



# the stew

ISSUE 6.06 | JUNE 2015 | **FREE**

Yee Haw!

the  
horse issue

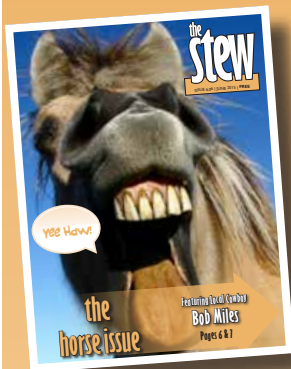
Featuring Local Cowboy

**Bob Miles**

Pages 6 & 7



hear

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## On the Cover:

Yee Haw! This silly horse wants to make sure you have a wonderful Stampede!

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# Scarlet fever

BY CRAIG SMITH

"A horse is a horse, of course, of course, and no one can talk to a horse, of course, unless, of course, the horse, of course, is the famous Mr. Ed!" –from the introduction to the 1960's TV show *Mr. Ed*. I remember hearing this song when I was a kid watching reruns of the *Mr. Ed* show on our 12 inch black and white TV with the two 'sort of' channels. A talking horse... that's what I wanted. I was a little disappointed when I found out that they don't actually talk.

I've had a fascination with horses for so long that I find it amazing that I have never owned one. I have pictures of when I was really young, riding at stables near my Mother's house and at my Great Aunt's farm. My Aunt's horse only had one eye, and constantly ran me into things he didn't see if I wasn't paying attention. I jumped at any opportunity to be around horses.

In 1973, horses would play a key part in the direction my adult life would take. I remember during the summer we had two shows come to Salmon Arm that involved horses. The first was the Royal Lipizzaner Stallions. The grace at which they moved was amazing but what caught my attention were the reasons they were trained to do the things they did. The jumps, the kicks and their entire repertoire revolved around being used in battle. They were bred and trained for many years to break lines of infantry and demoralize the enemy. I was in awe imagining what that breed did many years before in the heat of a skirmish. This was another horse that I

wanted to own...of course that was until I found out how much they cost.

The second show was the RCMP Musical Ride doing their 100 year anniversary celebration across Canada tour. There was nothing I didn't like about that performance. The horses, the uniforms, the precision, the skills, I was a star struck nine year old spending my hard earned allowance on the RCMP anniversary book, that to this day I still own. So I decided then, that's what I wanted to be. My son calls it 'scarlet fever', when young men and women see the uniform and want to join up right away. I guess it was a good thing they don't recruit nine year olds.

Later in high school I dated a cowgirl although when I played cowboy on her Dad's ranch it was motorbikes we used to chase down cows not horses. This was probably where my love of riding started. My current bike has 83 horse power and since that time I've not gone without a motorcycle for long.

When I started making some concrete plans for my future, the musical ride was still in the back of my mind. I spent five years in cadets through high school and during my cadet career I found out that the military also had a version of the Musical Ride that was performed by the Lord Strathconas Horse Royal Canadians Regiment. The uniform was similar to the RCMP as it went back to the British Red Serge from the 1700-1800s. The biggest difference between the two is that the Lord Strathconas, being a cavalry unit, did their version of the musical ride but also showed



their skill at old school cavalry tactics and movements. I was hooked, not only could I apply to join a unit that had a version of the Musical Ride with very similar ceremonial uniforms, but being a modern cavalry unit they were an armoured unit which meant tanks and in Canada ours were the brand new Leopard main battle tanks. What more could a high testosterone 18 year old male want.

During my military career I didn't get the opportunity to participate with the ceremonial unit but don't regret the choices I did make during my time in uniform.

Horses didn't come back into my life until I moved up to Quesnel in the 80s. As a photographer I was constantly asked to shoot rodeos, barrel races and horse portraits. I went down to the coast and took a course in equine photography and then photographed many horses for their owners for portraits or stud catalogs. I had many of my horse images used in various places and had a few in "The American Paint Horse Journal". I can still see the image vivid in my mind – which is good since the negatives are long gone – of a beautiful, mainly white paint horse running through a snowy forest,

caught by a ray of light streaming between the trees. I had that image hanging in my office 20x30 for years till it got so faded that I had to take it down. One day I will capture an image like that again.

A few weeks ago I had the opportunity to participate in a project that once I found out about its existence was very adamant about being included. Paul and Terry Nichols from Quesnel created a cross Canada Ride from the Pacific to the Atlantic on horseback called the Communities For Veterans Foundation. The ride is to show the face of Veterans, who aren't just WW2 vets now as we now have vets in their 20s. The ride is also to raise awareness of post-traumatic stress disorder. I rode my motorcycle 1000 km and the horse they gave me named "Cowboy" for 26km.

Living in Williams Lake for the last twenty five years I have not only photographed horses in this area's rodeos, Stampede royalty, trail riders, trick riders, chuck wagon races as their official photographer, and sleigh rides. Horses have been, and will probably always be a part of my life and maybe one day I will have one to call my own.

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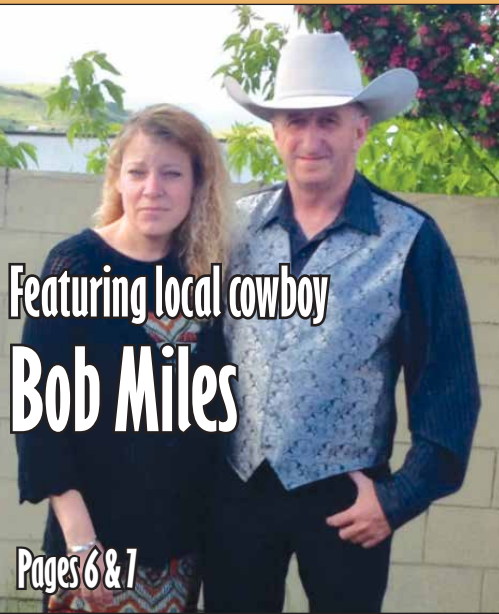
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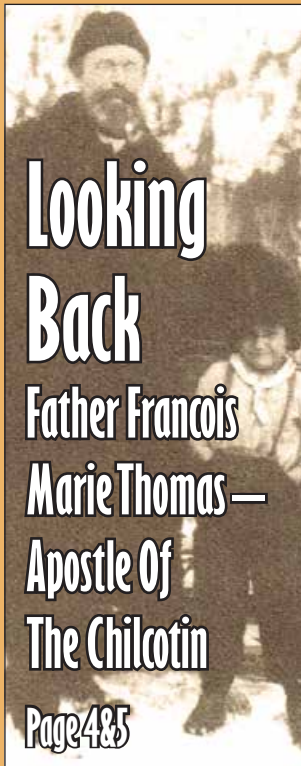
Featuring local cowboy  
**Bob Miles**

Pages 6 & 7



**Discover Austria:**  
Breathtaking home of  
the Lipizzaner Stallions

Page 14



**Looking  
Back**  
Father Francois  
Marie Thomas—  
Apostle Of  
The Chilcotin

Page 485

## Nutrition Facts

Serving Size: 32 pgs  
Servings Per Container 1

Amount Per Serving

Calories 0

% Daily Value\*

This issue of *The Stew* is brought to you by all the little people out there who ever jumped on a broomstick and yelled "giddy-up horsie!" It's for the old cowboys and girls who've spent days in the saddle. It's to celebrate horses and how much they have contributed; horses are how the West was won. Long live the horse and its rider.

The issue's inspiration is the annual Williams Lake Stampede. We wanted to recognize the horse as a majestic beast that brings beauty, entertainment and function to our rodeo. Here's to the girls on their horses that entertain and delight, the pickup boys and their horses who rescue the riders from their 8 seconds, and the wild horses that refuse to be broken. Here is to the horse, this issue is for you.



Building a foundation with  
market research and  
a business plan

Page 25

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hear

# Father Francois Marie Thomas

– *Apostle Of The Chilcotin*

Father Francois Marie Thomas was the first missionary priest to bring Catholicism to the Chilcotin Plateau and Blackwater country west of the Fraser River. Other priests like Father AG Morice, Father Le Jacq and Father McGuckin had tried, but none had success in converting the Tsilhqot'in or Dakelh people.

Father Thomas was different. He succeeded where other missionaries had failed and spent nearly six decades in the region transforming the country and its people.

Father Thomas was ordained into the Oblate Order of Mary Immaculate (OMI) in 1888 in his homeland of Brittany, France. The young priest was given the choice to serve in Brittany rather than risk his life in a raw

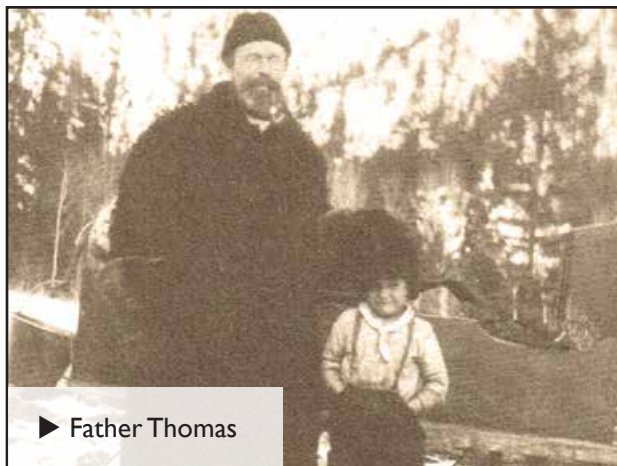
new country, but he chose to come to Canada. He arrived in the Cariboo Chilcotin in 1897, and took up residence at St Joseph's Mission in the San Jose Valley near Williams Lake.

His first order of business was to establish contact with the aboriginal people and gain their respect and trust. His next task was to build churches in the isolated villages across the region.

Veera Bonner remembers Father Thomas fondly.

"He had a hearty manner," she says. "He wasn't mild-mannered at all – just the opposite. He always had something to tell you."

Veera, a third generation Chilcotin-born member of her Hance family, grew up in Big



► Father Thomas

Creek. Her mother, Hattie, was born in Hanceville, where her grandfather, Orlando Thomas Hance, was the first white settler in the Chilcotin River Valley. Hanceville was named after him.

Father Thomas rarely came to Big Creek because most his flock lived elsewhere.

"Most of the people at Big Creek were Anglican," Veera says, "but he did visit occasionally."

Veera's older sister, Irene Bliss, remembered Father Thomas visiting them in Big Creek.

"We weren't Catholics, but he used to come and have lunch with us. He would make his rounds twice a year; once for the whites, and once for the Indians."

Irene remembered his hearty laugh and bushy white beard.

"He was a wonderful man. Everybody knew

him. He was known from one end of the country to the other."

She says he would head out in all kinds of weather to attend to the needs of his parishioners.

"It didn't matter what the weather was like, he'd go."

Father Thomas is perhaps best remembered for his annual Priest Time treks through the country. He would head out in the spring as soon as there

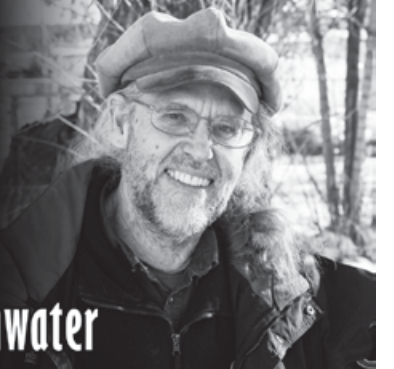
was enough green grass to feed his horses.

He would start out in Quesnel and go west from there in a long circuitous route to Nazko, Kluskus Ulkatcho Village, Anahim Lake, Redstone, Anaham Flats, Stone, Toosey, and finally back home to St Joseph's Mission. The epic journey would last six weeks.

What made Father Thomas's Priest Time trek unique, was how each

## Looking Back

By Sage Birchwater



► Crossing Taseko River in big wheel wagon



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# hear

*"A dog may be man's best friend, but the horse wrote history." ~Author Unknown*

► Swannell Ulkatcho Village 1927



► Big wheel wagon wrestling match



...continued from page 4

community would send an envoy to bring him to the next village. When Priest Time was over in Nazko, the people from Kluskus would show up to bring him to their community. When Priest Time was done in Kluskus, a delegation from Ulkatcho would arrive to escort him further along the trail to their home.

Each Priest Time session would last a week. Since he only visited once a year, a whole year's worth of church business had to be conducted in seven days. Graves were blessed, babies were baptised, couples were married, and catechism, church doctrine, was taught. An interesting phenomena in that country, several couples often shared the same wedding anniversary date.

Priest Time was a celebratory occasion. People came from isolated meadows and trap lines near and far to socialize and join in the festivities. The aboriginal bone game of lahal was a favourite

pastime.

Ulkatcho elder Theresa Holte remembers the excitement of Priest Time in Ulkatcho Village.

"In June we'd all leave our camps and go to Ulkatcho Village. Father Thomas would come all the way from Quesnel. He'd use a saddle horse all the way. When he got to Ulkatcho everybody started shouting, 'The priest is coming, the priest is coming!' People started running and got their shotguns to salute the priest coming in."

Theresa says the priest's horse would start dancing around, scared of all the guns going off.

"But Father Thomas was a good rider. He usually managed to stay in the saddle."

There were no churches when Father Thomas started his mission, so they used the Cullaculla House in Ulkatcho Village for Priest Time until the community built a church. At Anahim Lake there was no church and Theresa remembers Father Thomas

had a big tent under the jack pines to perform his ceremonies.

"Lots of people got married under the jack pines," she chuckles.

Ulkatcho elder Mac Squinas said Father Thomas would always arrive at Ulkatcho Village during the first week of June.

"Once a year every June the priest came to Ulkatcho Village. He stayed seven days. Once a year we see Father. Father Thomas was the first Father we see. Lot's of people went to Ulkatcho. All of Kluskus, some from Ootsa Lake, and some from Anahim Lake. He would teach you church, just like going to school for one week."

Mac said Father Thomas would continue on to Anahim Lake and stay for one or two days until the people from Redstone would arrive to pick him up.

"Tsilhqot'in people would meet Father Thomas at Anahim Lake and bring him down to Redstone Flats in a

► Redstone Church



wagon."

You didn't have to be Catholic to be drawn into the delights of Priest Time. Mary Ann Ross grew up in the Klinaklini Valley with her brother George, and their parents Louisa One-Eye and Old George Turner. Old Turner certainly wasn't religious, but they often came out from the Klinaklini Valley after trapping all winter at the same time Father Thomas was conducting Priest Time at Redstone Flats.

"We used big-wheel freight wagons," Mary Ann said. "No cars in them days. We stop maybe one day at Priest Time on our way down to Gang Ranch to get a load of stuff all the way from Ashcroft. That's the way they come

and get together at Priest Time. The Indians all come out like that in big-wheel wagons. They go across the river in a wagon like that too. Stuff piled up high."

Father Thomas spent nearly four decades cultivating the mission fields of the Chilcotin Plateau on his own, before he was joined by Father Hennessy in 1935. Although Father Hennessy was a big man, the native people always referred to him as "Little Father Thomas".

Oblate brothers and priests who die in the west are normally buried in the cemetery of St Mary's Mission in Mission, BC. But not Father Thomas.

When he passed away in an Edmonton hospital

in 1957 at the age of 89, an exception was made. At his request Father Thomas was brought back to the Cariboo he loved, and buried in the little cemetery at St Joseph's Mission, where he shares space with many of the region's pioneers.

Irene Stangoe wrote how hundreds of aboriginal people attended Father Thomas's funeral from Sugar Cane, Canim Lake, Soda Creek, Dog Creek, Canoe Creek, Alkali Lake and from across the Chilcotin.

"They followed the procession, praying aloud in their own language as they walked, saying the very prayers Father Thomas had taught them."

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# flavour of the month

**BOB MILES** ► A local rancher and auctioneer, Bob breeds Charolais cattle and quarter horses on his ranch near 133 Mile.





# flavour of the month



## Bob Miles: Local rancher and auctioneer

BY CHRISTA SMITH

This month's Stew features local rancher, Bob Miles. Born a cowboy, Bob has always been into ranching. Throughout his life he has moved all over BC, but put down roots in the Cariboo back in the very early nineties when he went out on his own. Bob's first ranch was in Borland Creek with a half a dozen cattle. Now, Bob and his son Bobby and soon to be wife Nikki, own the largest Charolais breeding

ranch in BC.

Bob's ranch is located in the 133 Mile area and is home to 190 cows and 29 horses. His main focus is breeding the Charolais cattle and he also breeds quarter horses. Nikki and Bob recently just welcomed their seventh colt into the world, which joins six others born this spring.

In Bob's younger years he spent some time in the rodeo circuit, steer wrestling and roping. He has gone all the way to the national high

school rodeo finals with his talent and grit. Bob's partner in ranching and business, Nikki is very involved in the Stampede. Nikki is part of the Wild West Riders and participates in the drills and Grand Entry. As part of her involvement on the ranch, Nikki also dabbles in reining, cutting and sorting.

Bob is not only a very busy rancher, but also finds the time to work as an auctioneer which he has done since the 1990's. Bob's work with

auctioning also includes ring sales, and when asked what he enjoys most, he says, "I really enjoy doing the charity auctions". I am sure that many have seen Bob in action if not at bull sales then at stampede dinner actions or at chamber events. Bob gives so much back to the community we are very lucky to have him.

As for future plans, after the wedding of course, Bob and Nikki plan to try and involve the kids more in the

ranching business. Bob's son Bobby has already started his own herd of cattle and his other son Wyatt of 18 is following in his dad's footsteps and following the rodeo circuit. He is an outrider for the chuck wagon races and travels all over Alberta and Saskatchewan chasing not only the wagons but the thrill of the rodeo. Nikki's daughter, Caitlyn, has no current plans in the ranching industry but is still a horse lover so who knows where her future

will lay.

Even though Bob's time is packed from dawn till dusk with the ranch and all that entails he often still has time to come into town and help Nikki with their other business Cariboo Custom Monogram a well-established business that has made the Cariboo home for many years. With a recent move out of the way this family has a lot on the go and look forward to see everyone out at the Stampede this year.



# Wespeak

"Small children are convinced that ponies deserve to see the inside of the house." ~Maya Patel

## Mane and tail fascination

BY CHRISTA SMITH

Horses seem to create an unexplainable fascination for most young girls. I am not sure that I have yet come across a little girl who didn't want a pony. When I was small I remember pleading with my parents for a horse. I diligently explained to them that even at four I could take care of it all by myself. I knew just what it would need and I would do everything if they would just please, please let me have a horse. My mother finally asked one day, just where exactly I planned on keeping such a horse, and without even a second thought I replied, in the kitchen of course. I never did get my horse and had to settle for plastic and stuffed replicas, but now as an adult

who is very particular, I realize why I was never allowed to keep a horse in the kitchen.

I think that the human draw towards horses is not just functional, but horses have a wide range of qualities that we want to be near. Horses are strong, dependable and hard working. They are majestic and powerful, and can bring peace and tranquility. Someone once told me that there was no better cure for a bad day than a horse-back ride. To be 'one with nature' sauntering through the woods, or to let loose and be wild, running free, galloping through the fields with not a care in the world, it's no wonder small children look to horses as companions and sources of enjoyment. Who couldn't just love

those big round eyes and oh-so-soft noses.

The Williams Lake Stampede has carved out a reputation for being world famous, and it is easy to see why; the events are full of horses and action. I loved the chuck wagon races, it was one of my favourite events, but now my favourite is the Mountain Horse Race. The event is Wild West to the core, and leaves the audience in breathless anticipation as the riders make the sharp corners and head down the mountain. The event terrifies me, and at the same time, tugs at a deep place where my adrenaline is pumping and my heart is almost beating out of my chest. I don't know what is most scary, my fear for the fearless riders, or for the horses and their



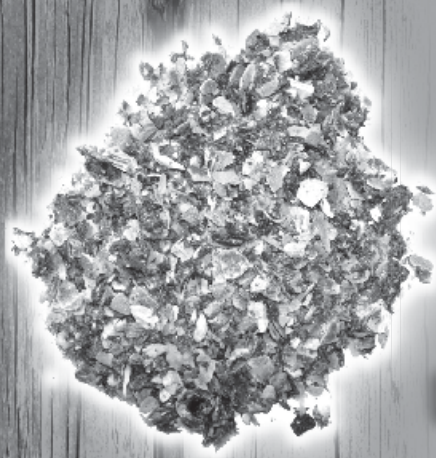
thundering decent.

Stampede weekend is a great time to witness the skills horses have. To some degree, I think that they can sense all eyes on them, doing their part to preform and entertain. Even the wild horses, I think, give

an extra kick to show off for the crowds. The barrel racers who run their drills and the ropers who practice their skills to a precise science, finally get a shot at demonstrating their talents. There are numerous other roles that

both horse and rider come out to show off, so this is the perfect time to take a break and just sit back and enjoy. The Williams Lake Stampede is sure to put on the best of shows and yes, our beloved horses will be at the center of it all.

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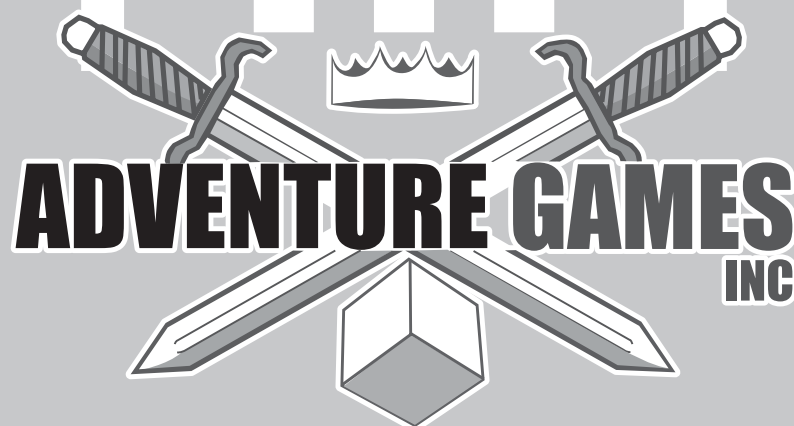
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## The Coffee Press

By Isaac Steward



# Coffee on Tap

Just when you thought there was probably not much left to cover on the whole coffee scene, I am hoping to surprise you with an interesting tidbit!

Many of you would be aware that when beer is served on tap, it is slightly different than in bottled state. Some companies have even made their name in the industry by "pioneering" certain things like Guinness with its high nitrogen ratio to give it a very smooth and creamy feel. What you may not be aware of is that just as things were starting to get blasé for some of the coffee giants, someone had a light bulb moment as they sat and had a pint...Why not try serving coffee on tap?

Coffee won't taste good if you brew it hot and then let it sit. You have most certainly experienced this as you

go to sip your  $\frac{3}{4}$  empty mug and kind of cringe as you toss back the last few sips that have become quite bitter as it cools and starts feeling less and less like a nice warm mouth hug! To enjoy coffee chilled, you must brew it cold. This alters the process in a way that draws on different nuances and actually pretty much eliminates the bitterness. Cold brewing has different coffee to water ratios and takes a much longer time (between 12 and 18 hours depending on what you are going for). Cold brew can be kept longer in a sealed container without going bad which makes for a much easier process in the end as you can do batches at a time.

Take that cold brew, siphon it into a corny keg, attach a nitrogen tank with a regulator for the flow and plumb on



your taps. That is nitro tap COLD BREW coffee. The nitrogen is infused into the coffee in the keg and as you pour it off, the mixture interacts with the air creating a cascading waterfall effect within the glass. The nitrogen offers a unique enhancement to the natural sugars in coffee accenting the more fruity notes making a

quite enjoyable summer drink. The bubbles from the nitrogen give it a very smooth and full feel. In fact, it pours off and looks much like a draft beer and even has a head of foam!

Keep an eye out through the summer as there will no doubt be a coffee company near you offering this special drink! Cheers!

## THE STEW MAGAZINE crew



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Did you hear about the horse with the negative attitude? He always said "Neigh".

# The Wild West of Online Dating

Horses are beautiful, majestic creatures. A wild herd always has to be on guard against predators; the stallion gives warning when danger is imminent and the herd immediately responds, because if they didn't follow his lead it could mean slim chances of survival. Just like horses, human beings have developed survival mechanisms that guard against predators. We teach our children not to take candy from strangers, not to talk to strangers, and to follow many other safety rules that will keep them safe. That being said, our civilization has been changing at an unprecedented rate with each new technological leap forward, and with that the inherent dangers have grown exponentially. Our communal awareness of those risks is simply not



keeping up.

Our societal reliance on technology has created an unparalleled communication issue; face-to-face interaction is losing out to texting, skyping, emailing, Twitter and Facebook. Hand-in-hand with that is the resulting change in how people are meeting potential life mates. More and more couples are meeting via the internet and it has become quite common. In fact, many people successfully find their life partners that

way.

However, it's like the Wild West in the online dating realm. There are many dangers that could lurk behind every profile. It would be nice to think that everyone on a dating site is true to the intentions they state in their profile, but the reality is that sometimes people use those sites to prey upon the hopes and dreams of others. The need for connection to another human being is strong, and a deeply intrinsic part of



human nature; which can leave a person vulnerable to people who understand that need. Once they insinuate themselves into your life, and more often than not, your heart, they can smoothly and very adeptly move into attempting to run a scam.

If you are going to engage in internet dating I encourage you to be aware of the possible pitfalls. Make sure you know that you are talking to who the person says they are (a lot of scammers steal the identities and photos of others). Ask for them to prove to you they are who they say they are; get them to take a photo of their driver's licence under their chin with their address covered. Ask them to send you a picture of with them holding onto today's paper for whatever city they are in. Get clear identification so that you

can move on knowing that piece of information has been verified.

Never meet someone in private for the first time. Meet in public. Have clear boundaries about that meeting right from the start. Trust your gut. If you have a bad feeling about something, don't ignore it, pursue it. Remember, if something sounds too good to be true, it very well could be. A scammer will quickly align themselves with you and what your dreams and hopes are for a future relationship, and could then use what they have learned for their own gain.

If the person lives in another community or province follow more precautions. Talk via skype so you can be sure that you are talking to the person they say they are. Talk on the phone. Are there big gaps where they are un-

available to you that they explain away but where someone who is unattached should reasonably have time to communicate with you? Maybe they are forming relationships with more than one person, or maybe they already have another partner elsewhere. Ask the questions that come up for you and have clear expectations around what you need to find out.

Do your homework. Remain cautiously optimistic but ensure that you verify that the person is who they say they are. More often than not, they will be. However, on the off chance that they are not who they say they are, it is better to be overly cautious than overly trusting. Anyone who respects that you need to protect yourself will be able to satisfy reasonable requests for information.



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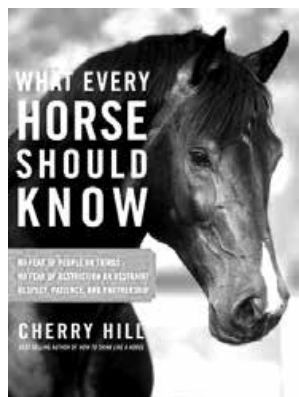
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read

# Equine education

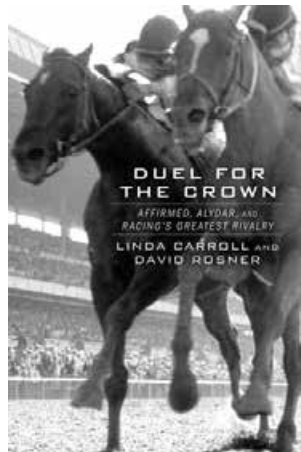


**What Every Horse Should Know: respect, patience, and partnership, no fear of people or things, no fear of restriction or restraint** (2011), Hill, Cherry

In Cherry Hill's innovative bestseller, *How to Think Like a Horse*, she took an in-depth look at how horses think, learn, and respond to stimuli, and interpret human behavior. In this interesting follow-up, *What Every Horse Should Know*, Hill expands her investigation of how horses learn with a focus on the knowledge every horse needs to live safely and confidently in the company of humans. *What Every Horse Should Know* covers the lessons that are vital for every domesticated horse, whether a trail horse, dressage or jumper, rodeo or ranch horse.

**Duel for the Crown:**

**Affirmed, Alydar, and racing's greatest rivalry** (2014), Carroll, Linda

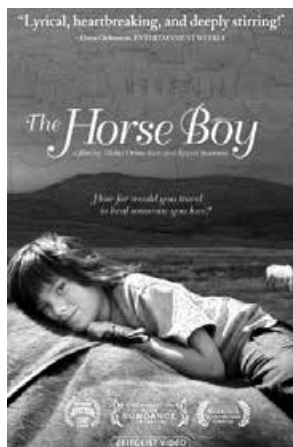


It has been thirty-five years since Affirmed and Alydar fought for the Triple Crown, and thirty-five years when no other horse has won it. *Duel for the Crown* brings this epic battle to life. Not just two glorious Thoroughbreds, but the vivid human personalities surrounding them, caught up in a suspenseful battle of will and wits that continued until the photo finish of the final Triple Crown race.

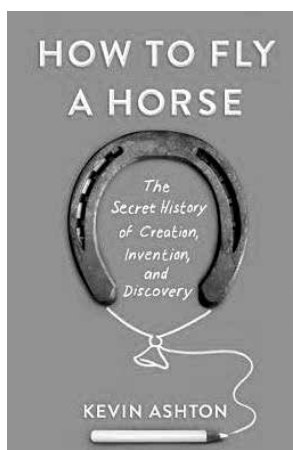
"A riveting account." –The Wall Street Journal

**The Horse Boy** [DVD] (2010)

*The Horse Boy* tells a remarkable story, and delves into the ques-



tion of what lengths a person will go to in the attempt to heal a loved one. In this intensely personal and spiritual journey, *The Horse Boy* follows one Texas couple and their autistic son as they travel on horseback through Outer Mongolia in a desperate attempt to treat his condition with shamanic healing.

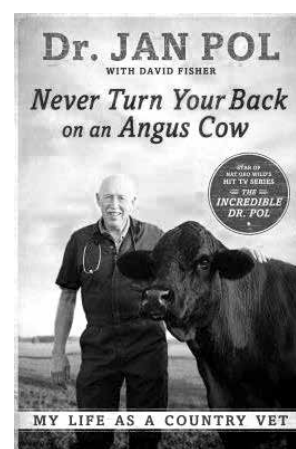


**How to Fly a Horse: the secret history of creation, invention, and discovery** (2015), Ashton, Kevin

Kevin Ashton, a technology pioneer at MIT and the leader of three successful start-ups, leads us on a journey through humanity's greatest creations to uncover the astonishing truth behind who

creates and how they do it. From the laboratory where the secrets of DNA were first discovered by a long forgotten woman, to the Ohio bicycle shop where the Wright brothers set out to "fly a horse," Ashton uncovers that the realities behind the world's most astonishing breakthroughs were not simply the result of "aha moments". Great ideas do not come as gifts, but as the product of a (sometimes) grueling process, involving gradual steps, multiple failures, and countless ordinary and usually uncredited acts.

"Ashton wastes no time debunking the creativity myth ... Taken collectively, the creations documented in this thought-provoking book prove that creative power resides in us all." —Publishers Weekly



**Never Turn Your Back on an Angus Cow: my life as a country vet** (2014), Pol, Jan

The star of National Geographic Wild's *The Incredible Dr. Pol* shares his humorous, and often touching, tales from his four decades

of experience as a vet in rural Michigan. Dr. Jan Pol is not your usual veterinarian. Born and raised in the Netherlands on a dairy farm, he moved to rural Michigan where he has been treating animals since the 1970s. Dr. Pol has seen over 20,000 animal patients, and they've ranged from tiny white mice to 2600-pound horses, not to mention everything in between. In his years as a veterinarian Dr. Pol has accumulated a trove of stories of what it's like caring for this menagerie of animals. He writes about his own story of growing up with animals, training to be a vet in the Netherlands, and moving to Michigan to start his first practice. He has established himself as an empathetic yet pragmatic vet who isn't afraid to make the hard choices in order to do what's best for his patients—and their owners. Evocative of the classic books of James Herriot, *Never Turn Your Back on an Angus Cow* is a delightful, fascinating, memoir sure to captivate animal lovers.

## Art Gecko

Drop by, have a coffee, and don't miss the ongoing show and sale featuring local artists at the Gecko Tree Café!

**JUNE 2 – JULY 11, WANDA SHEPPARD**

Wanda's love for photography began in the 1970s when she started using her mom's Kodak film camera; her hobby soon turned itself into her passion! Exploring with camera in hand, Wanda finds many opportunities to photograph untouched landscapes, wildlife, rodeos and the spectacular scenery that the Cariboo Chilcotin has to offer.

**Interested in having a show and sale?** Contact Beatrix Linde, Gecko Tree curator 250-440-5759.

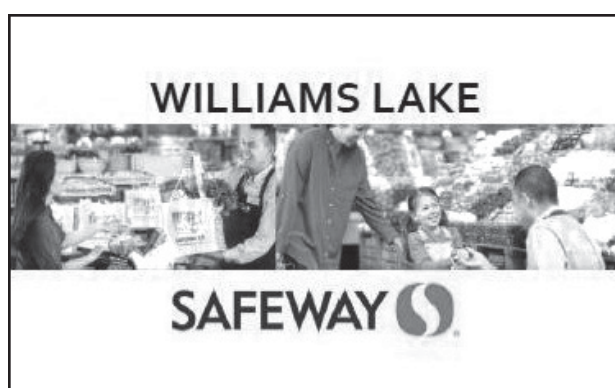
While you are enjoying the gallery, browse Gecko Gifts beyond the Iron Gate, where you will find unique treasures for every occasion.



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*"The wagon rests in winter, the sleigh in summer, the horse never." ~Yiddish Proverb*



## Performances in the Park

BY ANGELA SOMMER

Performances in the Park is the place to be on a Thursday night! From July 2nd to August 20th 2015, the Gwen Ringwood Theatre in Boitanio Park will light up each Thursday evening with awesome musical performances from 6-8pm, along with food vendors, a children's art corner,

and a farmer and vendors' mini-market.

Performances in the Park is a true community event. It is presented by the Central Cariboo Arts and Culture Society in partnership with the City of Williams Lake and the Cariboo Regional District, and is supported and sponsored by business and media partners.

Each event sees



between 300-400 spectators who bring their lawn chairs and blankets to enjoy the summer evenings and fantastic acts by talented local, national and international performers. Aside from local food vendors and the Community Arts Council of Williams Lake sponsored Children's Art

Corner, new for this year is a farmer and vendors' mini-market that will set up between 5 and 8pm at the Performances in the Park venue. Road's End Farms and Puddle Produce will be there to distribute their box-a-week program, and will have fresh veggies and herbs for sale to the pub-

lic. Come on out and be surprised!

The team behind Performances in the Park gets into high gear in early January to assure a fun-packed, family-friendly series. Angela Sommer of Angelkeys Music Studio, Performances in the Park Coordinator, is coordinating the event but she

couldn't do it without the staff and volunteers of the Central Cariboo Arts and Culture Society and all their help.

The business community in Williams Lake has once again been more than generous in sponsoring the performances. We couldn't do it without them, so please take note of our wonderful sponsors and be sure to thank them for their support. In addition to the support from local businesses and individuals, we received sponsor fund matching through the artsVest British Columbia program, which is run by Canadian Heritage, the Government of British Columbia and Business for the Arts.

Come out and enjoy the great music, fun atmosphere, tasty food and new mini-market on Thursday nights in July and August! And, don't forget to bring your friends!

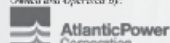
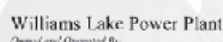
## PERFORMANCES in the PARK

A summer-long concert series presented by the Central Cariboo Arts & Culture Society, the City of Williams Lake, & the Cariboo Regional District

### Gold Sponsors



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ArtsVest British Columbia is run by Canadian Heritage, the Government of British Columbia, and Business for the Arts

## 2015 Performance Schedule

Music starts every Thursday at 6pm (unless otherwise stated) at the Gwen Ringwood Theatre in Boitanio Park

July 2 **The Pernel Reichert Band** with **Identity Crisis**

July 9 **Don Alder, Jasper Sloan Yip, Leathan Milne, & Steven Palmer**  
Telus presents an extended Arts on the Fly special edition! See you at 5pm for an early start.

July 16 **Compassion Gorilla** with **Doug Koyama**

July 23 **Saturn Alien** with **John Michael Lind**

July 30 **The Carnival Band** with **The Sarah Burton Band**

Aug. 6 **Bluenote** with **Flannel Roots**

Aug. 13 **Lucier & Friends** with **Cariboo Idol**

Aug. 20 **Drum & Bell Tower** with **Robyn & Oren**

More than just music, it's a whole community experience! Including Children's Corner, Mini Farmers' Market, visits from Arty the Art Walker and booths from: Smashin' Smoothies, Cody's Bannock, & Taylor Made Cakes & Sweets

For more information, visit [facebook.com/performancesinthepark](https://facebook.com/performancesinthepark)



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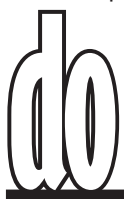


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Teeth are an engineering miracle and a visual treasure. A treasure that should last you a lifetime. The treatment you receive at your dental office should be part of a plan to make sure that they do. The ultimate goal would be to protect, heal and preserve your teeth. Too often, teeth do not survive their owners. But they could and they should.

Almost all dental disease can be effectively treated in its early stage. If we ate the right foods, brushed our teeth frequently, and had them checked regularly rather than waiting for trouble to strike, the majority of us would end our lives with all, or most of our teeth. It's that simple. Care equals keeping. Neglect equals loss. By doing a number of little things right, there is no reason you cannot keep

your teeth for a lifetime. The truth is that many people do not take adequate care of their teeth for a number of reasons.

What is lost in the bargain? Major tooth loss will alter your life in ways you cannot imagine. Your facial structure is altered, you can't chew the food you used to enjoy, and eating becomes a tasteless chore. Other big ones are physical attraction and psychological well being.

The image we project to others, and the body language we communicate, are an intricate result of self-knowledge, confidence and movement, as well as our obvious physical features. Hesitancy to smile, and challenges to be understood while speaking because of dental imperfections, almost always will affect the way others perceive us. And yet you have so much to say.

Modern dentistry can do wonders these days and with today's technology; almost anything will be possible. By having a plan in place it will be easier to ensure your smile will look and feel healthy.

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*Saratoga Classic Horse Show held in June as one of the six Most Prestigious Equestrian Events.*



## Discover Austria: *Breathtaking home of the Lipizzaner Stallions*

BY SYLVIA RASHBROOK OF ALL-WAYS TRAVEL

When I think of Austria I think of *The Sound of Music*, the Strausses and their Viennese Waltzes, and painter Egon Schiele. Did you know it has been fifty years since the movie *The Sound of Music* was made?

Austria is blessed with a profusion of diversity; poets, thinkers, artists and performers come together here to gather inspiration from the many cultural activities.

Legendary festivals, unique exhibitions, modern architecture and colourful landscapes make Austria a delight to visit. The Bodensee-Vorarlberg region, with the towns of Bregenz, Dornbirn, Hohenems and Fedlkirch, is a wonderful example of the cultural activities available. Their history is ancient and diverse.

My Grandfather and Father have always spoken of Emperor Franz Jo-

sef of Austria with adoring words; just as many Emperors before loved, and were loved deeply, by the Austrian People.

Unfortunately, when I think of Austria I hardly ever think of the Lipizzaners, the very famous dancing stallions that are raised and trained in Vienna. They are a specific breed of horses that demonstrate movements of classical dressage, including the highly controlled, stylized jumps, and other dancing movements. They capture and enchant the heart, and delight the spectator.

These marvellous creatures were developed by the House of Hapsburg from Arab, Barb, Spanish and Neapolitan stock, but were imported to Vienna 400 years ago. Today, they are associated with the Nations of Austria, Hungary, Slovenia and Croatia. These famous



horses are trained at the Winter Riding School of the Hofburg Palace in a hippodrome in Vienna, where they practice choreographed steps which will be executed perfectly during performance.

These horses star in the Disney movie *The Miracle of the White Stallions*, portraying the rescue of the Lipizzaners by the Americans during World War II.

An interesting fact about the stallions is that most Lipizzaners are grey but can in rare cases remain bay or black. Grey horses are born dark, usually bay or black but they become lighter each year as the greying process takes place. The process takes between 6

or 10 years to complete. Lipizzaners are not actually true white stallions because they are born with colour pigmentation.

I personally witnessed the Stallions' magnificent performance while they were on tour in Canada several years ago. Just imagine watching them perform in their own country, in their comfort zone! One can purchase tickets to see the evening performances or to watch them practice.

If this sparks your interest in Austria and the Lipizzaner Stallions' performances, please come in and see us at 357 Oliver Street. Let us book your vacation to Austria and surrounding countries for your trip of a lifetime!

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



# play

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## WILLIAMS LAKE & AREA

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

**June 1-18** Enter to win Stampede tickets at Visitors' Centre

**June 2** Building Your Social Enterprise Workshop, United Way 9am

**June 2,9,16,23,30** Fitness in the Park, Boitanio Park, Gwen Ringwood stage 6-7pm

**June 3** Royal Canadian Army Cadets, Legion 139, 6:15-9pm

**June 3,10,17,24** Williams Lake Chess Club, library 3-5pm

**June 4,11,18,25** Busted Remedy Jam Night, OV Pub, Thursdays 9:30pm

**June 4,11,18,25** Pokemon Thursdays, Adventure Games 3:45pm

**June 5** Spiritual Coffee with guest speaker Thea Fast "Human Be Herd", The Hobbit House 5pm

**June 5-7** Big Lake Fishing Derby, registration June 5 from 4-8pm Saturday 6am-8pm and Sunday 6am-4pm, dance Saturday night 9pm-1am

**June 5,12,19,26** Farmer's Market, Boitanio Park 9am-2pm

**June 5,12,19,26** Friday Night Magic, Adventure Games 2nd Ave S, 5pm

**June 5-27** Group show: Tea Ceremony, Station House Gallery 10-5 Monday to Saturday

**June 6** Graduation, parade 6pm, dry grad Memorial Complex 7pm

**June 6,13,20,27** Warhammer and Tabletop Games, Adventure Games 2nd Ave S, all day

**June 7,14,21,28** Sunday Morning Magic, Adventure Games 2nd Ave S, 10am

**June 7,14,21,28** Sunday Game Night, Adventure Games 2nd Ave S, 6pm

**June 13** Fundraising Golf Tournament, Bell-E-Acres 10am-3:30pm

**June 13** Thunder Mountain Speedway Fan Appreciation Night, \$10 adults & \$5 seniors and students 5-9pm

**June 13** Live music BlueNote, no cover, reservations: 778-412-6655, the Laughing Loon 7pm

**June 14** Eagle View Equestrian Gymkhana 11am-2pm

**June 14** Love Williams Lake, fun free family event to celebrate independent local businesses, Boitanio Park 1-4pm

**June 18** Williams Lake Chamber of Commerce Luncheon, \$16 members \$20 non-members, Signal Point Gaming Centre upstairs 11:30am-1pm

**June 19-21** BC's Annual Family Fishing Weekend, Biff's Ponds 2710 Dog Creek Road 10am-4pm

**June 19** Cariboo GM Soapbox Racing 5-8pm

**June 20** Halo III Tournament, Adventure Games 2nd Ave S

**June 20,21** 31st Annual Chief Will-Yum Father's Day, \$50 per day or \$100 for Weekend for vendors, register by June 14th email: fathers.day.powwow@gmail.com, Chief Will-Yum Campsite, 12km south of Williams Lake

**June 20,21** Four Aces Mountain Bike Camp, \$150 register: [www.traildynamics.ca](http://www.traildynamics.ca), info: [info@traildynamics.ca](mailto:info@traildynamics.ca)

**June 21** National Aboriginal Day, parade 10am, family fun in Boitanio Park 11am-2:30pm

**June 21** Join the Movement Bike Ride, \$35 registration, kids under 12 free, Cariboo River Valley Trail, 12pm-5pm



**June 26** Thunder Mountain Speedway Special Event, \$20 adults, students & seniors \$10

**June 26** Summer Smartz Course, 9-12 Years, \$44.00 registration: 250-398-7665, Recreation Complex Program Room 9am-4pm

**June 26-29** 89th Annual Williams Lake Stampede, rodeo Friday 1pm & 7pm, Saturday 2pm, Sunday 2pm, Monday 1pm, Stampede Grounds

**June 27** Daybreak Rotary Stampede Parade, downtown 10am start

**June 27** Street Party, Oliver Street Downtown 12-4pm

**June 27,28** Thunder Mountain Speedway Stampede Racing, \$10 adults, \$5 seniors & students, 5-9pm

**June 27,28** Stampede Rugby Tournery, free, 711 Ottoman Drive rugby fields

**June 27,28** 30th Annual Bella Coola Rodeo, Bella Coola, 9am-1pm

## QUESNEL & AREA

**June 1** Fun in the Sun Beach Party, Rec Centre 1-3pm

**June 3** Tim Hortons' Day Camp

**June 3** Live music Windborn with Drum & Belltower, The Occidental 228 Front St 8-10pm

**June 4** Live music Barefoot Caravan, The Occidental 228 Front St 8-10pm

**June 4** Quesnel Lacrosse vs. Assault, adults \$5, seniors & kids under 12 \$3, Arena 8-10pm

**June 5** Discount Swim, Rec Centre 6-10pm

**June 5,6** Gold Pan City Dance year-end dance gala, Correlieu Theatre 6:30pm

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# play

**June 6** Southhills Neighborhood Yard Sale 10am-4pm

**June 6** Gay Pride Parade, downtown to LeBourdais Park 2-4pm

**June 6** QARA: Stock Car Racing Time Trials, Goldpan Speedway 5-9pm

**June 6** Gold Pain City Derby Girls vs. Grande Prairie, Twin Arenas 7-10pm

**June 6** RCMA June Wrap-Up Open Mic, The Occidental 228 Front St 7-10pm

**June 6,13,20,27** Quesnel Farmers' Market, Helen Dixon field 8:30am-1pm

**June 7** Gold Pain City Derby Girls vs. Prince George, Twin Arenas 7-10pm

**June 10** Chamber of Commerce board meeting 12-1:30pm

**June 11** Quesnel Lacrosse vs. Devils, Arena 8-10pm

**June 11** Barkerville's 2nd Annual Aboriginal Celebration, Barkerville 8am-6pm

**June 13** 17th Annual Quesnel Charity Motorcycle Poker Run, Maple Park Mall main entrance 10am-4pm

**June 13** Poker Run 5:30-8pm, Live music

Amber Bowen and local favourites 8-11pm, The Occidental 228 Front St

**June 19,20** Correlieu Graduation, Twin Arenas

**June 19-20** Live rock music ThirdDegree, The Occidental 228 Front St 9pm

**June 21** National Aboriginal Day celebrations, Lebordais Park 10am-3:30pm

**June 21** Father's Day Picnic, Cottonwood House Historic Site 11am-2pm

**June 21** QARA Race Day, Goldpan Speedway 2-5pm

**June 25** Quesnel Lacrosse vs. Bandits, Arena 8-10pm

**June 26** Live Cumbia music Mngwa, The Occidental 228 Front St 8-10pm

**June 27** Danger Thrill Show, The Occidental 228 Front St

**June 27** Theatre Royal Summer Show Gala, Barkerville 6-10:45pm

**June 27-July 1** The Spirit of Cariboo Cameroon, Barkerville Methodist Church

**June 28** Family Potluck and Entertainment, Seniors' Centre 1pm

**June 30** Live music John R Goodwin and

friends, The Occidental 228 Front St 8-10pm

**July 1** Canadian music legends Doug and the Slugs, more info: The Occidental 228 Front St

**100 MILE HOUSE & AREA**

**June 2** Outriders Meeting, location TBA 5:30pm

**June 4,11,18,25** Full Contact Stick Fighting, Thursday evenings in Lac La Hache, info: Shauna jtpassion@outlook.com or www.coillmohr.com

**June 4,11,18,25** Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

**June 5-7** Cat Armitage Outriders Clinic: jumping, flat & western

**June 5,12,19,26** South Cariboo Farmers' Market, Community Hall 8:30am-1:30pm

**June 6,7** 28th Annual Watch Lake/ Green Lake Fishing Derby, daybreak Saturday to 2pm Sunday

**June 6,7** Big Horn Archery Club Outdoor Shoot, 99 Mile Snowmobile Club, register 8am

**June 13** 4th Annual Rotary Club Lobsterfest, tickets \$75 at Sears 250-395-4081 or Maureen Pinkney 250-395-0462, Community Hall 6pm

**June 13** Relay For Life, Centennial Park 5-11pm

**June 13,14** Lac la Hache Father's Day Fishing Derby, 8am-9pm Saturday & 8am-12pm Sunday

**June 16** Canim Lake Band Aboriginal Day, Canim Lake area Eliza Archie Memorial School

**June 19-21** 16th Annual BC Family Fishing Weekend, no license required

**June 20-21** Lac La Hache Father's Day Fishing Derby, Kokanee Bay 8am-9pm

**June 21** Mill Site Lodge Car Show, 555 Cedar Ave South 10am-2pm

**June 27** Interlakes Farmers' Market, across the highway from the Loon Bay Craft Market

**June 27** Canadian Multiculturalism Day Music in the Park, Centennial Park 1-8pm

**June 28** Outriders Gymkhana, Outriders Arena 9am

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Elephant Song
Focus
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Killing Jesus
McFarland
Monsters - Dark Continent
The Spongebob Movie - Sponge out of Water
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June 9
Kingsman - The Secret Service
Project Almanac
Red Army
Serena
The DUFF
The Lazarus Effect
June 16
Beyond the Reach
Bravetown
Chappie
Run all Night
Unfinished Business
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June 23
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June 30
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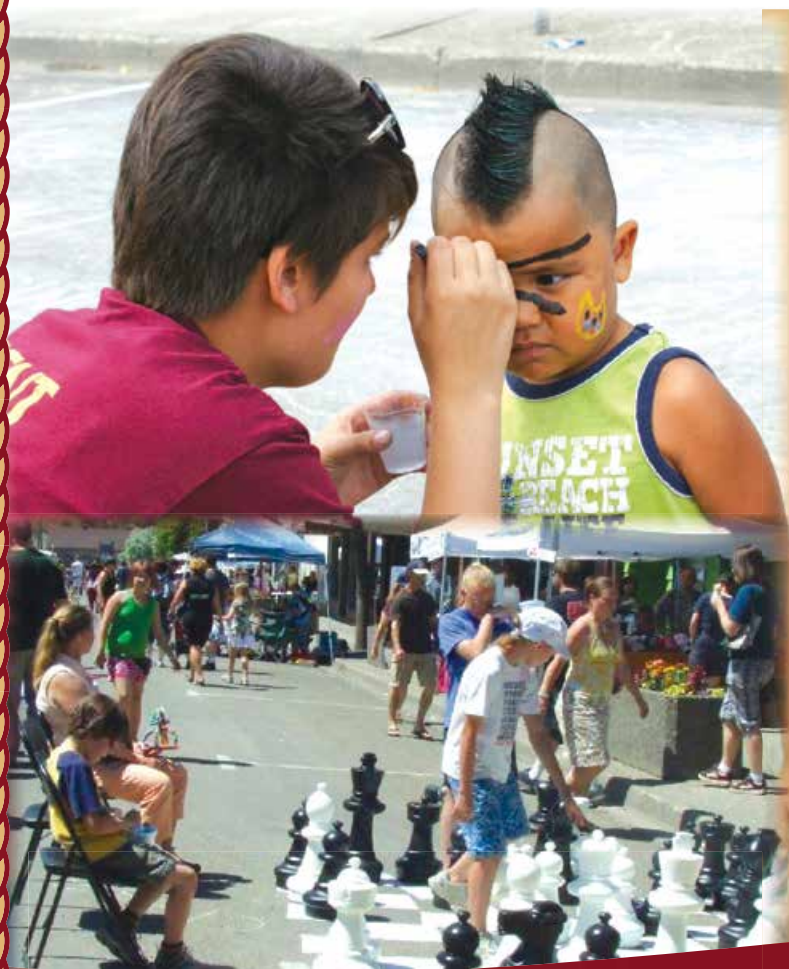


22nd Annual

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# Cariboo folklore headed to Europe

BY KATIE KIDWELL

The Mill Girl Follies, a Can-Can troupe from Clinton, and Katie the Cariboo Song Rider from 100 Mile House, will be traveling with the Canadian flag to an International Folklorewine July 3rd through 5th in Europe. They will take their place on stage along with other countries from around the globe.

They will be performing Can-Can reminiscent of the Hurdy Gurdy dancers in Barkerville during the gold rush, with names such as Ruffles, Miss Kitty, Mustang Sally, Dizzy Lizzy, Gold Dust Gracie, Lucky and Lovely Lilly.

The troupe's Artistic Director has more than 20 years' experience in Can-Can, and collaboratively the Clinton girls have spent thousands of hours kicking it up at practice and performance. Now, with

their acceptance into an International spotlight, they are gearing up their garters to go!

"All we have to do is pay for our travel expenses, and once we're there we're fed, housed, toured and spoiled," says Ruffles, who has performed at the festival before.

So how do you raise funds to travel across an ocean? Ask the Mill Girls, and they will tell you "cupcake by cupcake," not to mention craft sales, meat draws, T-shirt sales, catering and donations. Since October they have raised \$10,000.00 in 70 Mile House and Clinton. They are overwhelmed by the generosity of these communities. Seemingly having traded in their lace for aprons, they can't say "thank you" enough to all the good folks who have supported them. "Lucky sold so many garters at one event, she had to take one off her leg."

Do they have enough funds to go? Ruffles jokingly replies, "With Katie's help, and we are now 'catering our way home.'" Katie Kidwell, who has performed with the Mill Girls in the past, is well-known for her original Cariboo Songs, having entertained bus and rail tours from around the world. She has a Go Fund Me account set up online, and is raising funds around 100 Mile and Williams Lake.

"I have a soft spot for Williams Lake," she said, as it was here Ian Tyson auditioned her for his Cowboyography show at Expo '86. "Corky Williams went from the Chilcotin, and I represented the Cariboo. Ian asked me to write songs about my ranching experience for the show and I haven't looked back."

One thing is certain; the Mill Girls and Katie are already excited about their trip to Europe. Ask



them and they would tell you, "We are local, country women, proud of our communities and the reasons we live in them. We have an exceptional folk history to show the world." Come out and see them perform

at the Clinton Community Hall, Thursday, June 4th at 7:00pm.

If you would like to help Katie and the Mill Girls "return home," any size of donation is welcomed. Cheques can be mailed to

the Mill Girl Follies, Box 242, Clinton, BC V0K 1K0 or you can donate online at: [gofundme.com/cariboosongrider](http://gofundme.com/cariboosongrider).

Check out the festival at: <http://www.international-folklorewine.de>

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do

*"No hour of life is wasted that is spent in the saddle." ~Winston Churchill*

# Horseback ride for health

Studies have shown that horseback riding has significant health benefits. The British Horse Society Journal states that riding a horse for 60 minutes can give you similar benefits to running or cycling for 30 minutes.

Anyone who has ever ridden a horse, can attest to the fact that it is anything but easy. Your core muscles are engaged as are leg muscles that you may never otherwise stress.

Here are some great health benefits gained by riding horses, according to osteopath, Dr Alison Stout.

**Core Strength:** "Horseback riding is an isometric exercise, which means it uses specific muscles to stay in certain positions, in this case, keeping balanced on the horse," Dr. Stout explains. "As a result, postural strength becomes very important in horseback riding."

**Balance and Coordination:** "Staying balanced becomes more challenging the faster and more quickly the horse moves," she says. Cantering or galloping and jumping, for example, are much more difficult than a simple jog or trot. The rider must develop coordination skills to move the body with the



horse in order to help the horse stay balanced.

**Muscle Tone and Flexibility:** Along with the core muscles, the inner thighs and pelvic muscles get the biggest workout as a rider positions himself or herself. This exercise helps with good overall muscle tone and flexibility. In fact, Dr. Stout says the muscle strengthen-

ing can be as effective as a typical weight-bearing exercise. The arms and shoulders get a work out as well as they have to constantly gently communicate with the horse's mouth, similar to dancing with a partner.

**Cardiovascular Exercise:** Depending on the type of riding and the speed and agility of the

horse, horseback riding can require more effort, energy, and cardiovascular capacity.

**Mental exercise:** "There are many mental benefits to horseback riding," Dr. Stout adds. "There's a confidence that comes from learning how to handle and interact with this huge animal. You really learn about yourself as you experience time on a horse." Additionally, she finds horseback riding to be a very relaxing and calming experience.

So, if you have never tried riding a horse, give it a try. It will give you a boost in your physical and mental health.

## Quesnel Music a community asset rescued

In March of 2014, Quesnel was facing a dilemma. The music store which had provided service, sales and lessons for our community was closing. Notice was given, and the community was looking at another loss of a small business.

It was then that Mark Heinzelman and his son Riley, who was one of the students taking lessons, decided that they couldn't see Quesnel lose the place that had brought music into the households of the community. They decided to purchase the business and keep it going. They took over the business in April of 2014 so lessons could continue until the end of the school year. That's when things started falling into place.

Across the street from the music store was a building that was owned by John and Judy Tang. It was there that they ran their business Quesnel Electronics, but after 42 years, John and Judy had decided to retire. Mark saw a lot of potential in the building and approached John

and Judy about renting the space. In July of last year, Quesnel Music moved from Reid Street to their new location on Carson Avenue. Work began immediately to create studios for the instructors. Lessons resumed in September, and temporary studios were in place for the teachers to use until the new ones were constructed. In October the studios and waiting area were also finished.

Mark's main focus is music lessons; Quesnel Music's experienced instructors provide piano, guitar, bass, fiddle, drums and vocal lessons. Mark and Riley have also created a retail area as well, providing competitively priced instruments and accessories.

The business continues to grow, and new stock arrives weekly. Lessons will be completed for the school season in June, and resume again in September. Early registration is advised, as spaces fill up quickly. Mark and Riley appreciate the support from family, friends, and the community.



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hear

*"It is not enough for a man to know how to ride; he must know how to fall."**~Mexican Proverb*

# SUMMER FUN and Disability Insurance

## *What's the connection?*

Even when we're having fun with summertime recreation, we sometimes have mishaps. Are you covered for one of these mishaps?

**Disability insurance – what exactly is it?** The question to ask is: where does my paycheck come from if I can't go to work due to an illness or an injury?

Unfortunately, a lot of people don't think about this potential problem until it happens! Plan and protect your finances and your family's wellbeing by being prepared.

**Disability insurance** – a plan whereby you receive a monthly cheque from your insurance company in order to pay the loan/mortgage/groceries, etc.. if you are unable to go to work.

If you have disability insurance at work through your employer, it's a good idea to review that plan with an insurance broker to find out what you would receive per month, how quickly it begins to pay, how long it pays, and is it taxable upon receipt?

**You're covered on your loans and mortgage** – do you know how much you are paying, and what exclusions and limitations are included whereby they may not pay?

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# Horse sense

A SHORT STORY BY  
MARY TRESIERRA

The visiting grandchildren at Granny English's ranch were overjoyed when she announced that she was taking us to Beecher's Dam for a picnic. This meant much work on her part. That very night she prepared a huge picnic lunch that was entirely homemade: sandwiches, cookies and boiled eggs. She also packed her homegrown corn, apples and potatoes.

Granny was up early the next morning to pack, get us prepared and to harness her favourite team to the buckboard wagon. She was our driver.

With great excitement, we set off on this stupendous adventure. Grandpa English accompanied us. The children did not mind being crammed into the back of the buckboard while Granny and Grandpa rode up front. We sang and played games as we jolted along. It was scary to some of us to cross the old bridge over the Fraser River. Watching the fast-rushing water made some of us dizzy.

The well-matched team had travelled at a good pace until we reached Sheep Creek

hill. It seemed to take forever to reach the top. We envied the occasional car that passed us. The horses were tired when we reached the open range so Granny stopped for a few minutes to let them recover. We were fascinated by the scenery around us, especially those who had not seen it before.

On we went until we reached the dam. The children quickly helped unpack and gathered wood for a campfire.

One child filled Granny's water pail for tea and then it was off to explore. The boys wanted to fish and they even caught a few for supper. We were warned not to go too deep into the woods as bears could be around.

In the midst of our exploring and discoveries, Granny called us to eat lunch. All the exercise had given us huge appetites so the sandwiches, cookies and apples were devoured. We were even allowed a cup of boiled tea that Granny had prepared in an old lard pail over the campfire. It tasted smoky but good and made us feel grown up.

We were allowed to go for more fun and adventure. I saw a smile on Granny's face so I knew

## Writers' Showcase

Short Stories by  
the Williams Lake  
Writer's Group

she was happy to have brought us. Even gruff Grandpa English seemed to be enjoying himself.

After a magical afternoon, we were again called to eat. Granny had cooked the fish and corn and made baked potatoes in the campfire ashes. The fresh air made us appreciate her special touch with food preparation. She had even brought along some of her beautifully prepared dried salmon to munch on.

After supper, we enjoyed congenial company around the campfire, sang and played games. Granny was getting anxious about heading home before dark but we wanted to make this last as long as possible.

It was getting dark as we headed home to Peavine Springs Ranch. When we finally got to the road hanging over the Fraser River (still visible across the river as one heads down Sheep Creek Hill), it was pitch black. Granny was outwardly calm driving the team but she would stop on the dangerous parts to walk ahead to check her way. Some of the children had fallen asleep.

On reaching a difficult section directly over the river, the rear right wheel

slipped over the edge of this narrow road. The children were tilted to one side and most were screaming and crying. Granny stopped the team as they were panicking and struggling to right the wagon. Granny and Grandpa remained calm and Granny asked Grandpa (who had been a good teamster) what to do. He said to give the horses their head and don't try to guide them. He told us to get out of the wagon on the left side until the team had the wagon back on the road. They both stayed in the wagon as Granny slapped the team with the reins to get them going again. After a struggle, that wonderful team got the buckboard righted again. Everyone heaved a sigh of relief.

We finally arrived home to the worried parents. Granny took some chiding about bringing us home in unsafe darkness but we were thankful for the wonderful day and for that incredible team of horses.

When the parents questioned Grandpa English, he snorted and said, "Horse sense! ...got more sense than humans," ignoring the glare Granny sent him.

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# hear

...Writer's Showcase continued from page 22

## Old white horse

A POEM BY LINDA PURJUE

Old white horse,  
Standing hip-shot in the  
winter sun,  
Chalky hide yellowed  
against the blue-white  
snow,  
Hips and shoulders sharp  
with age-boniness,  
Back swayed under the  
weight of years,  
Arthritic joints swollen  
and stiff,  
Wispy mane and tail lift-  
ing gently  
In a playful winter  
breeze,  
Eyes closed,  
Muzzle sagging as you  
rest,  
And maybe dream.

What do you dream of,  
old white horse?  
Do you dream of days  
When your golden hide  
vied  
With the rising sun and  
the leaves of autumn  
In its brilliance?  
Do you dream of muscles  
lean and strong  
That rippled with power  
As you galloped through  
fields,  
Lush mane and tail  
streaming behind you  
Like clouds in the jet  
stream,  
Heedless of Time racing  
ever faster by your  
side?  
Do you dream of a  
strong, straight back  
That bore creaking  
leather and agile riders  
Along rocky mountain  
trails  
Shaded by towering pines  
And watched by wild  
eyes,  
Or around raked and  
groomed arenas,  
Over stark white jumps  
Applauded by a blur of  
strangers,  
Or through fields and  
pastures,  
And log-poled corrals  
Outwitting wily cattle?  
Do you dream, old white  
horse,  
Of when you were a  
wobbly-legged foal

Following in your Dam's  
shadow,  
Or peeking out from  
under her belly  
At the curious world  
around you.  
Or lying in the cool green  
grass  
As she watched over you?  
Do you dream of human  
hands and voices,  
Some soft and caressing,  
Others harsh and de-  
manding,  
Of lessons to be learned,  
And others to be taught?

What do you dream of,  
Old white horse?  
Do your dreams belong  
to just today,  
Of the faint but comfort-  
ing touch of the winter  
sun,  
Of the freshness of the  
snow-sparkled air,  
Of the sweetness of sum-  
mer encased in the  
green hay  
You ate for breakfast,  
Of the ice-edged chirp-  
ing of the tiny winter  
birds?

Do you dream of tomor-  
row, and tomorrow  
And the end of tomor-  
rows?

What do you dream of,  
Old white horse,  
Standing in the winter  
sun?

## Ikey

A SHORT STORY BY  
ANNE MOUTRAY

I always knew that one  
day my turn would come  
and I lived in terror of that  
day.

The small boarding  
school in which I spent five  
happy years couldn't have  
been all that bad. There  
were horses. Oh, I knew  
about horses; the front  
end had pointy ears and  
the back end a swishy tail.  
I had ridden as a small  
child, behind my Mother,  
gripping her waist for dear  
life, literally. Now here I  
was all by my nine-year  
old self on the horse's back  
and wasn't I the proud  
one. I twisted around so  
that I could see everyone  
admiring me and just  
at that minute the horse  
must have spied a luscious  
looking blade of grass for  
off he moved, right under  
the low-hanging branch.  
As I picked myself up off  
the ground, I understood  
the meaning of the saying  
"Pride goes before a fall."

I learned to ride  
and as the years went by  
I was put in charge of the  
horses and of teaching  
the younger children to  
ride. There is something  
about horses; you can tell  
them secrets and trust  
them never to tell; they  
will nuzzle you when you  
are sad and make it all  
better and of course you  
can ride them. Years later  
my Mother showed me  
the report card that the  
teacher had sent saying,

"I wish Anne would think  
as much about her studies  
as she does about horses."  
Hmmm.

We had four horses;  
two gentle sweet crea-  
tures whose names I have  
long since forgotten and  
two with 'attitude', whose  
names I remember very  
clearly; April and Ikey.

Ikey was a dapple grey  
and although I have never  
actually floated on a magic  
carpet, if I ever did I imag-  
ine it would feel very much  
like Ikey's cantering gait.  
Fall off Ikey; impossible. I  
don't remember how many  
hands he stood but to us  
he was a big horse and in  
the beginning he was very  
gentle which was prob-  
ably why he was acquired  
for us. We usually rode  
bareback from choice as  
it was much easier just  
to jump onto the horse's  
bare back than to bother  
with a saddle. I think that  
Ikey was an older horse  
and as time went on, like



any old gentleman, he  
got fed up with motoring  
kids around. He became  
crotchety and generally  
bad-tempered and as if to  
prove this, he started bit-  
ing. As we rode bareback,  
we needed a 'leg up' and  
Ikey took this opportunity  
to twist his neck around  
and give the helping child  
a good bite. All the kids  
got it—except me. Who  
knows why, but Ikey  
never once attempted to  
bite me. Guess who had  
to do the 'leg up' bit for  
everyone who was going  
to ride him? When Ikey  
got out of the pasture as  
sometimes he did, guess  
who was elected to go and  
fetch him back? They say

animals sense fear and  
act upon it. Something  
must have been wrong  
with Ikey's senses because  
I was perpetually in a state  
of terror. I always knew  
that one day it would be  
my turn to give up my  
pound of flesh. I really  
don't know which is worse,  
being bitten by a big grey  
horse or waiting in fearful  
anticipation.

That day never came.  
Ikey never did attempt to  
bite me. Of course as he  
was becoming dangerous  
he had to go. The day they  
took Ikey away the entire  
school population dis-  
solved into a flood of tears  
and I think maybe I shed  
the most tears of all.

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<http://wlfarmersmarket.blogspot.com>



## Get involved with your Salvation Army

Over 2,000 people were served breakfasts and hot lunches in the Williams Lake Salvation Army kitchen in May. It takes a lot of volunteers to accomplish this! Thank you to all those in our community who share their time.

Not only is the kitchen a beehive of activity, but downstairs at the drop-in centre there is always something going on; everyone is welcome!

**Mondays** Crochet Class 10:30 to 11:45am and Craft Class 1:15 to 2:30pm. Everything that is required for these classes will be supplied.

**Tuesdays** H2O Study Group 10:30 to 11:45am with the crib tournament 1:15 to 4:00pm.

**Wednesdays** 10:30 to 11:45am is Coffee Talk. You are invited to come out, enjoy a free coffee and meet new friends. The Pool Tournament is 1:15 to 4:00pm.

**Thursdays** 10:30 to 11:45am is the Never Alone 12-Step Program. Thursday afternoon 1:15 to 2:30pm kick back and enjoy a movie, juice and popcorn. Thank you, Movies on the Go in Williams Lake, for donating the videos.

**Fridays** 8:45am to 9:00am is Prayer/Devotion. The gym is open 9:15 to 10:15am. The Life Skills program runs 10:30 to 11:45am. Friday afternoon is an open time to just drop-in, have a chat and enjoy a cup of coffee.

If there are any trained fitness, yoga or Zumba instructors looking for a gym to use, call Captain Isobel 250-392-2423, and ask about the free available gym.

Every day the pool tables are open and the coffee pot is on. The food bank is open Monday, Wednesday and Friday from 1 to 4pm. Breakfast is served from 9 to 10am, and lunch from noon to 1pm, Monday thru Friday.

Everyone is welcome to the Sunday morning service starting at 10:30am, with Sunday school during the service and coffee fellowship afterwards. Tuesday evening at 7pm is Bible Study.

The Thrift Store across the street is open Monday-Saturday 9am to 5pm offering affordable clothing choices, a great assortment of books, furniture, jewellery, toys and much more. Drop in and say hi to our friendly staff!

Thank you to all our volunteers for your hard work. If you want to make a difference in your community, and are able to donate a few hours of your time call Captain Isobel 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.

# eat

What happened to the horse that swallowed a dollar bill? It bucked!

## Horse Meatballs

I had finally finished my story, and I was proud of it. It had taken longer than usual so this one was particularly sweet to get done. As before, I had asked my partner to edit it for me because she is better with commas and periods and all that dumb stuff that gets in the way of me writing a good story. With a smile she sat in front of the computer, ready to feast on the buffet of amazing story-telling I had laid out on the screen. I watched her face in the reflection of the screen slowly change from a smile to a smirk then a confused look and finally, what can best be described as a mixture of horror and disgust!

She turned slowly to look at me over her shoulder "Are you insane? I mean really, have you lost touch with reality? You can't write this... this... I don't even know what to call this." The pride I had only moments ago been filled with was now suddenly replaced with confusion. "What do you mean?" I asked sincerely. The horror/disgust on her face was gone and in its stead, the angry face that I had only seen a few times before. "You are NOT going to submit this story," She continued, "I know the issue is about horses and I am well aware that you are a Chef and are supposed to write a cooking column, but I'm only going to say this once (pause for



dramatic inflection). If you send this in, and if by some miracle they print it and I see it in the next issue of The Stew, you will be missing a very important part of your body that all men cherish." She was staring at me and her eyes narrowed as mine got bigger. As I was about to reply to her, she cut me off before the words could leave my mouth. "Brice, I'm dead serious. Write something else, or call the hospital and reserve your bed." I lowered my head in defeat and left the room trying to think of what a chef could write a food/ cooking column on, in an issue about horses.

Here is my recipe for

## Out of the Fridge

By Brice O'Neill



**Horse Meatballs.** You will need:

1 pound ground BEEF,  
half pound ground PORK,  
3 CHICKEN eggs, some  
chopped garlic, 3 slices of  
bread, ¼ cup heavy cream,  
worcestershire sauce, salt and  
pepper, and your favorite  
canned tomatoes.

Pour the cream over the  
bread and let it soak while  
you combine the beef, pork,  
eggs, eorcestershire, garlic,  
salt and pepper, then mix in

the now-soggy bread. Make  
into balls about half the size  
of your fist and brown on all  
sides in a fry pan. Then put  
in an oven proof dish, cover  
with your tomatoes, cover  
the whole thing in foil, and  
fire in a 350 degree oven for  
40 min.

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*Horses have been found in cave paintings  
that date back to around 15,000 B.C.*

# Don't 'put the cart before the horse'

*Build a foundation with market research and a business plan*

BY FLO GONYER OF  
COMMUNITY FUTURES  
CARIBOO CHILCOTIN

*"Do not do things in the wrong order. 'Putting the cart before the horse' is doing something in the opposite or reverse order"*

In the initial stage of business startup, often new entrepreneurs get anxious and they want to jump right from the "idea phase" to opening day but passion and financing are not enough to build a solid foundation for your small business startup. Skipping the foundation steps, horsing around and not taking the time to build a solid business foundation could end up closing your doors in the same year you opened them. If you take the time to invest in your business the business will become a good investment for you.

Business startup is a step by step process, once you have completed one step then you move onto the next. A first step in business startup is to evaluate and determine whether or not yours is a viable business idea. This phase blends into the Market Research phase. This is where you research and identify your target market.

- Who are your customers?
- Where will you set up your business?
- Will you open a storefront, sell your product/services online or work from home?
- Is there local competition, if so how does your business differ, will you offer different product or services?
- What will make your business unique to the community?
- Compare your strengths to their weaknesses, and vice versa, what are their strengths and your weaknesses?
- What are the spending habits of your target customer and how do you plan to price your product



or services?

This stage is where you must put a significant amount of thought and effort, into leaving "no stone unturned". This is your investigative stage, ask all the questions you can think of and find the answers. Once you are satisfied that you have exhausted all avenues of your market research now you can move forward and make informed decisions that will help guide the startup of your new business.

The next step in the foundation of your business startup is to use your market research information to assist in writing up your business plan. A business plan is vital to your small business startup and it takes time to create and form

your business plan. The time dedicated during the development phase and prior to opening will be the time you may not have later if your business runs into obstacles. When constructing your business plan, observe the SWOT analysis model (strength, weaknesses, opportunities and threats). This will be important for your business plan if you are looking for potential investors and will show that you have thoroughly done your research. Your business plan should describe your business, its objectives and strategies. It is a diagram to forecast the strengths, weaknesses and financial outlooks of your business, and to illustrate how your business will launch, operate and grow. While working on your

business startup, you may find that you will require 3rd party investors or start up financing; this is where your due diligence with market research and businesses plan development will work to your advantage to secure funding. Generally to be considered for funding through a financial institution you must indicate that you have full understanding of your business ability to grow and generate profit. Your business plan will not guarantee financing but since it has so many different advantages to your business it is an important step not to skip and remember to take the time to upgrade and modernize the plan as your business grows and changes.



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# THE STEW MAGAZINE'S Monthly MIX



## HOLIDAYS OF THE MONTH

June 18th

Go Fishing Day

Today is Go Fishing Day. Now, this is my kind of day! It's a day to go out and bring home a healthy, tasty, meal for the family.

Fishing is hard work. The pressure to bring home a "mess of fish" to feed the family is almost unbearable. After all, as the "Hunter-gatherer" of the family, you need to bring home the meal, or the family might starve. The wife doesn't appreciate the difficult task of fishing for long hours under all sorts of weather conditions. The wife thinks we're just out having fun... yeah, right.

Celebrate today, on the shore or in a boat, with a fishing pole in one hand, and your favorite beverage in the other. And, don't go home until you have caught your limit!

June 22 National Chocolate Eclair Day

National Chocolate Eclair Day is a sugary, sweet way to start your day. It's a sweet, tasty way to end your day, too. Eclairs are a light, crisp pastry filled with a pastry cream. They are most often eaten as a dessert. They can be eaten at every meal, or as a snack.

We hope that you are not on a diet, or watching calories, carb or sugar. Because participating in this day, means consumption of high calorie, high carb, high sugar eclairs.

## Spiritual Coffee Friday, June 5 at 5pm

- Guest speaker Thea Fast "Human Be Herd"
  - Drop in and enjoy an organic coffee
- Check us out on Facebook for other upcoming events!

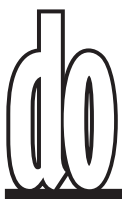


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*"Horse sense is the thing a horse has which keeps it from betting on people."*  
~W.C. Fields

# Spring and Early Summer on Cariboo Waters

We are now into the early summer and our fly fishing strategies must adapt to the feeding habits of trout. Trout no longer cruise the shoals in day light hours, the water in the shallows has warmed to the point that rainbow no longer feel comfortable in those water temperatures that exceed 65 degrees Fahrenheit. But the shoals are still producing aquatic bugs that those fish need for food. Trout feeding zones have dropped to between 15 and 25 feet, the maximum of sunlight penetration and the environment suitable for insect growth and the cooler more comfortable water temperatures for trout.

So, we are obligated to recognize that the transition zone between shoal and depth is our key area of interest. The thick vegetation begins to dissipate, the aquatic insect variety will be very similar to shoal and drop-off, being shrimp (scuds), mayfly nymphs, damsel nymphs, dragonfly nymphs, caddis nymphs and leeches, as well as chironomids ascending from the deep water mud bottom. Lines that can be effective are floating lines with long leader/tippets of up to 16-18 feet, combined with weighted nymph patterns, sink tip and full sink lines with up to 12 foot leader/tippets and weighted nymphs.

Consider the location and swimming activity of the various food sources, so that you are able to mimic their movements during line retrieval, in order to enhance your fly presenta-

tion.

**Shrimp (scuds)** live near the bottom and among the weed beds, they are poor swimmers and their movements are erratic, from rapid wiggling to a dead stop.

**Damselfly & dragonflies** migrate from the bottom to the available reed lines in the shallows or shores. They ascend at a gradual angle toward their destination, usually parallel with the sloping drop-off, in steady swimming motion with an occasional pause.

**Caddis & mayflies** emerge from the weed beds where they have morphed from pupa to nymph and in an ever increasing rate, head for the surface, budding wing cases as they rise, bursting onto the surface and breaking into a winged adult.

**Leeches** inhabit the entire water column and just swim around in a wiggle-pause motion, providing food for hungry trout.

Anchoring and line placement for moderate depth nymphing: Probably the most effective location for anchoring and fishing the lower drop-offs and moderate depths is at 15 to 20', anchoring both bow and stern, setting up parallel to the edge of the shoal and casting your line parallel to the drop-off.

Pay attention to the "sink rate" of your sink tip or full sinking line. Any reputable line manufacturer will have the rates displayed on the package and on their websites. For instance, my sink line of choice for stillwaters



is the SA GPX Hover, a uniform sink (means the whole line sinks at the same rate, staying the same level as it sinks and at a rate of 1-1.5 inches per second, making it very easy to "count down" the line and fly to the level of the water column that I wish to retrieve through. Full sink lines will sink at a much faster rate (up to 9-10 inches per second) and take flies down in a more expedient manner.

A moderate/fast action rod will be an effective fly fishing tool to handle the sink tip and full sink lines.

One of the ways to target trout feeding on emerging adults is to anchor off the edge of the shoal and cast toward the edge with an adult dry fly pattern consisting of various sizes and shades of deer hair fly patterns, from the trusty, created in BC "Tom Thumb", to the various deer and elk hair caddis patterns, to the "Lady McConnell" developed by Brian Chan to mimic an adult chironomid. For best results when presenting dries at the edge of the shoal and retrieving them out over the deepening water, I would advise a fast action

rod (the ONLY suitable use of a fast action in my opinion) and a high floating line that has a specifically designed taper to present dries with a long cast and precise placement.

Note: With the almost daily monsoons we sometimes get during late spring and Early Summer, various insect emergences may have been either suppressed or delayed. This will require those venturing out to be constantly observant to the adult insects showing on the surface and to the changes of feeding levels of the fish. Clearing skies mean the fish rise to feed, showers or a storm moving through means they will move lower in the water column. Keep your eyes open for the type and size of insects emerging and what the weather trend is.

I've had several emails and personal requests for information regarding fly rods, reels and line recommendations as they apply to our Cariboo Stillwater fishing, so here is my own personal findings over the past 25+ years of stick-waving:

**Rods:** I make no secret of



believing that a good moderate/fast action rod, either 5wt or 6wt, is the best all-round fly rod for this area. BUT REMEMBER: A fly rod is a personal preference. It should feel comfortable in YOUR hand and complement YOUR casting style.

**MY FAVOURITE RODS: Moderate-smooth action:** Gatti G4 2pc 5wt; not for throwing heavy lines or sink tips, butter smooth for 30-40 foot casts of nymphs and dries. (self-built, cost \$200)

**Special Purpose:** A 10' 5wt progressive action chironomid rod of my own design. Self-built, features "no bling or flash", the ultimate "sneak" rod.

**Fast:** Ross RX. Light weight, rocket of a stick, but still loads deep just like a mod/fast rod. This rod is a wind-tamer for placing dries on target.

**Lines:** All my floating lines are Scientific Anglers Mastery Textured, because they are the most durable lines I have ever used. I don't think one should have to buy a new line after every 80-day season. My SA lines last 4-7 years and I like that.

**Floating Lines:** Several, each has a specific purpose:

- SA Mastery Textured Nymph Indicator- nymphing (of course!)
- SA Mastery Textured Ultimate Trout - new line,

performs very well presenting dry flies delicately and on target

• SA SharkWave Siege: Chironomid rigs with long leader/tippets (25' +) and indicators. This line is specifically designed to ROLL CAST chironomid rigs effectively. It IS an expensive line. A more economical substitute is the SA Frequency Boost line.

**Sinking Lines:**

• SA Mastery GPX Hover (Intermediate very slow sink 30' head with a floating running line) EXCELLENT for fishing shoals and shallows.

• SA Mastery Wet Tip (clear tip)

• SA Mastery Uniform Sink Type V (fast sink)

My reels are a collection of old favourites which I tend to treat with deference. Mostly Islanders that were gifts from special friends (and my generous wife), plus some others of my own design that were manufactured to my own specifications.

**MOST IMPORTANTLY:** Get out there, try some nymph or emerger patterns, have fun, and conserve our resource.

If you'd like more information or specifics, please email me at [home-waters2011@gmail.com](mailto:home-waters2011@gmail.com) and feel free to pick my brain with your questions.



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## Escape from the everyday

BY APRIL GERWING

I went to camp every summer from the time I was eight until I graduated high school. By the summer I was thirteen, I was enjoying a week or so as a camper and then staying on as staff. Over the years, I worked as a camp councillor, a kitchen helper and my favourite job of all time, a wrangler. I got to spend my city-kid summers taking care of the two dozen or so horses Ranger Lake's stables boasted, and teaching little kids how to ride. I found mucking out stalls oddly enjoyable; picking hooves and grooming were labours of love for me, but the hands-down best part of the whole day was letting the horses out at night. As an otherwise nerdy girl, I

got to be a little bit Marlborough Man every day and that was about the coolest thing I had ever done in my young life.

So I guess I got my first little taste of acting on those summer evenings when I got to be someone other than myself. I suppose what I really got to do was explore a side of me that existed, but didn't get out much, and I liked it.

That's the draw of entertainment; we love those little escapes from our everyday lives and our everyday selves and even the biggest cynic among us needs to have some disbelief suspended, if only for a little while.

We tuck the Williams Lake Studio Theatre's benchmark 60th season into bed for the summer with great promise

waiting in the wings of the 61st. We will bring you the chance to lose yourself in solving the perfect murder, invest yourself in the lives of a family and the myriad changes and challenges that shape its very fabric over the years, throw caution to the wind in Nazi Germany and leave your troubles at the door of the Kit Kat Klub, and experience, in a single night, a tapestry of three brilliant playwrights' one-act plays and all the hilarity and neuroses that accompany such a trio.

Come see the plays, please, but if you really want to unleash your own inner Marlborough Man, come out and audition. Wild horses couldn't drag you? Do it anyway, or at least dip your toe in the icy water of some-

thing new and exciting and maybe just a little bit frightening. It seems to me that all the best things we ever do in this life are usually preceded by a gut-wrenching wave or two of cold sweat and some weirdly energizing nausea.

The first time I ever galloped on a horse, I was terrified and exhilarated and instantly addicted; you couldn't have punched that grin off my face. Stepping out onto the stage has a similar effect, particularly when you may know a solid chunk of the audience you're stepping out in front of. Butterflies the size of pterodactyls boil your innards, your mouth dries up like the Mohave and you're pretty sure that you've forgotten every line you've ever learned

## Behind the Curtain



and maybe even your own name, but you persevere. My own experience here is limited, but the story is the same, whether told by a rookie or a seasoned veteran, and the moral of that story is: leap.

Jump on the horse, give her some rein; go to the audition, be brave even if you don't feel brave; push yourself. Dare to venture outside of your comfort zone, you never know who you'll meet there, it may even be you.

Dial M for Murder by Frederick Knott will be

on in November, directed by Michael Rawluk; Making God Laugh by Sean Grennan, directed by Chris Armstrong will be on in January 2016, Cabaret by Joe Masteroff will be directed by Sandi Alaric, Sharon Hoffman and Jennifer McPhee and will be on stage in March and Shane Tollefson will direct Death Defying Acts in May of next year, written by the trifecta of Woody Allen, David Mamet and Elaine May.

We hope you will join us. Have a great summer.

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"Riding: The art of keeping a horse between you and the ground."  
~Author Unknown

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## Virtual Mounts

There are plenty of video games that utilize horses as a means of transportation. In some games, like *Red Dead Redemption*, they can be used to increase the speed with which you travel through the desert backdrop of the Wild West. In other games, like *The Elder Scrolls: Skyrim*, not only are they a means of transportation, but a location from which you can make your assault on enemies. In some games, like *Viva Pinata*, it's a...well, it's a pinata.

But I don't want to talk about any of those games. There's only one game that springs immediately to mind when I think of horses and that is *World of Warcraft*.

Those playing *WoW* today have the ability to acquire hundreds of mounts, many of them horses, although probably just as many of them are not. They all grant speed bonuses, so your character can cover the distance from point A to point B more rapidly. Some of them fly. Some of them look really awesome. Some of them look like ordinary horses.

There hasn't always been this mountain of mounts to choose from in *World of Warcraft*. In fact, at one time, characters could only acquire the mount associated with their race or, in rare occasions, their class. If you wanted a horse, which is the theme of this month's issue of *The Stew*, you would need to be a human if you were acquiring a race-based mount, or a Paladin if you were acquiring a class-based

mount.

Another big difference between mounts then and now are the levels at which the mount was acquired. It used to be that you could get your hands on the first mount – the slower one – at level 40, with the quicker one available at level 60. These days, players only need to use their feet until level 20 when they acquire the slow mount, with the speedy one available at level 40.

I first started playing *WoW* only a couple of months after its release, and a month or so after a good friend of mine (and, I think, everyone else in my guild), so as I gradually levelled up, everyone around me was consistently two or three levels ahead of me. That means when I was level 36 or 37, just about everyone I knew had crossed the line to level 40 and acquired their first mount, leaving poor little me in the dust.

I can remember how desperately I wanted that first mount – not just a basic human's horse either, because I was a Paladin, and I would have access to the Paladin's mount, which had cool looking armor, and was sparkly, and all kinds of different shades of awesome. And the best part was, the quest to acquire this mount wasn't even complete in the game yet. Instead, there was a placeholder quest that would instantly place the mount in your inventory (the level 60 mount was a different story all together, and much harder to acquire, but that's a story for another

## Gaming Life

By Todd Sullivan



time).

I remember how excited I was the first time I climbed upon my mount. Ignore the fact that it was only just slightly faster than walking, I felt like I had accomplished something fantastic; like I was once more respected by my peers. I can remember pulling four or six guild-mates together to join me as we paraded on our mounts from Stormwind Castle to the tip of Stranglethorn Vale. One of my fondest memories from those early years in *World of Warcraft*.

We can't talk about this month without pointing out the biggest gaming event of the year – The Electronic Entertainment Expo, taking place at the Los Angeles Convention Center from June 16 to 18. There is where you're going to get all the big stories about all the big releases that'll be hitting either around the holiday season, or sometime next year. This is the point in the year when you start making your gaming budget for the next 6 to 12 months.

As for game releases, there are a few stand-outs this month. *Heroes of the Storm* – *Blizzard's* multi-player online battle arena (or MOBA) – comes out of beta and will be available to PC and Mac players on June 2. This is free-to-play, so go ahead and give it a spin if you're curious.

The Playstation 4 and

Xbox One versions of *The Elder Scrolls Online: Tamriel Unlimited* arrives on June 4, following the PC release from last year.

*Lego Jurassic World* hits the shelves for PC, Xbox 360, Xbox One, Playstation 3, Playstation 4, PS Vita, WiiU, and 3DS on June 12, featuring gameplay adapted from all four feature films, including the new *Jurassic World*. This is definitely on my radar, as both my little girl and I are big fans of the Lego branded games.

The final chapter in the Arkham series of Batman games arrives on June 23 for Xbox One, Playstation 4, and PC with the release of *Batman: Arkham Knight*.

**Other notable releases:** *D4: Dark Dreams Don't Die* (06-05); *Hyperdimension Neptunia Re;Birth 3: V Century* (06-30); *Superhot* (TBA)

**What have I been playing lately?** Still playing around in *Star Wars: The Old Republic*. I bought a package last month that gave me both expansions, two months of game time, plus a bunch of Cartel Coins, and now there's a 12x Story Experience event going on, allowing characters to level up by only playing their unique, class story missions, so I'm pretty hooked on levelling my smuggler right now.

**What have you been playing lately?** What's your favourite video game horse?

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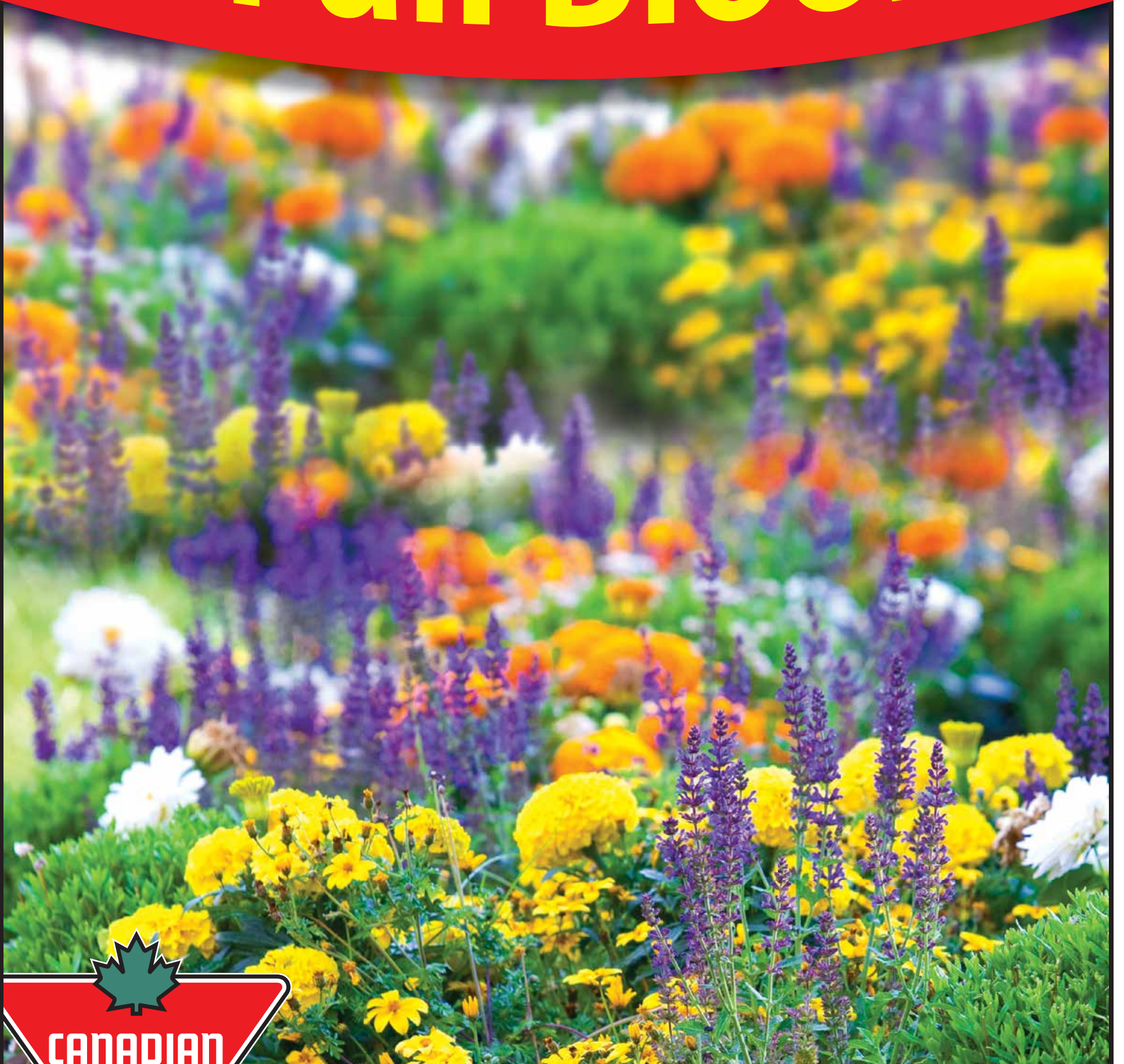
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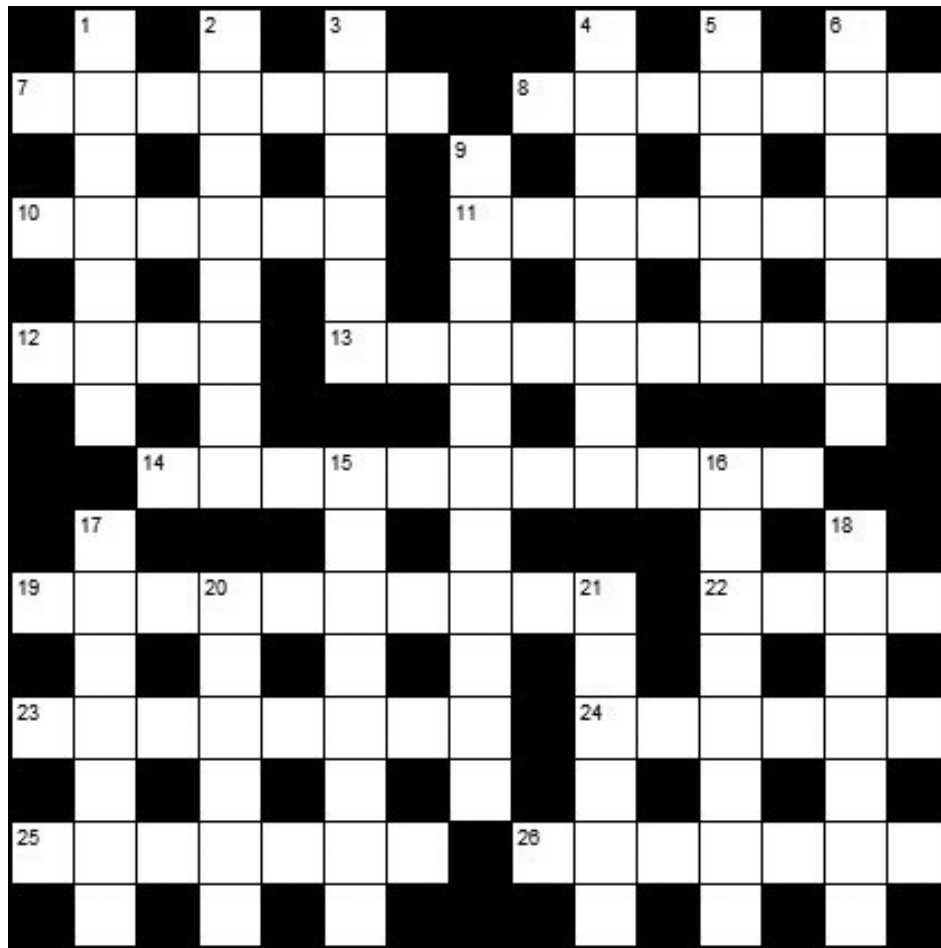
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# X-Word Puzzle

## ACROSS

- 7 Never-ending and convoluted tale about English servicemen (7)
- 8 Taking first appearances, Karajan used largely to resemble another maestro (7)
- 10 American gets nicked going outside – not the first to mess up (6)
- 11 Where to get loaded or rolling? (8)
- 12 Tree – its content, you said, should be rejected (4)
- 13 Romantic piano works to include second item from Pyotr Ilyich perhaps (10)
- 14 Two vehicles block a view, we're told, in place for holidaymakers (7,4)



19 Girl working as stripper has to keep quiet – it involves working with

others (3,7)

22 Potato curry's not very Indian (4)

23 Maureen's lost part of her log-in details (8)

24 Billy No-Mates drops

round, then starts to harass unfortunate holy man (6)

25 What good subjects show the monarchy when leader changes? (7)

26 Amazon, for example, leads in world as really reliable international online retailer (7)

## DOWN

1 Bad-tempered agent drinks wine up (7)

2 Plant somehow has to obtain energy – a lot of water's the answer (5,3)

3 Sounds like girl's out of bed and got her face on (4,2)

4 One-off riotous frolicking in which party's held in the open air (8)

5 Close attention given to book appearing in New Year (6)

6 Apparatus for shock treatment's stripped in Scottish town (7)

9 New German translator

is eclipsed by Welshman and rendered ineffective (11)

15 US city's home to a legendary runner (8)

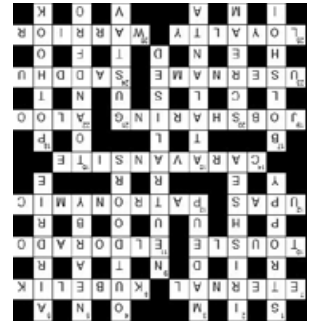
16 Notorious bad driver cops nicked initially for weaving this way and that (2,3,3)

17 Dancers getting endlessly bloody-minded about nothing (7)

18 Accumulated bets on pirate captain being one to maintain position of vessel under fire? On the contrary (7)

20 One making you laugh or cry (6)

21 In disgust, avoid Mahler? (6)



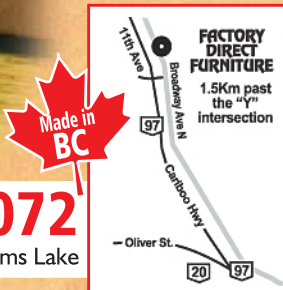
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