

A scenic view of a Venetian canal, likely the Grand Canal, featuring several gondolas moored along the water's edge. The background is filled with historic Venetian architecture, including buildings with ornate facades, arched windows, and balconies. A large Italian flag and a European Union flag are visible on one of the buildings. The water is calm, reflecting the surrounding structures.

# the stew

ISSUE 6.04 | APRIL 2015 | FREE

## the water issue

Featuring Local  
Water-skiing Champion  
Conley Pinette

Pages 6 & 7



hear

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# The birth of creativity



## On the Cover:

The canals of Venice – a city filled with history and intertwined with waterways.

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BY CRAIG SMITH

We decided to have this month's theme feature water as most people out there have no idea that life on this planet cannot exist without it. Out of all the countries on this Earth, only 47 countries do not have any part that borders on any ocean. All of those countries have some fresh water but some do not have enough to sustain their population.

Some facts about water: 71% of the Earth is covered in water, 96% of all water is saline or salt-water, and only 4% is freshwater. Glaciers account for 68%, and 30% is under the ground (or what they call groundwater) that leaves only 2% of the 4% as freshwater above the ground and most of that is in the form of rivers which account for 1/10,000 of one percent.

As much as it seems like there is so much water on Earth, there is very little of it we can drink. Who would have thought thirty years ago that the water stores would outnumber the grocery stores? We as humans are born as 78% water and as we get older it drops down to between 50-70%. We need water to survive a lot more than food. You can live without food for 2-3 weeks (although I wouldn't recommend it), but you can only survive days, depending on the climate, without water.

Water has played a huge part in my life. My Dad travelled the world with the Royal Merchant Navy and when he came to Canada, ended up in Ocean Falls (my birthplace). On my Dad's side my family is from Scotland,

part of the British Isles and on my Mothers', the port City of Stockholm, Sweden. After watching the series *Vikings*, I can imagine the conditions my ancestors lived and travelled in, and realize how easy we have it today when it comes to ocean travel. These men and women travelled for days and weeks in an open boat, and made it as far as North America 500 years before Christopher Columbus.

When I was in high school I took a very intensive scuba-diving course with the Canadian Navy, and once I graduated I joined the Navy. Then I reclassified to the Army because at that time there was more of a chance to travel the world (Canada's Navy at that time didn't travel much). My Brother joined the Coast Guard and the rest of my family moved to Victoria, so I guess you would say my family has ocean water in our veins. That's probably why when Christa and I got married we had the ceremony on a gondola in the canal in Venice... water again.

I have come to realize as well, that water has played a huge part in my creativity. You hear of so many stories of people coming up with amazing ideas when they are in the shower or bathtub. Evidently I'm not unique, as there is documented evidence that it works. Most of the evidence shows that it might be just being away from the place of work or concentration, like walking your dog or fishing. It might be like working on a painting; being at an impasse, then taking a few steps backwards to look at it with fresh eyes. Sometimes it's not the physical distance but the sensory

distance. The physical feeling of water on your body – whether it be from a shower, a bathtub, a hot tub, swimming in the ocean or lake, or just floating down a river on an inner-tube – allows you to engage other senses and parts of your brain as your sense of touch (ie. your skin) is either being over-stimulated or not stimulated at all.

One of the answers in regards to water and creativity is that it's all about meditation, or being in a semi-meditative state. Any of the functions you do in the shower are probably now a reflex action, and don't require you to concentrate because you have done it so many times before. That leaves your mind free to just wander as you go through a relaxing and invigorating experience. That is the perfect environment for our creativity to push through. We now live in a world with constant stimulation, whether it be from emails, cell phones, TVs or video games. The water allows us to detach. If I wanted to be more scientific I could go into brain chemistry and alpha waves but suffice it to say, we relax and when we relax we engage the other hemisphere of our brain.

At our house the ideas come while in our hot tub, so many in fact that I have bought things to write with while we are in it. We have had mini production meetings about how *The Stew* should be laid out and have come up with our themes there. For creativity, time of day matters, and for us it's late evening or morning that we come up with some of our best ideas.

We are not alone in realizing this fact; more and more large

companies are finding ways of putting their creative staff in that semi-meditative state. Google allows their employees to switch to a personal project for 20 percent of their day, which must work as this is what created Gmail. They also have pods for their staff to nap or meditate in. Years ago I worked for Canon and they had a room with a cot in where you could nap. 3M allotted 15% of their time for creativity, like Google, and one of their scientists invented Post-It notes. Microsoft converted Bill Gates' old office into a big tech/toy room where any employee can go and play for a break. Asana, a software company, has gourmet chefs on staff to create meals that boost creativity. Many of these also have full-time attended coffee/cappuccino bars for their staff. Some of these companies also have their staff change offices every three months. This not only keeps everyone happy as one day they will get that corner office for a little while, but they will not have time to nest and start to lose things.

I know we started out talking about water and segwayed into creativity but I believe 100% that they are tied together. My creativity flows when I have water flowing around me. I do also believe that it works, so next time you have a problem or a task that you aren't sure how to solve, take a shower, bath or go for a swim and see how long it takes for the solution to present itself. Make sure you have the ability to write things down so you won't forget, or you will be running around the house in a towel looking for some paper and a pen.

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**Conley  
Pinette**



Pages 6 & 7

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Amount Per Serving

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This issue of *The Stew* is brought to you by April showers, and all of the other wonderful signs of spring. Water is essential to life and not only survival but also enjoyment, beauty and relaxation. Water sports are a big part of summer even though the ice in winter is also a joy, there is nothing like watching the last of the ice melt off the lakes. Water is often a topic of conversation as well: have you seen the colour of that river? Check out the spray coming off those falls.

The inspiration for this issue The inspiration for this issue came from how much water influences our lives. The relaxation of warm water, a cold drink of water, and the fun of playing in water, were all reasons that we thought water needed some recognition. The word 'water' brings to mind so many different things for different people. We wanted to highlight just how much we are impacted by water and how much we take for granted when we reach for a glass of water that others may struggle to obtain.

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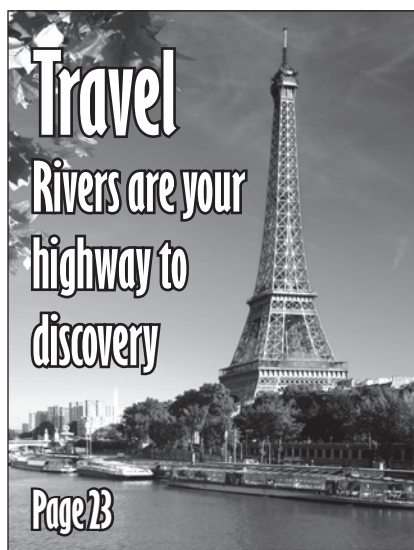
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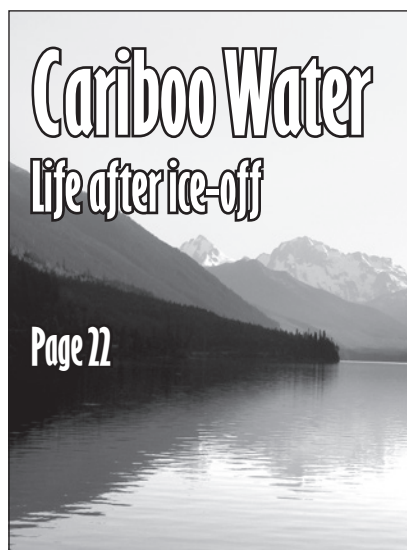
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Coffee supply and demand



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*"Love is like water; we can fall in it, we can drown in it, and we can't live without it."*  
~Unknown

# Jim Robertson of Nemiah Valley

Jim Robertson was the first member of his large Scottish family to come to Canada in the early 1900s and settle in the Chilcotin.

"There was quite a big age difference between Uncle Jim and my Dad, Sandy Robertson," says Phil Robertson, born in Alexis Creek in 1927. "I never knew Uncle Jim, but I heard lots of stories about him."

He says his Uncle must have come around the Horn around the turn of the last century, and made his way up the west coast to Bella Coola where he got a job in a fish cannery.

"He was kind of a foreman there," Phil says. "Then some of the Chinese workers got into a big fight and started throwing salmon cans around. My Uncle got nailed on the side of his head and it pretty near killed him."

Jim quit his job and headed for the high country of the Chilcotin Plateau, eventually making his way to Nemiah Valley, which he took an immediate liking to. He took out a pre-emption on a flat piece of ground near the mouth of Nemiah Creek and started raising some cattle and horses. He wrote home and told his family that Nemiah Valley reminded him of Scotland.

In 1906, Jim's younger Sister, Margaret Reay, gave birth to her first child, Alexina, in an Edinburgh hospital. The same day her husband, Alex Reay, got killed in a threshing machine accident.

"He got caught in the belt and it killed him," Phil says.

Margaret was devastated, and worried about how she was going support herself and her young Daughter. Soon she lapsed into a bad bout of depression.

"The doctor told her she should get out of Scotland and go someplace else," Phil says. "Go over to Canada where her Brother was, and stay there awhile."

So that's what Margaret did. She left Alexina in the care of some relatives and headed for Canada to keep house for her Brother in



Looking Back

By Sage Birchwater

Nemiah Valley. "Uncle Jim had a little Indian gal too," Phil says. "And he also had a son, but kept this a secret from the family." The priest baptised Jim's Son, Johnny Robertson, though everyone called him Ollie Nukalow. The baby's Mother, Loosap, had a number of other children over the years, all fathered by different white men. Her oldest Daughter, Lilly Skinner, also known as Chiwid, later became a Chilcotin legend, living outdoors by herself for fifty years.

A whole book could be written about the early liaisons between Aboriginal women and the newly arriving settlers. The country was flooded with single white men, and there was a noticeable absence of women of European extraction.

Margaret Reay likely didn't know her Brother Jim had a young son when he brought her to his home- stead in Nemiah Valley. The baby would have been in the care of his Mother, Loosap, and her large extended family.

Margaret was an anomaly as a single white woman in the great silence of the Chilcotin. It didn't take long for suitors to get wind that she was there. George Dagg and Bob Graham, ranching partners in Tatla Lake, were soon vying for her affections.

Time heals, and after a couple of years Margaret felt strong enough to return to Scotland to see her family and young Daughter. She was on her way to the train station in Ashcroft when Bob Graham intercepted her and convinced her to become his bride. They got married and returned to

Bob's ranch at Tatla Lake.

By the time Margaret departed for Scotland to retrieve Alexina, she was pregnant. Her Daughter, Betty Graham, was born in Scotland in 1911. The following year Margaret returned to Canada with both Daughters, accompanied by two of her Sisters and two Brothers. After a rough ocean voyage, they arrived in Halifax on June 11, 1912, and took the train across the country. Bob Graham was waiting in Ashcroft to meet them with his wagon and horses.

Phil's Dad, Sandy Robertson, came with Margaret to Canada. He went to Nemiah Valley to visit Jim and worked for Bob Graham in Tatla Lake until the war broke out in 1914. Then he joined the Seaforth Highlanders and went overseas.

It was on the battlefields of Europe in 1916 that Sandy learned the tragic news of Jim Robertson's death in Nemiah Valley.

"He died of a gunshot to the brain," says Phil. "The police ruled it was suicide, but he was shot in the back of the head with his own gun."

After the war Sandy

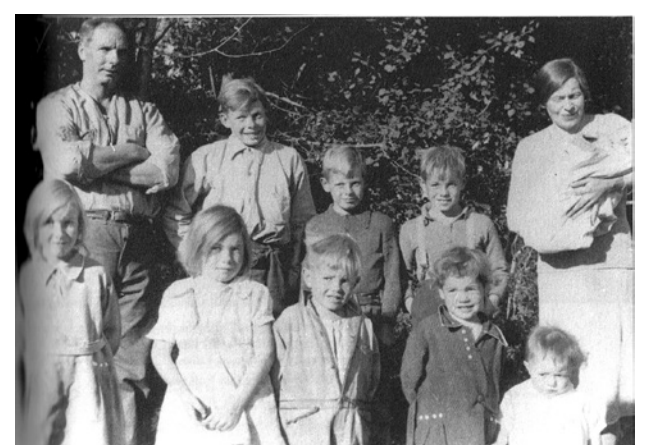


Robertson met his future wife Margaret Thomson in Aberdeenshire, before returning to the Chilcotin. Margaret came out to meet him in 1921 and they got married, settled at Alexis Creek and started raising their family. Phil, born in 1927, was the third of eleven children.

"I never believed my Uncle Jim Robertson took his own life," Phil says. "I was talking to the Chief in Nemiah Valley about how Jim died. He looked into it and told me Jim didn't commit suicide, some other joker shot him. A lot of stuff went on in those days, but you couldn't prove nothing."

The best kept family secret was Ollie Nukalow. "Casimile Lulua told me I had a cousin in Anahim Lake," Phil says. "I was heading up there for Stampede and he says, 'You gonna see your cousin, eh?' I said what cousin? 'You got half-breed cousin. His name is Robertson too. Must be your cousin.'"

"I told him he was full



of you-know-what, and he laughed and said, 'You just high tone. You no want to talk to your cousin.'

"I never did meet Ollie Nukalow. I thought Casimile was kidding so I put it off and never thought any more about it. Ollie died in a logging accident in Bella Coola before I had a chance to meet him."

Phil says his Brother-in-law, Al Elsey, knew Ollie Nukalow well. "He said he was a powerful man and a tremendous worker. He packed the powder and diesel fuel across the rock-slide on his back when they were building the road to

Bella Coola. When he said something he meant it."

It is a fact that many of the first white settlers had Aboriginal wives when they first came to the country. Some abandoned their Aboriginal families when they got their imported white brides. Some pretended they didn't exist.

"These old-timers didn't want to tell their kids that the first ones in the country had Indian wives," Phil says. "When they got their white wives and families, they didn't want to tell, but the Indians knew."

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# flavour of the month

*“The mind is like an iceberg, it floats with one-seventh of its bulk above water.” ~Sigmund Freud*

PHOTO BY THOMAS GUSTAFSON

**SPRAY ►** Local water-skiing champion, Conley Pinette carves a huge spray of water in competition.





# flavour of the month

*"A man of wisdom delights in water." ~Confucius*



PHOTO BY CRAIG SMITH



PHOTO BY THOMAS GUSTAFSON

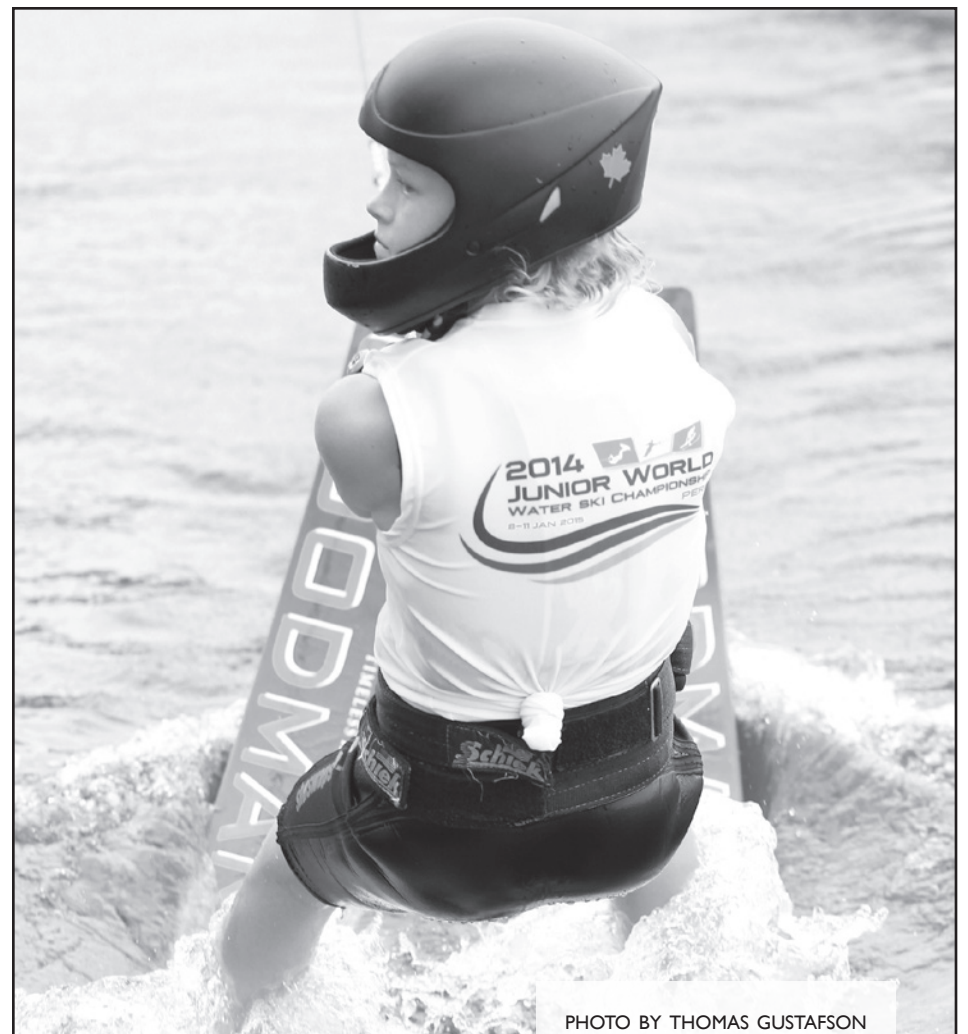


PHOTO BY THOMAS GUSTAFSON

## Water-skiing champion

BY CHRISTA SMITH

Williams Lake is home to some amazingly talented athletes. Fifteen year old Conley Pinette has made a name for himself and Williams Lake on a national and international level. In January, Conley, along with three other team Canada competitors, brought home silver in the Junior World's Water-Skiing Championship.

Conley was born into a family of water-skiers and started water-skiing at the age of seven. His dad is a competitive skier and his brothers are also skiers. At the age of eight, Conley attended his first competition in Campbell River at the Water-Ski Provincials.

Over the last six years Conley has pushed his competitive edge by

competing six or seven times every summer. He was the youngest to win the title of Water-skier of the Year and has brought home this trophy three times. The title of Best Overall Water-skier in his age category for the last six years straight, both provincially and nationally, is an accomplishment that reflects his passion and drive.

Conley's trip to the Junior Worlds in Lima, Peru started with being selected, along with three other Canadians, to form Team Canada. Conley spent three weeks in Florida prior to going to Peru with his coach and trainer. The team together placed silver, but Conley himself came in eleventh in the world. Out of the three events that he competed in, Conley placed ninth

in Tricks and tenth in Jumps. The Tricks competition is comprised of two twenty-second passes filled with spins and flips. The Jumps category gives competitors three attempts to complete, and is done using a different ski while travelling much faster. The jump competition is solely graded on the distance of the jump. The slalom portion of the run is completed by weaving through six buoys each time, while using a shorter rope.

When asked what he was thinking while competing, Conley says, "I just focus on my technical tips, I never think about landing a jump, as that is the easiest part." He says he gets a bit nervous before every competition, but that once he is in the water he

is focused.

Conley says the conditions leading up to jumping have to be right, and that he watches the cut to the wake and the ramp to decide, "You just know when to take a jump or when to leave it."

Conley is currently attending high school in Williams Lake and doing well. When he has to be away for a long period of time for competitions, he takes homework with him. When not in school or competing, Conley works for his Dad. He also works to maintain

his strength during the winter by playing house hockey, and works out year-round to stay in shape and keep his muscle tone.

When asked about the future, Conley said his plans are to keep water-skiing and to maybe coach one day. He has begun to think about which University he might like to attend, based on which ones have water-skiing teams and where his fit might be. He says that both Louisiana and Alabama have good teams, but

that Florida is where his coach is and the City is more familiar. Conley said that a Degree in Kinesiology, the study of movement, might be in his plans but for now he is concentrating on his skiing and continuing to compete.

Water is this month's theme of The Stew, and it is water that provides the basis for fun, passion, learning, and for the future of one of Williams Lake's leading young athletes, water-skiing champion, Conley Pinette.



# Wespeak

*If you take to something 'like a duck to water', you find that you have a natural affinity for it.*

## The river of life

BY CHRISTA SMITH

Water is a very powerful force. It never ceases to amaze me when I see beautiful rock formations where water, over the years, has cut through the rock and created formations and hollows. I also can't help but be impressed with how water will always find a way to get to where it's going, no matter what stands in its way. The sheer power of water is not only beautiful but can also be terrifying and cause massive devastation.

Water is a necessity to life and has demanded respect for both its power and its beauty in nature. We can learn a lot from water; how to be gentle and calming, how to be fluid and flexible, and yes, at times how to be powerful. The difference is that unlike tsunamis,



floods and hurricanes, we as humans understand that with power comes responsibility. The power that we have should be

used to help and empower people, not devastate and hurt them.

Water can also teach us to be flexible, bend-

able, and determined. If water gave up every time it came across an obstacle, the world would look very different. I don't think that being flexible comes without a lot of hard work and mental conditioning. It is something that we learn over time though; give and take, and learning skills of negotiation and compromise. Ask a two year old to be flexible and see what happens when they really want something.

I remember when I was little I had a great-grandfather who would tell me to let stuff go "like water

off a duck's back" he'd say. It's hard to do sometimes especially when you really don't like something, but when you can't change things, it is the best advice.

Determination is also a very valuable skill; the ability to know when a goal is reachable and with hard work and determination you can accomplish great things. Like the force of water finding its path, I like to think that life is often that way.

I like to think of life and people in comparison to water. We are born, grow and mature, and we

do it in a variety of ways. We either bubble along like a happy little brook, sometimes struggling against great currents and obstacles, but then learning determination and flexibility. Some people approach life with a rush of energy, kind of like a raging river or Niagara Falls. They are great people to be friends with but you had better be ready for the ride. Others are more laid back and calm, and take a wandering route like a river or stream; they will eventually get there but in the meantime they are enjoying the scenery. I am sure if I thought about it I could come up with a personality to match every type of water, but you get the idea. No matter which type of water you most identify with, remember that if you sit still for too long and don't get moving and doing in your life, you may end up like a swamp. Or maybe you have reached the place in your life that you want to be, and you are like a lake; peaceful, quiet, and contented with the odd weekend fun with jet skis.

May the strength, power, beauty and peacefulness of water be with you all month, and throughout your journey.




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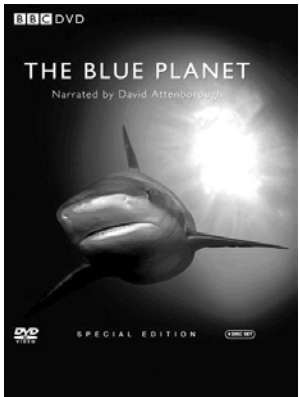
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If something, like an idea, is 'blown out of the water', it is destroyed or defeated comprehensively.

# Aquatic adventures



**Blue Planet [DVD]**  
(2007)

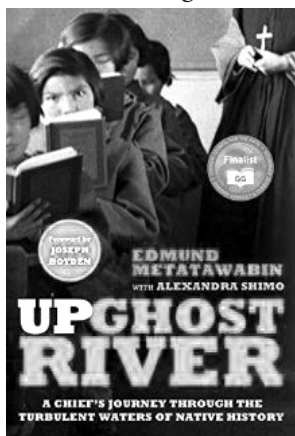
Years before there was *Planet Earth*, there was *Blue Planet: Seas of Life*, a fascinating journey across 71% of our planet's surface that took over five years to make. As we've come to expect with BBC documentaries, this series features remarkable undersea photography and eloquent narration by Sir David Attenborough. As you'd also expect, *Blue Planet* contains plenty of stunning and astounding visuals, including rare glimpses of the 'Holy Grail' of oceanic photography – the blue whale – and an Orca earning its 'killer whale' reputation in a harrowing sequence with a seal pup. Highly recommended.

**At the water's edge**  
(2015), **Sara Gruen**

Sara Gruen returns with a novel exemplifying the kind of storytelling she excels at (*Water for Elephants*). Her newest title, *At the Water's Edge* is set in Scotland against the backdrop of World War II. In this novel, Maddie and Ellis Hyde are cut off financially by Ellis's Father, a

retired army Colonel who is ashamed that his Son's colour-blindness prevented him from serving in World War II. To the dismay of Maddie, Ellis sets out to regain his Father's approval by attempting a venture that his Father very publically failed at; hunting down the famous Loch Ness Monster.

"If I needed a reminder why I am such a fan of Sara Gruen's books, her latest novel provides plenty. Unique in its setting and scope, this impeccably researched historical fiction is full of the gorgeous prose I've come to expect from this author. And even after the final page, its message still resonates with me: The monsters we seek may be right in front of us. In fact, the only fault I can find with this book is that I've already finished it." –Jodi Picoult, New York Times bestselling author of *Leaving Time*



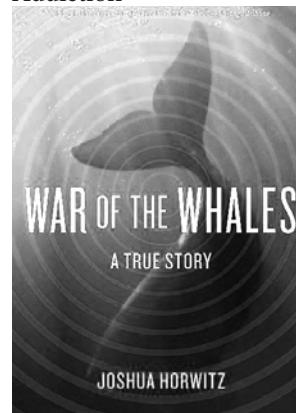
**Up Ghost River: a Chief's journey through the turbulent waters of Native history** (2014), **Edmund Metatawabin**

Former Fort Albany First Nations' Chief and residential school survivor, Edmund Metatawabin, has recently written a memoir critics are describing as "powerful, raw, and yet eloquent". At the age of seven, Metatawabin was separated from his family and taken to what is now considered one of Canada's worst residential schools, St. Anne's in northern Ontario. Horrific memories of abuse haunted Metatawabin throughout his life. When past trauma threatened to undermine his career and family life, he went in search of healing. Metatawabin travelled to southern Alberta where he took part in native cultural training workshops taught by elders. By learning the holistic approach to selfhood at the heart of Cree culture, he was finally able to face his alcoholism and PTSD. Metatawabin's voice is now a powerful advocate for the next generation of residential school survivors.

"A harrowing but enthralling account of an aspect of Canadian history that the country would prefer to forget, but which continues to haunt." – Publishers Weekly (starred review)

"With unsparing honesty, humility and disarm-

ing humour, Edmund Metatawabin reveals the darkness at the heart of Canadian history. A painful yet engaging narrative of personal trauma and recovery, this inspiring book also heralds the cultural and spiritual redemption of a people." –Gabor Maté, M.D., author of *In the Realm of Hungry Ghosts: Close Encounters with Addiction*



**War of the Whales: a true story** (2014), **Joshua Horwitz**

*War of the Whales* is the gripping account of two men caught up in an epic battle. Joel Reynolds, a tireless attorney, stumbles across one of the US Navy's best-kept secrets: a submarine detection system that deluges entire ocean basins with high-intensity sound, which drives whales onto the beaches. Marine biologist, Ken Balcomb, observes a mysterious



mass-stranding of whales near his research station in the Bahamas, and while inspecting this calamity, is forced to choose between his conscience and an oath of secrecy he swore to the Navy in his youth. As these two men team up against an all-powerful Navy, the fate of the ocean's most magnificent creatures hangs in the balance. *War of the Whales* is a thrilling and grippingly-told true-life narrative that delivers top notch legal drama, natural history and military intrigue.

**Sextant: a young man's daring sea voyage and the men who mapped the world's oceans** (2014), **David Barrie**

We're back again on the high seas with sailing expert David Barrie's compelling and dramatic tale of invention and discovery. Barrie weaves together dozens of famous voyages, while focusing on one of the most important navigational instruments ever created; the sextant. The primary use of a sextant is to determine the angle

between an astronomical object and the horizon for the purposes of celestial navigation. With this tool, mariners could explore and map the world. One especially intriguing story is that of the great French navigator, Jean-François de Galaup, comte de La Pérouse, whose disappearance has long remained a mystery. Other navigators include George Vancouver, the surveyor of the American northwest, Matthew Flinders, the first to circumnavigate Australia, and Captain Robert Fitz-Roy of the Beagle. *Sextant* is lively and captivating.

"As lovingly and painstakingly constructed as the navigators' one irreplaceable talisman, David Barrie's exquisite book is a hymn to a now-vanishing feature of maritime life, a finely-chased reminder of just how much we all owe to that one small piece of apparatus." –Simon Winchester, author of the New York Times bestsellers *The Men Who United the States* and *The Professor and the Madman*

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do

*If something belongs to the past and isn't important or troubling anymore, it is 'water under the bridge'.*

# To dive or not to dive



I love water; any form of it really. I love lakes, rivers, the ocean, swimming pools, waterslides, hot tubs, hot springs, and sprinklers. To me, summer isn't summer without spending time in and around water. When I was a kid we had a family season's pass to the local outdoor pool and we went every day rain or shine. The best swims were when it was raining because the water seemed so much warmer. My favorite thing was diving off the diving board, and that was how I

would start off my swim, by diving right in.

As a teenager I dove right into my first relationship and got married young by today's standards. My ideas of what the "reality" of a relationship and marriage would be had been based mainly around unrealistic media representations. If there is one thing I would tell that teenager it would be to wait until I knew who I was as a person before diving in head first to a relationship. More so, I would tell her to take a



long hard look at what she wants out of life, and what kind of person would complement those goals and dreams.

Looking at approaching a relationship can be a lot like approaching a swimming adventure.

Diving right in can be extremely risky and dangerous, especially when you are exploring new territory. It is usually a good idea to test the waters, scope out possible risks and assess safety, and then choose the safest way to engage in the activity. Imagine going to a beach somewhere warm and golden and jumping off a cliff into the gorgeous blue water below. Would you look first below to check that there were no rocks you could land on? Would you check the water for shark fins? Probably. If you didn't you could quite possibly be risking your safety along with your very life.

The same can be said for relationships. Getting the lay of the land is so important. Taking things slowly and really getting to know the person is

really the equivalent to looking and checking for safety risks before leaping off a cliff. Rushing into things can lead to heartache and a relationship that struggles or ends; even worse, it can end up with the person who is supposed to be your partner, companion, and friend abusing you physically, verbally, sexually, emotionally, mentally, and financially.

Find out what that person is like around your friends, your family, and around you. Are they kind, considerate, compassionate, respectful, and engaging? Is it important to the new person in your life that your family and closest friends approve and feel comfortable with your decision? Does the new person in your life encourage and support your relationships? All

of the above mentioned qualities could speak to the character of the person you are considering.

Once you figure that out, examine how he or she behaves around his or her friends and family. How do they behave when they are with their family? What is he or she like when they hang out with you and their friends? Does your date treat you the same way all the time, or differently in different situations? If so, perhaps it is worth taking a long hard look at what a long-term relationship with this person might look like.

Wading in slowly and carefully with your eyes wide open is so important. I really like the saying, "Follow your heart but take your brain with you." If you are seeing little signs that make you hesitate, make you feel nervous, or make you wonder how respected or safe you really are, take note. If other people are commenting on possible red flags consider what they have to say about their experience with that person. Only you will be able to make this decision so take your time, play it safe, and listen to your instincts. If you see any potential for heartache or disaster it might be a good idea to run, not walk, away. And if you don't see those dangers you might just have a keeper.

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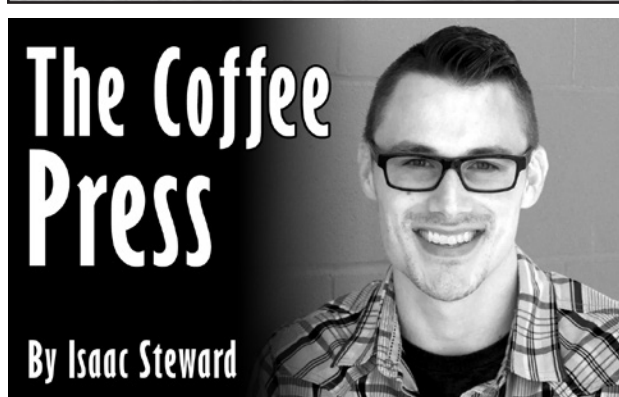
If you 'test the waters', you experiment to see how successful or acceptable something is before implementing it.

# Coffee supply and demand

Over the past two years, our roasting company, Dancing Goat, has grown at a satisfying rate. Business with local consumers and businesses has been rewarding and we are looking forward to many more years.

In the past year, some things have happened in the industry which put a squeeze on every branch of the coffee industry. In 2014, there was a major increase in a coffee fungus called "rust". This damaged crops and reduced yield by a substantial amount. The effect was greatly felt on the Central America region. Brazil had better rains in March of 2014 which helped to bring back a better production from them – nearly 50 million bags anticipated for this season. They were suffering from a drought (the opposite of what was happening in Central America) which cut their projected production by one fifth.

On top of these challenges, as the Canadian dollar weakens we see higher prices overall, as the coffee is traded in American dollars. This spring, there has been a reduction in availability from farms across the world as the decrease in one or 2 countries' production spreads across the



world market. Demand goes up on other producing countries and we find it more difficult to purchase what we want. As a small roasting company, we don't have the luxury of buying futures in coffee and securing prices beyond what the market demands for the day.

With the shift in coffee drinking habits over the past several years, there is an increased demand for Arabica beans; a high quality, mountain-grown coffee that has a much

more complex and sought after flavour than a low altitude Robusta bean. The production of Arabica is a slower process and has a smaller yield as the seasons are longer for growing. This also affects the price as we don't see the same type of mass production.

Now, if you made it through the laborious part of the article, I feel you need to be rewarded with something of more immediate value! Try the following things with your

coffee for new and different experiences:

- On City water? Add a pinch of salt to your grounds before brewing. This helps to bring out the flavour in your coffee.

- Add a pinch of cinnamon or cardamom, or both, to your grounds before brewing. This is a Middle-Eastern tradition for coffee being served to a guest.

- Do you like iced coffee? Don't make it the wrong way! Take your coffee grounds and mix them with cold, to room-temperature water. Allow it to sit for up to 18 hours. Strain out the grounds, chill and enjoy. Add a sweetener to taste, and use milk instead of cream to smooth it out.

- Try enjoying your coffee alongside a salty/savoury meal. You will taste things in your coffee that you never noticed before!

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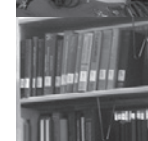
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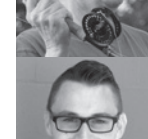
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*If someone is 'treading water', they are making no progress.*

# Income streams; creating pools of money

BY FLORENCE GONY-  
ER OF COMMUNITY  
FUTURES

Just as healthy pools of water require a steady flow of money from several streams, businesses and individuals require streams of cash to maintain their pool of funds. A healthy level of water maintains environmental stability; a healthy level of cash enables financial stability.

For small businesses, an income stream is the flow of money that is generated by the business. If you are a small business owner you will find at certain times your income stream can be predictably up, and other months, predictably down. In an ideal small business world you would have consistent clients and customers utilizing your business services. Hav-

ing predictable cash flows would make yearly budget forecasts a 'walk in the park', but as entrepreneurs we know all too well that things are not that simple when operating our businesses.

As a small business owner you should always anticipate how your business would survive if you had an interruption of your regular flow of customers utilizing your services. Unforeseeable events, such as direct competition setting up into your service market area, or a downshift in your local economy could have a major impact on your business cash flow. This is where the idea of adding new 'income streams' to maintain the level of your pool would be beneficial to the financial forecast and survival of your small business. Some benefits



to income streaming is that potentially, it would be easier to make \$2,400 per month from three different sources of revenue, than to depend on one source of income. Having three income sources each generating an average of \$800 per month, sometimes is an easier goal to

attain than one stream with \$2,400.

When one income stream is having a slow month, and if you can predict the high/low seasons of each service you can target which income stream to focus on at different times of the year. This would create a balance between the business' cash flow during the course of the fiscal year. Incorporating income streams into your existing business takes time and preparation, but it can be a more practical route than starting up a new business entirely.

Ideally a good way to approach adding income streams to your existing business is to start them individually, one at a time. Ensure that all additional income streams have been given as much focus as your existing startup business plan.

Implement each plan and make certain that the one you are concentrating on is steady and secure before starting the task of adding a third or fourth income stream. Trying to start more than one income stream at the same time might cause you to become overwhelmed and not have the ability to give each idea the initial focus it will need to successfully generate business and extra income.

If you are open to the idea of expanding on your current services, adding additional income streams will work for many types and sizes of businesses in a vast range of industries. Ensure that you have done your market research to figure out the viability of the idea and what you can expect as a financial return on the service. Give each income stream the time needed

to gain market demand and stability; if, after a period of time you find that an income stream is not working as you had hoped, and is draining, instead of increasing your monthly income, then go ahead and shift to the next income plan.

Make this is a collaborative team effort; have a brainstorming meeting with your business partners, staff, family or friends. As a foundation here are some universal income stream examples for a small business:

- Rent out working space in your building or sell advertising space
- Offer to carry other local products for a percentage of sales fee
- Create a workshop or training event that is relevant to your business
- Create a blog, webinar or online training, and charge a membership fee



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## WILLIAMS LAKE & AREA

**April 1-11** Gecko Tree Gallery, Simone Benjamin art show & sale continues

**April 1,8,15,22,29** Royal Canadian Army Cadets, Royal Canadian Legion 6:15-9pm

**April 2,9,16,23,30** Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

**April 2,9,16,23,30** Pokemon Thursdays, Adventure Games 2nd Ave S, 3:45pm

**April 3,10,17,24** Friday Night Magic, Adventure Games 2nd Ave S, 5pm

**April 4** Rose Lake Miocene 4-H Club Easter petting zoo and cake walk, lower level Boitanio Mall 10am-3pm

**April 4,11,18,25** Warhammer and Tabletop Games, Adventure Games 2nd Ave S, all day

**April 4-May2** The Station House Gallery presents The Macbeth Series: paintings of Laurie Landry, and The Knowing: pen and ink drawings of Ciel Patenaude

**April 5,12,19,26** Sunday Morning Magic, Adventure Games 2nd Ave S, 10am

**April 5,12,19,26** Sunday Night Games, Adventure Games 2nd Ave S, 6pm

**April 6** Free Senior's Bingo & refreshments, upper level Boitanio Mall 1pm

**April 6** Cariboo Festival – Strings/Instrumental, St. Peter's Anglican Church, more info [www.cariboofestival.ca](http://www.cariboofestival.ca)



**April 7** Cariboo Festival – Creative Writing Workshop, Cariboo Regional District Library 6:30pm, more info [www.cariboofestival.ca](http://www.cariboofestival.ca)

**April 7** Ladies Soccer Association AGM, TRU Cafeteria 7-9pm

**April 7,21** Film Club, Gibraltar Room 7-9pm

**April 9** Beginner's Dog Obedience Classes, Cariboo Kennel Club Thursday evenings, contact Holly Woods to reserve your spot 250-392-2555

**April 9-10** Cariboo Festival – Speech Arts, Calvary Church 625 Carson Drive, more info [www.cariboofestival.ca](http://www.cariboofestival.ca)

**April 10-13** Bowl For Kids Sake, Cariboo Bowling Lanes, 12-6pm

**April 12** Nutrition Run, Cariboo Memorial Complex 9am-12pm

**April 13,14,15** Cariboo Festival – Vocal/Choral, St. John Lutheran Church 377 Hodgson Rd, more info [www.cariboofestival.ca](http://www.cariboofestival.ca)

**April 14** Public Hearing, City Hall 7pm, regular Council meeting, Council Chambers, City Hall 6pm

**April 14-May20** Gecko Tree Gallery, Michelle Edge art show and sale

**April 15** Safety Meeting Concert Series with Shred Kelly, Arts Centre 90 4th Ave N, tickets \$10 at Red Shred's

**April 16-17** Cariboo Festival – Piano, Calvary Church 625 Carson Drive, more info [www.cariboofestival.ca](http://www.cariboofestival.ca)

**April 16-17** 78th Annual Bull Show & Sale, Stockyards, show Thursday 1pm, sale Friday 11am

**April 17-19** Indoor Rodeo, Cariboo Memorial Rec Complex, info Kelly [wlindeor@shaw.ca](mailto:wlindeor@shaw.ca)

**April 18** Safety Meeting Concert Series with Colin Easthope & Tanya Gallagher, Arts Centre 90 4th Ave N, tickets \$10 at Red Shred's

**April 18-19** Jean Andersen Memorial Quilt Show, \$3 Curling Rink at 10am

**April 19** Cariboo Kennel Club Fun Match, Rod & Gun Club, obedience at 9am, confirmation at noon, info call Arlene 250-305-6634

**April 19-20** Cariboo Festival – Band/Schools, St. John Lutheran Church 377 Hodgson Rd, for info [www.cariboofestival.ca](http://www.cariboofestival.ca)

**April 21** Storytelling & Traditions with Bev and Willie Sellars, T'ixel Band Gymnasium, 7pm

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**April 24** Safety Meeting Concert Series with Joey Onley Outlaw Band & Cariboo Songwriters' Round, Arts Centre 90 4th Ave N, tickets \$10 at Red Shred's

**April 25** Cariboo Festival – Honours Concert, Bethel Church 833 Western Ave, more info [www.cariboofestival.ca](http://www.cariboofestival.ca)

**April 28** Cariboo Camera Club, TRU room 1321, 7-9pm, membership \$25 annually

**April 28** Regular Council meeting, Council Chambers, City Hall 6pm

**April 30** Williams Lake Chamber of Commerce Luncheon, 11:30am-1pm, Signal Point, \$16 members, \$20 non-members

## QUESNEL & AREA

**April 1** April Fools Burlesque, Occidental 9pm

**April 2** RCMA Karaoke, Occidental 7-10pm

**April 3** Live punk band Tax Free Liquor with rapper Papa Lung, The Occidental 8pm

**April 4** April Showers Soggy Open Mic Night, The Occidental 7-10pm

**April 5** 3rd Annual Family Easter Egg Hunt, West Fraser Timber Park, 11:30am-1pm, free

**April 5** Barrel Racing Series, Alex Fraser Park 11:30am-12:30pm

**April 8** Chamber Board Meeting 12-1:30pm

**April 9** Live band Sober Becky with Shadows Cast, The Occidental 8pm

**April 9** Quesnel Film Club presents: Mommy, Cariboo Theatre 6:30pm

**April 10** Live band The Hip Replacements, The Occidental 8pm

**April 11** Live blues band Soupbone, The Occidental 8pm

**April 11** 14th Annual Community Foundation Awards Gala & Auction, Seniors' Centre, 5:15-11:45pm, Dinner 6pm

**April 12** Seed Starting Workshop: Growing an Edible Landscape, Bouchie Lake Country Store, 1-3:30pm

**April 14** Live band Doc MacLean, The Occidental 8pm

**April 16** Live band Shred Kelly, The Occidental 8pm

**April 16-19** 2015 Where the Rivers Meet Country Bluegrass Jam-boree, Seniors' Centre

**April 17** V Day Volunteer Fair, Correlieu Secondary School, 12:30-5:30pm

**April 17-18** Live band Uncle Mom, The Occidental 8pm

**April 21** Alzheimer Family Caregiver Workshop, GR Baker Hospital Boardroom, 10am-3pm, pre-registration required: 1-866-564-7533

**April 21** Quesnel Beekeepers, Bouchie Lake Country Store, 6:30-8pm, \$4 admission charge

**April 22** One man band Brandon Issack, The Occidental 8pm

**April 23** RCMA Jam Night, Occidental 7pm

**April 24-25** Live band Basler, Cariboo Hotel 9pm

**April 25** 29th Annual Ducks Unlimited Canada Banquet and Auction, Quesnel Seniors' Centre, 6-10pm, Tickets \$50, Call: Russ 250-992-3485, Ray 250-747-8313, Darcey 250-992-7763 or Sherry 250-747-4668

**April 25-26** Gold Show, Alex Fraser Park

**April 26** BBBSQ Bowl For Kids Sake, Rev Bowling Lanes, 12-5pm

**April 29** Rotary Super Bingo, Bingo Hall 7-10pm

**April 29** Spring Fever Burlesque, The Occidental 9pm

**April 30** RCMA Karaoke, The Occidental 7pm

## 100 MILE HOUSE & AREA

**April 2,9,16,23,30** Full Contact Stick Fighting, Thursday evenings in Lac La Hache. Info: Shauna [jtpassion@outlook.com](mailto:jtpassion@outlook.com) or [www.coillmohr.com](http://www.coillmohr.com)

**April 2,9,16,23,30** Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, Capt. Kevin Seal 250-395-1181 [cadets2887@shaw.ca](mailto:cadets2887@shaw.ca)

**April 7** Outriders Meeting, 100 Mile House Library, 5:30pm

**April 11** South Cariboo Chamber of Commerce, 6pm, 100 Mile House Community Hall, Tickets \$40 at Andres' Electronics, Timber Mart, Chamber Office

**April 13-24** 100 Mile Festival of the Arts, Martin Exeter Hall

**April 16** South Cariboo Chamber of Commerce AGM, Lodge Valley Room, 11am-1:30pm, \$15 includes lunch, RSVP: [manager@south-cariboochamber.org](mailto:manager@south-cariboochamber.org)

**April 18** "So you want to show" clinic, Foothills Riding Stable

**April 19** Tack sale, Foothills Riding Stable

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Dead Drop

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The Babadook

The Man with the Iron Fists 2

The Woman in Black 2 - Angel of Death

You're Not You

### APRIL 21

Little Accidents

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### APRIL 28

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# Water: the elixir of life

As I sit in my hotel room, thirsty as I have ever been, after being outside all day and then eating salty, room service, buffalo chicken sliders, I realize how thirsty I am but then I see the five dollar price tag on the 750mL bottle of water. As thirsty as I am, I am also of Scottish blood and I can hear my Father's voice telling me to 'just drink the tap water, it doesn't cost anything.'

Alas, I fell prey to my thirst, opened the bottle and drank my overpriced H<sub>2</sub>O, helping to resupply my body with much-needed hydration. The human body is more than 60% water. Blood is 92% water, the brain and muscles are 75% water, and bones are about 22% water.

I think we take water for granted. No matter where we go, it is available

in one form or another. It may taste like it came from a swimming pool or cost a ridiculous amount of money, but when our body is in need we take what we can get, as dehydration can be very dangerous.

Dehydration is especially dangerous in athletics. The symptoms of dehydration become increasingly severe with greater water lost through sweating. Heart and respiration rates begin to increase to compensate for decreased plasma volume and blood pressure, while body temperature may rise because of decreased sweating. At around 5% to 6% water loss, you may experience grogginess or sleepiness, severe headaches or nausea, and a tingling in the limbs (paresthesia). With 10% to 15% fluid loss, muscles may become spastic, skin

may shrivel and wrinkle (decreased skin turgor), vision may dim, urination will be greatly reduced and may become painful, and delirium may begin. Losses greater than 15% usually become fatal as organs fail, starting with the kidneys. As a sports medicine practitioner, I need to be diligent when I work at events, especially when the weather gets hot, and be able to identify potential victims before it is too late.

Thermoregulation (the body's ability to control heat) in the geriatric population is more difficult. In people over age 50, the body's thirst sensation diminishes and continues diminishing with age. Many seniors suffer symptoms of dehydration. Dehydration along with hyperthermia can result in sudden death in the elderly during hot weather.



Athletes may suffer a loss of performance, and experience flushing, low endurance, rapid heart rates, elevated body temperatures and rapid onset of fatigue. Untreated dehydration generally results in delirium, extreme lethargy, seizures, fainting, sunken eyes, unconsciousness, swelling of the tongue and, in extreme cases, death.

There are many opinions on the amount of water one should intake daily; at one time, eight 8oz glasses of water per day was considered enough. A study from 2004, however, recommended using thirst

## Adrenaline Fix

By Darren Smith



as your guide unless you have a medical condition that requires fluid control, are an athlete, or are involved in prolonged physical activity in extreme conditions. A 2008 study suggested almost 4L for males and 3L for females as a daily intake. I cannot

imagine trying to drink that much water on a daily basis but obviously they were able to find enough people to do it to be able to publish their paper, so it isn't impossible.

Bottom line: water is important to good health. Drink up!

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hear

A 'jerkwater town' is a small and insignificant town without many amenities.

# Water, water everywhere; far too much to drink



A SHORT STORY  
BY ANNE MOUTRAY

I don't like water. I don't like drinking it; possibly because as a child, I had to drink flat boiled water; I certainly don't like swimming in it, it gets you so wet; a bath would be fine if I could only get out of the tub when I'm finished. As for showers, forget it. Showers are out to get

me; they lie in wait and then gurgle with delight as they either scald or freeze me.

What I do like about water is sailing upon it. I remember the name of every ship on which I have sailed; if not on the Seven Seas, at least on two oceans, off to adventure and home again.

The Lakimba—she was a motley little freighter chartered by Roger's

Sugar, with Canadian officers and crew from the Philippines and Fiji. The sixty passengers were mostly Australian but at least one was Canadian. She sailed from Sydney, Australia to Vancouver, Canada in seven weeks, including two weeks' stop in Fiji to load sugar.

We docked on the Fijian island of Lautoka to load the sugar and if you ever want to know the mechanics of sugar loading, just ask me. The first day there was such a clanging and banging of machinery that no one could sleep so we played cards till midnight when thankfully the loaders went home and all was quiet. At one a.m. the second shift came on.

When we finally put to sea again it was far too quiet; who could sleep?

We were nicely out to sea when the storm hit. Water, water everywhere; it's good we didn't sink.

This storm must have been the Mother, Father and Aunt of all storms. The Lakimba behaved like one of those dolls with round weighted bottoms; no matter how one pushes they will always spring back to their upright position. Every now and then a giant wave would hit and the only part of the ship that escaped being nicely washed was the bridge. Passengers were not permitted on deck. Knotted ropes were strung along the decks for the safety

of the crew. The ship tossed, turned, rolled and whirled, and I enjoyed it all. I was too young and silly to be properly terrified, you see.

In the passenger lounge, small tables and easy chairs were permanently attached to the floor but the couch was free and with three of us sitting on it, as a great wave came, we all slid down the room and waited till the next wave pushed us back to the original position. In the dining room we had to gulp down our coffee so the cup could be washed

for the next guest. The first great wave it seemed, had toppled the cupboard where the cups were stored and broken most of them.

We eventually passed through the storm and sailed serenely on to Vancouver. The Lakimba docked and the customs men came aboard.

I overheard one say, "Well, she made it again", and the other remarked, "Same rickety tables".

I remember the Lakimba fondly for she sailed bravely through a great storm and brought me safely home.

## The joy of water

A SHORT STORY  
BY SUSAN CARLSON

Water has brought a lot of joy into my life. When I was a kid, I loved springtime when the snow would start to melt. I'd help the process along by making trenches in the snow with my boot-clad feet. It would start with a trickle, then soon a sizeable stream would be flowing down the slope behind our house to join run-off from other areas. Probably the sunshine and singing of the birds added to the enjoyment, but it's mostly the gurgling water I remember.

When my town cousins came to visit in the summer, we would always end up at the river. We'd

walk down the driveway, cross the gravel road and aim for the tall tree that stuck up above the others on the far side of the hayfield. There we'd find the 'secret' trail that led down to the river. It was a meandering stream that wound its way through ash and elm trees and tall ferns. We spent hours watching minnows, finding clam shells, wading, trying to cross the river on fallen trees and falling in ourselves. Sometimes we'd surprise a grouse scuttling through the bushes and once we even saw a raccoon washing its food.

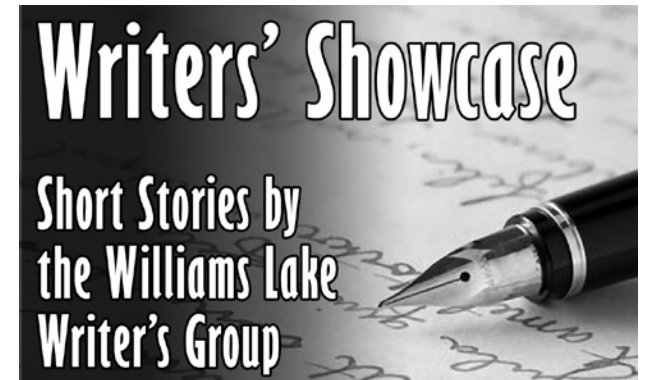
As an adult, I've enjoyed many camping trips to lakes and rivers with my family. Memories of

drifting off to sleep in a tent to the sound of creek water rushing over rocks, or waves lapping on the shore of a lake bring a smile to my face. Then there was the time we stayed in a yurt on the Pacific coast with our oldest Daughter and her family; the last thing to be heard before going to sleep, and the first sound to touch our ears in the morning was the roar of the ocean breakers.

That roar was a reminder of the tremendous power of water. Its effects can be disastrous.

Thankfully I've never experienced a hurricane or tsunami, but I've seen incredible damage caused by spring flooding. On a smaller scale, I've witnessed what water can do when a leak goes unnoticed for a long time, or water freezes in pipes causing them to burst.

Back to the river. One day when I was little, I was allowed to go to the river with my three older Brothers. They were supposed to be watching me, but were having so much fun jumping off the riverbank into a deep



spot, I guess they forgot whose turn it was to make sure I stayed in a safe place. I wanted to join the fun. I remember saying, "Look at me!" just before I jumped. I didn't know you couldn't breathe underwater. They rescued me, but it gave me (and them) quite a scare. That fear of putting my head

underwater kept me from fully enjoying the beach for a few years until I got some lessons on how to swim, and learned that water could be my friend and would hold me up when I relaxed.

Water – delightful, destructive, fun, frightening. We can't live without it. Thank God for water!

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*If you get into hot water, you get into trouble.*

## Lakeside summer

### A SHORT STORY

I stared at the clock, hanging there on the wall, counting down the minutes until it was time to escape from this prison. Five minutes left. Tick tock, tick tock. I was fiddling with my pen, and looked around the room to find that I wasn't the only one waiting for the clock to hit 3:00pm.

3...2...1... the bell rang and that was it, school was out, time for summer to officially start. Cheering came from the class as well as some sporadic clapping for the teacher's patience with the students throughout the year. I glanced over at my best friend and smiled, we were heading to the beach this summer. Three months of sun and the beach, and best of all, the water.

I got up and ran over to her, grinning from ear to ear, and looped my arm in hers. I wasn't thinking about the next school year; no, I was thinking of nothing but the summer. We would be free and not have to worry about anything but getting sunburned. "Time to hit the beach my friend?" I looked at her as we walked towards our lockers. "You, me and nothing but sun?" she grinned back at me. "Heck yes."

It only took about twenty minutes to empty our lockers, and afterwards we walked towards the buses. Both of us were born at the end of the

year, so even though we were about to enter grade 12, neither of us had our N licence.

Her bus came first, and as she walked into the line to climb the steps, she yelled, "Summer!!! Call you later!"

I kept grinning and walked over towards my Sister who was waiting at the smoke pit with her friends. "Are you smoking?" I gave her the lecturing tone. "Um, no" she said giving me her yuck face, "but my boyfriend does and I am waiting for him." She smiled dreamily over in his direction. I didn't know much about him, except that he was in the same grade as me, but at another school. I had no idea how they met, or why he would want to date a 15 year old, but the last thing I needed was to get scolded by my Dad for not looking out for my little Sister. Although, sometimes I swear she thought she was the one that had to take care of me. "Our bus is here," I pointed out and walked towards the now-parked bus, and waited for her to catch up.

A few hours later, our Dad had come home from work and we were making dinner. We could hear the TV and the clicking of his keyboard as he worked. "You got plans with the boy-toy this summer?" I looked at my Sister who was smiling ear to ear.

"You guys are going to your grandparents this summer," my Dad's voice called

## Tasty Tidbits

By Paige Knights-Smith



from the living room.

We looked at each other, and walked into the living room, leaving the food cooking on the stove. "What?" I asked my Dad.

He looked up and repeated, "You guys are going to your grandparents for the summer, like you have been doing since you were little."

"But Dad..." my Sister started. "No buts," he said looking back at his work. "You aren't going to ditch your grandparents just because you guys are a little older." My Sister resisted the urge to argue, and I was glad she did. She was the only one who stood up to our Dad, but it was never fun to watch.

"I am taking you next weekend," he stated as we walked back into the kitchen.

A week later I was lying on the beach at a campground not too far from my grandparents. This campground was new to us, but the concept wasn't. We would usually rent a cabin on the beach from an old family friend, but they were using it this summer, so we went elsewhere. I looked at my Sister who was on the dock out in the water, chatting it up with some guy that she met yesterday. I think that is what I love most about her, she can make friends with anybody. She's the charmer of the family. Although I would

have loved if I was lying here with my best friend, looking out at the beautiful lake, I wasn't about to feel sorry for myself. I got up off my towel and waved at my Sister. The sun was bright and I was hot, and she was motioning me to come in. I gave a big smile, adjusted my shorts and ran straight for the lake.

The water was cool and shocked me for a few minutes before my body got used to the temperature. I swam out to the dock and climbed up the stairs. "What's up, Sister?" she said fiddling with her now-dry hair.

I grinned, "see that giant slide?" She looked at the slide just off to the left of the dock. It had about thirty steps to the top, and a long way down. "I am going to jump off the top before you." I went over to the side of the dock and jumped into the cool water.

"Oh, you may jump first my dear Sister," I heard her voice when I surfaced, "but I'm still jumping." I reached the slide and climbed the thirty big steps up to the top, feeling a little nervous as I looked down at the dark blue water. I had been swimming in this lake since I was little, just at a different spot. I looked down to see my Sister climbing up. I took one deep breath and leapt off the top, waiting for the water to envelop me.

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*If someone feels like a 'fish out of water', they are very uncomfortable in the situation they are in.*

# World-class bluegrass

Water can be a metaphor for music – the sound ebbs and flows, and a stream of music can take us down a river of memories and emotion – bluegrass is no exception. The 12th Annual Bluegrass Concert took 'Centre Stage' in Williams Lake on March 29 at Cariboo Bethel Church, showcasing world-class bluegrass entertainers such as members from Chicago band Special Consensus; Keith Yoder of Iowa; Canadian singer/songwriter, Trisha Gagnon; BC musician and composer, Miriam Sonstenes; and BC mandolin maker David Sohn.

The Concert was the culmination of '108 Cabin Fever', the annual, four-day bluegrass workshop held at the end of March at The 108 Hills Health Ranch. It's a great opportunity to share a fun-filled four and half days with others who share a love for playing bluegrass music. The Workshop provides a friendly, non-competitive environment for all players, with ample opportunity for class time, special workshops, jam sessions, concerts, and other spontaneous activities.

To give you a taste of the world-class talent this event attracts, the 2015 Seminar Leaders included:

**DAN EUBANKS** (Intermediate Bass): With a Master's in Jazz Studies degree, Dan has been teaching, performing with various bands and working as a studio session musician in Nashville since 2003, and joined The Special Consensus in 2013.

**DAN MORNAR** (Beginner Bass): His bass playing and singing have taken him to the stage of the Bean Blossom Festival in Indiana, and the Grand ol' Opry.

**GREG CAHILL** (In-



termediate Banjo): Greg co-founded The Special Consensus in 1975, touring nationally and internationally since 1970. In 1984, he created the Traditional American Music (TAM) program to introduce students of all ages to bluegrass music. He has appeared on numerous recordings and national commercial jingles. Greg has released four banjo instructional DVDs and teaches nationally and internationally. He was awarded the prestigious International Bluegrass Music Association Distinguished Achievement Award in 2011.

**GORDIE SADLER** (Advanced Beginner Banjo): Gordie favours the Scruggs style of Banjo playing that is so inherent to traditional bluegrass.

**KEITH YODER** (Dobro): An instructor and musician for 35 years, Keith teaches guitar, banjo, mandolin, fiddle, resophonic guitar, bass, and drums.

**MIRIAM SONSTENES** (Fiddle): A versatile violinist-turned-fiddler, Miriam performs, teaches and composes music in Victoria. She is a member of the award-winning acoustic roots trio The Sweet Lowdown. Miriam earned a Bachelor of Music degree in 2006 and immersed herself in Irish, old time, swing and bluegrass. She has backed up and recorded with numerous west coast bands

and solo artists. Her innovative teaching style has made her a highly sought-after teacher across Canada.

**HUGH ELLENWOOD** (Advanced Beginner Fiddle): Hugh is known for his soulful long bows and signature Kenny Baker licks.

**GARRY STEVENSON** (Intermediate Rhythm Guitar): Garry's talents have earned him the Western Canadian Flatpicking Championship title three times! He has conducted numerous guitar workshops, and does most of the musical and vocal arrangements for the The Special Consensus.

**DUSTIN BENSON** (Intermediate Flatpick Guitar): Dustin plays guitar and sings lead, tenor, baritone and bass vocals and grew up playing bluegrass music. He moved to Nashville and has played and toured with many of the more renowned bands in the world of bluegrass music. He was nominated for Guitar Player of the Year by the Society for the Preservation of Bluegrass Music in America

(SPBGMA) in 2010.

**TIM ECCLES** (Advanced Beginner Mandolin): An accomplished player on mandolin, guitar and banjo, Tim headed up the band Great Northern before joining The Special Consensus.

**RICK FARIS** (Intermediate Mandolin?): Playing with the Faris Family Bluegrass Band in 1998, Rick toured extensively and was awarded Traditional Bluegrass Group of the Year, Instrumental Group of the Year, Vocal Group of the Year and Entertaining Group of the Year several times by the Society for the Preservation of Bluegrass Music in America (SPBGMA). He was also awarded the SPBGMA Midwest Guitar Performer of the Year in 2005 and 2008. Rick also builds guitars, dobros and mandolins.

**TRISHA GAGNON** (Bluegrass Vocals): In the popular BC-based band, Tumbleweed, Trisha acts as a grounding force.

**For more information** on the annual concert and 108 Cabin Fever workshop, and to pre-register for 2016, visit their website at [www.108cabinfever.com](http://www.108cabinfever.com) or contact Rosetta Paxton: 250-398-7368 or [rossetta@shaw.ca](mailto:rossetta@shaw.ca).

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# Art Gecko

Two talented local artists are featured this month in the Gecko Tree Gallery's art show and sale.

**March 3 to April 11, Simone Benjamin**

A graphic designer by trade and organic farmer by choice, Simone was born in Germany in 1971, and with the many detours that life has in store, ended up in the Cariboo in 2010. She bought her first set of watercolours at age 14 and has been painting ever since.

Simone's show at the Gecko Tree Cafe will be featuring paintings in a variety of different styles and media. One group of paintings will be colourful watercolours depicting the beauty of nature in an illustrative, detailed way – some of which were painted during the years she lived in rural Nova Scotia. The majority of her paintings are larger, more recent abstract acrylics painted in a bold and expressive manner. All paintings featured in the show have the common theme of microscopic, as well as macroscopic, correlations in nature.

Simone's art has been shown at the Raven Gallery in Tatamagouche, NS as well as at the Originals Only show in Comox on Vancouver Island.

**April 14 to May 30, Michelle Edge**

The Gecko Tree welcomes Michelle Edge, an accomplished pen and ink artist from Miocene.

Michelle has called the Cariboo home for over 35 years and began drawing in 1989. Searching out old homesteads and capturing the character and personality of these fascinating historical buildings is truly a challenge she loves.

Although Michelle considers herself a self-taught artist, she thanks her mentor, Ed McFadden, for his continuing support and encouragement.

Michelle hopes you enjoy the exhibit as much as she enjoyed creating it!

While you are enjoying the Gecko Tree's gallery, treat yourself to a delicious lunch, hot drink or homemade dessert. Don't forget to browse the gift shop beyond the iron gate, where new stock arrives daily. There are unique gift ideas for every occasion.

If you are interested in having a show and sale of your own, contact Beatrix Linde, curator for the Gecko Tree at 250-440-5759.

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# Salvation Army News

Many people ask what The Salvation Army is doing within the community and I am amazed that they do not know – The Salvation Army has been here in Williams Lake since December 1982 and I have been here now just over one year, loving the community, the people and the scenery.

As your readers may or may not know we had a flood in the beginning of December, this forced us to make a few changes to our drop-in centre. The drop-in centre is in the downstairs of our Family Services building on Borland Street, right across from our church and thrift store. In the Family Service building we have a large dining room where we serve breakfast Monday to Friday from 9:00am to 9:45am. We serve lunch Monday to Friday noon to 12:45pm. Our free shelf is open from 9:00am to 4:00pm where we have bread and fresh produce out on shelves for anyone to help themselves to. Our food bank is open Monday, Wednesday and Friday from 1:00 to 4:00pm; here food is given out to help people in a crisis; people who find themselves needing a little bit of help through a rough time.

We also have special functions in our dining room such as

Christmas Dinner, Thanksgiving Dinner, and Easter Dinner.

In our renovated and newly painted Drop-In (downstairs from the dining room) we have lots for people to do. We are open Monday to Friday 9:00am to 4:00pm, and closed for lunch from 11:45am to 1:00pm (lunch is served just upstairs). Every morning at 8:45 to 9:00am we have prayer time – people can come in and have a free cup of coffee and start the morning off with prayer – what a great way to start each day.

Our gym has a wide variety of exercise equipment and is open for classes 9:15am to 10:15am (call 250-392-2423 to find out if the gym is open) If you are a qualified instructor we may be able to help each other out, please call Captain Isobel at 250-302-2916.

On Mondays from 10:30 to 11:45am we have Crochet classes. If you would like to learn how to crochet we can teach you, if you can crochet please come and join us for fellowship time and possibly teach – wool and hooks are supplied. Monday afternoons we have a craft class from 1:15 to 3:00 pm, crafts supplied.

Tuesday 10:30 to 11:45am an open study group “H2O” A journey of faith. The

H2O DVD is a video series that reflects your lifestyle and helps you know how to quench your thirst for life's satisfaction. Tuesday afternoons from 1:15 to 4:00pm we hold a Crib tournament.

Wednesday 10:45 to 11:45am is Coffee Talk/God Talk (free coffee during time). Wednesday afternoon 1:15 to 4:00pm we hold a Pool tournament.

Thursday 10:30 to 11:45am free clipper haircuts are available, and also at the same time a class is offered in our class room “Never Alone” a class on helping people face addictions of any kind. Helping people that are having problems/issues with life – our goal is to help people NOT to feel alone. Thursday afternoons is “free movie and popcorn afternoon”. Movies are provided free by Movies on the Go in Williams Lake.

Fridays we have an open day where people can play pool, crib, chess, darts, foosball or ping pong, make a puzzle or relax, watch a movie, and have a chat over a cup of coffee with old friends.

We help people with clothing vouchers from our thrift store – our thrift store is a great place to shop. Look for more information about the thrift store in next month's article.

If you would like a tour, or have a couple of hours free during the day and would like to volunteer with us, please give Captain Isobel a call 250-392-2423 or 250-302-2916



**Williams Lake Worship** (267 Borland St.)

Sunday Worship 10:30am,  
fellowship coffee after church

Tuesday Bible Study 7-8pm

Tuesday Ready to Serve (children 7-12yrs)

**Quesnel Worship** (103-246 St. Laurent Ave.)

Church services held every Sunday at 11am,  
entrance at the back of the Thrift Store

**Quesnel Food Bank:** 374 McLean St.

do

## Songwriting scholarship

*“To get clear water, one must go to the source.”  
~French Proverb*



Island Mountain Arts, the ArtsWells Festival and BC Musician Magazine have announced a contest to win a full scholarship (value \$476) to attend a four-day intensive Pre-Festival Songwriting Workshop in Wells, July 28 to 31 with Stephen Fearing and Linda McRae. Along with the scholarship (valued at \$476), the winner will be given a solo set at the 12th Annual ArtsWells Festival Of All Things Art, July 31 to August 3, 2015 and will be featured both in BC Musician Magazine and in an interview on CBC Radio's province wide arts and culture program, North by Northwest with Sheryl MacKay, and an artist pass with camping.

Stephen Fearing, who is well known for his solo work, as well as with Blackie and Rodeo Kings, says that “there are many different opinions on how to write a ‘good’ song and taste is always a matter of opinion. However, there are fundamental ingredients, vital to creating a great song and ways of approaching songwriting, which have stood the test of time in all genres of western music.” In this workshop, which is co-led by veteran songwriter and past member of Spirit of the West, Linda McRae, participants will spend time defining and examining those ‘fundamental ingredients’ of a song through performance, discussion and hands-on writing. Participants will also have the opportunity to perform their newly created songs as part of the kick off to the ArtsWells Festival, which begins on the final day of the workshop. Past

teachers of the program include, Kevin Kane, Cara Luft, Linda McRae, David Francey, Craig Werth, Ken Whitely, Fred Penner and Bidiniband with Dave Bidini, Doug Friesen, Paul Linklater and Don Kerr.

The contest is open to emerging and professional songwriters who submit entries. All aspiring or proficient songwriters – self-published or unpublished – who are looking for a chance to improve their song writing skills and further hone their craft are encouraged to enter. Entries will be judged on originality, melody, composition, and lyrics. Production/Recording quality and vocal ability are not criteria. This is an invaluable opportunity for both aspiring and established songwriters to nurture their songwriting on all levels while working with their peers and the mentorship of senior songwriters. Previous winners include, Dave Stanley Daoust (2014), Carolyn Anele (2013), Michelle Dumond (2012), Nathan Moes (2011), Glenna Garramone (2010) and James Lamb (2009), Brandon Scott of Yukon Blonde (2007).

The deadline to apply is 5pm Friday, April 24, 2015 and the winner will be announced by Friday, May

8th, 2015. Applicants are also encouraged to apply to the “Songwriter Workshop Support Program,” offered through FACTOR ([www.factor.ca](http://www.factor.ca)), which provides up to \$750 towards attending a songwriting workshop, for those artists who have their songs registered with SOCAN.

Running concurrently with the Adult Songwriting Camp is Songwriting & Rhythm Day Camp for ages 6 – 18 with Corwin Fox, Ndidi Cascade & Tereza Tomek and a Singing Workshop with Melisa Devost.

For more information about the contest or any of the programs offered, visit the Island Mountain Arts website at [www.imarts.com](http://www.imarts.com), call 1-800-442-2787, or email [info@imarts.com](mailto:info@imarts.com). For more info on the ArtsWells Festival Of All Things Art please visit [www.artswells.com](http://www.artswells.com).

**HOW TO ENTER:** Email 1 song (MP3 format), along with a typed lyric sheet, your name, address and telephone number to: [contest@imarts.com](mailto:contest@imarts.com). The song must be original.

For more information, contact Julie Fowler, Executive Director: toll free 1-800-442-ARTS (2787), 250-994-3466, or email [contest@imarts.com](mailto:contest@imarts.com).

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eat

*'You can lead a horse to water, but you can't make it drink' means you can offer something to someone, like good advice, but you cannot make them take it.*

# Whiskey and soup stock

Water not only provides life, but makes life worth living. All the best things in life come from this glorious liquid – beer, wine and whiskey to name a few – all need clean water in order to be made. The word 'whiskey' actually means 'Water of Life' in Gaelic. The most important thing in cooking also relies heavily on water. I'm referring of course, to the foundation of all good soups and sauces; stock!

Good soup can only be made with good stock and if you've ever tried to make a decent brown sauce with stock that is less than awesome, you might as well open a store-bought envelope of powder. To give you an idea of how important stock is in cooking, I'll quote Escoffier, who is the godfather of modern cuisine. This quote is from

the 1941 print of Le Guide Culinarie. "Indeed, stock is everything in cooking, at least in French cooking. Without it, nothing can be done. If one's stock is good, what remains of the work is easy. If, on the other hand, it is bad, or merely mediocre, it is quite hopeless to expect anything approaching a satisfactory result."

The difference between stock and broth is also important. Stock is defined as a clear unthickened liquid flavoured by soluble substances extracted from meat, poultry or fish (and their bones) as well as from mirepoix, other vegetables and seasonings. Broth however is defined as a flavourful liquid obtained from the long simmering of meats and or vegetables. You can make a brown stock, which we call estouffade (ess-too-fawd) from beef

## Out of the Fridge

By Brice O'Neill



and/or veal, or a poultry stock with chicken, turkey or duck. Fish stock, also known as courtbouillon, is also common in many kitchens. But how to get it just right? They all start with the same thing. – good, clean water.

Bones make all the difference and they are the next most important ingredient. They add the flavor, richness and colour. Because younger animals have more cartilage and connective tissue, veal bones make the best brown stock. You

want to use shank, neck, knuckles and back bones that are cut into 3" or 4" pieces – ask your local butcher.

The next thing is the mirepoix (meer-pwah). This is a fancy French word for carrots, celery and onions with a ratio of 50% onion, 25% carrot and 25% celery. Start by putting your bones on a roasting pan in a single layer. Roast dry for 1 hour at 375 degrees stirring them every 10 minutes. Remove the bones, skim off the fat and deglaze

(putting water in and scraping the bits). The French have words for everything, don't they? Put the bones and the deglazing water into a pot and then cover with cold water, bringing it to a simmer over a medium heat. While this is happening, put your mirepoix in the roasting pan that you took the bones out of and sautee. Stir until they start to turn nicely brown and add this to the pot of liquid. Then add fresh parsley stems, some thyme, two garlic cloves and a couple of bay leaves. Adjust your heat to maintain a gentle simmer – NEVER BOIL. Skim the impurities (the white foamy stuff from the top) every fifteen minutes or so for the first hour. Then skim every 30 minutes after that. Simmer for another 7-8 hours, skimming as necessary and

adding water to keep the bones covered. If this sounds like a whole lot of work, it certainly is, but it is worth it in the end. After about 10 hours of cooking, remove it from the heat and ladle the liquid into another pot, being careful to

disrupt the bones as little as possible. Strain the remaining liquid through a mesh strainer lined with cheesecloth. Then place the entire pot into an ice bath to lower the temperature. Put the pot in the fridge overnight, and VOILA!

Remove the final fat cap and you have created the single most amazing thing (next to whiskey) you'll ever enjoy. Easy eh? No not this time, sorry. Next time. The culinary world knows that stock is not easy, and is very time consuming, but worth every bit.

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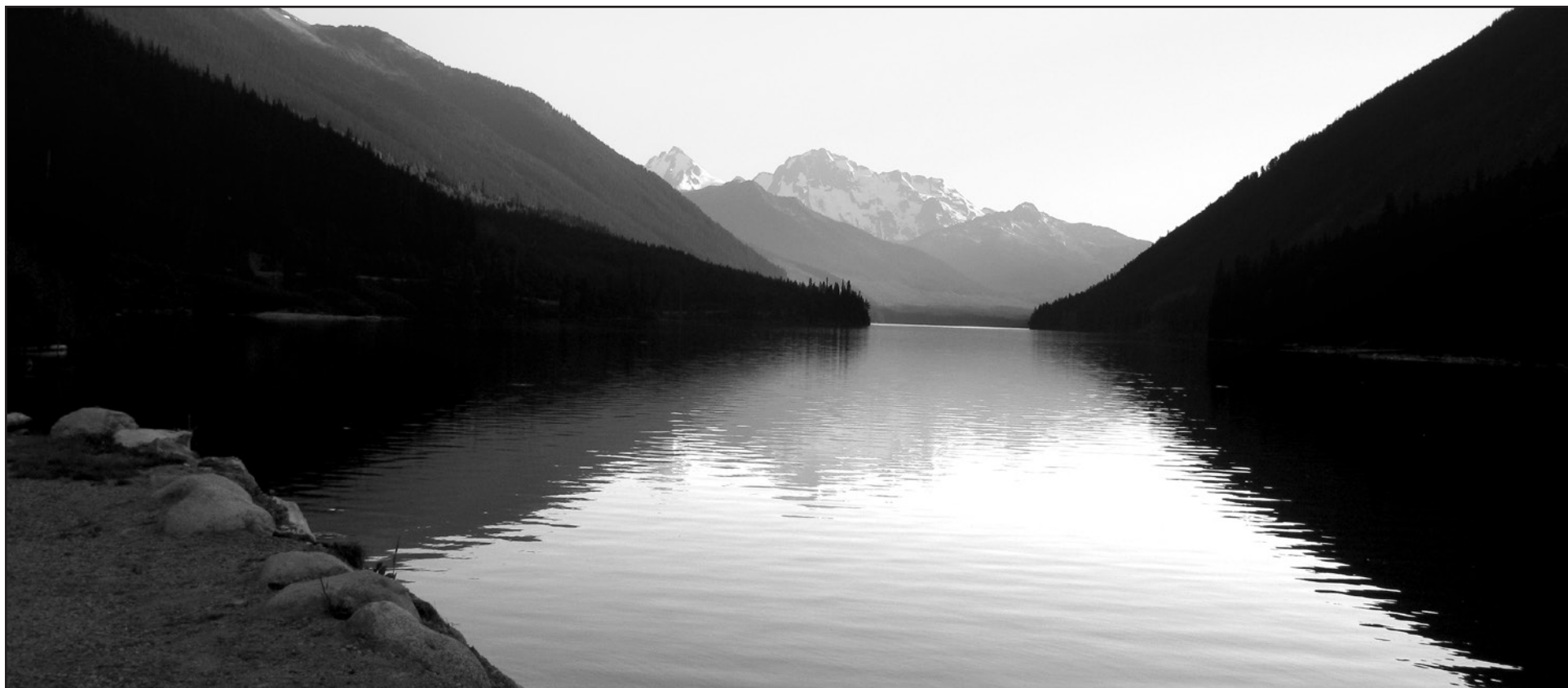
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*"My fake plants died because I did not pretend to water them."  
~Mitch Hedberg*



## Life after ice-off

Local lakes are beginning to open their ice surfaces, and there are many conditions that affect our fishery immediately after ice-off.

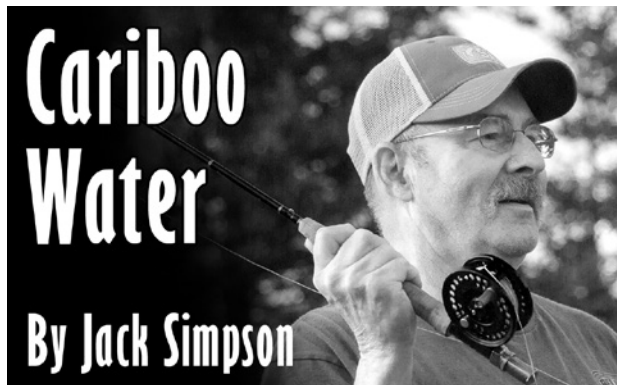
The Cariboo Region fisheries techs are completing their oxygen content testing of a wide selection of area lakes and HOPEFULLY the results will be mostly encouraging. With the exception of Kloacut Lake, an area west of Big Creek, and Fletcher Lake, the lakes that have suffered either partial or total winter-kills in the recent past should be in good shape, but like everyone, I impatiently await the test results.

WINTER-KILL is

something that is a naturally occurring part of stillwaters on the Interior Plateau. It is caused when lakes with no freshwater inlets suffer a serious reduction of oxygen in the water, enough of a reduction that some or all fish cannot breathe. This reduction is usually caused by two things that occur over the winter:

- Snow cover on the ice prevents the penetration of sunlight and extensive weed-beds die off as a result of that loss of sunlight.

Depending on the water chemistry and contents of the lake bottom, this weed die-off will create carbon dioxide in enough quantities that it



will displace all or most of the oxygen in the water. Low or no oxygen, fish die.

- Certain lakes have mineralization left over from ancient volcanic action (Till Lake being a prime example). If those lakes have an extensive weed-bed die-off, the rotting of the dying weeds can release huge quantities of Hydrogen Sulfide (H<sub>2</sub>S), a deadly gas that will obviously kill any fish

in that body of water.

Both these conditions are resolved naturally after ice-off. The depleted oxygen is replenished by the wave action that aerates the water surface then mixes with the remaining water at turnover. The H<sub>2</sub>S evaporates on the water surface and dissipates into the air. This will create a rotten-egg smell around any lake that has suffered from that condition.

TURNOVER happens when the ice surface on a lake melts in Spring, the surface water level is near freezing, making that surface water level denser and colder than the water lower in the water column of the lake. As that surface level of water is warmed by the Spring air, it gradually becomes equal in temperature and density with the lower levels and proceeds to mix with the rest of the lake water, supplying the oxygenated level with the entire water body and replenishing the entire lake with oxygenated water. This turnover occurs normally within 7 to 10 days after ice-off, depending on air temperatures and wind action in that period of time.

For the fisher: Prior to turnover, fish live and

feed in the oxygen-rich upper level of lake water. AFTER turnover, the oxygen is diluted by the non-oxygenated water and the actual density of oxygen throughout is quite sparse, leaving fish listless and not particularly interested in feeding. Until the water stratifies into an oxygenated upper half of the lake water (usually 10-14 days after turnover) fishing is quite poor, except in shoal areas where surface water is oxygenated by wave action. In practical fishing terms; after ice-off, fish like crazy, because after turnover, you may as well take a week or two off.

Preserve our waters and our incredible fishery. That fish you release will be more than 2 lbs bigger, next year.



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*'Blood is thicker than water' means that family relationships are stronger than others.*

# Rivers are your highway to discovery

BY CHRISTIANE KLEIN  
OF ALL-WAYS TRAVEL

Taking a river cruise is another luxurious method of travel you can use while travelling to different countries. You can enjoy the country you are travelling by cruising their waterways and taking land excursions. It is the best method of relaxed, all-inclusive travel.

Travelling on a river cruise, your day to day concerns and responsibilities seem very far away. You are in another world, a world where the scenery outside changes every day.

River cruises can take you to Europe and Russia. There are many countries to choose from and depending on the time you have to spend, can take from 8 to 22 days.

You have the choice of tulips and windmills by taking a trip from Amsterdam to Antwerp, or visiting Holland and Belgium.

You can also discover the cities along the following rivers: Rhine, Moselle, and Danube. A river cruise will also take you to Italy's Po River and the Venice Lagoon or you can experience France's Seine, Rhone, Saone Garonne, Gironde and Dordogne Rivers.

If you are interested in the imperial waterways of Russia, a cruise will take you along the Volga, Neva or Svir Rivers.

For the land excursions



on a river cruise you have the choice of active or gentle walking programs along with more authentic experiences to embrace the local cultures.

River cruising is truly an all-inclusive experience.

If your taste is more adventurous, you might choose a river cruise destination like India, China, Vietnam or Cambodia, or how about a cruise on the Nile River in Egypt.

In India, China, Vietnam and Cambodia you are able to visit what remains of some of the world's most ancient civilizations. The architectural marvels of these countries will leave

you breathless. You will experience the white marble splendour of the Taj Mahal in India as you travel the Ganges River. The Great Wall and the Forbidden City in China unfold while you travel down the Yangtze River. Travelling the Mekong River offers you "The Mother of Water" while travelling Vietnam and Cambodia.

The cuisine on all river cruises will give you the taste of the country you are travelling in.

Historically-interested travelers will absolutely enjoy Egypt's wondrous "Gifts of the Nile" river cruise. The land excursions offer you a wide

range of spectacular places, such as the temples of Luxor and Karnak, Valley of the Kings, Temple of Hathor, pyramids of Giza, and the Sphinx. You will also be able to visit the Temples of Hatshepsut and Horus.

No matter which river cruise you will choose, this is the optimal way to discover a country of your choice. The benefits of river travel are enormous.

All the guided land excursions are included in the price of a river cruise. There is no need to buy extra vouchers for drinks on board; a river cruise is like an all-inclusive vacation at its best. You can enjoy the countryside

without getting stuck in traffic. The river is your highway to discovery. Shore excursions are fully-hosted and the choice is yours. They are guided by the most dedicated local experts. The excursions also include a portable audio headset, so that you can listen to the details your tour guide is providing.

A further advantage of a river cruise versus a bus tour is that you are not sitting in a cramped space for hours with just little breaks to explore, and otherwise just flying past the beautiful landscape as the bus needs to keep on going. This swimming, all-inclusive

luxury hotel will give you truly exclusive relaxation. You will be greeted when arriving at the airport, and all transfers are free. You do not have to worry about gratuities as they are already included in the price. The capacity of just 130 guests on board will secure you the full attention of the staff.

If I have sparked your interest in taking a river cruise, and you would like to get more information, then come on in and we will answer all your questions.

After all, travelling is like a book; you never know what is written on the next page.

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*"The cure for anything is salt water: sweat, tears or the sea."*

*~Isak Dinesen*

## THE STEW MAGAZINE'S Monthly MIX



### HOLIDAYS OF THE MONTH

**April 16th National Eggs Benedict Day**

National Eggs Benedict Day is a day to enjoy eggs with hollandaise sauce, Canadian bacon and English muffins. A lot of people have never had Eggs Benedict. If you're upper crust, you most likely have enjoyed Eggs Benedict a number of times, and perhaps, on a regular basis. However, many people (regular folk) have never tried Eggs Benedict. Go ahead and do a survey. See how many of your friends can even tell you how its made, or what's in it. Or, ask them what hollandaise sauce is.

Celebrate today by eating Eggs Benedict. If it's your first time, we suggest you go to a restaurant where they know from experience how to properly make it.

**April 25th Penguin Awareness Day**

Penguin Awareness Day, and World Penguin Day are great opportunities to learn about and appreciate one of the few natives of Antarctica. On these days, spend a little time learning about them... a pictorial book or internet site is fun. You can also watch a documentary of these cute and popular grounded birds.

These days are also a time to wear black and white – penguin colours. However, wearing a tuxedo in their honor is optional. It is also a popular today to tell a penguin joke or two.

World Penguin Day coincides with the annual northward migration of penguins. Penguins do not fly. Rather, they walk or waddle to and fro.

## Theatre musings

*Top ten ways  
that water is  
important to  
the theatre:*

BY APRIL GERWING

1) If there was no water, there would be no plays. Water is essential to distilling, brewing and vinification, without which many great plays would remain unwritten.

2) Taking a mean average of the numbers out there, we are somewhere in the neighbourhood of 60% water, so without water, there would be no full house. The best we could hope for is 40% occupancy.

3) Coffee. Enough said.

4) Everyone on stage drinks a lot of water. They have to. Dry throats lead to cracked voices and coughing fits which are the bane of the existence of actors everywhere and since there is no 'cut' or 'take two' in live theatre, hydration is key.

5) After spending the run of *Still Stands the House* and *Garage Sale* at the front of the house, I realize that the audience also consume vast quantities of the stuff. Nothing throws a wrench into the enjoyment of a performance like a coughing fit in the crowd, not to mention how badly it can distract the on-stage folk.

6) Drinking lots of



water is important for the health of your skin, but it's pretty important for taking off that stage make up too. No water equals no reprieve from that nasty, pore-clogging pancake of suspended disbelief.

7) Without water, many great plays that have been written would have ridiculous names. For instance, "On Golden", "Over the and Through the Woods", "Memory of", and "Treasure", because without water, there is no Island. This applies to many other written pieces too like, "A Runs Through It", "World" (okay, water or not, this one would still suck), "Lady in the", "For Elephants", "Ship Down" and poor Mr. Springsteen would have had to have released his 1980 double-album under the suspect title "The". So when W.H. Auden said, "Thousands have lived without love, not one without water", he was really on to something; just the verbiage we gain from water is crucial to life and to life in the theatre.

8) No flowers on closing night. Boo to that.

9) Sweat. Those big klieg lights are hot. If we couldn't sweat on stage, there would be a disturbing amount of spontaneous human combustion in live theatre. This in turn would drive the cost of groups like the Williams Lake Studio Theatre's insurance through the roof, spiking ticket prices and making live theatre an elitist, exclusionary art form and that's just not who we are. Of course, this would also create a need for understudies for each and every role, just in case Michael Rawluk or Sharon Hoffman should burst into flames right in front of your very eyes; the show must go on, after all.

10) Last but certainly not least, water is a requirement for tears. Tears of laughter, tears of sadness and I'm so mad I could cry are all parts of the range of emotions, without which, theatre is pointless. When you go to a play, the people on stage are pretty much

throwing it all out there for you and most of the people in the audience are wonderful enough to return the favour by throwing it right back. For that, we are all truly grateful. I've laughed hard enough and been struck deeply enough by a poignant moment, to squeeze out a few tears and I make no apologies for it; neither should you.

I'm always amazed by people at concerts who can remain motionless while the band plays on; no foot tapping, no clapping, dancing, head-bobbing, grooving or moving. I was once very tempted to take the pulse of the woman behind me at a Tragically Hip concert, she was so inanimate. The same goes for live theatre. You, the audience member, singularly and collectively, are every bit as important to the success of a play as is everything that happens on stage and behind the scenes. Your engagement and interaction are key. We love you for those belly laughs and audible, sharp intakes of breath; we live for it.

So then, water is life and life without emotion is pretty stale; we need all those tears and beads of sweat to survive. The final performance of the WLST's 60th season, *Proof* by David Auburn, will be alive and kicking May 6 to 9 and 13 to 16, and we truly hope you will be 100% there.

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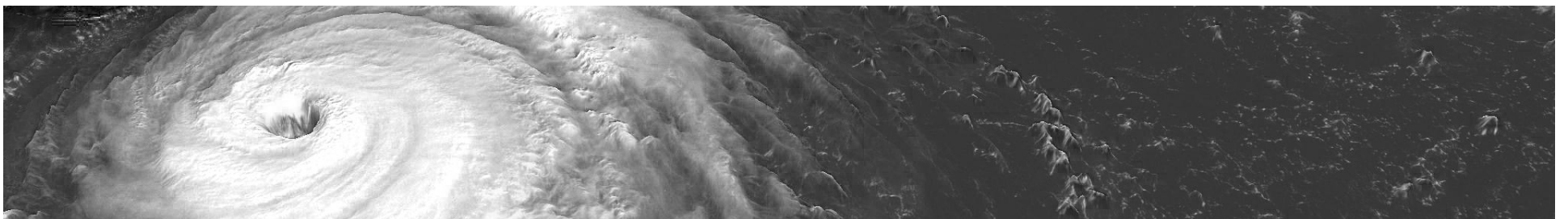
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and old!





# hear

*If something has happened and cannot be changed, it is 'water over the dam'.*



## Hear the river singing

A POEM BY LINDA PURJUE OF THE WILLIAMS LAKE WRITER'S GROUP

*Written while standing on the bridge at Farwell Canyon watching family and friends dip-netting salmon.*

You can hear the voice of the river  
Carolling in a single voice,  
Chorusing in a thousand.

It sings of the glaciers of its birth,  
Of the streamlets and creeks and rivulets  
That swell its voice  
As it hurtles ever closer  
To the Mother Sea.

It carols in a single voice  
That rises and falls  
In a clear female melodic tone  
To the background music  
Of swooshing whirlpools and clashing eddies  
Turning back on themselves,  
Fighting to return upstream.

It choruses in a thousand voices,  
Echoing in the canyon cathedral,  
Rejoicing in existence,  
Extolling the might of nature,  
Tearing at the soul with the powerful beauty of being.

It sings of the splendour of the day  
As its verdigris waters  
Dance between ochred canyon walls,  
In the heat of the summer sun.

It sings of the thousand thousand years  
It has wended its way  
From glacial birth to Mother Sea,  
Rending and moulding and shaping the land  
With the skill surpassing  
Any human artist.

The river sings.  
I can hear it with my heart  
And with my spirit.  
It sings to me of people long gone  
Whose hearts and spirits dwell within mine.

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# Virtual pirates and fishermen

I'm not entirely sure why, but I've been spending a lot of time playing *Assassin's Creed IV: Black Flag* lately. I think part of it is that my Daughter has been on a bit of a pirate kick lately, which has gotten me on a bit of a pirate kick, and I don't think there's a better pirating simulator available right now than *Assassin's Creed IV*. You get your own pirate ship (it's called The Jackdaw), your own crew, and you can collect pirate shanties for your crew to sing as you sail across the ocean of the Caribbean. As you sail you'll encounter other ships; British ships – French ships, Spanish ships – that you can attack and plunder for all that good pirate booty, which you can then sell, which makes you money that you can spend on upgrading your ship so you can take on even bigger boats with even better loot. Now, sure, because it's an *Assassin's Creed* game, there's some big, convoluted story to play through with a bunch of assassinations, but believe me, its way more fun to ignore all that stuff and just run around being a pirate. I like to do it while drinking rum, for that extra level of authenticity. It's taken quite awhile to get to where we are with water effects in video games, but what we have now is pretty impressive. It looks like water and it behaves like water. When you're sailing the high seas in *Assassin's Creed IV*, the behaviour of the water will change with the weather and you'll need to change how you handle your ship when the storms come in. Not everyone enjoys white-knuckle adventure, but water is diverse, and it's got something for everyone. If you'd rather a more relaxing way to pass the time, why not try some virtual fishing? There are two games that allow for fishing which have managed to captivate me in the past. *Animal Crossing* is a weird little town



simulator, where you'll play a new inhabitant to a town full of friendly (and sometimes not quite as friendly) animals, where the primary goal is to pay off your house while collecting things like furniture, clothes, and yes, even fish. Fishing is a pretty basic exercise. Once you have a fishing rod, you can wander up and down the rivers, lakes, and ocean looking for the tell-tale shadows that indicate that a fish is nearby and ready to be caught. Then it's just a matter of dipping your hook in the water, waiting for the fish to bite, and yanking it out at the right moment. It's a fairly relaxing way to kill some time, and the fact that there are so many fish to track down and collect gives you a reason to keep coming back for more. The fact that certain fish are only available at certain times of the day, or certain times of the year, adds a level of frustration for the completionist players. However many fish you may want to collect, it's a nice diversion, and best of all, something you can share with even very young children. The other game that captivated me with its fishing interface was *World of Warcraft*, a game that continues to captivate me with new and innovative features even now, ten years after I first started playing. I used to have a friend who played *WoW*, and every night when he was finished, he would set aside five or ten minutes to just hang out on a dock somewhere, fishing. He

In 1912, the Titanic hit an iceberg in the Northern Atlantic ocean and sank.

## Gaming Life

By Todd Sullivan



found it relaxing, and a nice way to mellow out after the evening of hacking and slashing. I never got quite into fishing as much as he did, but I did find it a nice way to pass the time in the game while waiting for something else – maybe waiting for a group to get together to run a dungeon, or waiting for a certain time to meet another player, or whatever the case. And when you could occasionally catch novelty fish that would do fun things like turn you into a skeleton or make you tiny, well, that just made fishing that much more fun. So what does April 2015 look like in the realm of video game releases? Well, a little slow, actually. There's a lot of existing titles coming to new platforms; *Grand Theft Auto V* comes to PC on April 14, *Tropico 5* comes to PS4 on April 24, *State of Decay* comes to Xbox One in a special 'Year One Survival Edition' on April 28. Perhaps the most exciting news is that one of the least probable games of all time – *Goat Simulator* – will be arriving on Xbox 360 and Xbox One sometime in April (release date still TBA). Believe me

when I tell you that *Goat Simulator* is one of the most unique games of all time, and should be experienced by, well, pretty much everyone. As for the big new release of the month, that would have to go to *Mortal Kombat X*, the next generation release of one of the oldest and most-controversial arcade fighters. It's arriving on PC, PS4, Xbox One, iOS, and Android on April 14. **Other notable releases:** *Xenoblade Chronicles 3D* (4-10); *Carmageddon Reincarnation* (04-23); *Omega Quintet* (04-28); *Mighty No. 9* (TBA) **What have I been playing lately?** We managed to find a heavily discounted version of *Disney Infinity 2.0* so my Daughter and I have been spending a lot of time zooming around the virtual New York City of the Avengers as Iron Man, Thor, and Black Widow. I try to accomplish the missions. She mostly tries to get on a motorcycle and crash into things. As long as you're having fun, that's all that matters. **What have you been playing lately?** Do you have a favourite thing to do in virtual water? Tell me about it!

## We've Expanded!!



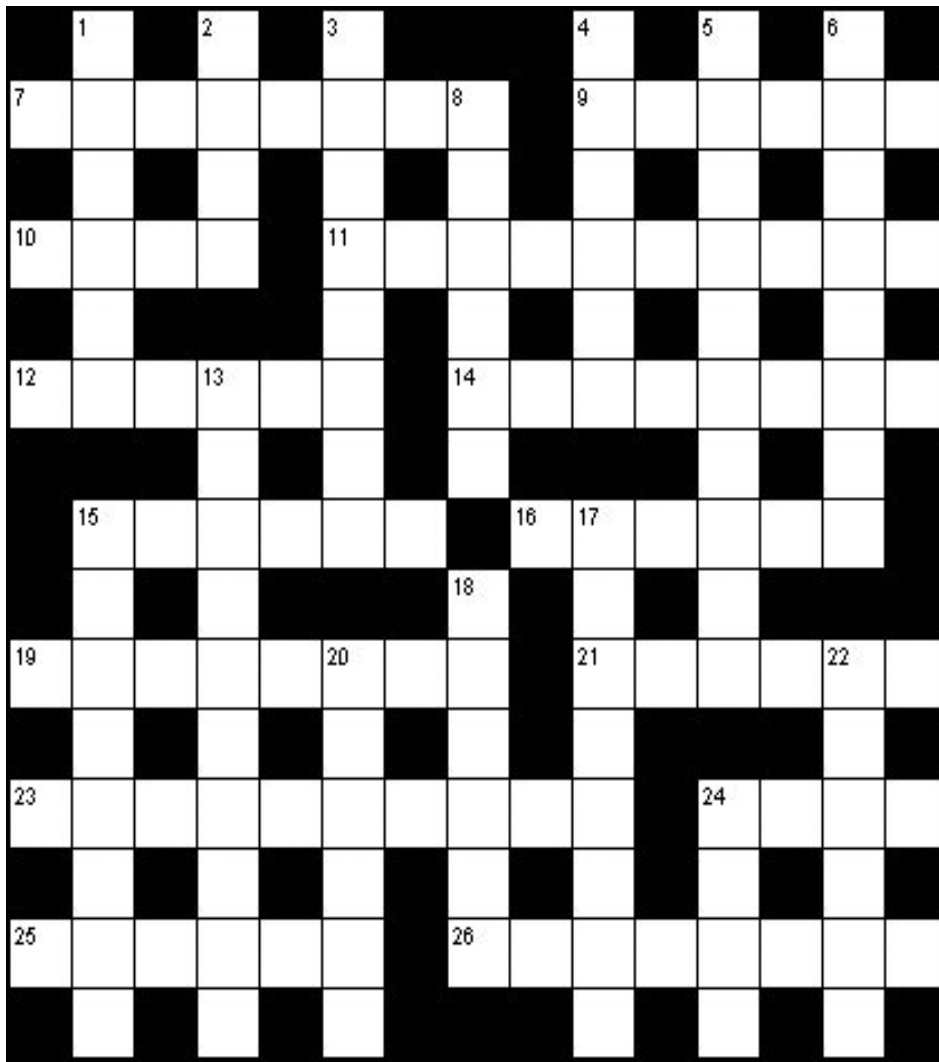
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*This month's crossword is brought to you by the fine people at Bob Paterson Homes.*

# X-Word Puzzle

## ACROSS

- 7 Union row sounded silly (8)  
 9 To unfasten, push almost any buckle (6)  
 10 A river, one incorporated by Ouse finally (4)  
 11 Where class is involved in action, but not involved in class action? (10)  
 12 By which means the retired can do business (6)  
 14 Old uncle accepts scheme by English member of the staff (8)  
 15 He's not taken seriously! (6)  
 16 Priest landed on board in an awkward position (6)

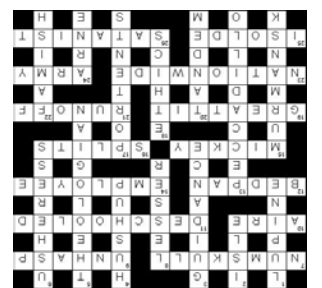


- 19 "Bird" is a singularly sexist remark (5,3)  
 21 Excess rainwater gets race cancelled (3-3)  
 23 Criminal in 10 wanted across the country (10)  
 24 A jolly year for host (4)  
 25 One's getting on with Earl, a lover of Wagner (6)  
 26 A saint's corrupted with time – becoming this? (8)

## DOWN

- 1 Wolf's bane eventually appears under another plant (6)  
 2 A bit of land offers passage, so to speak (4)  
 3 I take steps to follow good united leadership (8)  
 4 Regularly shout "Push off!" or suppress it? (4,2)  
 5 Article on hooligan kicking heroin moved religious student (10)  
 6 She puts errant theatre-

- goers in their place (8)  
 8 Being stuck between opposing sides is not so great (6)  
 13 Police caught lad misbehaving, but it's a minor offence (10)  
 15 Shrouded in darkness soldier succeeded to reach Russian port (8)  
 17 Harry Potter's new forebodings (8)  
 18 Anglo-Saxon character in charge beginning to show moral values (6)  
 20 Beat Democrat for Daisy's proposed seat? (6)  
 22 Force American sect to starve (6)  
 24 Composer overshadowed by Elgar nearly (4)



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