



the stew

ISSUE 6.08 | AUGUST 2015 | **FREE**

the
adventure issue

Featuring
Mark Savard

Pages 6 & 7

hear

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On the Cover:

Whether your idea of adventure involves flying through the air on a mountain bike, or another, less daring pastime, the Cariboo has it all! We encourage you to get off the couch and enjoy your own brand of adventure.

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Life should be an adventure

BY CRAIG SMITH

"Let me tell you about the days of high adventure," Conan the Barbarian says. Adventure is defined as an exciting or unusual experience. If this is the case most of my life has been an adventure. It is probably a combination of my DNA and my upbringing but I have never settled for the boring or mundane.

I could now add a few of the thousands of sayings that I see every day on social media for example, "Life is not about the breaths you take but about the moments that take your breath away." The problem I have with most of these sayings is that people read them and think "yes that's me" and "if only" then go back to their computer screen, dreaming about one day going on an adventure.

For me it was inevitable that I was going to live a life of adventure or a life of exciting and unusual experiences. My Father, by the time he was 25, had already been around the world a few times in the Navy. I still love hearing stories about the tattoo he got in India that was spelled wrong because the artist didn't speak English and my Dad has an accent. Or the time they delivered a bus to a place in Africa where they couldn't dock and had to put it on a raft to get it to shore. These are some of the amazing stories of adventure my Dad had when he was younger with the photographs to back up the stories. Even now he gets itchy feet if he stays in one place too long. My Mom on the other hand is no different. I remember when I was younger watching her com-

petitively sky dive in the late 60s, early 70s. Even now, my parents are retired and my Dad is 76 (We never talk about Mom's age), they were telling me about zip lining in Costa Rica a few months ago. Mom also said, after trying out my motorcycle, that maybe they should do that too.

With parents like that how could you not always be looking for your next big adventure? After I finished high school, I thought, like my father, that I needed to see the world and what better way than to join the military. I did see some of the world while I was in uniform but not as much as my father. The difference was Britain's military compared to Canada's. Britain had the budget and colonies at that time all over the world, whereas because of Canadian Government at that time, the Canadian Forces had no budget. I'm still trying to see as much of the world as I can during my time on this planet and because of my enthusiastic wife I don't see that being curtailed.

Not only did I get a thirst for adventure from my parents but I also married a woman that comes from a long line of adventurers. She is a direct descendent of Benjamin Franklin and Sir Alexander MacKenzie. It's no wonder we are always looking for the next exciting experience. Her parents are very busy people constantly experiencing all that life has to offer. I can't imagine what they would have been like when they were younger as they put on more miles in a year than some airplane pilots and they are now in their eighties. Whether it's a church camp out in the lower mainland or a concert (yes they



go to concerts) in the Okanagan, to driving down to the states for the weekend to visit relatives, or to their annual trip to Arizona and back. I'm thirty years younger and I would have a hard time keeping up.

I'm not talking all about my adventures just to say "Hey look at me." I'm telling you so that you can experience your own. I find it very sad that the current generation is not experiencing life as much as they should and in a lot of ways I blame technology. It's easier to watch someone skiing through their GoPro camera than it is to drive up to the hill and put on a pair of skis or a snowboard. Years ago I had a buddy that split up with his wife of many years and as we talked I realized he had not experienced life at all. He grew up and went to school where he was born, got a local apprenticeship, married his high school sweetie and never traveled more than three hours from where he was born. We got him a passport and a plane ticket and he hasn't looked back, travelling and seeing the world as much as he can.

If the millennium generation is going to have any kind of real adventures they will need to start weaning themselves from some technology. You cannot experi-

ence all that life has to offer if your nose is buried in a smart phone, tablet, computer or game console. So I challenge all you twenty-somethings. Like any addiction I know it's hard to quit cold turkey so let's start slowly. Let's see if you can go one day not looking at Facebook. If you think about it Facebook is showing you all the adventures your "friends" are taking and you are really just living vicariously through them. For that one day, go on an adventure, even if it's just a long walk, drive or bike ride. Take some photos and post those but don't look at anyone else's post just for that one day. Then maybe for the next step go for two days, then a week. Do we really need to know what all those "Friends" are doing? Instead of looking at your news feed thinking, wow, that looks fun, be the one who people say that about. Be the person who people think, "how do they do all that", because the reason they can't do the same is this addiction to current technology. Don't get me wrong, I love technology, but find the balance. I just returned from a 1,500 km trip on my motorcycle and you can't hold your smart phone when you're riding. Here's hoping August brings you many adventures.

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Discover Antarctica



Behind the Curtain:
Thrills and chills of the stage

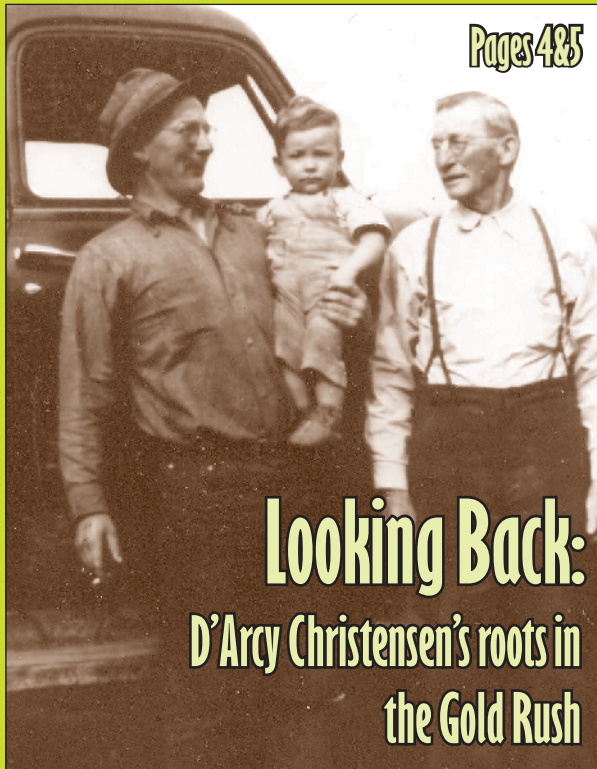
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**Performances
in the Park**

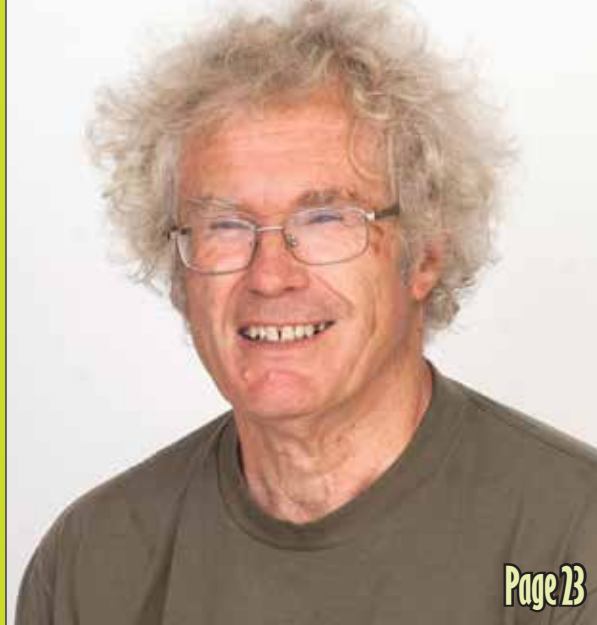
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Looking Back:
D'Arcy Christensen's roots in
the Gold Rush

Volunteer spotlight on
Fred McMechan



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Cariboo Water:
Summer fishing



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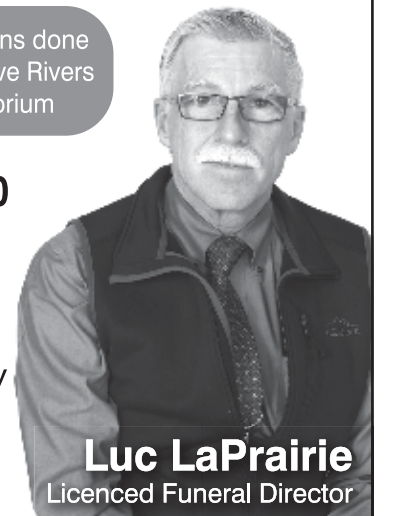
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hear

Adventure: an exciting or unexpected event or course of events

D'Arcy Christensen's roots in the Gold Rush

When D'Arcy Christensen sold his general store in Anahim Lake in 1999, the business had been in his family for over 100 years. His grandfather, Adolph Christensen, started the store in Bella Coola in 1898.

In the late 1920s, D'Arcy's dad, Andy Christensen, took over the store from his father and eventually moved it up to the Chilcotin Plateau where he owned the Cless Pocket Ranch near Anahim Lake.

D'Arcy remembers spending the summers at the ranch and going to school in Bella Coola during the winter.

"My dad used to pack all the supplies for the store on horseback from Bella Coola. It took three days and I went on several of those pack trains when I was a little kid."

He says you had to be careful.

"Sometimes a pack

would slip, and down the zigzag trails it would come. I remember one time a horse came right by me, tumbling down the hill. I had enough sense to crowd my horse into the bank. It got by me all right. Sometimes they'd fall and roll right down the hill. It didn't seem to hurt them too much, but that didn't happen very often."

D'Arcy's grandparents, Adolph and Marit Christensen were part of the Norwegian colony that came to Bella Coola from Crookston, Minnesota in 1894. They initially settled 15 kilometres up the valley near Hagensborg where he started his retail business. Then in 1904 Adolph relocated his store to the new town site that was established on the north side of the Bella Coola River next to Necleesconnay Creek.

The location of the town site on the north side of the valley was ideal from the

► Reconstructing Adolph's store in Bella Coola



standpoint of good winter sunshine, but the downside was its susceptibility to frequent flooding when the Necleesconnay overflowed its banks.

When a major flood washed out the town in 1924, Premier Duff Pattullo inspected the disaster and recommended moving the village to the south side of the river. Buildings were dismantled and rebuilt where the Bella Coola townsite is today.

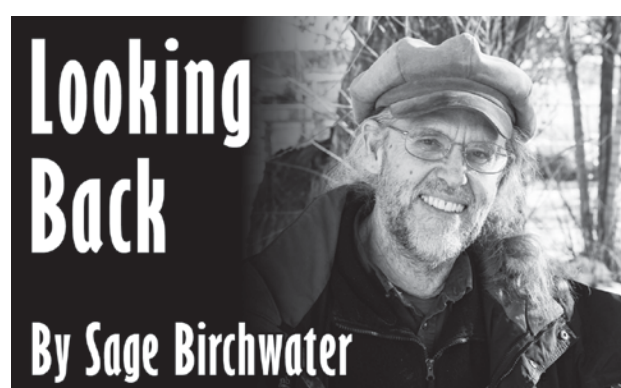
Adolph Christensen paid his sons a nickel a board to

tear down his store. Then he reconstructed it where the Bella Coola Co-op is today.

D'Arcy says he comes by his entrepreneurial tendencies honestly.

"Businessmen were part of my lineage on both sides of my family."

His mother's father, John Clayton, was an enterprising Englishman who made his way to the Central Coast from the Cariboo goldfields in 1873. He started working at the Hudson's Bay trading post in Bella Coola, then took over as postmaster



Looking Back

By Sage Birchwater

when the factor died in 1876.

When the Hudson Bay Company decided to close the post in 1885, John Clayton bought the store and property on the present Bella Coola town site, and ran the store until his death in 1910.

D'Arcy was born in 1929, nearly two decades after his grandfather's death. He says he found it strange that John Clayton's name was rarely mentioned in his household when he was growing up.

"Not a word was said


about him, even though he was my grandfather."

Years later D'Arcy learned that John Clayton was a pretty astute businessman. Besides the store he owned his own steamship and freighting business between Bella Coola and Victoria, and was a partner in the first fish cannery in Bella Coola.

"John Clayton's trading business with the local natives was well established when the Norwegian settlers arrived in 1894, so his business would have thrived."

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"In wisdom gathered over time I have found that every experience is a form of exploration."
~Ansel Adams

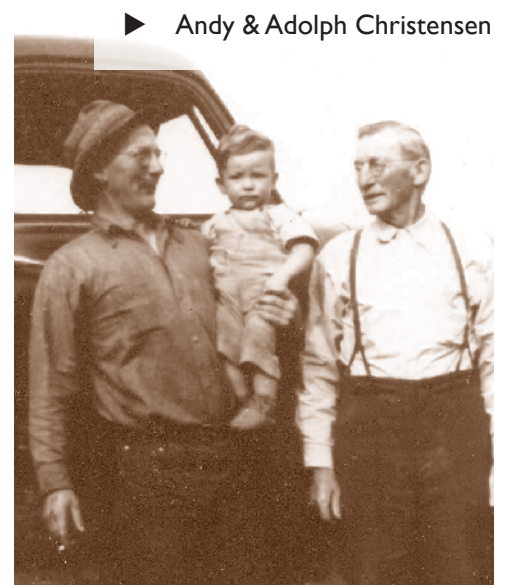


► Adolph Christensen & family

► Willie Mack & family



► Andy & Adolph Christensen



...continued from page 4

D'Arcy also learned that John Clayton had another family before marrying his grandmother. He lived with a Nuxalk woman, Q'uit, when he first came to the country. He met her at Port Alice on one of his trips to Victoria, and brought her back to Bella Coola where she had originally come from. They had a son together, Willie Mack, born around 1877.

"In those days an Englishman who married out of his class was frowned upon," D'Arcy says. "Many Englishmen came to Canada, got established, then went back to England to marry."

John Clayton was no exception. In 1890 he returned to England and married Elizabeth Orden, a minister's daughter much younger than himself, and brought her back to Bella Coola.

D'Arcy claims that Elizabeth Clayton was the first white woman in Bella Coola.

"She was always invited to the potlatches, and would have her hair all trussed up in a bun. Those were the days of big skirts, and the

little children at the potlatches would hide under her skirt when they got frightened by the dancers."

By 1894 John and Elizabeth had two sons, Vincent (Vinnie) and Davenport, and the white population in Bella Coola numbered about sixteen. Then in October of that year the demographics of the valley changed radically. Eighty-four Norwegian settlers arrived from Minnesota and the white population topped 100 over night. The following year two more groups of Norwegian immigrants joined the colony.

In quick succession Elizabeth and John Clayton had two more children: Margery, who later married Bert Robson, and D'Arcy's mother, Dorothy, who would marry Andy Christensen.

When John Clayton died in 1910, he was the largest landowner in the valley. Elizabeth kept running the store but sold much of the property to speculators anticipating that Bella Coola would soon be developed into a railway terminus and

port. These dreams faded when the Grand Trunk Pacific Railway was completed to Prince Rupert in 1914.

Meanwhile Willie Mack grew up in the Nuxalk community of Bella Coola. He married Mary Samson, the last person born in Noosgulch Village, 30 kilometres up the Bella Coola River at the foot of Mount Nusatsum. They had seven children together, and two of their youngest sons, Clayton and Orden, were named in memory of John Clayton and his British wife, Elizabeth Orden. Clayton Mack was born in 1910, the year John Clayton died, and his name served as a link to his biological grandfather. Orden was given Elizabeth Clayton's maiden name.

Clayton Mack remembered his dad, Willie Mack, socializing with his younger half-brothers, Vinnie and Davenport.

"I see them together all the time. Work together. Them Clayton boys liked us kids. My dad used to take me over to the Clayton store



1896 ► John Clayton

when I was a little boy. I don't buy nothing at all, they just give it to me. I look at the shoes. 'You want shoes?' they say to me. Yeah, I said. They put it on me. 'Okay, you can go home. You have new shoes now,' they say to me."

The marriage of D'Arcy's parents, Andy Christensen and Dorothy Clayton, had its obstacles and almost didn't happen. For the longest time Elizabeth



► Clayton house

► "Haida Frank" at John Clayton's Trading Post



Clayton rejected the idea of her daughter of British ancestry marrying a man of Norwegian descent. At one point the young lovers even considered eloping.

Finally Elizabeth gave her blessing and the mar-

riage went ahead on one of the coldest days of the year. Andy and Dorothy said their vows in the little church on the Nuxalk reserve on a blustery day in early January, 1924.

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flavour of the month

CRAIG SMITH PHOTO

MARK SAVARD ► in front of the mural at his business, Red Shred's Bike & Board Shed in Williams Lake



flavour of the month



Mark Savard; community-minded sport enthusiast

BY CRAIG SMITH

In all my years living in the Cariboo I've met a few people who are truly passionate about where they live and what they do; Mark Savard is one of them.

Born in Vancouver, Mark and his family moved to Williams Lake when he was eight and by the time he was fourteen he was, like his parents, in business. Mark started building windsurfers in the basement of his house and after turning 16, getting a drivers licence, and finding suppliers for things like wet suits and surf gear, he turned his van into a mobile warehouse. Although an honour roll student, Mark hated school, always knowing he was going to

go into business. He lived to ski and surf, and the day after graduation Mark loaded up his van and left for Mexico.

Back in Williams Lake in 1988, Mark opened a little shop above Ken's restaurant, and due to some red tape, couldn't stay. He traveled to Europe and got his snowboard instructor certification and started his business, Red's Shred Shed (say that fast ten times) up at Mount Timothy. You may notice the name has slightly changed since then (Red Shred's Bike & Board Shed) to help with this tongue twister. Mark, over the years has put a lot of time in at Mount Timothy, having the rental shop for three years, running the ski patrol, and many volunteer hours.

Mark has had locations all over Williams Lake, including across from the Tribune, and at the current Fit City location, until buying the building he currently occupies on First Avenue in the early 90s. The building has had many tenants in previous years, and started out as a Chinese Mercantile store, built in 1946.

We wanted Mark to be our featured personality for this adventure issue of The Stew, as he really has lived a life of adventure. He has always been on the move, whether it be skateboarding, skiing, BMXing, windsurfing, snowboarding, or mountain biking. With snowboarding and mountain biking, Mark was there when the sport really got its start.

There are many local events and projects that Mark was instrumental in starting. To name a few, the Likely Paddlefest, the Tour de Cariboo (with Joanne Wright), avalanche awareness courses, kayaking instruction, and backcountry skiing.

Mark's current focus is mountain biking, and making Williams Lake the leader in mountain biking. He also helps organize bike rodeos with the RCMP, local Reserves and the Boys and Girls club, and this year so far has put together eleven.

A vegan and a man that follows Buddhist principles, Mark and his life partner Jacinta have two young children; if Dad is any example they are very busy children. He loves

every minute of life and works hard to make our area the best place to live. "Business is awesome and if I have extra time, I volunteer more," Mark says. He is not one to bask in the accolades of his volunteer projects, for as soon as a project is going, he steps back and lets it take off.

Mark understands what 'paying it forward' means and makes it his goal to help everyone in Williams Lake to be on two wheels. If you can't afford one of the amazing bikes he carries, he has a stack of bikes that he has collected and his staff has refurbished that he will give away.

As well as being the Vice President of the Mountain Bike Consortium, Mark recently was the winner of the Kazlaw Mountain

Biking Community Award for contribution in his community. The award gave him a pass to be in the BC Bike race through the sunshine coast (consisting of 630 riders from 31 countries, 320 kilometers through 7 communities) which showed him how much growth potential is still possible for our area.

Although Mark has no formal business training, you are not going to find anyone with a better instinct for trends and marketing than he has. The hour and half I spent talking to Mark was a business learning experience for me, and it's hard not to come out of Mark's store without a positive look to the future, plus you will really want to call someone "dude".

Wespeak

"The biggest adventure you can ever take is to live the life of your dreams." ~Oprah Winfrey

Life should be an adventure

BY CHRISTA SMITH

Adventure is part of my everyday life, it has to be. I would very quickly grow bored if it were not for the way that I approach life. There are times when people ask my husband and I, why we are so busy, I know it's because we both thrive on the adventure and challenge that we get from being busy.

Life in general is an adventure whether you like it or not. Every day that you wake up you cannot fully predict what will happen that day. Usually it is a pretty safe bet that you will go through your morning routine and head off to work, you may even know roughly what you have on the agenda for the day, but no one can ever plan for the unex-

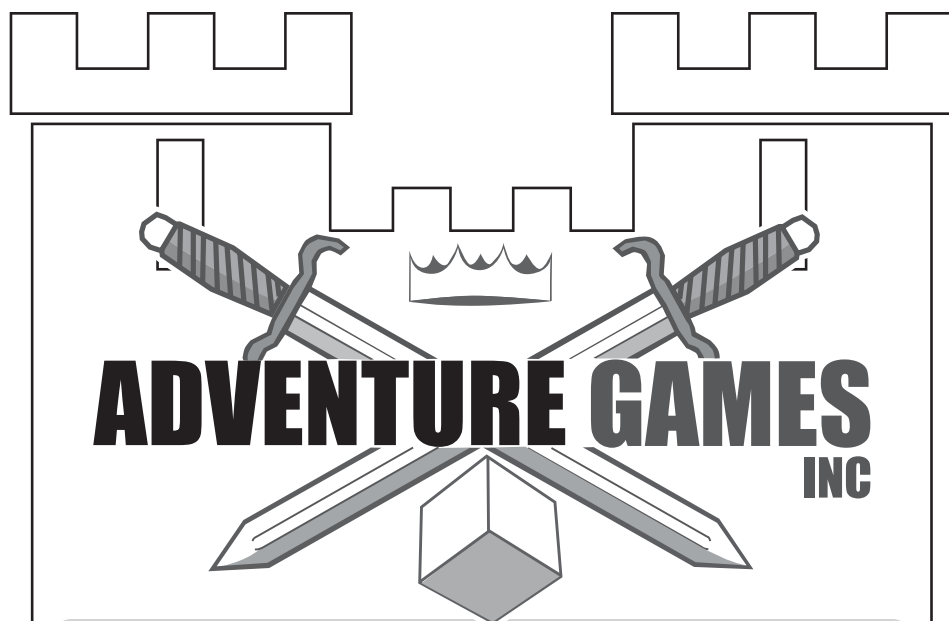
pected. Life changes in a second; sometimes that change is exciting and good and sometimes not so much. The thing I found was to go with it and embrace whatever it is, and look for the silver lining or the hidden opportunity.

Adventure is not only in business for me but in my head as well. What I really mean by this, is that I am addicted to intellectual adventure. I love a challenge and I love to learn. I often dream about living in a place where education is free to everyone who wants it. I think that learning opens up so much of the mind and you have ability to take something average and normal and see it in a different way, or in a new context. What I have also found is that it is not just enough to

want to go to school and have the means to do it. I have spent the last year of my life jumping through the educational hoops just trying to access my educational adventure. It's a good thing that I really want this as if I were a person to give up easily, I would be destined to a future life without further education. Well, all the drama aside, my point is that even if your adventure has obstacles and road blocks never give up, it's just part of the journey.

Adventures are the best part of life. So what's not to love? August is a great time of year for adventure, the days are still usually sunny and all the summer activities are in full swing. It's a great time for the outdoors and taking some new escapades outside of

your routine activities. It is also the time of year when we start thinking about what's next. For all the parents it's the time of year that we start thinking about back to school and fall recreational activities. Why not take an adventure and try out something new yourself, why should the kids get all of the fun. There is lots of stuff for adults too and if not, why not start something up. Adventure doesn't have to always be an extreme activity or life altering thought process, it can be as simple as deciding to try one new thing or try looking at something with a different perspective. Whatever your adventure is and however you find it, enjoy every minute of it as this is what life is made of.



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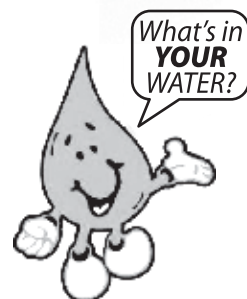
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"The best journeys in life are those that answer questions you never thought to ask." ~Rich Ridgeway



An adventure in coffee

With summer in full force now I am reminded of a time a few years back. Back before I was a coffee freak and before I complicated my family's life with running our own business! I had sat down with a friend who showed me what an amazing cup of coffee really tastes like. I was astounded at my ignorance towards a quality coffee! I kept thinking about how I was missing out on some years of great coffee verses bad coffee. That pivotal meeting set a dream in motion, a determination of will, and adventure... I was going to start drinking better coffee! I started my BC wide search for great coffee. Everywhere we went, I would have to grab some coffee from a local shop or grocery store to see if I could get my hands on better beans.

I was frustrated with the fact that I would have to order in (like my friend did) but it was looking like it would ultimately end up that way. Then it hit me... could I make my own?

Coffee was this incredibly nebulous and ambiguous industry that was shrouded in magic... or so it seemed. What was coffee anyway? A bean? A fruit? A nut? I didn't even know and yet I was searching for the best? It started to become clearer as I did research and asked lots of questions. This wasn't so far out there that it couldn't be touched; it was just going to take some work.

In a few short months, we learned that international trade looks good on paper but is harder than you think. Even though a company in China has a

The Coffee Press

By Isaac Steward



rep that appears to speak English via email, they don't actually speak it on the phone, or understand anything outside of what they are most likely translating through Google Translate! Fortunately we had the good sense to follow suit and managed to limp our way through a deal that had our first roaster sailing the oceans blue for a good month. Side note: when shipping via containers across the sea, everybody who even sneezes near your

merchandise is allowed to charge you some kind of handling fee.

The great coffee adventure is still mid stride. Some people have visited coffee farms on vacation and I wouldn't mind doing that at all! Back in an earlier article I mentioned the amazing story of coffee making its way to the western world. Whenever there is opportunity to get one step closer to "the source" it is exciting to see another side of this "adventurous" industry.

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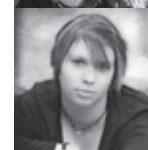
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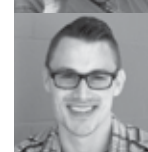
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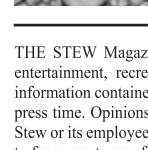
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Isaac Steward
 The Coffee Press

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do

The adventure of life

Adventure means different things to different people. I have a friend who loves to do new and daring things, like bungee jumping over a ravine where one weakness in the equipment could send her crashing to her... well I'm guessing that you have arrived at the conclusion that this is not my idea of a good time. Personally, adventure can be a quad trip to the middle of nowhere to see waterfalls, swimming with dolphins, a trail ride in the forest, hanging out with a good group of friends over a campfire, or becoming a parent for the first time (that adventure just keeps on going and never stops). Just like parenthood, relationships are a continuous adventure in their own right.

Just think about the first time you meet someone new. You might be

a little bit nervous; you might be a lot curious. You'll probably be excited and full of anticipation. You'll want to find out things about that person including what you might have in common, or what you don't that might be fascinating. Getting to know someone that you find interesting can be invigorating and exhilarating. You might feel like you're having the best time of your life. Or, you might realize two minutes in that what you thought could have possibilities is leaving you drooling into your napkin out of boredom.

Embarking into a committed relationship is even more of an adventure than the dating scene. It can be full of challenges, thrills, and new experiences. The best part of all of that is that you are choosing to

climb on board and grab hold of a shared experience where you can spend time really learning what makes the other person tick. That can be a real journey of exploration and excitement.

I've heard people say that being with one person for a lifetime could be really boring. I don't agree. Knowing human nature and how people continuously change with time and goals in their lives, being with one person and seeing who they become along the way is a little for me like getting on that Ferris Wheel. For other people, it might be like driving in the Indy 500. Either way, you have the chance and privilege of really knowing someone, and having them really know you.

Really knowing someone means that you get to be your true self and



be accepted for that self. Not many adventures are without risk or the occasional pit of venomous snakes (oh wait, sorry that was an Indiana Jones movie); obstacles or little things that go off the rails, like the airline losing your luggage, can and often does happen. And when you hit little bumps, or big bumps, along the road that makes life difficult or challenging, having someone there with you that not only gets you, but wants to be there to help you through the tough times, and vice versa can make the world of difference.

Adventure in relationships can be the passport to many happy memories. Time spent invested in making those memories is more than worthwhile. And that does not have to mean time in Hawaii or Thailand; adventure can happen in your own back

You, Me and We

By Gina Mawson



yard or your living room. The Cariboo is full of natural beauty and many, many lakes and areas for camping and hiking.

Taking a walk together as a couple and talking about anything and everything can make a lasting memory. You also don't have to invest a lot of money in making memories; what you really need is the desire to create those special, intimate moments where you and the special person in your life are connecting on a level that no other

person in your life really reaches.

Take time to do things you wouldn't normally do. For example, it might be really adventurous to try square dancing as a couple for some people. Barkerville can be a great place to form some memories. The point is to try and get away from the ordinary and find excitement together that is new and fresh so that you can grow in appreciation for each other. Relationships can be the ultimate life-long adventure.

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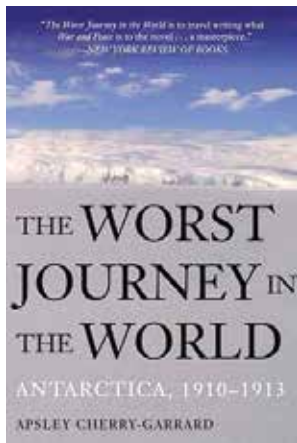
*"Keep reading. It's one of the most marvelous adventures that anyone can have."
~Lloyd Alexander*

Extreme classics: Top 3 adventure books of all time

Books are well known to be an avenue to escape reality, and even more so are adventure books. "What are the essential ingredients in a great adventure story? The Latin root of the word, oddly enough, means "an arrival," but adventure almost always entails a going out, and not just any going out but a bold one: Sail the Pacific on a balsa raft; pit your skills against K2; sledge to the South Pole. It is a quest whose outcome is unknown but whose risks are tangible, a challenge someone meets with courage, brains, and effort—and then survives, we hope, to tell the tale." (National Geographic Adventure Magazine)

1. *The Worst Journey in the World*, by Apsley Cherry-Garrard (1922)

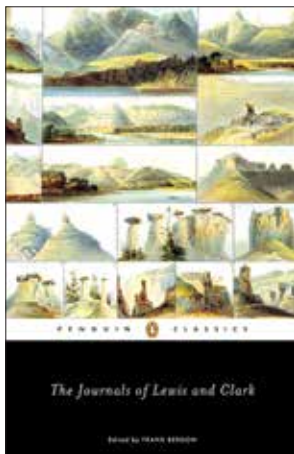
As *War and Peace* is to novels, so is *The Worst Journey in the World* to the literature of polar travel: the one to beat. The author volunteered as a young man to go to the Antarctic with Robert Falcon Scott in 1910; that, and writing this book, are the only things of substance he ever did in life. They were enough. The expedition set up camp on the edge of the continent while Scott waited to go for the Pole in the spring. But first, Cherry-Garrard and two other men set out on a midwinter trek to collect emperor penguin eggs. It was a heartbreaker: three men hauling 700 pounds (318 kilograms) of gear through unrelieved



darkness, with temperatures reaching 50, 60, and 70 degrees below zero (-46, -51, and -57 degrees Celsius); clothes frozen so hard it took two men to bend them. But Cherry-Garrard's greater achievement was to imbue everything he endured with humanity and even humor. And—as when he describes his later search for Scott and the doomed South Pole team—with tragedy as well. His book earns its preeminent place on this list by captivating us on every level: It is vivid; it is moving; it is unforgettable. (National Geographic Books, 2002)

2. *Journals*, by Meriwether Lewis and William Clark (1814)

Are there two American explorers more famous? Were there any braver? When they

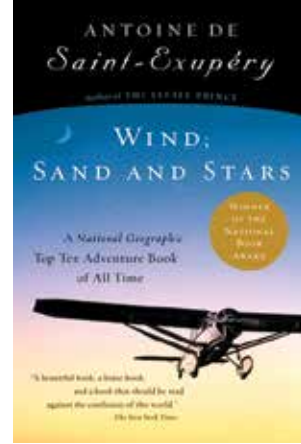


left St. Louis in 1804 to find a water route to the Pacific, no one knew how extensive the Rocky Mountains were or even exactly where they were, and the land beyond was terra incognita. Lewis and Clark's Journals are the closest thing we have to a national epic, and they are magnificent, full of the wonder of the Great West. Here are the first sightings of the vast prairie dog cities; here are huge bears that

keep on coming at you with five or six bullets in them, Indian tribes with no knowledge of white men, the mountains stretching for a thousand miles; here are the long rapids, the deep snows, the ways of the Sioux, Crow, Assiniboine; here are buffalo by the millions. Here is the West in its true mythic proportions. Hear the adventure in the two captains' own dogged, rough-hewn words, with the complete Elliott Coues edition in three volumes. Dive in and rediscover heroism. (National Geographic Books, 2002)

3. *Wind, Sand & Stars*, by Antoine de Saint-Exupéry (1940)

Saint-Exupéry was without question the great pilot-poet of the air. And this remarkable classic attains its high ranking here by soaring both as a piece of writing and as a tale of adventure. It was Saint-Exupéry's job in the 1920s to fly the mail from France to Spain across the Pyrenees, in all kinds of weather, with bad maps and no radio. The engine on his plane would sometimes quit, he says, "with a great rattle like the crash of crockery. And



one would simply throw in one's hand: there was no hope of refuge on the rocky crust of Spain." Nor in North Africa. He came down once

in the Libyan Desert, and there was no water. He and his companion tramped this way and that and found no hope. "Nothing is unbearable," he tells us after a while. "Tomorrow, and the day after, I should learn that nothing was really unbearable." He is calm about it, thoughtful, disinterested, yet at the same time intense, riveting. He takes us to places between impossible hope and endless despair we did not know existed. (Harcourt Brace, 1992)

Local Artists featured at the Gecko Tree

Put the Gecko Tree on your list of places to visit! The works of different local artists are featured monthly, and there is always something exciting happening! While you are enjoying the art on the walls and delicious lunch, be sure to wander behind the Iron Gate and discover the treasures at Gecko Gifts.

JULY 21 – AUGUST 29 BREELYN ZOWTY

Breelyn, born and raised in Williams Lake, was very active in her early years, not only in sports, but also in artistic pursuits. She attended the Center for Arts and Technology in Kelowna after graduating from Columneetza, and received her diploma in Graphic and Digital Media Design.

Breelyn's love of painting and drawing is reflected in her abstract, funky creations. She is excited to exhibit her work at the Gecko Tree's show and sale.

If you are interested in having your own show and sale, contact Beatrix Linde 250-440-5759.

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"Life is a blank canvas, and you need to throw all the paint on it you can." ~Danny Kaye

Great summer entertainment continues

BY ANGELA SOMMER

Performances in the Park continues full swing in August in Williams Lake. Come out on Thursday nights and be entertained! The Farmers' Mini-market is set up from 5 to 8pm, a Children's Art Corner will entertain the little ones from 6-8 and Food Vendors will be available with snacks and drinks for the family. You just have to come out and see who is going to be there! We have Smashin' Smoothies, Taylor Made Cakes and Sweets, Cody's Bannock, Puddle Produce, Road's End Farm, Piece of Home, Barefoot Books, Windy Creek Farm, Cariboo Fruit Stand, Paper Airplanes, BFF Fashion and Walk-Rite Shoes setting up.

AUGUST 6 is the Grand Opening Night for

ArtWalk 2015.

Our musicians that night are Flannel Roots who are a three piece Folk Rock band from Williams Lake, BC. Flannel Roots consists of Rowan Dolighan, Dylan Pritchard and Leyland Bernier. The band was created in the spring of 2014 and has recorded an album.

BlueNote will round out the evening. A love for old standards brought this Williams Lake band together almost two years ago. When *Mack the Knife* goes on a *Sentimental Journey* on Route 66, then BlueNote is in the house. Their genre ranges from swing and jazz to the occasional dixie or blues tune. The pianist and the horn section make sure that the set list is also infused with some Latin beats, while the singer tries to smuggle the oc-



casional mournful song in – and during all of it, the drummer keeps the beat.

AUGUST 13 will see some up and coming musicians as well as a seasoned Old Time Fiddlers' Group.

Organized and run by Robert Fry of CaribooRadio.com. Cariboo Idol started in 2004 to help support community events in the South

Cariboo. Now the Idol program is reaching out to events all across the Cariboo showcasing young and upcoming talent.

Lucier and Friends are sure to entertain with toe-tappin', hands-clappin' old time fiddling tunes.

Our last performance of the year will be on AUGUST 20TH.

Robyn and Oren



will be returning to the stage yet again for their 4th year. While these two spend all year busy elsewhere, they always look forward to returning to Williams Lake on this stage and supporting their community and doing what they love.

The last show of 2015 will be Drum and Bell Tower. With the volume up and a fist pumped, Drum & Bell Tower makes politicized harmonic introspection, just a little slower than you

walk. Wait for it...

Brent Morton has released 5 full length records as Drum & Bell Tower since moving to the Cariboo in 2007.

Angela Sommer, the event coordinator and the CCACS are thankful to all our sponsors, supporters, vendors, and faithful audiences who are making this event special every summer in Williams Lake. We are looking forward to next year and another great series in 2016.

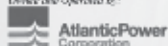
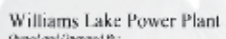
PERFORMANCES in the PARK

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

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2015 Performance Schedule

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

July 2 The Pernell 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

"An adventure is only an inconvenience rightly considered. An inconvenience is only an adventure wrongly considered" ~G.K. Chesterton, All Things Considered

Edgefest charity event August 28/29/30

BY LORI-LYN GRAHAM

"Thanks for reminding me what it means to ride" and "Oh my God, you have the cleanest outhouses ever!!" are just a couple of the unique compliments we've had during the annual Edgefest (charity event). Experience it yourself; join us in the 111 Mile Valley at Lake of the Trees near Lac La Hache on August 28/29/30 for a fun weekend of camping and music for a cause.

We are in our 9th year of hosting this weekend, which originally started as a 50th birthday party and we have since continued to recognize that milestone and grow the event. Ever since the first event, we have decided to invite the community to share and gather together, and to raise money for local non-profit organizations. Hence the birth of

Edgefest, a charity event!

The camaraderie that naturally flows has created an atmosphere of "family" making it a safe place to have fun, since we look out for each other. You may arrive as a stranger, but you will leave as a friend. We have new friends from all over: Texas, Hawaii, Edmonton, Clearwater, the Lower Mainland, and of course our local friends.

This is a NO PETS, NO MINORS, NO COUNTRY event in which you are expected to please USE THE ASHTRAYS and bring your own food/beverages. Although, there is a potluck dinner on Saturday and breakfast on Sunday. Coffee, water and a limited supply of ice are available, and donations are welcome if you can't contribute to the potluck dinner. You'll be entertained

with live rock 'n' roll music on Saturday, and yard games and more throughout the weekend. We also have draws and door prizes, and at the time of printing, a poker run is pending for Friday.

The event fee is \$30.00 per person at the gate, and includes camping. We make every effort to hire local talent and in turn, to give local. In the past we have raised monies for the 100 Mile House SPCA, 100 Mile Hospice, Lac La Hache PAC, Lac La Hache VFD hamper fund and the Lac La Hache arena. With more exposure and more attendance we hope to raise more monies and reach out to more that might need our help. With YOUR help and our thanks, we CAN!

After an 18 km ride/drive down a gravel/hardpack road off High-



way 97 onto Spring Lake Road (watch for signs), you will be pleased to find yourself at "The Edge of Nowhere" where you are easily directed to find your spot for the event. We make every effort to ensure you have what you need for a memorable and fun stay.

For full directions and amenities, visit Edgefest (charity event) on Facebook and read the "about" section.

Email elf.on.the.edge@outlook.com If you want to test out your vending operation, volunteer time or supplies, or anything else call

Lori/Dave at 250-791-7303. Or, you can be a rebel and fly by the seat of your pants and hope for the best!! Either way; spread the word and see you August 28/29/30. With many thanks, Lori/Dave your hosts.

Sarah Burton set to play Arts Wells Aug. 1-2



Toronto-based Singer/Songwriter, Sarah Burton, who recently released her brand new record *Make Your Own Bed* this past March, will be touring across Canada this summer and will be heading to Arts Wells Festival to play in Wells, BC on August 1st, 8pm at the Pub and August 2nd at

the Casino.

"Here is acoustic, rock, bluesy, torch, indie jive, country psychedelic, soul-baring beautiful music." ~Victory Music Review

Sarah Burton's playful soul has found its home in music through three diverse albums, and countless ups and downs while traversing

the globe. This much anticipated fourth release is quintessentially Sarah Burton; full of clever lyrics and slices of life described in unique detail. *Make Your Own Bed* is fearless indie-pop and rock, putting the piano in the spotlight, while keeping balance with elaborate

percussion, guitar and electronic beats. Burton's vocals are at their best in sync with the keys, and each song pulls out either the soulful or sassy sides of her style. Listen to the full album: www.soundcloud.com/toomany sarahs www.sarahburton.ca

Sarah Burton BC TOUR DATES

July 31–August 3 ArtsWells Festival, WELLS
August 7 Big Rock Brewery, VANCOUVER
August 11 Kaslo Hotel, KASLO
August 12 Byng Road House, CRANBROOK

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~J.K. Rowling, *Harry Potter and the Half-Blood Prince*



History of the Tour de Cariboo

SUBMITTED BY BIG BROTHERS BIG SISTERS

The Big Brothers Big Sisters Agency was started in 1982 by a dedicated Board of Directors. There were no staff hired at that time

and Board Members did all the work required to deliver services to the children and youth in Williams Lake. As the services grew it was evident that the Board would have to hire part-time staff to continue

the work of the Agency. The Agency was running on a very tight budget, sometimes having to pay bills in installments to keep going. To raise funds the Board decided to start bottle drives to keep things going.

The Board members knew that they would have to generate more income than the bottle drives could deliver. In 1990, Joanne Wright, Board Member at the time, read an article in the Vancouver Sun about the BC Lung Ride in the lower mainland and decided that this might be the opportunity that they had been looking for. The members of the Board discussed the possibility of starting a local event to raise funds for Big Brothers Big Sisters of Williams Lake.

No-one on the Board had experience with running an event like this and it was fortuitous that Joanne Wright had a chance meeting with someone who had ridden in several of the BC Lung Ride events. Joanne discussed her

idea with Mark Savard at Red Shreds, he said “Cool”.

In 1992 the first Tour de Cariboo was hosted by the Big Brother Big Sisters Agency. Mark Savard provided biking support along the way and in the first few years hosted Bike Clinics out at Gavin Lake.

“For me the first ride was very special as I was able to participate in the ride out to Gavin Lake. It took a lot of work to make it happen and would not have been the success it was without the support of all the volunteers who made it happen. Every year Tori Kier would arrive at about 10, have a juice and snack and head on back into Williams Lake on his bike. We all had so much fun. After we ran the first event I said

to everyone, ‘This is going to be on my Tombstone!’ (Joanne Wright).

Board Member at the time, Jim World, would write an amazing poem called *Ode to the Ride*. This poem contained the name of every rider who participated in the Tour de Cariboo and was a highlight for riders of the event every year. “We always looked forward to the food; Joanne’s lasagna and cheesecake were out of this world,” (Jim World).

This year on September 12th, the 23rd Tour de Cariboo will be a highlight in the calendar for many riders. This event continues to support mentoring programming for children and youth in Williams Lake and area. Visit www.bbswlake.com to get involved!

TOUR DE CARIBOO - SEPTEMBER 12TH

Set your next fitness challenge on the Tour de Cariboo, a 76km bike ride from Williams Lake to Gavin Lake.

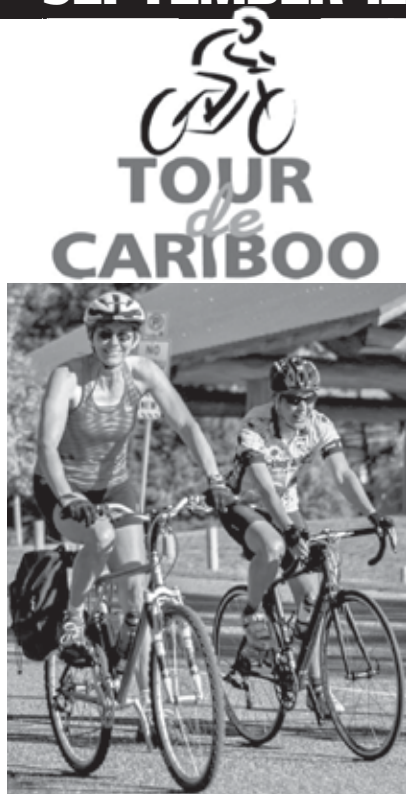
76km a bit much for you?

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NO RULES

for the team. Make up your own! Have as few or as many riders as you like. Ride a little or ride a lot.

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Big Brothers Big Sisters of Williams Lake



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"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." ~Eleanor Roosevelt



Explore Antarctica; so much to see!

BY SYLVIA RASHBROOK
OF ALL-WAYS TRAVEL

The end of the world is just a beginning for a true adventure. Colder, drier and windier than anywhere on our planet, Antarctica is so extreme and remote that it barely feels like it is part of earth. But it is the other worldliness that appeals to the adventurous soul who ventures to this continent. Painted in shades of white and blue, the landscape is as beautiful as it is forbidding, with monstrous glaciers, saw-toothed mountains, colossal icebergs, and fields of ice that stretch on and on forever. But as barren as it looks, life – specifically penguins, whales and seabirds – find a way to thrive here. The journey to this continent is long and arduous but the memories will keep friends and family entertained forever.

Antarctica did not have

any evidence of humans until the 19th century. It houses approximately 1,000 inhabitants mostly researchers during the winter months and about 5,000 in the summer including the adventurers. There is no formal government even though several countries claimed sovereignty over certain regions.

To visit this massive continent that is twice the size of Australia, covered in ice, there are certain procedures to go through before the visit. Before you begin this expedition you must ensure that you sign pre-departure forms, have a valid passport and of course travel insurance. Although no travel visas are required to visit Antarctica you may be faced with a "visitor's fee" or "reciprocity fee" in Argentina or Chile via Ushuala if those are your gateways to this continent. Sooner or later you will arrive

in Ushuala the ultimate gateway to the Antarctica. From there you will sail by cruise ship or barge to this lonely continent.

Planning for this adventure begins with the knowledge that it will be cold there. The window for the "warm summer months" is early November to end of March. Warm temperature may reach as high as +6 Celsius. You generally pack clothing for warmth though. Usually something wind and water proof with boots will be required as the weather conditions may be rough at times making the trip by cruise boat or barge more interesting and exciting. Weather in the Antarctic can change rapidly and dramatically. Within minutes, fine sunny conditions may shift to grey uninviting skies, windy conditions and snow fall. Rule of thumb is to be prepared to

dress in layers.

The warmth found during the summer months leads to a proliferation of wildlife, coming back to the warmth to breed and enjoy life. This is a photographers' paradise. When a humpback whale surfaces there is a great exhalation of air, the whoosh of the intake and then the back arches and fluke starts to show as the whale dives. The silence is broken by the sharp, loud sound of the breach. Along with the many species of whales you will see many seals swimming along several miles of the coastline.

The profusion of sea birds, from the albatross, the petrels, prions, shearwaters and the cormorants all make this adventure memorable. In addition you will see Antarctica's iconic penguins living in the large rookeries along the coastline and on the islands of the Peninsula.

You may see as many as 10,000 nesting birds in one location. What a sight that will be.

Not only does photography bring out the adventures to the Antarctica but also fitness sports, kayaking, and camping under the stars – yes camping. After a delicious dinner, run ashore with your sleeping bag and tent. Picture this, you are lying in your sleeping bag listening to the crackling and grumbling of glaciers, the splintering of icebergs, and the soothing sound of water and the brash ice washing onto the beach. Perhaps you hear the sound of a whale feeding in the bay! But sleep will come easy from breathing the pristine air and experiencing something very few people have experience before. After a good night's sleep it's time for a home cooked breakfast.

Kayaking in the Antarctica allows you to

experience another side of this magnificent destination. Bumping through the ice, gliding across a glassy bay with the mountains and glaciers reflecting in the water, dodging penguins are experiences that kayakers share in this continent. Although kayaking here is not for the novice, there are many tour guides that can take you on a trip of a life time.

Antarctic vegetation consists of algae and lichens that grow mainly on rocks and stones. There are 75 species of moss and two flowering plants – a grass and spearwort. Growth is slow and becomes inactive during the winter months; however, some are capable of surviving over 2,000 years. Imagine that!

If you are an adventurer and this peaks your interest please come see us at ALL-WAYS Travel. We have booked Antarctica trips.

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August 1-2 Likely Music Fest, Cedar Point Park, Likely BC, \$50 weekend or \$30 day and kids 12 & under by donation at the gate

August 1-29 "Hair" summer group show, Station House Gallery Monday to Saturday 10am-5pm

August 1-29 Gecko Tree art show featuring Breelyn Zowty, 54 Mackenzie Ave. N

August 1,5,8,12,15,19, 22,26,29 Spinners, Weavers & Fibre Artists' Guild Gathering, Central Cariboo Arts Centre 10am-12pm

August 1,6,8,13,15,20, 22,27,29 Cariboo Art Society Gathering, Arts Centre 10am-12pm

August 1,8,15,22,29 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, Saturdays

August 2,9,16,23,30 Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

August 2,9,16,23,30 Sunday Game Night, Adventure Games 83C 2nd Ave S, 6pm

August 4-7 I Am Game Workshop, 5-8 Years, \$75, Kiwanis Ball Diamond 9am-12pm

August 4-7 Artzy Girlz Workshop, \$90, 6-12 Years, Gibraltar Dressing Room, 9:30am-12pm

August 4,11,18,25 Fitness in the Park, Gwen Ringwood Stage in Boitanio Park 6-7pm

August 5 Sam Ketcham Pool Open House, Cariboo Memorial Complex 3-6pm

August 5,19 Gibraltar Mine Tour, Tourism Discovery Centre 10am-4pm

August 6 Performances in the Park, Bluenote with Flannel Roots, Boitanio Park 6-8pm

August 6,13,20,27 Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

August 6,13,20,27 Poke-mon Thursdays, Adventure Games 83C 2nd Ave S, 3:45pm

August 7 Red Cross CPR C Recertification Course, \$29, Cariboo Memorial Complex program rm 1-5pm

August 7,14,21,28 Friday Night Magic, Adventure Games 5pm

August 7,14,21,28 Farmer's Market, Boitanio Park, Fridays 9am-2pm

August 7-September 12 Downtown Art Walk, info: 'Arty the Artwalker' 250-398-8826

August 8-9 Gospel Music Jamboree, near Tatla Lake, info: 250-476-1129

August 8-10 Cariboo Chilcotin Metis Association 3rd Annual Music Jamboree, McLeese Lake Camping Hall 9am-6pm

August 10 Free Senior's Bingo & refreshments, upper level Boitanio Mall 1pm

August 10-14 Tennis Camp, \$57 Kiwanis Tennis Court, 5-8 Years 9:30-11:30am, 9-12 Years 12-2pm

August 10-14,17-21 Smart Camp, grades 5-8, \$151, Gibraltar Dressing Room 9am-4pm

August 11-13 Kids Art Camp, all ages, \$10 per child for day, The Pink Room, Delainey Centre Mall 1-4:30pm

August 11 Save-On Foods 100th Birthday Celebrations, parking lot

August 13 Performances in the Park, Lucier & Friends with Cariboo Idol, Boitanio Park 6-8pm

August 14,15,16 Maitreya Loving Kindness Tour, an exhibition of ancient and sacred relics from Shakya-muni and other Buddhist masters, free public exhibition Friday 6-8pm opening ceremony, Saturday 11am-6pm, Sunday 11am-5pm, TRU Williams Lake Campus 1250 Western Ave, info: gendundrubpa@shaw.ca or 778-412-7780

August 15-20 57th Annual Williams Lake 4H Show and Sale, 4665 Cattle Drive, stockyards

August 15,16 Redstone Rodeo, info: reception@tsideldel.org

August 20 Performances in the Park, Drum & Bell Tower with Robyn & Oren, Boitanio Park 6-8pm

August 22 Horsefly Fall Fair, Horsefly BC 3pm, info: linda@horsefly.bc.ca

August 22 Thunder Mtn. Speedway Memorial Race, Bone Stock Mini, Pro-Mini, and Street Stock, qualifying 5pm, racing 6pm, \$10 Adults & \$5 seniors/students, info www.thundermountainspeedway.ca

August 24-28 Sharpen Your Skills Hockey Workshop, ages 8-10: 9-10:30am, ages 11-13: 12:30-2pm

August 25 Cariboo Camera Club Meeting, TRU Room 1319, 6:30-9pm

August 26 Boys & Girls Club Annual Street Party 6-9pm

August 31-September 3 Sharpen Your Skills Hockey Workshop, ages 8-10: 12:30-2pm, ages 11-13: 9-10:30am

September 7 3rd Annual Dangerous Curves Barkerville Motorcycle Run, everyone welcome, only fee is Barkerville admission (\$14.50 adult), riders leaving A&W at 8:50am sharp, all riders check in at A&W North Quesnel 10am, leave for Barkerville 11am

September 12 Big Brothers & Big Sisters Tour De Cariboo, sign up 8am, ride starts 9am, Cariboo Memorial Complex

QUESNEL & AREA

July 31-Aug 3 Arts Wells, music and art festival in Wells BC, info: www.artswells.com

August 1 Live music, Who Made Who, ACDC tribute band, The Occidental 228 Front St. 8-11pm

August 1-2 Skyfest International Airshow, Quesnel Airport, gates open at 10am, show at 12pm info www.quesnelskyfest.ca

August 1,8,15,22,29 Farmers Market, 8:30am-1pm Saturdays until October 10, Helen Dixon Center grounds Downtown, corner of Kinchant and Carson 8:30am-1pm, info: www.quesnelmarket.com

August 3 BC Day at Cottonwood House, Cottonwood House Historic Site 10am-2pm

August 4 Live music, Hachey the MouthPEACE and Kirby, The Occidental 228 Front St. 8-10pm

August 5 Live music, Good for Grapes, The Occidental 228 Front St. 8-10pm

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August 6,12,14,19,26, 30 Godhead (by Micheala Jeffery), Sunset Theatre, Wells BC 8pm

August 7 Divergence, Art Gallery 6-9pm

August 7 Royal Engineers Encampment, LeBourdais Park 9am-6pm

August 7 Learn to Fish, ages 5-15, Ten Mile Lake Provincial Park campground amphitheatre 10am-12pm

August 7-9 Roy's Retreat, Barlow Creek Hall, Friday 2pm, Saturday dance 7pm

August 7,13,14,15,20, 28,30 Hamlet (by William Shakespeare), Sunset Theatre, Wells BC 8pm

August 7,14,21,28 Rise 'n' Shine Farmers Market, CO-OP parking lot 8:30am-2:30pm

August 8 Musik Fest 2015, Plato Island Resort on Quesnel Lake

August 8,9 Spelling Bee Musical Theatre Showcase, Sunset Theatre, Wells 8pm

August 9 14th Annual Hike For Hospice, LeBourdais Park, registration 12pm, hike 1pm

August 11 Exploration Series, Sunset Theatre, Wells BC 8pm

August 12 Chamber of Commerce Board Meeting 12pm-1:30pm

August 13 West Village Night Market, Baker Creek Park 6-9pm

August 15 Mid-Autumn Festival, Barkerville BC 8:30am-10pm

August 15,16 Whispers, Sunset Theatre, Wells 8pm

August 16 Open House and Family Fun Day 2015, Antique Machinery Park 10am-4pm

August 21-23 Moonrise Film Festival, Sunset Theatre, Wells BC, all day

August 21-23 Annual Show 'n' Shine, LeBourdais Park 9am-5pm

August 25 Sunset Cabaret, Sunset Theatre, Wells BC 8pm

August 27,29 Marathon (Written and performed by TJ Dawe), Sunset Theatre, Wells BC 8pm

August 29 QARA Race Day, Goldpan Speedway 2-6pm

September 7 3rd Annual Dangerous Curves Barkerville Motorcycle Run, everyone welcome, only fees are Barkerville admission (\$14.50 adult). Riders check in at A&W North at 10am, kickstands up 11am

100 MILE HOUSE & AREA

July 31-August3 Cariboo Rockstock, Edge of Nowhere at Lake of the Trees southeast of Lac La Hache, info: www.cariboos-rockstock.com

August 1,2 24th Annual Interlakes BCRA Rodeo, Interlakes/Roe Lake Community Grounds, main events 1pm Saturday, dance 8pm-1am

August 1-20 Free Summer Reading Program, ages 3-12, Library

August 6,13,20,27 Full Contact Stick Fighting, Thursdays in Lac La Hache, info: wlchick@hotmail.com or www.coillmohr.com

August 1,8,15,22,29 Craft Fair, Loon Bay Resort, Sheridan Lake 10am-3pm

August 1,8,15,22,29 Interlakes Farmers Market, Interlakes Business Area 10am-2pm

August 1,8,15,22,29 Music at the Lakes, Interlakes Service Centre 7pm

August 6,13,20,27 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: 250-395-1181

August 7-8 Cariboo Plateau Competitive Trail/Endurance Ride, Hills Health Ranch, info: 250-395-3472

August 7,14,21,28 South Cariboo Farmers Market, Community Hall 8:30am-1:30pm

August 8 Watch Lake/Green Lake Community Association Gymkhana, 10:30am-4pm, Events at 12pm

August 8 Legion Redneck Olympics, tickets \$5, Forest Grove Community Hall, doors 6pm, dance 7:30pm

August 9 Redneck Regatta, Ruth Lake in Forest Grove BC, boat building 9am, judging 11:15am, boat building stops 12pm, races 1pm

August 11 Age Friendly Rural BC Gathering, advance care health care discussion, Interlakes Community Centre 1:30-3pm

August 11 Outriders Meeting, everyone welcome, location TBA 5:30pm

August 16 57th Bridge Lake Fair, adults \$2, seniors/students \$1, children under 5 free, Interlakes Community Hall 10am-4pm

August 18 Learn to Fish, ages 5-15, Big Bar Lake Provincial Park 11am-1pm

August 23 Outriders Gymkhana, Outriders Arena

August 28-30 9th Annual Edgefest, proceeds to local charities, Saturday live rock music, potluck dinner, games, 111 Mile Valley south of Lac La Hache, follow signs to 'The Edge of Nowhere', no pets, no minors, \$30/pp at the gate for the weekend incl. camping, info: 250-791-7303 or elf.on.the.edge@outlook.com

August 29,30 South Cariboo Garlic Festival, \$5.00 adults (covers both days), vendors and live music, children 12 years and under FREE, Lac La Hache BC 9am-5pm

September 7 3rd Annual Dangerous Curves Barkerville Motorcycle Run, everyone welcome, only fee is Barkerville admission (\$14.50 adult). 100 Mile riders leave A&W 7:30am sharp, riding to join Lac La Hache riders leaving Hungry Bear 8am sharp, riding to join Williams Lake riders leaving A&W at 8:50am sharp, all riders check in at A&W North Quesnel 10am, leave for Barkerville 11am

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August 4th

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Area 51

Barely Lethal

Child 44

Chocolate City (2015)

Cleveland Abduction

Divergent Series - Insurgent

Far from the Madding Crowd

Into the Grizzly Maze

Lake Placid vs Anaconda

The Salvation

True Story

August 11th

3-Headed Shark Attack

Hot Pursuit

Northmen - A Viking Saga

Rob the Mob

Strawberry Shortcake - Berry Tales

Suite Francaise

Unfriended

August 18th

Lambert & Stamp

Mississippi Grind

Orphan Black - Season 3

Preggoland

Rookie Blue Season 5 - Volume 1

The Blacklist - Season 2

August 25th

Aloha

Baby Geniuses and the Space Baby

Big Game

Boychoir

Good Kill

Lila & Eve

The Walking Dead - Season 5



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"I know not all that may be coming, but be it what it will, I'll go to it laughing."
~Herman Melville, *Moby-Dick*; or, *The Whale*

Huge adventure

SHORT STORY BY
LEIGH SANDERSON

"Is that blueprint of a sailboat?"

"Yup," replied my father. "I'm having a boat built and we're going to sail it around the world."

"Who is going to sail it around the world?" I wanted to know.

"We are. The family," he said.

"But Dad, you haven't really sailed a large boat. What makes you think sailing a 12 foot dinghy in a lake is the same as sailing, let me see" I glanced back at the blueprints. "A 45 foot yacht in a huge ocean!"

"Don't forget your mother and I sailed the 'Blue Goose' around Vancouver Island a couple of times."

"There, that's my point—you haven't really ever sailed a real yacht. That was a 20 foot tin bucket. What are you actually thinking?" I started feeling desperate to know what was going on.

"Well, I'm ordering this yacht from a shipyard in Taipei, Taiwan, have it shipped to a shipyard in Hong Kong to get rigged up, and we'll sail from Hong Kong around the world and end up in Canada in a few years." He smiled with satisfaction as if this was done by everyone every day.

"A few YEARS?" I thought I was hearing things. "And who exactly were you planning on tak-

Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

ing? Do you actually think my hippy brother and sister would be interested in living on a boat? What about me, I'm still in high school and on the gymnastic team, what about that? What about my life? Have you even mentioned it to the rest of the family?"

"Well, your mother and I have been talking about bringing the family closer together, and what better way than to live on a boat for a couple of years, see other countries and experience different cultures. It'll be a great education, one which very few get to experience." He started rolling up the blueprint of the boat and sat down, staring at me with a grin on his face. He was just waiting for me to come up with something else that would dissuade him from this journey.

"Dad. What about the house and everything we own? Have you thought about what you plan for that?"

"It's all for sale," he said, simple as that.

"What about my things? What about my friends? What about my

horse and dog? Have you thought about that?" I was making no sense of what was running through my head. I couldn't even fathom the thought of having to get rid of everything I had collected over my sixteen years. Especially my dog. They made horses every day, but my dog?

"I want you to think of this in another way. Sit down and listen." He drew a map of the world out from under a stack of papers and laid it on the table. "We will fly from Vancouver to Anchorage, Alaska. Then the flight goes from Alaska across the International Date Line to Japan. We will spend a night in Tokyo, and then fly to Hong Kong. At that point we will stay in a motel in Shau Kei Wan, close to where the boat will be dry-docked until it is ready to sail. From that point on we will sail to the Philippines, Indonesia and wherever we want. Think hard about all these different countries, cultures and lifestyles you will be learning about. Now; think of the adventure!"

A small adventure

SHORT STORY BY ANNE MOUTRAY

I must admit that I have not lived a very audacious life but long ago there was a certain incident that might be called adventurous or rash or downright stupid.

I was twenty-three years old and had almost reached the age of reason but obviously not quite. Three friends and I were spending the summer cycling and hitchhiking our way around the Continent of Europe. We had bought our bicycles in Amsterdam. My friends chose light touring bikes while I opted for a sturdier and heavier Humber. All the bicycles were of the two-speed type; stop and go.

My adventure began at the end of a grueling day of cycling against the wind in hilly country in the north of France. We stopped to rest at the crest of a hill and to look thankfully at the restful down side of the slope. The road did seem a bit steep, twisty and winding but what a relief it would be just to go; no peddling. What might lie ahead; we would find that out when we came upon it. At twenty-three and tired one didn't bother too much about what lay ahead. At any rate we were quite certain that there would be a village in the valley at the bottom of the hill; there always seemed to be; and the village usually had a pub that

sold a drink called 'chocomel' (chocolate milk) to which we had become addicted.

I was tired. Oh my, was I tired. The thought of the down with no effort, no peddling was very inviting. Off I went, slowly at first, then gaining speed. Oh, the ease of it; the freedom. Tired? Who me? Not a bit of it. Down I sped, faster and faster. I was flying. Peddling was not a necessity but a bit of braking might have been advisable. Now I welcomed the wind in my face. Nothing was passing me but the people in the on-coming cars were gesturing and yelling something unintelligible, workers in the fields were waving their tools and shouting something, friendly greetings I expect.

What might be around the next bend; a herd of cattle or sheep, a slow moving tractor, who knew, who cared? I was intoxicated with speed.

The bottom of the hill came remarkably quickly and right enough there was a village. I raced right through that village and was half way up the hill on the other side before I came to a stop. I turned and went back to the pub, yes there was one, and waited for my slow moving friends. We had our chocomel and I listened to a long lecture on the topic of my utter foolishness and stupidity. Who cared, for now I was the person who knew what it felt like to fly.

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Volunteer spotlight: Fred McMechan

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The heartbeat of any service organization is its volunteers and this month we're happy to feature long-time volunteer, Fred McMechan.

Fred arrived in Williams Lake in 1964 as a school teacher and quickly became a dedicated community volunteer. His volunteer efforts have enriched the lives of many people in Williams Lake.

Scout Island Nature Centre has been a principal beneficiary of Fred's endless energy and dedication. The Nature Centre, with its many community programs, was started in 1977 by the Williams Lake Field Naturalists and in the following year Fred was elected president. From the beginning, he has been a committed leader and organizer of nature education and recreation programs at the Nature Centre. With an almost daily presence there, he has contributed thousands of hours towards developing and managing educational programs for children, families and the general public; building and maintaining public trails; planting native trees and shrubs; controlling weeds; raising funds for nature education programs and Nature Centre infrastructure; and developing the Nature House as a significant learning



centre. Fred's ability to organize other volunteers to build structures such as the bridges, wildlife viewing platforms and board walkways and generally to maintain the Nature Centre is legendary. Why does he do it? He says that "the most gratifying part of this work comes from watching children playing outdoors and becoming excited when they learn about nature".

As president of the Field Naturalists, Fred has also taken a lead role in the planning of club field trips, inviting speakers to present nature talks, and providing input on regional conservation issues. As the contact with BC Nature, Fred also

represents the club at the provincial level.

For many years Fred has been a volunteer coach for children and adults in a variety of sports, especially tennis and basketball. He taught tennis from the 1970s until recently and coached high school boys in basketball from the early 1970s until retirement. He was the coordinator for basketball officials for both high school and adult play. When there was difficulty getting coaches to

instruct midget hockey in the early 1970s, Fred and two other teachers spent three busy years coaching midget hockey players both in the house league and on the rep team.

Following his retirement as a high school teacher, Fred volunteered many hours as a math tutor for adults in the Partner Assisted Learning program.

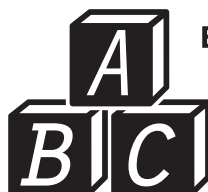
Fred received the Rotary "Citizen of the Year" award in 1980.

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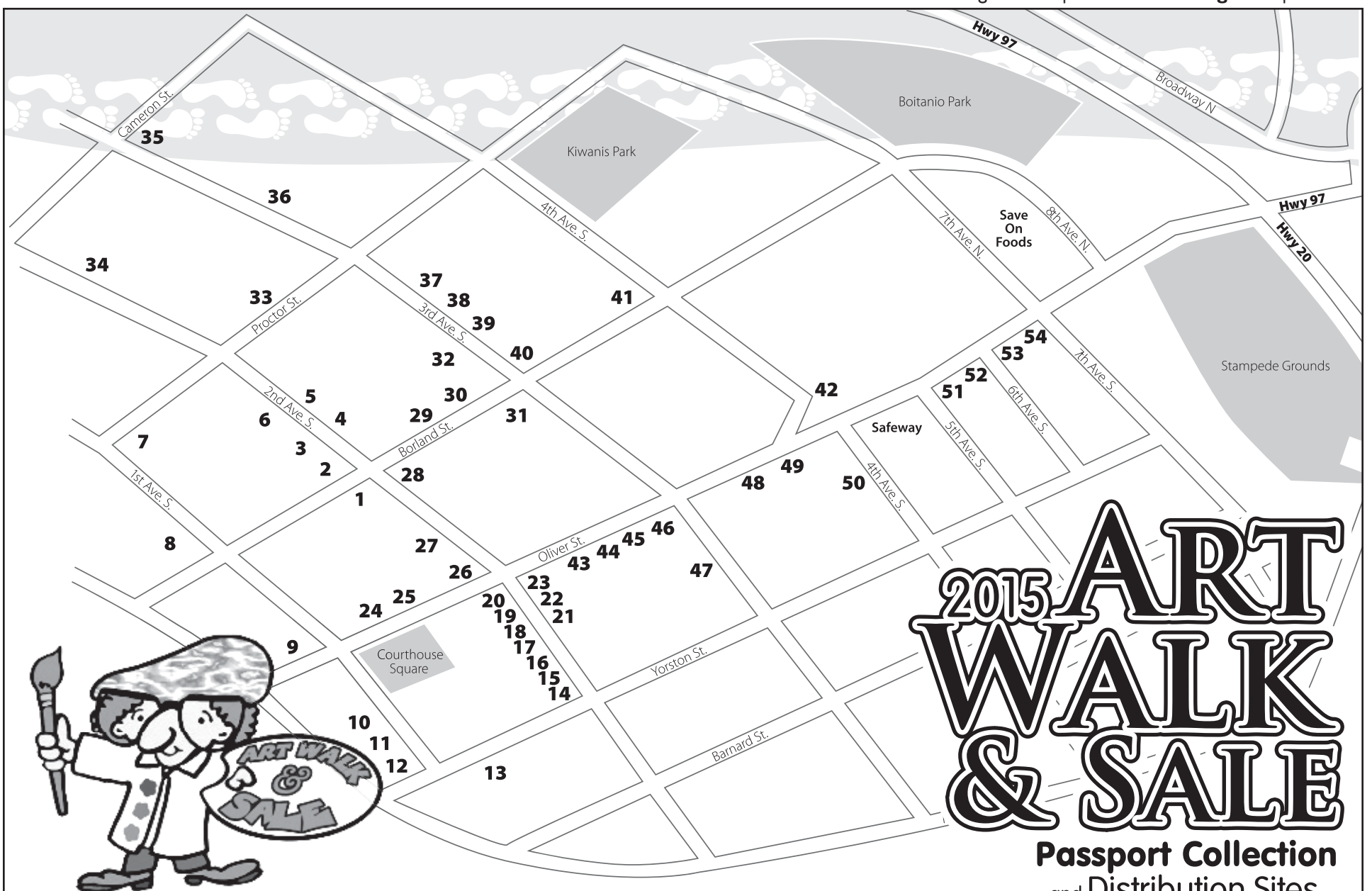


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eat

Definition of 'adventure': extreme circumstances recalled in tranquility." ~Jules the Kiwi

Adventures in dining

A friend recently told me about an adventure he had where he went to Africa to learn about all the weird and wonderful animals. A great story to be sure, but as he was telling me about all the amazing things he had experienced on this epic adventure it occurred to me that I'm not very adventurous physically. A prolonged stay in the hospital as a young adult and two children have conspired to gift me with an unquenchable thirst to stay safe. To me, a thrilling physical adventure entails driving to Vancouver for a couple days where I can ride the

sky train and sea bus. The "wild life" I get to interact with on public transit is the closest I ever want to get to a safari.

Where I am adventurous however is with food. Eating food from some sketchy looking carts on a sidewalk affixed with signs clearly made by someone whose English is not their first language is my version of bungee jumping. I tend to stop at dodgy diners on the side of the road where some grizzled old woman says "What you want?" instead of "Can I take your order please?" Visiting T&T Asian Market and buying something

that has no English on the packaging. Looking at "fresh" upside-down fish in the tanks, and wondering how long I can keep it "fresh" in the back of my van. That's adventure.

That's what makes life worth living and that is why I always keep some Pepto Bismol in my van. Adventure with food also translates to cooking as well. When you see some weird fruit/vegetable you have never seen before in a store, pick it up, feel it, smell it, buy it, take it home and see if you can choke it down. Live life to the fullest, be adventurous, and grab that

sausage type meat thing where the only word you can make out is 'wurst'.

The global market has brought the world to us. We don't need to go to Thailand to taste durian fruit, which smells like a dirty diaper that has been left in the sun. It apparently tastes amazing, but personally I couldn't get past the smell. You only live once. We need to be adventurous with our dining. Next time you go to a restaurant, order something you have never had before. Preferably something you can't pronounce, like Falafel. Sounds weird, tastes great. And you wouldn't

Out of the Fridge

By Brice O'Neill



have known unless you tried it. Now that I have inspired you to live life on the culinary edge, here's a recipe for Falafel.

Drain a can of garbanzo (chick peas)

Rinse them well and put in a food processor with a clove of garlic, a pinch of salt & pepper & 2 drops of Tahini (sesame seed paste).

Turn on the food processor and slowly pour in olive oil until it becomes a smooth paste. You can also add things such as chili flakes, cumin, coriander, fennel seeds or

anything else that seems adventurous. Take it out, form it into patties (or balls, or squares). Put a frying pan on medium heat with olive oil and cook until nicely golden brown. Serve with a side of Tzatziki, chopped tomatoes & olives. You can also put it in a pita with some chopped tomatoes and onions, lettuce & hummus. There, you have done something adventurous and you won't have to worry about paying a medical bill in a third world country. Easy eh?

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Entrepreneurial adventure *is it for you?*

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COMMUNITY FUTURES

More people are considering self-employment as a work option, many of them have left steady jobs to venture out on their own.

One major reason for this trend toward self-employment is the changing workplace. As governments and corporations restructure, guaranteed full-time employment is becoming a thing of the past. There's still plenty of work that needs doing, but it's being packaged in different ways. Governments are privatizing and contracting out a wide array of services. Contracting out, or outsourcing, is also becoming a favoured way for companies in the private sector to do business.

Of course, there are reasons other than economic ones to start a small business. Maybe you've taken an early retirement and can't imagine a life of total leisure. More than one successful business has been started by retirees with get-up-and-go to spare. You may also be looking for a business to supplement your pension benefits.

Perhaps you're at the front end of your work-

ing life and considering your options. Faced with an ever changing job market, you might well consider creating your own job. If so, you are likely to find plenty of encouragement. Governments at all levels are recognizing the importance of entrepreneurship in job creation.

What does it mean to be an entrepreneur? As it is commonly used, the word entrepreneur refers to someone who organizes, manages and assumes the risk to start a business or enterprise that ultimately creates jobs for others. This type of entrepreneur usually invests a high level of time, energy and financial resources to succeed in business. At the other end of the scale some people choose self-employment in order to get off the corporate treadmill and are content to make just enough money from self-employed earnings to support themselves.

Last, and most obvious of all, you might be one of those people who just knew from your first lemonade stand you were going to be your own boss and took the adventurous and often unpredictable road less travelled.

Call for artists & Gallery news

BY BRANDON
HOFFMAN

The time of year has come that we rally the arts community of the Cariboo and beyond, for submissions to the Station House Gallery's 2016 exhibition season. I strongly encourage artists, artisans, and collectives to cruise over to our website and fill out an application. **The last day to apply is August 30th.** Exhibition coordinator Brandon Hoffman is available for assistance. Email coordinator@station-housegallery.com with any questions, or to set up a meeting.

Those in need of inspiration for a gallery proposal need look no further than our 2015 slate. The season has been loaded with great solo and group exhibitions, with more to come in the fall.

Our summer show, on display until August 29th, is set to the theme of an age-old human fascination: *Hair*. Artists from all around the province have contributed to a fantastic collection of pottery, painting, photography, sculpture, and more. A few hair-raising inclusions are Leah Selk's *Nest and Beehive*, made with found objects (including real human hair), and Kathryn Steen's portrait of a celebrated local mop, entitled *Crowning Glory* (if you're wondering, the mop in question is that of Scout Island director, Fred McMechan).

Other popular exhibitions of our 2015 season include Ciel Patenaude's *The Knowing* and David J. Harder's *(Un)tamed and (Un)earthed*.

In April, Ciel brought her most recent collection of finely detailed pen-and-ink drawings to the gallery. *The Knowing* is inspired by Ciel's practices as a shamanic healer. The portraits beautifully depict animals, the human body, and the elements, with the intention questioning how we receive wisdom from the outside world.

David J. Harder's March exhibition delivered a bleak yet playful collection of paintings on plywood, sculpture, and taxidermy. *(Un)tamed and (Un)earthed* is a multi-layered exploration of humankind's nuanced and often troubled relationship with nature.

In the fall we look forward to three collaborative

shows. Multi-artists shows are a great way to engage the community and bring your creative endeavors to the next level. If you are considering applying to the gallery but fear you may not be able to fill the space alone, inviting other artists to collaborate on a show may be a great option. We can even help pair you up with other artists in the community to get the ball rolling.

September features Christy Richardson and Marilyn Dickson's exhibition *Cloth and Clay*. Cloth artist Marilyn and potter Christy are drawn to the power of nature and the strength of humanity. While some of the pieces in this exhibition are bold and simple, others draw the viewer in with subtle tactile detail. The pair will be making weekly appearances at the gallery to lead a collaborative community

piece set to the tone of the show; check our Facebook page leading up to the event for more information.

For **October** we shift gears, with *Into the Wind*: a group show about motorcycle culture and a passion for the road. Painter and sculptor Kurt Williams presents a body of photography, paintings, and the original work of local bike builders. On display are pieces by Brian Garten, John Wellburn, Jana Roller, and many more.

The Station House is conveniently located at the intersection of Oliver and Mackenzie in Williams Lake. Become a member to get the latest news and receive invitations to our monthly opening receptions. Admission is always free and open to the public, Monday to Saturday, 10am to 5pm. Visit us at www.stationhousegallery.com

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Williams Lake's Salvation Army is currently undergoing modifications to both staff and programs. The drop-in centre is open Monday to Friday, and everyone is welcome to drop by, grab a coffee, watch a movie, play a game of pool or just relax and have a visit with friends. It will be a structure free summer at the centre, and we look forward to exciting new things happening in the fall.

If you are wondering how you can make a difference in your community, just call the Salvation Army today and ask the question, "How can I help?" Remember, volunteers are our backbone.

There are a number of ways that we can all help out. Donate food to the Salvation Army Food Bank today. Clean out your closets and cupboards and take any gently used items to the local thrift store or create a care package of shampoo, toothbrush, toothpaste and socks. Maybe make it a family project and let the kids help out putting the care package together. What a great way to encourage caring and sharing. Get creative – there are numerous ways we can help in our community. Pull yourself away from the TV set for just a short time and make a difference in someone's life by donating a few moments of your time... it is extremely rewarding, and very contagious!

Call Captain Isobel 250-392-2423 or 250-302-2916. "How can I help?"



Williams Lake Worship (267 Borland St.)

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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.

read

Letting Go

A SHORT STORY

I took a big gulp and I felt like I was about to swallow my tongue. My heart was in my throat and all of a sudden I couldn't breathe. This was too much for me; I don't think that I could handle any part of this. It's not fair for everyone to expect this of me.

"Take a deep breath sweetheart," my mom said standing in front of me.

She took several deep breaths with me; big inhale in, and big exhale out.

"You can do this," she smiled at me. "All you have to do is let go."

My breath caught in my throat one more time, all I have to do is let go. I took a step forward, and looked down.

"The key is not to look down, little sis!" I looked over at my brother who was grinning ear to ear.

I smiled faintly at him and then back to our mother who gave me her encouraging smile. I grasped the rope in front of me, and took one more big breath. I shut my eyes and took that step forward onto nothing but thin air.

"Come on, it will be so much fun!" My mom's eyes were gleaming with excitement.

I shook my head and looked down at the pamphlet that my mom had handed me only moments ago.

"It will be me, you, and your aunt and your uncle." She said.

"And we are leaving in about 30 minutes, so it's time to pack."

I stared at her, "What? 30 minutes, you want to drive all the way to Graham's house now?"

"Well," she bit her lip. "If I told you before now, I was afraid that you wouldn't want to come. I know how your anxiety is."

"Ah," I said walking down the hallway to my bedroom to pack. "So springing it on me at the last minute will do wonders for it."

"Oh sweetheart," she said trailing behind me. "You have the four hour car drive to get used to it." A big smile reached from ear to ear. "It will be an adventure."

So there we were at Whistler, the four of us, eager to start our so called adventure. Wandering the grounds, checking out the sights until our time was up and we had to head to our appointment. I looked at my mom, who was excited just for the trip itself, not knowing what was going to happen.

As she wondered ahead, my aunt came closer to me and whispered, "Wait for it."

A young man came running past us and snuck up to my mother as quickly as he could with his tall lanky body and picked her up from behind in a huge hug.

Her shriek of horror quickly turned into one of delight when she realized her son has shown up to enjoy our little adventure.

Tasty Tidbits

By Paige Knights-Smith



"Chase!" she screamed happily as he set her down, and she wrapped him up in another hug.

I smiled, but the anxiety of the impending appointment made it a little difficult to be happy that my twin brother had shown up.

"Hello little sister," he smiled as he hugged me.

"Hello big brother," I replied. He is only an hour and twenty minutes older than me. But he is taller, by about an inch.

"Are you ready?" he asked grinning.

"Nope," I said quickly.

"Oh come on now, it will be an adventure." He said putting his arm around me and directed me towards the store.

I rolled my eyes at him, "so I've heard."

An hour later, we were in helmets, and gear, and ready to make that leap forward.

"Alright!" Our guide announced to our group that has now grown to eight. The five of us, along with another family group of three. "Who is ready to go zip lining?!"

As we gathered together for our first line of the day, the other group had already gone ahead, along with my aunt and my uncle. It was my mom, myself and my brother left standing on the platform with the other guide.

My brother and my mom were trying their best to encourage me to just let go. It will be a rush they said. My feet were standing as far as they could go, all that was ahead was nothing but air, and I was terrified.

"You can do it!" my brother said.

I took a deep breath and closed my eyes. All I had to do was let go.

So I let go.

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"Life is either a great adventure, or nothing." ~Helen Keller

Relive the adventure

"A long time ago in a galaxy far, far away, a great adventure took place". Then I proceed to hum the theme from Star Wars.

Everyone has had one or more great adventures. They probably didn't include stormtroopers, rebel spies, droids, or Jawas, but I bet the adventure was memorable. One of my favourite adventures came in my late 20s (no, I didn't get out much) when I served in the Coast Guard. The first day of my first patrol and we were tasked to rescue some kayakers that were caught out in a storm off the Queen Charlotte's. After that, the adventure continued for 27 more days, exploring every nook and cranny on the West Coast of BC. Those are places that I will likely never see again but I will never forget it. Every so often, when I find myself caught up in stressful situations or feeling like I never get to do anything for myself, I recall my adventures, and all of a sudden, things are not so bad. I have been able to accomplish a lot in

life and often times, closing my eyes and recalling my life's events can make everything better.

Everyone has ways of escaping from life's difficult adventures. Some ways are physical; removing yourself from a stressful situation, going for a drive, exercising, picking up a book, etc. Others choose more dangerous ways to escape, such as drugs or alcohol. One of the easiest things that a person can do, is meditation. Now, before you stop reading, thinking I am going to go off on some metaphysical discussion on the subconscious mind and all that, as Austin Powers says, "that ain't my bag, baby". I am talking about finding a quiet place, closing your eyes, and recalling some of your best adventures. Bring your favourite pillow and your 'woobie' (everyone has something, come on, don't kid yourself. I have a stuffed husky that my boys gave me), find a comfortable place which could be your basement, your car, your closet, or anywhere

Adrenaline Fix

By Darren Smith



you feel at ease, lie back, and relive your adventures. Ad lib if you didn't get to finish at the time, after all, they are your memories.

Some health benefits of meditation, according to the leading research, are:

- lower blood pressure
- improved blood circulation
- lower heart rate
- less perspiration
- slower respiratory rate
- less anxiety
- lower blood cortisol levels
- more feelings of well-being
- less stress

• deeper relaxation

The literature suggests some different types of meditation, so to be formal, the type I am talking about, is similar to 'mindfulness' meditation. Another type is 'concentration' meditation, where you focus on one thing. You can read all about it online if you wanted to get really serious about it, but the bottom line is, escaping from stress can be done without leaving your home or office and you can relive your life's adventures over and over again.

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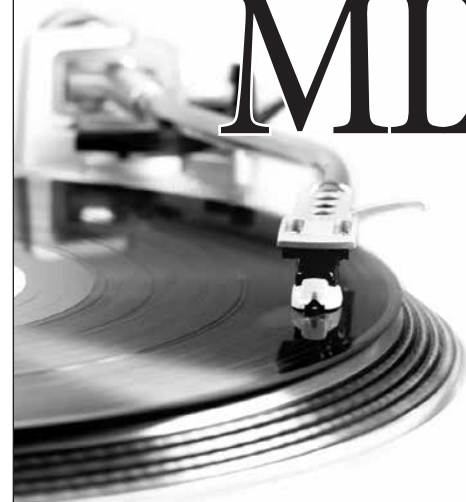
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THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

August 9th

Book Lovers Day

Book reading is a great hobby. It's an important one, too. Employers look for it on resumes. Reading is educational, informative, and relaxing. It makes us both smarter, and happier people.

Book Lovers Day is a great day to celebrate. Just grab an interesting book, find a quiet, cozy place, crack open the cover, and go on an adventure without leaving the deck, shady tree, pool side, or cozy hammock.

August 23rd Ride the Wind Day

Ride the Wind Day is a carefree day to soar above the earth. You can catch a ride with the breeze, or float along slowly like a gentle, late summer cloud. Leave your troubles and worries behind for a spell, as you waft by, whichever way the wind is blowing.

Here are some great ways to enjoy Ride the Wind Day:

- Fly in an airplane
- Fly a kite
- Parachute
- Hang glide
- Take a motorcycle ride
- Hop in a sailboat

Just kick back and enjoy one of the last days of summer.

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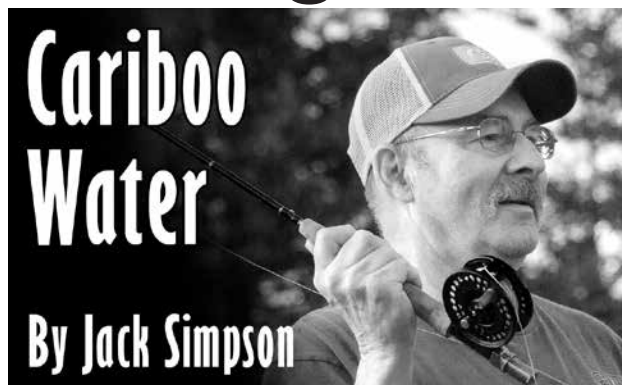
Summer fishing

Lake surface temperatures above 68°F have been with us since what, June? Four months of summer? What's with that! Since mid-June, the rainbows have been sulking on the bottom of all the lakes (at least 30 feet down), many days with lockjaw!

Maybe it is just as well, as catching a fish that gives a good fight, with these water temperatures, CAN be fatal for the fish, even if you release it quickly. Why? During the tussle, adrenalin and acids are moved into the fish's muscles to aid in the fight, once released, it takes an immediate infusion of oxygen into the fish's blood stream to clear the residual acids from the muscle tissue, otherwise the muscles cramp up, the fish is unable to swim and will suffocate within just a few minutes. The problem is, the warm surface water contains almost NO oxygen and the water layer that has oxygen may be 20-25 feet down. Too far for a trout to swim, without cramping up.

So, the best technique is to use a bit heavier leader and bring the fish to net as quickly as possible, leave it in the water, and release it quickly.

How do we target fish that are down 30 feet? It's a challenge, believe me! However, I have been fortunate enough to be associated with Scientific Anglers as their Western Canada pro-staff, as well



as a consultant to their research & product development team. So I get to try out some of the new ideas for lines, before they come onto the market (or DON'T!) I tested a couple of lines last year that really did work for deep water fly fishing, whether for char at the creek mouths on Quesnel Lake, or on still waters during August 30 feet down is still 30 feet, right?



SA Mastery Textured "Streamer Express", a tungsten weighted 30ft sink tip with an intermediate textured running line. It goes down like a bullet! Fit that with a 10ft fluorocarbon leader, add a ruby-eyed bead headed leech and you WILL catch fish!



My #2 choice for a line is an SA Mastery Uniform Sink, full sink line.

I would use it for wind-drifting in the deep water of a lake, with that very same ruby-headed leech. If you find that the fish are scattered about near the bottom that wind-drifting technique will at least give as many fish as possible to reject or take your offering.



Fluorocarbon leader material is best for depths, as they do not hinder the line and fly from sinking. Beadhead micro leeches are a good bet for flies, but don't be afraid to try small dark nymphs, either.

Have fun out there, treat our resource with respect and enjoy our lakes & streams.



Questions? Just ask Jack: homewaters2011@gmail.com

Horsefly River Salmon Festival Sept. 26-27

BY ERIN HITCHCOCK

Celebrate the return of the sockeye this September.

Plans are underway for the annual Horsefly River Salmon Festival, held to honour and welcome the arrival of the sockeye salmon after a monumental migration from the Salish Sea to their birth place at Horsefly River.

The Horsefly River Roundtable invites all to the family-friendly, all-ages celebration on Saturday, Sept. 26 and Sunday, Sept. 27 held in conjunction with BC Rivers Day on T'xelc (Williams Lake Indian Band) and Xat's'ull (Soda Creek/Deep Creek) traditional territory.

Activities will take place across the bridge in downtown Horsefly from 10 a.m. to 4 p.m. on both days and will include salmon-related arts and crafts for children of all ages, bannock, fish dissection, guided riparian trail walks, information booths, Gyotaku (Japanese fish painting), and more of your favourite Salmon Festival activities.

Mark your calendar for the last weekend of September to take a stroll along the river, learn about the sockeye salmon and the important role they play in our lives and in the environment, and find

out what you can do to help the Horsefly River Roundtable achieve and maintain healthy community watersheds.

"We are anticipating another successful run this year," says Maureen LeBourdais, Fraser Basin Council's regional manager in the Cariboo Chilcotin. "We look forward to welcoming the salmon back to the Horsefly River."

From Hell's Gate the sockeye head up the Fraser River, and then swim past the mouths of both the Thompson and Chilko rivers to the mouth of the Quesnel River (in Quesnel, B.C.). They will then traverse their way up the Quesnel River to the mouth of the Horsefly River before continuing to their spawning grounds in Horsefly, B.C. where they will lay their eggs to ensure the cycle continues. Averaging about 27 kilometres a day, it takes about 23 days for the sockeye to make the 620 km trip.

The Horsefly River sockeye run has been one of the largest of all sockeye runs in B.C. along with the Adams River. Historically it has been bigger than all of the other Fraser runs combined in some years.

According to DFO, every four years there is a large sockeye run, with last year being one of

them. Last year's preliminary estimates of escapement (post fishing) for the Quesnel system and Horsefly system are about 822,003 and 451,356, respectively.

This year, for the Quesnel summer sockeye run, which includes Horsefly, the median forecast of overall sockeye return (before fishing) is 387,000, using a 50 per cent probability range. However, the forecast varies between an estimated 108,000 and 1.42 million.

This year's Horsefly River Salmon Festival is a collaborative event hosted by the Horsefly River Roundtable with support from Fraser Basin Council, Fisheries and Oceans Canada, and the Central Cariboo Arts and Culture Society. As in previous years, this is a family-focused all-ages event aimed at celebrating and understanding more about the highly significant Horsefly sockeye salmon run.

For more information and updates on activities as they are confirmed visit www.horseflyriver.ca/salmonfestival and the Facebook page at www.facebook.com/horseflyriver. Contact Festival Coordinator Erin Hitchcock: erinhitchcock.cariboo@gmail.com

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Thrills and chills of the stage

BY CATHIE HAMM

Last season's grand adventure from the Williams Lake Studio Theatre was *The 39 Steps*. The play took the concept of the suspense movie and turned it on its head, poking fun at some of the clichés while managing to maintain its own sense of adventure. The protagonist, Richard Hannay, romped his way through England and Scotland (cleverly situated in the Signal Point special events room), outsmarting a myriad of characters (played by a cast of two) and eventually saving the country and winning the girl (one of three portrayed by the same actress) in the bargain. What better way to stage an adventure?

This brilliant farce is an unusual thing: a play based on a movie, and an Alfred Hitchcock movie to boot. Hitchcock, in turn, based the movie on John Buchan's novel, a very early example of a 'man on the run' adventure. In fact, most of Hitchcock's movies were based on books, notably *Strangers on a Train*, *Rear Window*, *Vertigo*, and his best known work, *Psycho*. To each Hitchcock imparted his unique style, playing with suspense and



horror while exploring psychological aspects of his films' characters.

Some of Hitchcock's films were original screenplays, and a few were based on plays. The best of these is *Dial M for Murder*. The play premiered in 1952, first on BBC television (remember this was the day of live broadcasts), then in London's West End, then on Broadway in New York. The movie came out in 1954, and was Hitchcock's first movie made in wide screen (movies were mostly narrow screen until 1953; the change was largely to distinguish them from television).

The play was written by Frederick Knott, a "notoriously unprolific playwright who scored big when he did write" (New York Times). According to his wife, Knott "hated writing. He wrote only for the money" (New York Times). Unfortunately

for his audience, his plays were very successful, and he only had to write three of them.

Knott was a Briton who was born in 1916, graduated from Cambridge in 1938, served in the military for World War II, then had the luxury of retiring to his parents' property in Sussex, England to write. He was inspired by the sound of a gunshot. Knott explained: "I was always intrigued with the idea that somebody would plan a crime, and then you see that everything doesn't turn out right. You can plan a murder in great detail and then put the plan into action and invariably something goes wrong and then you have to improvise, and in the improvisation you trip up and make a very big mistake" (Ronald Bergen, the Guardian). It took him 18 months to come up with the highly intri-



cate and suspenseful *Dial M for Murder*, about a murder plot gone wrong, and its consequences.

The play was rejected by several producers until the BBC decided to make it into a television play. After this, Knott agreed to sell the movie rights for £1000, to a producer who in turn sold them to Warner Brothers for £175 000. Fortunately, by this time, the play had moved

onto the stage, and there became a money maker for Knott. He didn't have to write another play until 1961, when he wrote *Write Me a Murder*. His third and last play was *Wait Until Dark* in 1966, which was adapted into a movie (but not by Hitchcock) in 1967. Knott was asked to write more, but refused. "He was perfectly happy the way things were," related his wife

(Tom Vallance, Independent).

Dial M for Murder is Williams Lake Studio Theatre's adventure offering for the upcoming season; although, since all the action takes place in a single apartment, perhaps it is more accurate to call it a suspense thriller. Come see the play and decide for yourself.

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Ultimate gamer quest mayhem



The word 'adventure' has a certain special meaning to gamers, especially gamers of a certain generation who grew up playing games from companies like Lucasarts and Sierra Online. If you recognize titles like *Maniac Mansion*, *Grim Fandango*, *The Secret of Monkey Island*, or *King's Quest*, then you are probably a part of that generation.

Adventure games were driven primarily by two things: Story and puzzles. Keeping in mind that what we think of as 'adventure games' emerged in the 80s and 90s, it's important to remember that computers were nowhere near as powerful as they are today. In fact, the earliest adventure games required players to – I kid you not – read certain descriptions and dialogue. There was no voice acting, no sound effects, nothing.

But there was a story, that would grab your attention and keep your game rolling along until you hit a puzzle-based roadblock, usually requiring you to utilize some combination of inventory items in conjunction with something on your screen – for example, maybe you'd need to use a key in a door in order to unlock the door and continue on. Maybe less logically,

you might have to get a cat to run through a hole in a fence that you've attached some scotch tape to, so you can attach the tape to your face and create a fake moustache (or something like that, in *Gabriel Knight: Blood of the Sacred, Blood of the Damned*).

But that was part of the joy of these games; the way that puzzle solutions would, quite often, wind up in the realm of the ridiculous. And, these being the days before the popularity of the Internet, finding a way to get past the points in the game that held you back came down to one of two things. You could either ask a friend, or you could buy a cheat book.

My favourite kind of cheat book was the kind that had escalating tips, which gradually gave away more and more, until the whole solution was handed to you on a silver platter. This way, if you still wanted to feel like you were somewhat involved in solving the puzzle, you could. I never liked just having it given to me. That always felt like a failure.

Adventure games live on today in a number of ways. First, there are plenty of modern games that have elements of these



sorts of adventure games in their DNA. Every time an item in your inventory helps you solve a puzzle, you can probably thank adventure games for that moment.

Modern adventure games continue to be developed and released today as well. Though they're nowhere near as popular as they were in their heyday, there are still companies bringing them to life, like Double Fine Production's *Broken Age*, which originated on Kickstarter.

Probably the biggest company behind modern adventure titles is Tell Tale Games, the creators of season one and season two of the episodic *The Walking Dead* video game. They're also the masterminds behind *A Wolf Among Us*, *A Game of Thrones*, and *Strongbad's Cool Game For Attractive People*.

Of course, there are the inevitable HD remakes too, which are bringing some of the most-loved titles of the past to today's gamers, a subject I can't talk about without mentioning that if you've never played *Grim Fandango*, you can grab the remastered version for only \$16.99 on Steam.

It doesn't look like there are any notable adventure games being released this month, but I do want to point out the release of *Fallout Shelter* on Android scheduled to arrive sometime this month. This free to play simulation game from the same folks behind the *Fallout* series of role-playing-games released

for iOS last month to great acclaim, and many downloads.

Both *Madden NFL 16* and *Shadowrun: Hong Kong* arrive on August 25, each likely to be a solid gaming experience, depending on whether your tastes run towards sports games or cyberpunk-style RPGs.

And I have to mention that *Disney Infinity 3.0* arrives on August 30 for pretty much every platform you can think of (Windows, Playstation 3, Playstation 4, Xbox 360, Xbox One, WiiU, iOS, and Android), bringing all your favourite characters from the Star Wars franchise. Unfortunately, this is a game that relies on collectable figures, so depending on how deeply you want dive into the game, it could cost you a few bucks (I usually wait until the inevitable after-Christmas sales, but I'm kind of cheap like that)

Other notable releases: *Five Nights at Freddy's 4: The Final Chapter* (08-08); *Everybody's Gone to the Rapture* (08-11); *Until Dawn* (08-25)

What have I been playing lately? Still dabbling in *World of Warcraft*. As of this writing, I am one day into *H1Z1*, which is one of those zombie-survival-simulator games. Looks like fun if I can stop getting shot in the head with arrows.

What have you been playing lately? Hey, send me an email at feedback@thestew.ca to let me know what you're playing lately, or if you want to join me in any multiplayer mayhem.

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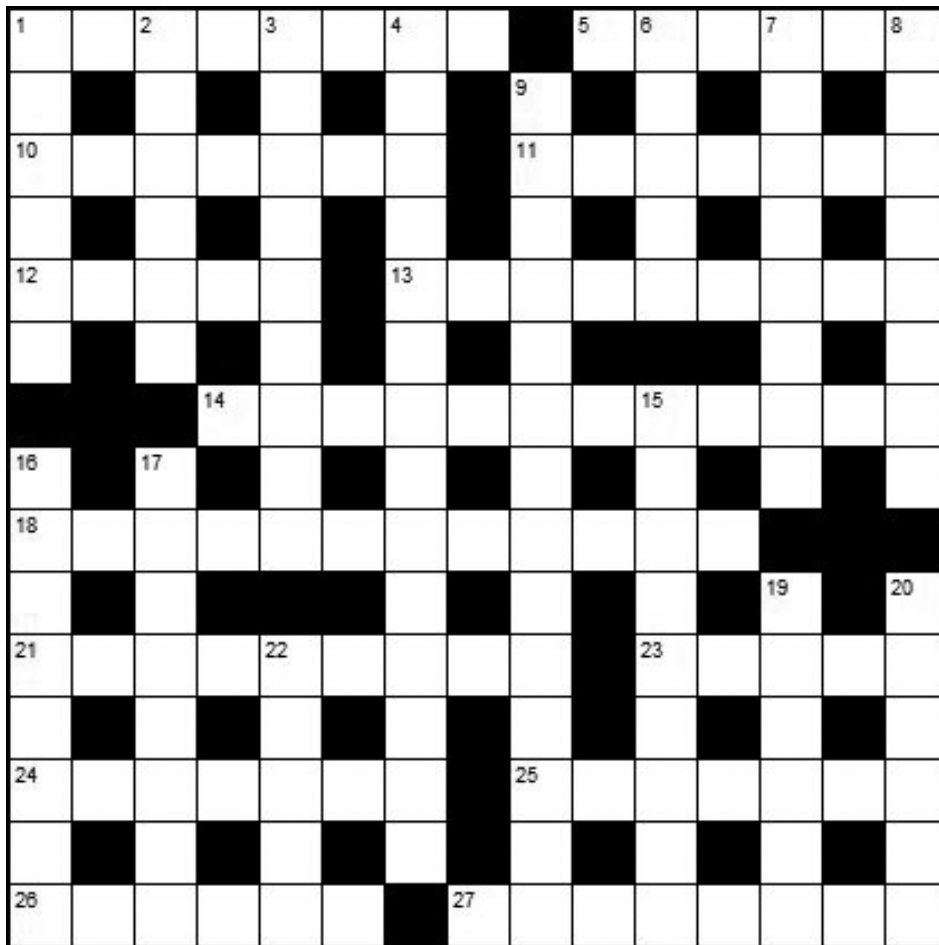
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X-Word Puzzle

ACROSS

- 1 Wandering round a couple of times to find Malaysian food (4-4)
5 Female cricketer gets a month in Tel Aviv (6)
10 Royal house gives travellers 30 days (7)
11 Put on trial, justify abandoning daughter (7)
12 African people discover America (5)
13 Pests moving east to compound for sheep... (9)
14 ...very large folds could be affected in a single trice, experts caution initially (12)
18 Plants from S. Europe (Spain) tended by the old lady in Times Square (12)
21 Bachelor sent packing



- by woman in retort in Swiss dialect (9)
23 Eccentrics pulling off

- fine pranks in the past (5)
24 Publication produced by woman with talent,

- we're told (7)
25 Tenor performing opera's surplus to require-

ments (2,5)

- 26 After a long time, is male cross-dressing? (6)
27 Yes, one's concocted special excuses for not appearing in court (8)

DOWN

- 1 Heal old wound that's in a state? On the contrary (6)
2 Bushy tail of opossum's bagged by pair with snare – that's heartless (6)
3 German scientist slightly modified plant oestrogen (9)
4 Was upset, hence not excited by Kirkpatrick's instrument of torture (5-2-3-4)

- 6 Writer of comics among other genres (5)

- 7 Young herring netted chiefly in river in region of Concarneau (8)

- 8 Heir of Celtic chief tours Turkey and becomes follower of Hindu and Buddhist teaching (8)

- 9 Group of fungi having chromosome found in some diabetics, surprisingly (14)

- 15 Meat course not finished, ordered wine (9)

- 16 Former accountant's given tax advice in the end to mine (8)

- 17 Following Thatcher's work, employee is a slave no longer (8)

- 19 Knight from Geneva hiding away in Perth (6)

- 20 Judge Jenny, as it were? (6)

- 22 Develop a new use for old measures (5)



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