in Prince George. They will be in Prince George on Oct 4, in Kersley on Oct 10, and in Williams Lake on Oct 11; doors open at 7:30 and performance starts at 8:00. The WL show is at the Studio Theatre in Glendale, and tickets are available at Aboutface Photography. Come see the exciting premier of our local playwrights.



NEW WORLD COFFEE & TEA HOUSE



I AM **SUPER** HUNGRY!



art by Jazmyn Douillard www.firelightgleam.com



**FIGHTING HUNGER
WITH REAL FOOD!**

Dear Williams Lake: This is Sue Lachance, owner of New World Coffee & Tea House.

On behalf of myself and the staff of New World, we would like to send out a big thumbs up to all of our customers who have made our first five years in business such a great success. This is an anniversary that is worth celebrating!

As a way of saying thank you, we are offering a **FREE regular coffee** Monday to Friday from 7:30 to 9:30am during the entire month of October. FREE? Yes, free. All you have to do is mention that you saw this ad in the Stew, and it's all yours! (One per customer daily, to stay or to go.)

A quick reminder to please take the time to support your Downtown shopping area. Stop in at one of the many retailers and let them know that they matter to you. Our Downtown needs your support to keep its heart beating.

Our menu is available online!

www.NewWorldCoffee.ca

OPEN: Mon-Fri 7:30am, Saturday 8:30am • KITCHEN OPEN until 4pm daily

778-412-5282 • 72 Oliver Street, Williams Lake

**Celebrate our
5th Anniversary
with a
FREE*
Regular Coffee**



hear

October 16, 1758: Happy Birthday Noah Webster
- compiled first American English dictionary

Occidental: a hub of entertainment since 1910



Historical Roots

Our Region is steeped in the history of the Cariboo Wagon Road and the Goldrush, and Quesnel is no exception. From its meagre beginnings as a stop along the dusty trail, Quesnel began to grow into a hub of commerce. A business area took shape and flourished, including several Front Street hotels.

Taking 'Center Stage' for October is The Occidental, a landmark

location with a long history of entertainment in Quesnel.

The site of a hotel since the 1860s, it was first established as the Occidental Hotel in 1910, and described as the most renowned house and bar on the Cariboo Road.

The original building ① (sign reads Occidental Hotel, Ed Kepner) contained a saloon, dining room, dance hall and display rooms in addition

to the bedrooms, making the Hotel the business hub and social focal point for the community.

The 1912 masquerade party at the Hotel ② is a great example of the community gathering at the Occidental for a social event.

After the fire of 1916 completely destroyed the Hotel, the lot remained empty until 1922 when the new owner moved the vacant Anglican Boarding School, ③ built in 1914, to the Front Street location. It was known as the British-American until it was and renamed the Quesnel Hotel in 1933.

During the 1930s, the new Gold Rush in Wells brought increased business to the Hotel. Renovations were made to the beer parlor and restaurant, and to the basement to provide additional bunkhouse accommodations at a mere 50 cents per night.

This building has seen many owners, and undergone renovations over the years, but the integrity of the original boarding school has been preserved, along with its long history of hospitality (though it no longer operates as a hotel).

On May 17, 2012, the Quesnel Hotel heritage

property ④ was recognized with a plaque installed at the landmark location on Front Street. It operated for some time as a nightclub, known to locals as "The Q".

Modern Ideas

2014 brought new ownership with the McKillican family, and a nostalgic nod to its historic roots. Renamed "The Occidental", the newly renovated building combines all the character and charm of an older establishment with updated amenities.

This 2014 photo ⑤ shows the Occidental as it stands today, with the original boarding house building on the left (now the kitchen and rest-room area) and the beer parlour on the right (now the bar, restaurant and stage area).

I spoke with the new owners – husband and wife team, Barry and Louise McKillican – and discovered the Occidental truly is a family-run business, with each member playing their own part from janitorial to bartending.

"We saw a need for local musicians to have

a place to play their original music, and allow indie bands a chance to stretch their wings." Other local venues focus on cover music, but the family believes "the more audiences listen to original music, the more they will be open to it." Music festivals like ArtsWells give you that experience, but the Occidental makes it more easily accessible – an amazing musical experience close to home.

The Family's other business, McKillican Production Services, has been bringing sound and stage production to the Quesnel area, and to the festival circuit for years. Their expertise and equipment make this updated building a high-end entertainment venue, ⑥ for both the audience and the performers.

Building updates include a high-end sound system and light show, with a huge stage and dance floor. Hosting a diverse selection of live music and entertainers, shows have even included a Circus Freak act with sword-swallowing and a bed of nails, and the renowned classic rock band, Nazareth.

Walk a Mile in Our Shoes

OCTOBER SPECIAL
20% OFF

ANY **MERRELL** RUNNING SHOE

250-392-5644
www.walkriteshoestore.ca

130 Oliver St. Williams Lake

Walk-Rite Shoes

Baked for You

We're Celebrating Our 1st Anniversary
~ Join Us For DAILY SPECIALS!

- Homemade is our Motto!
- No added preservatives
- Gluten-free options
- We make our own soup stock

778-412-3234
Mon-Tues 8:30-4 · Wed-Fri 8:30-6
360 N Mackenzie, Williams Lake

Map showing location: 5th Ave N, Carleton St, Proctor St, Borland St, Oliver St, 1st Ave N, Mackenzie Ave N, Comer St.

Baked For You

hear

In 1656 a Dutchman named Christian Huygens was the first person to use a pendulum, as a driving device in clocks.

Historic Quesnel: Hudson's Bay Company Building



► All historical photos courtesy of Quesnel & District Museum & Archives

- Constructed as a store by G.B. Wright in 1864
- Owned by H.B.C. June 21, 1867 to 1919
- Purchased by C.H. Allison in 1920, as a drug and book store and post office
- Added ice cream parlour 1922
- James R. Kinley purchased drug store in 1948, operated under lease from Mr. Allison until 1953 when he moved the business to Reid St.
- Simpson's Sears, then Forster's Auto Parts 1953-1963
- Aveline Hill purchased, saving the condemned building in 1964, then upgraded in 1967
- Became a Sunday coffee house in 1975
- City of Quesnel purchased the building from Aveline Hill for \$75,000 in 1984
- Designated provincial historic site 1985
- Government grants awarded to City for restoration to 1880s era in 1985-1987
- Grand reopening after restorations in July 1989
- Hokey Pokey Kitchen, Heritage House Restaurant and Cariboo Keepsakes Arts & Crafts, 1992-present

The Occidental also brings in a variety of deejays, both after events and on Friday and Saturday evenings, with music and lights to keep you energized and dancing.

The kitchen is open for appies, as well as lunch and dinner Tuesday through Saturday evenings, serving local meat and produce whenever possible.

Future Visions

The new Occidental truly lives up to its grand history of entertainment, and The McKillicans want to continue to bring unique, quality acts to Quesnel.

Entertainment offerings for the month of October (8pm show time for most) include: **Oct. 2** Bluenose Picker, **Oct. 4** local hip-hop group Exile opens for Florida band Hard Target & Kensta Lopez for customer appreciation night, **Oct. 12** Twin Peaks, **Oct. 17-18** Tom Basset's Big Dog Comedy visits the club featuring Christina Walkinshaw and Kathleen McGee, **Oct. 23** Red Haven, **Oct. 24-25** local favorites Frenzy return, turning up the volume on

Saturday with 80s Prom Night, **Oct. 31** 100 Mile punk band Tax Free Liquor opens for Quesnel's own Mamaguroove, and **Nov. 1** Mamaguroove opens for headliners Novi Dubtronic.

Other entertainment to watch for includes a Burlesque show in early November, and Dinner Theatre, coming soon.

They are always exploring possibilities for bringing new and exciting and acts to Quesnel. Without revealing too much, I am certainly excited by the calibre of entertainment Barry has in the works, with the help of his music industry contacts.

The McKillicans say the building is a work in progress, with more renovations and decor changes in the works, including a mural in the pool room, and artwork by both Louise and son Brian to adorn the walls.

When asked about their vision for the future, the McKillicans say they are in the process of applying to allow underage people on the premises with adult supervision during special, all-ages events and jams.



Their goal is a return to the history of this building; a gathering place and hub of entertainment for the entire community.

Catch a show at the Occidental! 228 Front St., 250-992-5814, www.OccidentalQuesnel.com



Musicians and entertainers! Venues and event organizers! I'm here to spread the word about all things enter-

tainment in the Cariboo. Drop me a line and let's get you some free promotion! Email Renée_sales@thestew.ca

hear

Antique furniture trivia: A brewster, spoon-back and fauteuil are all types of chairs.

THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

October 12th Old Farmers Day

Old Farmers Day honours the hard labour of farmers throughout American history. Early American culture was heavily a farming culture. Early settlers cleared fields and pristine woods to farm the rich land. They brought seeds and farming methods with them, and found new seeds and methods along the way. Many of those new farming methods came from Native Americans who were already farming the land, most notably the concept of hilling or mounding the soil.

The month of October is a very appropriate month to celebrate and honour farmers. At this time of year, the harvest is largely complete and farmers can take a break from their labours to enjoy this celebration.

October 16th Dictionary Day

Dictionary Day is in honor of Noah Webster, considered the Father of the American Dictionary, born on October 16, 1758.

The objective of this day is to emphasize the importance of dictionary skills, and seeks to improve vocabulary.

Webster began to write his dictionary at the age of 43. It took him 27 years to finish it! In addition to traditional English vocabulary, it contained uniquely American words.

Celebrate Dictionary Day by reading the "Good Book"...the Dictionary! We challenge you to learn some new words today.

The find: an antique story

Tasty Tidbits

By Paige Knights-Smith



Kerry stopped outside of an old shop, which was just on the outskirts of her hometown. It had just opened, and as a married woman in her mid-thirties, an old antique shop was just the escape that she couldn't wait to take part in. She looked up at the old signage before entering and couldn't help but think of a book that she had recently re-read, *Needful Things* by Stephen King, her favorite author. She giggled, and shook her head, something like that wasn't possible.

A bell rang the moment Kerry walked through the old door, and a friendly voice said "hello" in a sing-song voice from across the room. Kerry looked at the little old lady, white hair piled on top of her head, and a big feather duster in her hand.

"Welcome to my shop!" she said, hurrying over to Kerry. "My name is Mary, how are you today? Did you just come into browse, or were you looking for something specific?"

Kerry smiled, "Hi

Mary, I am just coming in to look around. You have a beautiful shop."

"Oh thank you dear!"

Her singsong voice echoed around the room. "Please feel free! Everything has a story, so whatever tickles your fancy, I shall tell you where it comes from!"

Kerry giggled quietly as the old woman hurried off on her way, and as quickly as she greeted her, she was around the corner getting back to her dusting.

Kerry wandered around for what felt like hours, seeing old vases and plates, as well as coins, jewellery, paintings, and furniture. Nothing seemed to catch the housewife's eye, until she came across some old necklaces. Her eyes immediately were drawn to an old skeleton key necklace on a copper chain hanging on a wooden stand. It was an old iron key, dark grey with copper wire wrapped around it in an intricate manner. Kerry couldn't stop her hand from reaching for it, but just as she was to touch the delicate

necklace, Mary's voice came from behind her,

"Oh!" she cooed, "Look what you found." She grabbed the necklace before Kerry had a chance to take a closer look.

Kerry felt a little angry that Mary was all of a sudden at her side, just as she had found something interesting.

"This was from an old clock tower, back in the 1600s. It has been in my family for generations. Old iron, it is very heavy," Mary leaned closer to her and put the chain around Kerry's neck, "But it looks fabulous on you."

Kerry looked down at the necklace, and felt the heaviness on her hand as she held the key. She couldn't take her eyes off of it, something inside knew that this was hers, and she didn't question it.

Later that night, Kerry was in bed, sitting next to her slumbering husband, reading her guilty pleasure books. Immersing herself into another fantasy, another life. She loved her husband and her kids, she loved the life that she was in, but it is always nice to escape, even for an hour. Kerry looked over at her night table and stared at the skeleton key that she had bought only hours before. She picked it up, and felt the heaviness once again in her hand, running her thumb up and down, feeling the copper wire, and the grooves that it had. As her eyes began to grow heavy, she wondered what more history the old key held.

As suddenly as she fell asleep, Kerry woke with a start. Yet she wasn't in bed, instead she was in a

long corridor, old with wooden doors all along each side of her. Confusion and slight panic set in. Not knowing what was going on, Kerry was nervous. She looked down and saw that she was still in her pajamas that she was wearing when she went to bed that night, and around her neck was the skeleton key. She reached up and held it; feeling the solidness underneath her fingertips made her feel slightly more secure, even though she wasn't sure why.

She walked forward, and reached for the first door on her right, it opened easily and she saw nothing but black emptiness. The same thing happened to the next few doors that she tried. Finally she came to a locked door. Kerry was surprised that this seemed to be the only locked door in a sea full of open ones.

She was about to move on when she felt the necklace weighing her neck down, and she pondered – what if? What if the necklace opened the door to another place, another opportunity? She took the key from around her neck and pushed it into the door lock. A click rang in her ears as the door opened. Blinded for a few seconds by the light, Kerry's eyes adjusted and she peered into a beautiful garden, filled with bright, colourful flowers, and paths that led to unknown areas. She walked in and stood underneath a wooden pergola. She could feel the sunlight beat down on her skin, and the glow that radiated from it. Kerry no longer felt panicked. Instead she felt more alive than she had for as long as she could remember. Away from the stress, away from the worry, the key had taken her to a place where she could find solitude. A place that was her own. A place that no one could find her.

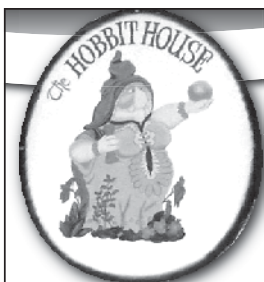


Frame by Frame
Custom Framing
Computerized Matte Cutter

Proudly Supporting Artists

250-392-3814

288 2nd Avenue North, Williams Lake



Unique Things for
Unique Souls

Try a Pumpkin
Spice Latte!

Find us on Facebook
71-1st Avenue S., Williams Lake

SHOP LOCALLY!

Psychic Fair
Friday Oct. 17
10am-7pm

Saturday Oct. 18
11am-4pm

Sessions with Psychics,
Clairvoyants & Mediums

Angel & Tarot Card Readings

**Book Your
Appointment Now!**

250-392-7599

J & Gifts and Treasures

Something For All Occasions

Join Us in Celebrating Our 8th Anniversary!

10-75% OFF
Selected Items

- Year-round Christmas store
- Reva Schick's collectable dolls
- Canadian-made bedding
- Luxurious bamboo sheets
- Portofino towels
- Gifts for every occasion

Quality at affordable prices!

281 Oliver Street, Downtown Williams Lake
jandegifts@shawcable.com

250-398-9887


It's not Junk...it is a collection!!!

Stew Spots

Monthly distribution of The Stew Magazine

100 MILE HOUSE

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

150 MILE HOUSE

150 Mile Mall
Marshall's Store

LAC LA HACHE

Fast Trac Gas &
Convenience Store
The Rustic Grill

MCLEESE LAKE

McLeese Lake Store

QUESNEL

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

WILLIAMS LAKE

A&W
Alley Katz
Andre's Electronics
Baked For You
Bean Counter
Best Western
Canadian Tire
Canwest Propane
CRD Library (Magazine
& News Section)
Central Cariboo Arts &
Culture Centre
Concrete Fitness
Cool Clear Water
Crates Gift Shop
Dairy Queen
Dandelion Living
Denny's Restaurant
Dog n Suds
Elaine's Natural Foods
Frame Creations by Bruce
The Gecko Tree
Greyhound
Good Guys Gardening
Halls Organics
Hobbit House
Hopkins Design Studio
Husky
Karamia's
M&M Meat Shop
McDonald's
Mohawk
New World Coffee
One More Slice
The Open Book
Ramada Hotel
Red Shred's
Safeway
Sandman Inn
Save-On Foods
Scrub Ur Duds
Shields Brake & Muffler
Shopper's Drug Mart
Starbucks
Station House Gallery
Subway (Highway 97)
Subway (Prosperity Ridge)
Super 8
Tim Horton's
Tourism Info Centre
TRU
Walmart
WLCBIA
Women's Contact Society

Want to be a STEW depot?

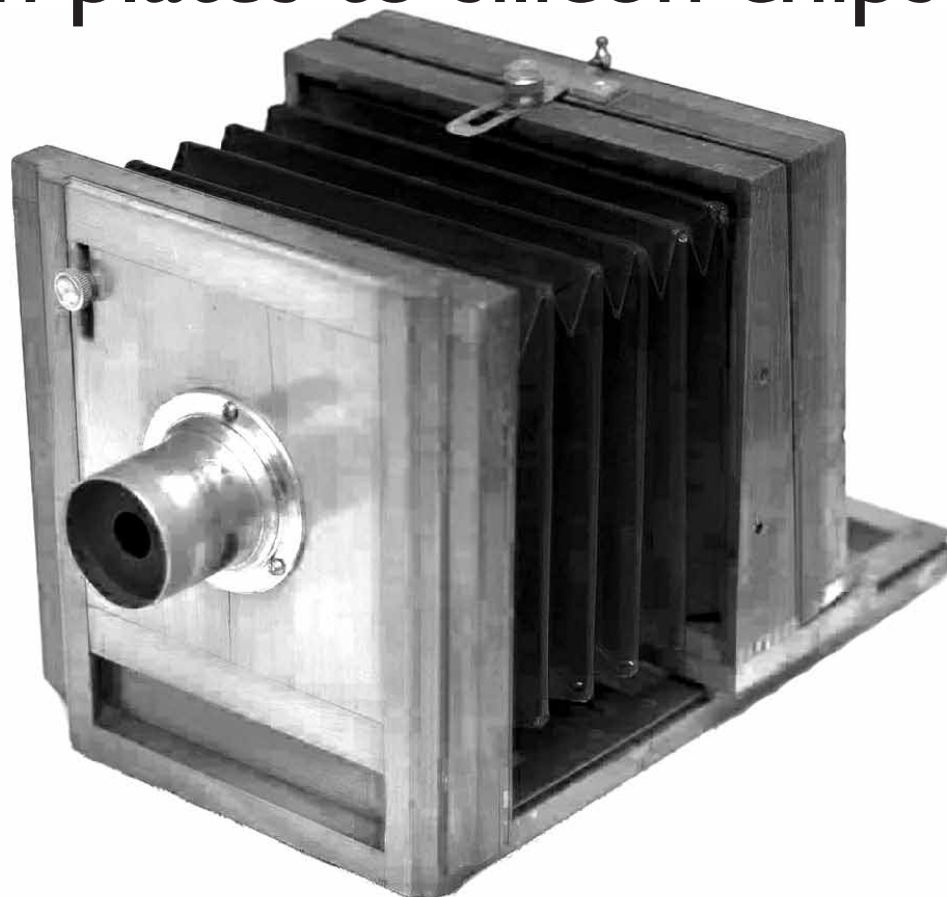
Email craig@thestew.ca or call 250-398-7446

From tin plates to silicon chips

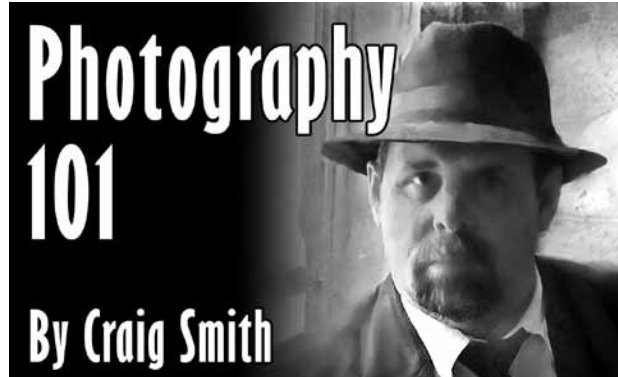
Rather than talk about photo techniques this month I thought I would continue with our theme and talk a little about the history of photography and those first cameras that we now call antiques.

The birth year of photography is widely accepted as 1839 with a process known as Daguerreotype process, developed by a Frenchman named Louis Daguerre. There were some photographs created in the previous 30 years but were not easy to create, took days to expose, and did not last long. The first images were made out of tin and reprints could only be made by photographing the original again. The next process was called calotype and was paper based. This process was a negative process and allowed the photographer to make contact prints.

Glass negatives became popular in 1852 but the limitations the early photographers had was that whatever size your negative was, that was the size of your print. Depending on what print you wanted to create you carried that size camera. An 8x10 camera made an 8x10 print. This is also part of the reason that the photo industry is a little screwed up when it comes to size. We use both metric and



imperial in that I will take a 35mm camera and make an 8x10 print. 11x14, 8x10, 5x7 and 4x5 used to be the sizes of those first focusing cameras and the industry isn't ready yet to give up that history. All wet photography (I call digital a dry process) used and still uses some pretty nasty chemicals, cyanide, bromide, chlorine, silver oxide, selenium, and mercury to name just a few and the first photographers were mainly chemists.



In 1849 the first studio photograph using artificial light was taken. Popular during that time for portrait studio photographers was a series of clamps to hold the arms and heads straight during long exposures. I have seen thousands of old photos over the last 25 years and one of the common revelations I hear is about the lack of expression on grandma or great grandpa, "they were so serious back then or it was the depression". Photographers told their subjects to be expressionless because that was the easiest expression to keep for 30 seconds. If you don't believe me try keeping the exact same smile steady for half a minute and you'll see why.

Photo enlargers became popular in the late 1850's and after that the choice for big nega-

tives was due more for quality of the image. In 1901 George Eastman introduced the Kodak Brownie one of the first mass produced cameras. Now everyone could take a photograph and since Eastman did all the developing you didn't have to be a chemist.

Colour photography was experimented with as long ago as 1848 but didn't become popular, affordable, and stable enough until the mid-1960's. Anyone the same age as I am may have black and white or colour baby pictures or a mix depending on where they lived at that time.

So when you are out taking pictures of that sunset or your kids or grandkids take a second to reflect on the 175 years of development that it took to put the digital camera in your hands. Until next month, happy shooting.



Promote Your Business

Most of these items are customized in-house, allowing for quick turnaround and no minimum quantities required. Discounts available for large quantities.

Ask for a personalized quote!

Personalized Gifts

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

Support the Cariboo!

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

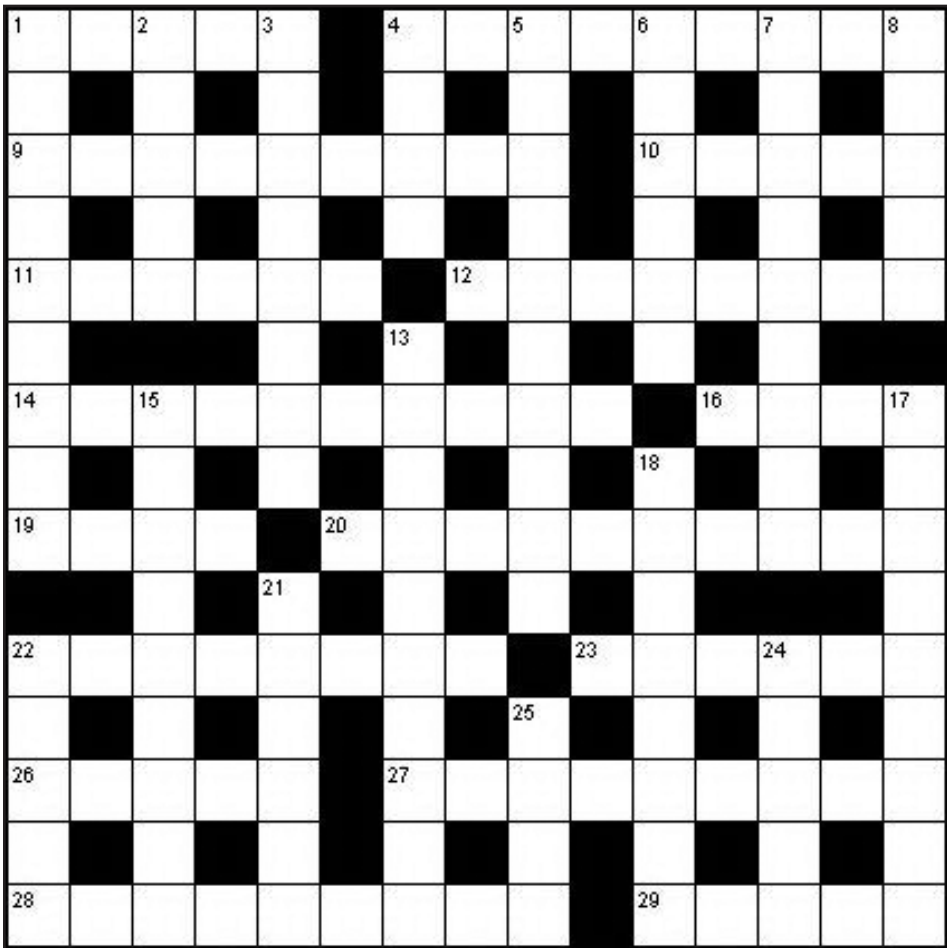


This month's crossword is brought to you by the fine people at Bob Paterson Homes.

X-Word Puzzle

ACROSS

- 1 Primarily, sherry here is dry (5)
- 4 Cheap paper wrongly prioritising what informa-tive daily should do? (9)
- 9 Newlywed's healthy in prison (9)
- 10 Tent peg initially pronounced suitable for tent (5)
- 11 Salesman is obliged in speech to give informa-tion (6)
- 12 It helps one get into Oxford perhaps (8)
- 14 Miranda's father goes to America to get rich (10)
- 16 See good chap run out (4)
- 19 Recognised tennis



- 23 Ancient language old Pict possibly used after a century (6)
- 26 Cat found in Oz (5)
- 27 Class of plants pro-ducing silver-cyanide compound maybe (9)
- 28 Judge taken in by a revolutionary showed partiality (9)
- 29 Fine vessel (5)
- DOWN
- 1 Having hot climate, but crop is failing (9)
- 2 Caught Pakistan's opener around edge of crease (5)
- 3 Old bigwig embraces sin, taking Ecstasy to get high (8)
- 4 Born and died in pov-erty (4)
- 5 Dogs, and what they may do if ravenous can-nibals? (10)
- 6 One at the wheel's to dawdle along (6)
- 7 I'm on cue, but intrinsi-cally unrehearsed (9)
- 8 Wooden articles ob-tained from box number? (5)
- 13 Stevedore working for nothing? But he's a sponger! (10)
- 15 Regulation of guns restraining one (9)
- 17 In such a state one prays for guidance? (9)
- 18 Pressed editor to follow Royal in skimpy clothing (8)
- 21 How to spell one Scot-tish goddess? (6)
- 22 Decline daughter's inferior turnover (5)
- 24 Some musicians go over the joint (5)
- 25 Hit with a missile (4)





Dance in Common

DANCE STUDIO

Now Accepting Registrations!

Adult Jazz
now offered

Contemporary
(11+)

Yoga

Creative, Fun
Dance Classes

Dance Attire Available

Corinne Stromsten
Certified Dance Instructor

250-392-6620
Cell 250-267-4584
110 Oliver Street, Williams Lake





30% OFF

all GRABER Blinds

Select In-Stock Vinyl
\$3.00 sq ft. Installed

For the month of October.
Bring in this ad for discount.

RESIDENTIAL & COMMERCIAL COVERINGS

Eco-Friendly Products & Design
Cork, Bamboo, Wool, Carpet, Hardwood

Vinyl, Laminate, Tiles
Window Coverings, Wallpaper
Consulting & Project Managing
Commercial & Residential Installation

Free Estimates



Hopkins Design Studio
262A 3rd Ave. S., Williams Lake
250-392-2621 • cell 250-855-8258
www.hdsfloring.com

Community Futures

Cariboo Chilcotin

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

Small Business Resource Centre

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

Services Offered:

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

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

266 Oliver Street, Williams Lake • cfdc@cfdccariboo.com • www.cfdccariboo.com

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



Community Futures Business Partners



SELL YOUR BC BUSINESS TODAY!

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

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

See more at
www.ventureconnect.ca



Are you Eligible ?

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

Financial Support at Start up:

- * Living Support
- * Transportation
- * Daycare

Business Support Partner

Community Futures Cariboo Chilcotin

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

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

**Williams Lake
Employment Services**
Williams Lake, BC
250-398-5133
inquiries@hortonventures.com

**Community
Employment Services**
100 Mile House, BC
250-395-5121
employ@hortonventures.com

**Bella Coola Valley
Learning Society**
Bella Coola BC
250-799-5811
ls_cc@yahoo.ca

