

# the stew

ISSUE 6.11 | NOVEMBER 2015 | FREE

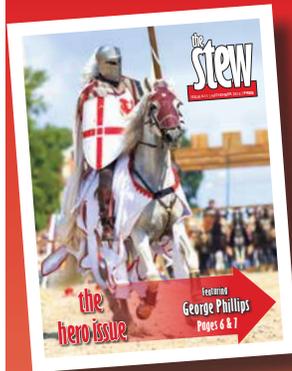
**the  
hero issue**

Featuring  
**George Phillips**  
Pages 6 & 7



hear

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## On the Cover:

Jousting knight; a hero for the ages, but not all heroes ride white chargers. Heroes come in many forms and we challenge you to be a hero in your daily life. Heroes are important; someone to aspire to, look up to, or rely on.

## Advertising Information:

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# Worthy of respect

BY CRAIG SMITH

Like a lot of English words the word Hero comes to us from the Greeks. The root of the word means to protect or safeguard but the meaning of this gender neutral word is a person or character who displays courage, bravery or self-sacrifice in the face of adversary or danger for some greater good. That's quite a mouthful and probably why we label people heroes in real life rather sparingly.

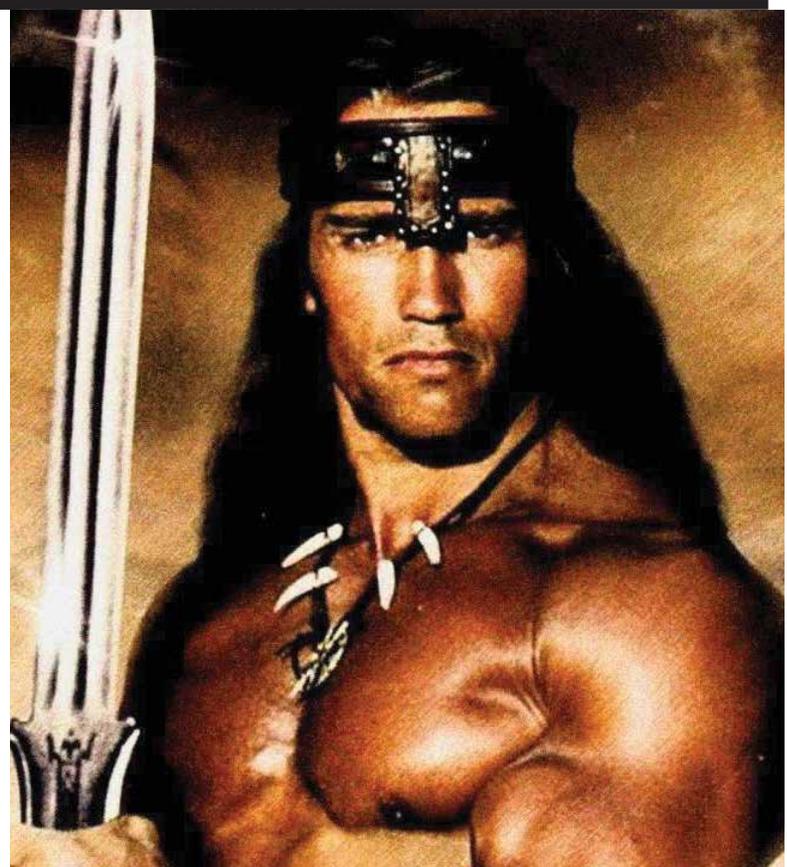
When I started concentrating on our theme for this month I couldn't believe the amount of times I heard the term 'hero' or 'heroism' mentioned. Some of the time it was in a movie, sometimes in the media and some of the time online but it seemed to be constant. It might be like buying a brand new white Ford pickup, then all of a sudden every vehicle you see is an exact duplicate of what you are driving. Most of the references to the term 'hero' are wrong by the dictionary definition. The story about a person that helps collect food and clothing for the homeless will be called a 'local hero', but is that the correct usage of the word? This person is selfless, generous, humanitarian, noble and benevolent, but I would not say heroic.

When I was 16, I met a hero. He was a man that had earned a Victoria Cross, the highest award for bravery that the Canadian and British Military can bestow upon a person. This award has only been awarded a total of 96 times in the last 100 years. His name was Cecil Merritt and he was my Mother's boss, a lawyer in Vancouver when I met him,

but was a Lt. Colonel during World War 2. He received his VC for actions he took at the Canadian offensive at Dieppe in France. During their attack his men were to cross a bridge that was being targeted by machine gun and mortar fire. Initial Canadian attempts failed to storm the bridge, leaving it covered with dead and wounded. Merritt led the next rush forward, waving his steel helmet with the rallying shout, "Come on over. There's nothing to it!" The Dieppe raid failed and those that were left were captured and spent the remainder of the war in a POW camp but that action, of leading his men and helping the majority of them to escape with little regard for his own safety, was why he was awarded this medal.

While talking with him I got the impression he didn't consider himself a hero. He was rather dismissive of what he did that day in 1943 but in my mind, that's what defines a hero. They do what they do without regard for their own personal safety. He was one of the reasons why I joined the military and even provided me a letter of recommendation for my application to military college. I didn't join because I wanted to be a hero. I joined because I wanted to serve and because, all the males in my family, and some of the females, had made military service their career.

Most of the heroes we see or hear about on a daily basis are fictional. The first heroes I read about were in the books *The Iliad* and *The Odyssey*. In Junior High I was fascinated by Greek and Roman mythology and even to this day I love the epic movies



about that era. It was the time of heroes. Of Hercules, Hector and Achilles. I would probably say that until I met Colonel Merritt all my heroes were fictional.

I liked hockey but I found they were more idols than heroes. Hockey players were men whom I regarded with admiration, but let's face it, hockey is not life or death and sacrifices on the ice will, at most, require a trip to the doctor's office. By that reasoning, it's hard to call them heroes. As well as reading about the classic Greek heroes, I also read about characters such as Superman, Batman, the Green Lantern, the Punisher, the Executioner, and of course my favourite, Conan the Barbarian. I found the heroes that I enjoyed reading about were heroes that could be anybody. For instance Conan was just a man, a very strong man made that way by years of toiling as a slave. That could be me...af-

ter many years at the gym (once I decide to start going) but my point is that, besides an iron will and no fear, he could be anyone. Superman on the other hand, has powers you and I could never hope to attain.

I fully believe that heroism is all about service to your fellow person. Selfish people do not become heroes. We are surrounded by them, they are the Veterans, the firemen, the policemen, the paramedics, the rescue technicians, and the ski patrollers. When you see someone willing to put themselves in harm's way to help out a fellow human being that person is, in my mind a hero.

This November when you see someone who you consider to be a hero say, thank you to them for their service, and remember to quietly thank those who gave their lives in service on November eleventh.

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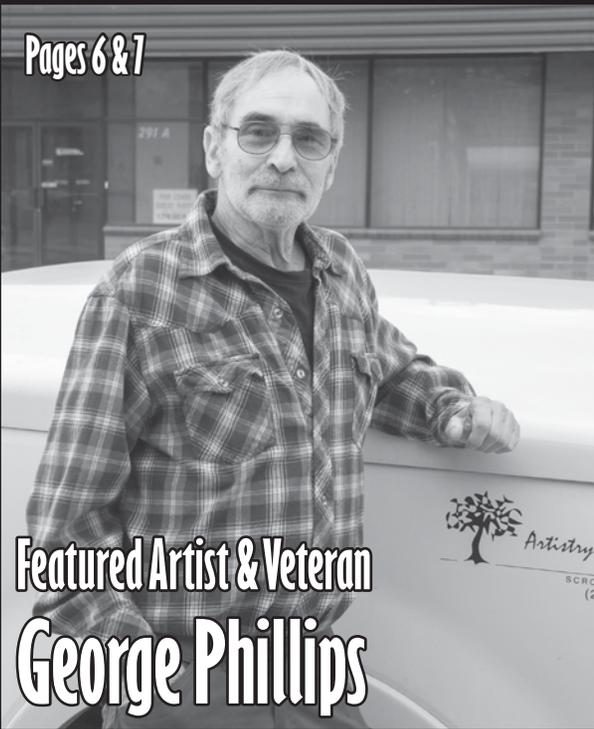
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# ingredients

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**George Phillips**

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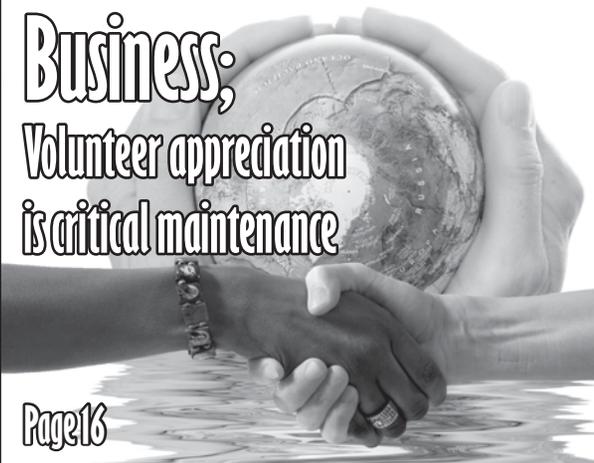
Heroes of Flanders, Belgium



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Volunteer appreciation  
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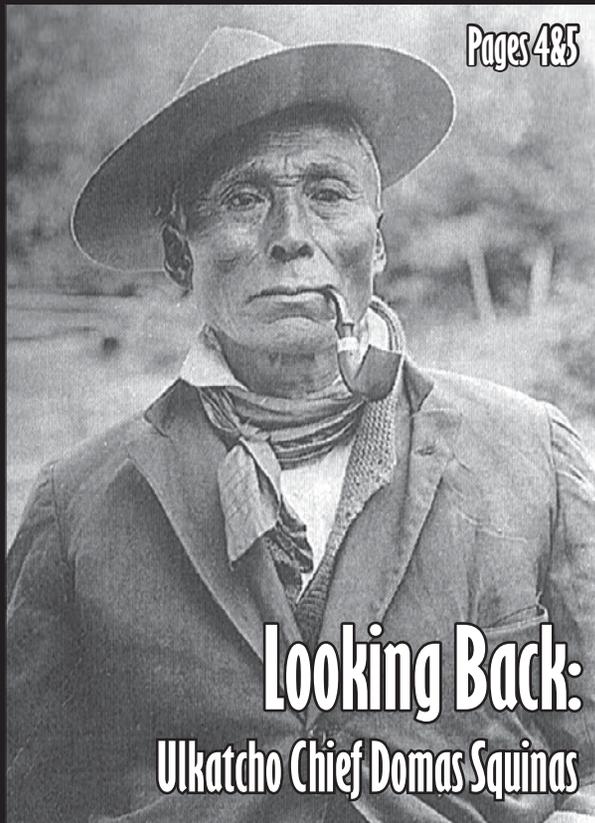
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Channeling your inner superhero



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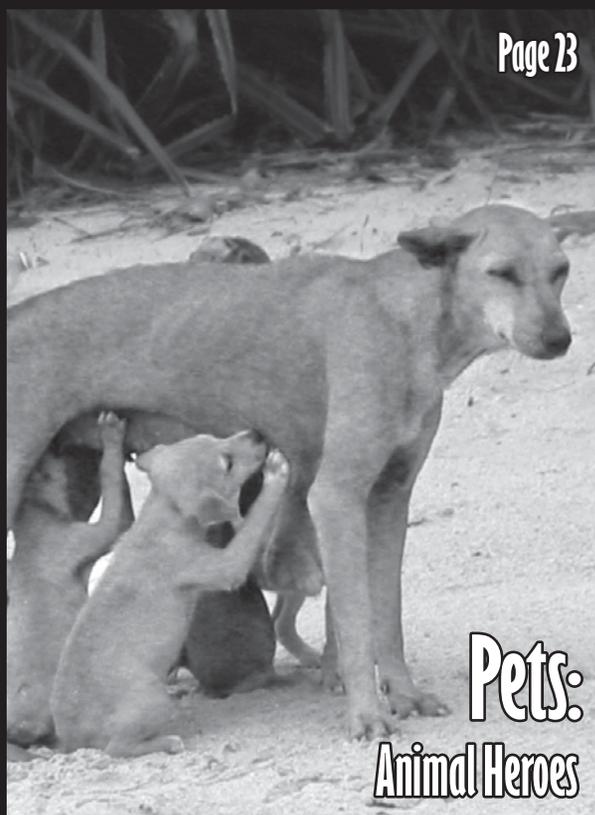
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**Christine Constabel**

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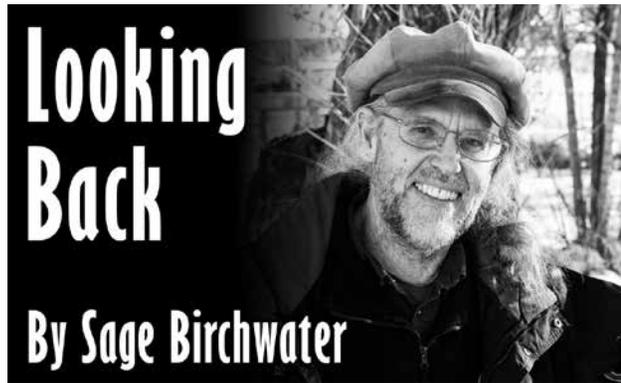
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# Ulkatcho Chief Domas Squinas



**Looking Back**  
By Sage Birchwater

Domas Squinas of Anahim Lake was the patriarch of a large extended family on the western edge of the Chilcotin Plateau. His parents were Dakelh from Ulkatcho, and he could make himself understood in five languages: Dakelh, Nuxalk, Tsilhqot'in, Chinook and English.

He saw many changes in his lifetime. When he was born in the mid-1800s his family would have still been knowledgeable of stone-age traditions like flint-knapping

obsidian, hunting with bows and arrows, and living in pithouses. When he died in 1929 at the age of 75, airplanes were landing in Bella Coola Harbour.

Domas was described as a man who sat tall in his saddle "like a policeman" and always dressed elegantly. He had a passion for raising hot-blooded horses and racing them like the wind. In his prime few people could beat him in a horse race.

For many years the Squinas family were

the only occupants of Anahim Lake. Eventually a whole community grew up around them. In 1916 the government sectioned off his land to create a reserve for the whole Ulkatcho community.

Domas Squinas was born in 1854, eight years before the smallpox epidemic of 1862 wiped out thousands of aboriginal people across the province. For example the Nuxalk population in the Bella Coola Valley was reduced from around 3,000 people to 400, and the Dakelh and Tsilhqot'in suffered similar losses.

Domas was a boy of ten when the Chilcotin War erupted in 1864, and may have witnessed the bloody ambush of Alex McDonald's packtrain attempting to make its way from Bella Coola to the goldfields of the Cariboo. The bodies of those killed

were buried beside the Dean River close to where the Anahim Lake RCMP detachment sits today.

For 16 years Domas Squinas was chief of Ulkatcho Village. Though the village was 60 kilometres away and unoccupied most of the year, Domas was the undisputed leader. Each family had a house at Ulkatcho Village, but like the Squinas Clan, had their main dwelling places elsewhere in more remote locations where they could sustain themselves hunting and fishing and raising hay for their livestock.

Ulkatcho households were spread across the broad hinterland from the Nechako River to the headwaters of the Blackwater and Dean Rivers. The people were semi-nomadic and traveled with the seasons. Throughout the year they would

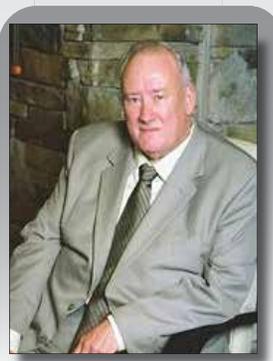


gather at special places around their territory such as Ulkatcho Village to trade and celebrate. At Tanya Lakes they caught fish, at Anahim Peak they collected obsidian, in the Potato Mountains they dug wild potatoes, and in Bella Coola Valley and Kimsquit they fished, picked berries and traded for the bounty from the sea.

One of Domas's favourite locations was Stuiie along the Atnarko River in the Bella Coola Valley. He had smokehouses there for drying salmon caught in the river, and a big camp for picking berries and spending time in the more temperate coastal climate. Ethnographer Harlan Ingersoll Smith took photographs of Squinas there in the



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# hear



1922 ► Ulkatcho gathering at Stuiie

...continued from page 4

early 1920s with his large extended family.

At that time Domas was the elder statesman from the high plateau. There was no road through the mountains from the Chilcotin to the Bella Coola Valley in those days, so Domas kept a wagon at the foot of the Sugar Camp horse trail that wound its way down from Anahim.

Domas's wife, Christine, born in 1879 in Chezlatta near Ootsa Lake, was the mother of his two younger children, Thomas and Belonic. His two older sons, Donald and Louie had a different mother.

As infamous grizzly guide Clayton Mack once put it, Anahim Lake was the place where a lot of First Nations people from different cultural traditions mixed and lived together.

Clayton was a good example. He was Nuxalk from Bella Coola, but as a teen was drawn to the high country of Anahim Lake. After mentoring with Domas Squinas for several years he married

Cecilia "Doll" Capoose, an Ulkatcho woman from nearby Abuntlet Lake. Doll's sister, Josephine, married Domas's son, Louie Squinas.

Before the Squinas family got established at Anahim Lake, the country was occupied by Chief Anuxim, a Nuxalk from Stuiie. He had married a much younger Tsilhqot'in woman from Chezacut who wasn't happy living in the Bella Coola Valley, so they moved up to Anahim Lake and made a village there. The village was called Nagwunt'loo.

In the aftermath of the turbulence created by the smallpox epidemic and the Chilcotin War, Chief Anuxim moved again. This time he brought his people to Alexis Creek.

Anahim Lake and nearby Anahim Peak, known by the Ulkatcho'ten as Besbu'ta, were named after Chief Anuxim. So were Anahim Flats near Alexis Creek where he finally settled.

It is one of the great anomalies of the Chilcotin to have different

spellings of Anahim and Anaham named after the same man, Anuxim.

It was probably the vacuum created by Chief Anuxim's departure from Nagwunt'loo that made space for Domas Squinas to get established at Anahim Lake.

The Tsilhqot'in always considered Besbu'ta, about 30 kilometres north of Anahim Lake, as the northern boundary post of Tsilhqot'in territory, so Domas Squinas, a Dakelh, was well within Tsilhqot'in territory.

But as Clayton Mack pointed out, the western fringe of the Chilcotin Plateau was where the hard lines of culture softened. Given time the bridging of these cultural differences has continued.

Domas and Christine's youngest son, Thomas Squinas, married a Tsilhqot'in woman, Celestine Dagg Guichon. Ellie Stillas of Ulkatcho married Old Sulin, a Tsilhqot'in from Fish Trap. Gus Cahoose of Ulkatcho married Old Sulin's granddaughter, Susan Cahoose, and so



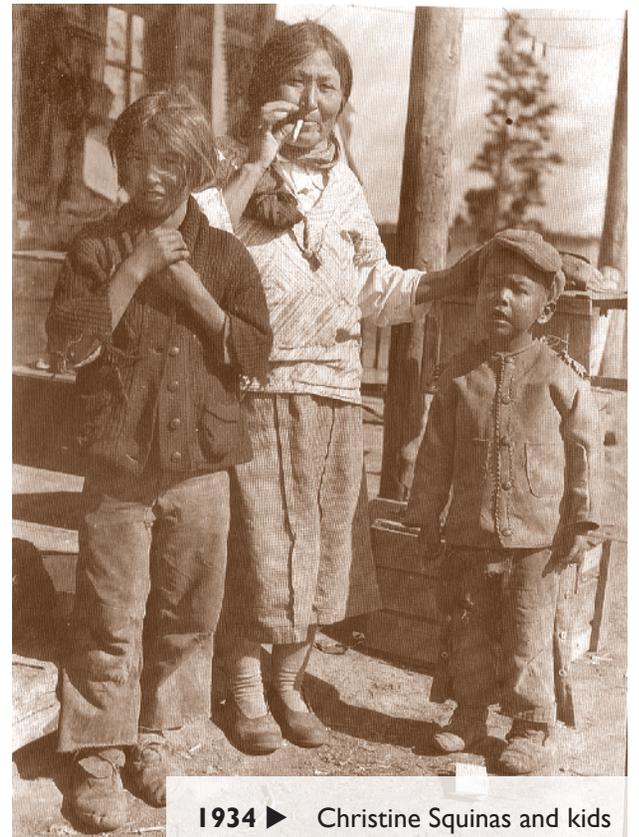
life unfolded.

One of the names given to the Ulkatcho people by their Dakelh neighbours in Kluskus and Nazko was Nechow'ten, which roughly translates to "Dakelh people mixed with Tsilhqot'in".

Clayton Mack was living in Anahim Lake with Domas Squinas when the old man died after getting attacked by a moose. It was 1929 and Domas went hunting with his 8-year-old grandson, Little Thomas.

They spotted a moose and Domas aimed his .25-35 rifle at the animal and fired once. The moose went right down and Old Squinas, thinking he killed it, leaned his rifle against a tree and took out his knife to cut its throat.

The animal was only stunned by the bullet and suddenly stood up as Domas approached him. The moose knocked the old man down and started attacking him with its front feet. Domas suffered



1934 ► Christine Squinas and kids



► Site of the Fish Trap Massacre simulated by Swannell

severe cuts and bruises and broken ribs.

After the moose ran off, Little Thomas managed to get his grandfather back on his horse and led him home.

Old Squinas only lived a month after that, Clayton says. "I helped look after him the best I can. I don't know why he didn't want to go down to Bella Coola to see the doctor.

He was an old man when he died."

Domas Squinas carved out his niche in the border country of the West Chilcotin Plateau where he spoke five languages and left a strong legacy that remains to this day. Montreal Canadiens goaltender, Carey Price, is his great, great grandson.



## November's Invasive Plant Tip

**Cariboo Chilcotin Coast Invasive Plant Committee**



**Fall clean-up time** is a great opportunity to take inventory of any invasive plants that may have crept into your yard and gardens over the summer.

The first step in managing invasive plants is to properly identify what plants are invasive and which plants are just unwanted "weeds". Visit the CCCIPC website at [www.cccipc.ca](http://www.cccipc.ca) for a complete list and pictures.

**How to dispose of invasive plants:**  
Don't compost! Place all plant materials in a *sealed plastic bag* and then into the garbage. If you are using one of the major refuse sites, there are specific invasive plant bins to use (no grass clippings or other unwanted plants are allowed). Please use these bins responsibly.



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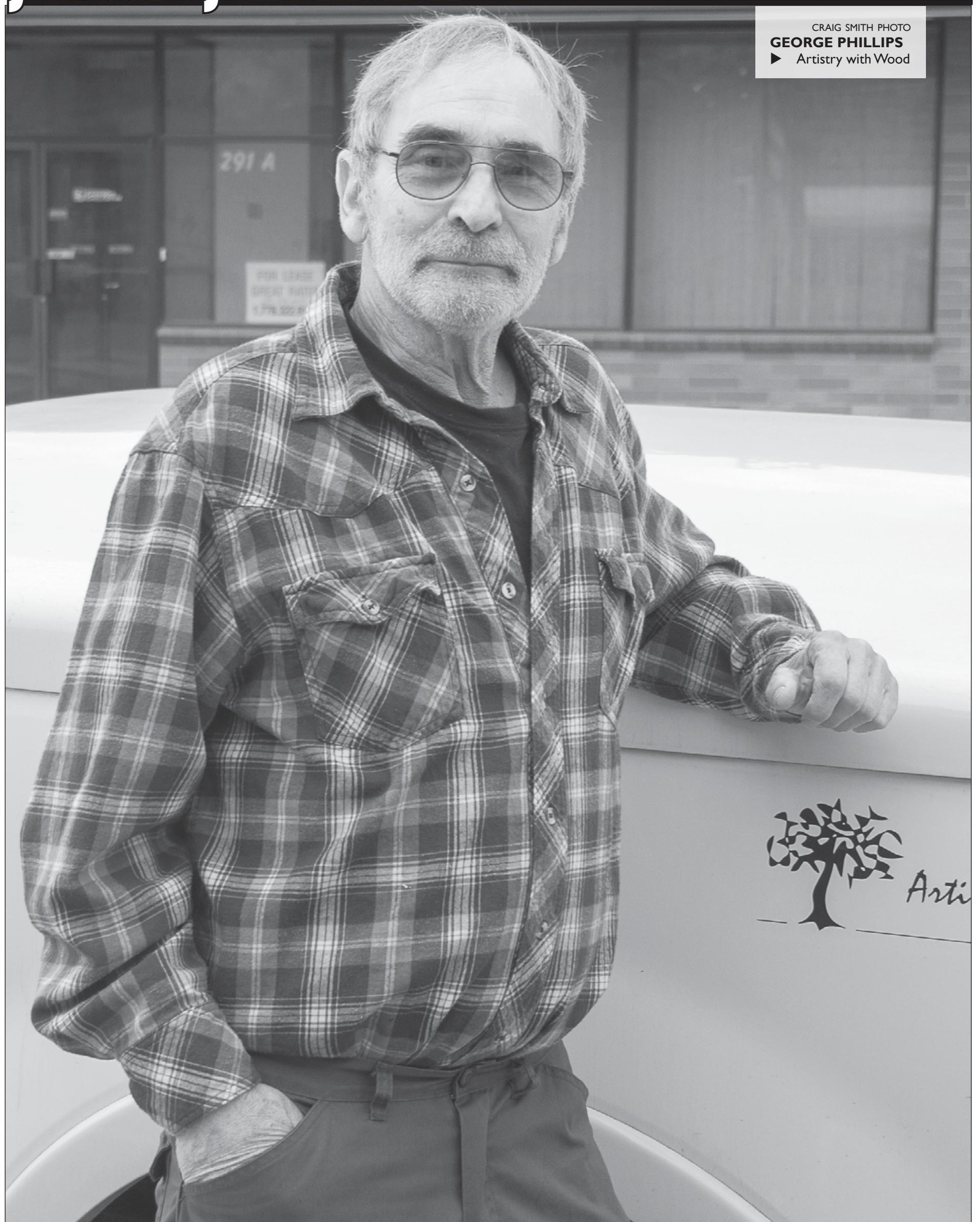
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# flavour of the month

CRAIG SMITH PHOTO  
**GEORGE PHILLIPS**  
▶ Artistry with Wood



# flavour of the month



## Artist and Veteran, George Phillips

BY CHRISTA SMITH

'Defend' and 'honour', the words that describe the men and women that have served our country. They are heroes. This month's feature is a veteran who has not only served, but who is also an artist, who, over the years has perfected his art into intricately detailed masterpieces.

This month's feature is local artist George Phillips. Born in Eastern Canada, George joined the Military at the young age of sixteen in Ontario. He made his way west to Chilliwack where he trained as a Military Engineer. He spent five years in the

Military where he did training in Carpentry, and Field Engineering. George recalls, "I joined the Military because I hated school". It was no easy ride though as George worked hard and learned many skills. He was stationed in Alert, worked in Alaska after the Grand Duke Mine Avalanche and after the earthquake in Alaska he went and worked on the fallout at Vancouver Island, he also went to Oakalla Prison when there was the big riot, just to name a few of his posts. To this day George is still a very strong supporter of the Royal Canadian Legion BC and Yukon, and donates every year.

In 1984 George made his way to the Cariboo from Chilliwack where he made his living by painting cars. Some may also know him as "the guy" at Save on Foods where he worked as a maintenance person for over ten years before retiring.

George has worked at perfecting his art for over twenty years. George creates pictures in wood by hand, using scrolling and fretwork. Fretwork is done by taking an intricate design and cutting out the detail while the scroll saw cuts the outside edges. After drilling into the wood he carefully cuts out tiny center pieces to form an image. The

technique that he uses is very detailed and has formed over many years of interest and experience with wood. George works with all types of wood from birch, to maple, oak, cherry, mahogany and teak. After finishing the tiny detail he finishes off the piece with an antique protective oil and then frames it.

'Artistry With Wood by George' perfectly describes not only George's business but his art. George has sold his work all over the world, and currently is part of the Central Cariboo Arts Route. His work is on display in the Prince George Studio 2880 and available from his web-

site [www.artistrywithwood.com](http://www.artistrywithwood.com). Other pieces of artwork by George can be found in Barkerville and Wells. He has done work for the City of Quesnel for their City logo along with another for their sister City in Japan. New Zealand, Holland, Germany and England are just a few of the other places that you will find Georges art.

George's passion for his art is evident in every carefully finished piece. You can see the pride that he takes in his workmanship and the passion he displays for his artwork. The pure enjoyment of art is what drives this talented artist as only about 10% of his work is commissioned.

There are very few limits to what this man can do, as he shows his hanging pieces and describes wooden trucks, napkin holders, and a wall piece that was over eight feet long.

With national recognition for his work George has participated in the Creative Arts Show at BC Place in 1997, and has won numerous awards for his work. The countless hours that are dedicated to quality art pieces have been recognized and awarded as such over and over again.

So for our Hero of this issue of The Stew and a Canadian Veteran we want to thank George for his service to our country and for sharing his talents with the world.



# Little things that matter

BY CHRISTA SMITH

So what makes someone a hero? Why do we seem to gravitate to them? I think that heroes represent hope, and people need to feel that there is hope in their lives. Hope that there is something better, hope that there will be that hero or heroine that comes along at just the right moment when we need it the most. I think that is part of what makes the movies so appealing, is that no matter how bad it is or what is happening it always works out and someone always comes along to make it better.

To me heroes are not just the movie characters that we all love to watch but also the everyday people who do the little

things that make such a difference. It doesn't take a hero to smile but sometimes the person who sees the smile needs it just at that moment. Anyone or anything can be a hero, even the family pet. There are many stories about how a pet has saved a life or warned their owner about a danger. All I have to do is look into my dog's eyes and I know I am her hero.

When I think about who my heroes are, or have been throughout my life, many of them I do not even know. A few encouraging words from a stranger can last a life time. I think about my teachers and what kind of impact they have had on many of my life choices. Even the people throughout history that I learned



about and read about, I consider heroes in my life. They are people who have made a difference in the world, even if it was just by the way that they lived their lives.

My grandmother was an incredible lady, someone who I am sure touched the lives of many. She would give away anything she owned if she

thought someone needed it. She was always helping people and doing things for others. My family was the same way, we always had someone who was in need that we would take in to live with us or help in some way. I would definitely say that my parents are heroes, not only to the people that they helped, but to me as well.

Every day I am thankful for all the heroes in my life, my family, my friends and my co-workers. In their own way each person contributes to my life and brings something special. I am thankful for the heroes in my community as well. They make sure that the services that I enjoy are always working and there if I need

them. Thank goodness that I have good health, but if the time were to ever come that I need them, the hospital is full of heroes that are always there to help.

We are so lucky to live where we do and enjoy our freedoms here in Canada, so to all the heroes that made this possible, we thank you.

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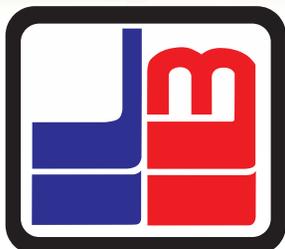


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*"Heroes are ordinary people who make themselves extraordinary." ~Gerard Way*

# Medieval Market bigger and better

BY CHRISTIE MAYALL

The Medieval Market returns to Williams Lake November 21 and 22 (Saturday and Sunday). The market will feature handmade wares by artisans from around the Cariboo, as well as live music on two stages and a concession.

The Medieval Market is a team effort. Teachers are the main organizers, and students work throughout the weekend to help make the market such a success. All profits from the market go to School District # 27 programmes. To the public, the face of the market is the students. Students sell tickets at the door, help to prepare the food, work in the concession, clean tables, help the vendors with setting up and taking down booths, control the parking lot, sweep the floors, and perform on stage. Behind the scenes, teachers work to ensure that it all runs smoothly: organizing students, building decorations, planning booth locations, wiring booths, running a poster contest, cooking food, running the kitchen, designing and planning the decorations, advertising, and organizing the music on two stages. Every one pitches in and works together with the excitement

of the market as the driving force.

Once again there will be live music on two stages throughout the weekend, with a variety of local performers.

The Medieval Market is a juried fair and all items for sale must be hand-made by the vendors. This year the number of vendors is approaching one hundred.

**Artisans include:** KLA Originals (unique sewn sweaters), Bob Beaumont (wooden pens), Planet Souvenirs (handsewn bags and pillows), Rapha Physical and Spiritual Healing, Pane in the Glass, Cariboo Clay, DLC Jewelry, Cariboo Piecemakers (quilting), Cariboo Potter's Guild, Simple Things (woodwork and home decor), Chendi's hand-carved wooden spoons, Baroness Ashley Hats, Judy Coe (felt-ing and crocheting), Third Avenue North jewelry, Handmaidens jewelry, Moon Willow Artworks (ceramics, feathers, painting), A Likely Wreath (fresh wreaths and garlands), Potato House photos with Santa, Ladybug Kisses (wooden signs and snowmen), Blue Rose Leatherwork, Chris Harris Photography, Raylene Hale and Victoria Greenley's childrens' books, Piece of Home wooden signs,

Magnetic Creations and Gemstone Jewelry, Eva's Handweaving Studio, Fire Weed Glass, Strawberry Mansion (hand-designed and up-cycled bags), LCSS wood shop, Naturekins (hats, scarves, chain mail), Tom Jacobson (decorative decoys), Bill James (reclaimed wood products), River Walker Arts, Wild Rose Lathers, Born a Gypsy Jewelry, La Joie En Rose (jewelry), Old Country Cottage (skin care products), Beatrix Linde (mixed media and fibre art), Debbie Lloyd (twig baskets, hoes and drawknives), Paper Airplane (sewn baby items), Fashions for Kids, Sharon Meye (therapeutic magnetics), Coralee Miller (sewing), 10,000 Beads/Treasures given a second chance, Brandi Nickolaisen (papercrafts), Meja – one of a kind jewelry and scarves, Elizabeth Oncuil (light ups and wreaths), Pottery by Bev, Simply Beautiful jewelry, Cariboo Handwoven, Stitchin' Funky (crochet), Carlie Pukett (pinecone heart jewelry, felting), Judi Prevost Pottery, Eclectic Fabrics, Monika Rogge-Annen (knitting), Rolston

Carvings, James Savage Arts, Tony Savile's woodcarved fairy houses, Sharon Sipes (paper tole 3D art and crochet Barbie clothes), Pat Suter (wildlife photography), Michele Tenning (clay and metal art), Just 4 U Soaps, Westwind Wool, Ice Fire Artifacts (fused glass), Vintage Soul, and New to Old Design (furniture and wool ornaments).

**Food vendors include:** Mackin Creek Farm with their out of this world delicious carrots, Lynda Archibald (apple cider vinegar), Dundarave Olive Company (olive oils and balsamic vinegars), New Paradigm Teas, Carter Kids Chocolates, the 108 Sausage Company, Simply Dyevine Fudge, Brainfood Snack Co., Sweet Tree Ventures

birch syrup, From Scratch Swedish baking, Spirit Dance Cooperative Community (hoops, honey and beans), Wildberry Jams, Wilma Kowalski (garlic, dried herbs and teas), Two with Nature (organic gourmet food), Helmcken Chocolates, Transitions fair trade food, Earthdance Botanicals herbal teas, The Bread Peddler, Goodness of Garlic, and Fruit Guy Farms (dried fruit).

**The Medieval Market will be open from 10 am and run until 4 pm November 21 and 22 at the Williams Lake Campus of Lake City Secondary School on Carson Drive.** Admission is \$5 for the weekend, or \$3 for Sunday only. If you prefer a quieter time to shop, please come on Sunday afternoon. Check us out at [www.williamslake-medievalmarket.com](http://www.williamslake-medievalmarket.com)

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Nov. 21-22 Medieval Market, Lake City Sec. (Carson)  
Nov. 29 Senior's Village, Western Ave.

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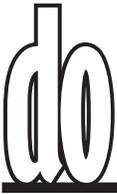
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# Everyday heroes



If you ask different people who their heroes are you will likely get a variety of answers. I just asked my five year old who her heroes are, and surprise surprise, she said me... and the Teenage Mutant Ninja Turtles. And then you will get the answers that are much more meaningful... Gandhi, Nelson Mandela, and many other people.

So, what makes a hero meaningful? Usually someone a person

sees as a hero has done something courageous, something that made a difference in their life or in the lives of other people, and someone who did so usually while making a personal sacrifice of some sort or another.

When it comes to heroes in relationships, literature and movies are full of romantic figures who rise up to be knights in shining armour to win the hand of the woman they love.

These heroes usually have rugged good looks which would make even the most practical woman swoon, would willingly ride to their death and fight dragons, and fall in love with the heroine upon seeing her and then immediately declare their undying devotion.

Okay, maybe I am simplifying things a little, but that's the gist of it. Completely unrealistic heroes and horrendously terrible messages about what forms a person's worth. I have a daughter. I don't want her growing up thinking that she has to wait for some handsome, daring rescuer to come along before her life can start. Or that she will be valued because of how she looks. Thankfully, I have the ability to try and make sure that doesn't happen.

Fortunately, I get to be able to tell her about the every-day heroes I value. My Grandma, with her never-ending supply of practical advice and words of wisdom. My Grandpa, whose unconditional love and care meant so much to me. And my parents.

My parents might not have a perfect, story-book romance, but they do have a long-lasting union that has gone the distance. There were times when I was growing up when things were rocky and I don't even know if they were sure they would make it. But they did. In my eyes, that makes them heroes. Because they stuck it out. They fought off villains like job loss, money worries, personal differences, lack of time for each other... and the list went on. They weren't always happy, and they might not have liked each other much at times, but what they did have going for them was commitment, and a realistic outlook of what relationships were. They have passed the forty-five year mark and are still going strong.

On the other side of the coin, are the people I know who realized the only decision they could make was to end the relationship. The people who decide that they would not endure another day of be-

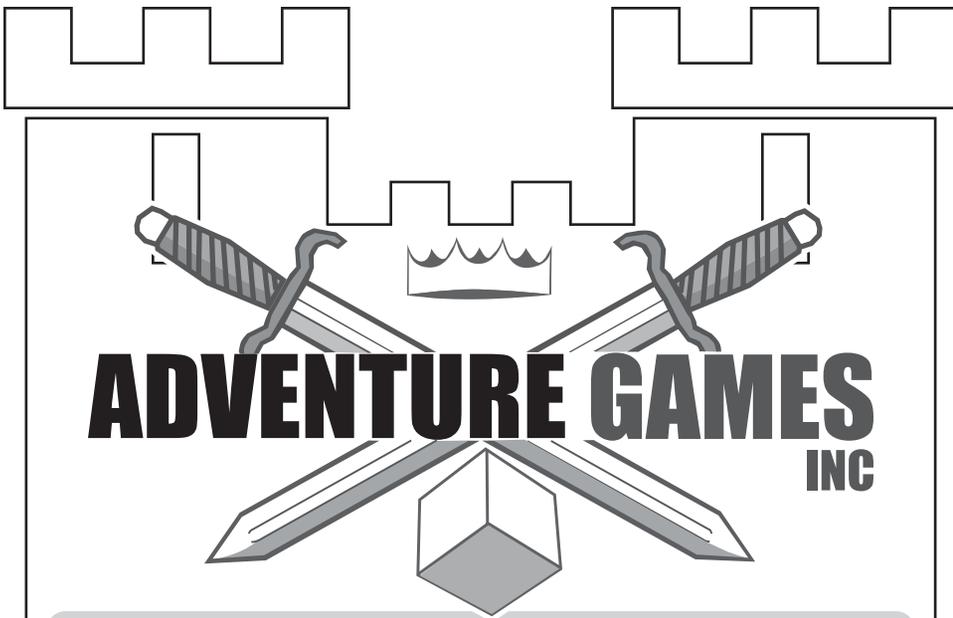


ing mistreated, lied to, hurt, cheated on, and/or abused are my heroes too. Why? Because so often leaving a relationship is not the first choice we want to make, or even the thirty-first. When we make commitments, we generally go into them believing that both people need to honor the commitment. Marriage vows still include "for better or for worse" after all.

"For better or for worse" does not mean that you have to accept being treated in a way that is harmful to your person, or that you need to stay in a situation where you aren't safe or valued. When a person

in an unhealthy relationship makes the decision to leave, it is usually because they have reached the end of the road, and they can't see any other way. That takes courage, it takes real bravery, and it usually means making a sacrifice of one form or another. Because it is not easy. It's a battle all of its own. And in the end, coming out standing tall on two feet and making your way forward, that is the victory.

These every day heroes are all around us. All you have to do is find out a little about the things people have struggled with in life, and over-come, and you will find a hero or two.



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*"Real heroes are men who fall and fail and are flawed, but win out in the end because they've stayed true to their ideals and beliefs and commitments." ~Kevin Costner*

# Heroes of Flanders, Belgium

BY SYLVIA  
RASHBROOK OF  
ALL-WAYS TRAVEL

As children in elementary school many years ago in western provinces we had to memorize the poem, "In Flanders Fields" in preparation for Remembrance Day. Though it didn't mean much to me back in my formative years, I still felt a tinge of awe-inspiring liking, mixed with respect on that sacred day of remembrance. It reminded me of my Grandfather (who was a trained Military Man) on the front lines during the First World War. He was a soldier who survived – he was one of the lucky ones but he carried shrapnel in his leg for the rest of his life. I remember him as a gentleman – very loving, kind and honorable – not someone who would or could harm anyone.

WWI was different – mostly men fought for their Country, to defend the rights of citizens no matter what stripe they were. The soldiers who fought in WWI believed they were fighting for noble causes – idealism such as nationalism, liberalism, democracy and religious freedom. This war helped shape the fortunes of the world in the 20th Century.

In Belgium there still exists the miles of trenches and tunnels which were used for fighting, communications, transporting goods and food supplies,



soldiers, and used as hospitals or dressing posts. The Great Ypres Salient it is called.

Although, in my early years I could not grasp the meaning of the poem "In Flanders Fields" reading it now makes me weep when I consider the courage it took and the true bravery the soldiers had during the many battles of the war. Both WWI and WWII created soldiers who were heroes of unprecedented magnitude. War of any kind creates desperate times but that is another subject.

There are many types of heroes, some are firefighters, police officers, health care professions, politicians, scientists, intellectuals, educators, travel care professionals to name a few. But to me, the young men and women who fought, died and were buried at Ypres, Belgium were heroes beyond words. The poem written by Canadian Lieutenant Colonel John McCrae gives dignity to all the soldiers who died at Ypres, Belgium but in particular to his

close friend Alexis Helmer who was killed during the second battle of Ypres. McCrae was a physician, university teacher, poet and soldier. He believed the WWI was senseless as all wars are; and he died before it was over.

The Canadian Government has graciously created a route of Remembrance whereby Canadians can visit the monuments of the fallen soldiers. It is called the Ypres Salient where it honours about half a million fallen men.

The Ypres is where the Canadian troops fought many battles between 1915 and 1917. Many paid the price for our freedom through the loss of their lives. One in four of the 60,000 soldiers who dies in WWI died in the various battles of Ypres Salient.

Someday I wish to go to Ypres Salient to witness the place where so many made the ultimate sacrifice; and tour Flanders, the wonderful county in Belgium that it is today. Flanders is predominately

Dutch. Flanders takes one through the Cloth Hall where there is a painting of the destruction of a medieval building caused by repeated shelling by air and artillery during the battles of Ypres. There is the John McCrae Monument where the Canadian Officer composed the poem "In Flanders Fields". Next is the Monument at Kitchener Wood where the Canadian Battalions saw their first offensive in the Northern portion of Belgium. Modern Flanders is surrounded by fertile flat land and borders the North Sea which made it ideal for warfare. The journey through Fe operation on Belgian soil. It was also the place they witness the first ever chlorine gas attack. There are 14 more stops on this journey as a place that some people may want to visit. This is where so many heroes died and were buried – so many crosses unnamed. If you are interested in a historical tour, please stop by and see us at All-Ways Travel, 357 Oliver Street in Williams Lake.

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# Woodland Jewellers starts hospital tradition

BY BRENDA BOURDON, WOODLAND JEWELLERS

In 2009 Cindy Watt, Brenda and Geoff Bourdon were looking for a different way to celebrate the 76th Anniversary of Woodland Jewellers. Cindy had the great idea to raffle off a "one of a kind" piece of jewellery that would be designed by Geoff and that all proceeds would be donated to the Cariboo Memorial Hospital. Diamonds came to mind first and that the piece of jewellery would be either hand fabricated or wax carved.

Tony Woodland, the founder of the jewellery store, served on the hospital board for more than 20 years and all his

family donated some of their time to the hospital. One Christmas, when the staff of the then small Williams Lake Hospital were away, Tony with his wife Florie and their sons Roy and Ralph (Cindy and Brenda's father and Geoff's grandfather) took care of the hospital and the patients who had to stay there over the holiday. Florie did the cooking and Tony did the janitorial work. Their sons were the gofers, fetching supplies and wood to keep the stove burning. Since the hospital is much bigger now, we had to come up with a different idea to support it.

"We need a good hospital in our community and as we already have great staff at our

hospital we want to be a part of making it even better. All of the proceeds of the raffles have gone directly to the hospital to purchase equipment. Every time someone has a procedure or test done here in Williams Lake rather than having to drive somewhere else, we all win." Cindy Watt says.

The first raffle was for a ring valued at \$3,000 and 500 tickets were sold at \$10.00 each raising \$5,000 for the hospital. Since the first raffle we have had rings valued anywhere from \$7,100 to \$9,995, and print 600 tickets selling for \$20.00 each. Thanks to the generous spirit of the people of Williams Lake, we have sold out every year except one, which means that the



RAFFLE PRIZE ► 2015 ring valued at \$6,350

hospital has been able to purchase some equipment sooner than expected.

We also have some very excited past winners in our community who have purchased a beautiful one of a kind designer diamond ring for only

\$20.00. We think that is a very good outcome for everyone concerned.

The tickets are available now and can be purchased from any foundation director of the Cariboo Memorial Hospital or at Woodland

Jewellers. The draw date is Saturday, November 28th so come in and get yours now. Every year the person who won the ring has said "I never win anything" so this year it might be you saying that.

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## MUSEUM NEWS

### Raffle Tickets Now Available

Two nights stay for two and a \$100.00 food voucher at the Hills Guest Ranch. Tickets are \$5.00 each and they are available at The Museum (Tuesdays to Saturdays), at the Cowboy Christmas craft fair and Evening concert, and at the Museum Tea and Bake sale. Draw in December.

### BC Cowboy Hall Of Fame Induction Nominations Close Sun. Nov. 1

A cowboy can be nominated under one of the following categories: working cowboy, competitive cowboy, pioneer, horseman, artistic, family and century ranch. A nominee must be, or have been, a professional working cowboy or rancher whose contribution has been made in British Columbia. Please contact the Museum of the Cariboo Chilcotin for a nomination form and details. BC Cowboy Hall Of Fame inductees are chosen mid-November and are inducted either in Kamloops at the cowboy festival or at the Williams Lake Indoor Rodeo each spring.

### Annual General Meeting

Mon. Nov. 16, 2015, 7pm, Museum

If anyone is interested in being a member of the museum and or interested in being on the board of the museum as we head into our exciting 25th anniversary year in 2016 we would love for them to come to the

meeting. 2016 Memberships are \$10.00 and include entrance into the museum, newsletters and a chance to be involved with the history of the Cariboo Chilcotin.

### Cowboy Christmas Craft Fair Sat. Nov. 21, 10am-3pm, Gibraltar Room

There is no admission to come to the fair. Door prize draw for anyone who purchases museum books and or concert tickets. Chuck wagon concession. Open mic entertainment throughout the day. Silent auction with proceeds to the Museum. We have many wonderful vendors this year; western art, stained glass, knitting, barn board art, jewellery, canned goods, build your own charm necklace or bracelet etc.

### Cowboy Christmas Concert Sat. Nov. 21, 7pm, Gibraltar Room

Featuring our local talents, this year's performers are: Cowboy Poet Frank Gleeson (Williams Lake's official Cowboy Poet), Perfect Match (the duo of LeRae Haynes, and Cindy Lightfoot), Chilcotin singer Iris Witte (from Big Creek) with her acoustic guitar, Bernadette Decharme (from Horsefly) with her acoustic guitar. Bernadette has put many of Bruce Rolfs (Horsefly cowboy poet) poetry to music.

### Christmas Tea and Bake Sale Sat. Dec. 5, 11am to 3pm

Door prizes, raffle tickets and more

do

*"Hard times don't create heroes. It is during the hard times when the 'hero' within us is revealed." ~Bob Riley*

## Unintentional heroes



BY SHERYL-LYNN LEWIS,  
WILLIAMS LAKE STU-  
DIO THEATRE

The theatre is full of stories about heroes and heroic actions. These characters are the play's problem solvers, the people we connect to and the ones we want to see succeed. A popular saying about the stories we tell on stage is they are about ordinary people in extraordinary circumstances. If this is the measure of a hero, then there are many times when "the show must go on" belief has led to heroic measures.

There is a rule in theatre about always checking your props. Which means: go look at the things you handle as an actor and make sure they are in the right place and in good working condition. As you can predict, this doesn't always happen. There are many times when actors drink liquids

on stage. As drinking actual alcohol is generally not conducive to a good performance, it is substituted, often with an ice tea mixture. One Wednesday evening, after 3 days away, the lead actor needed to pour himself a rather large drink and then down it. It wasn't until he looked in his glass that he noticed suspicious floating elements, but down it went anyways. Always check the liquids.

Another play had a magic trunk out of which many things would appear, seemingly too large to actually fit inside – like Mary Poppins' bag. This effect was created by the stage manager loading the trunk from back stage. One particular evening, a character who is never supposed to leave the stage found a way to stalk off and blisteringly whispered in the stage manager's ear: "There is no moon". The stage manager had forgotten to put

the moon into the trunk for the next song which was to be sung under a cardboard moon. It was quickly delivered to the trunk, and the evening continued with none the wiser.

Sometimes check your props means walk the stage. A play had a set made of paper walls which the characters were supposed to break through. It was a very physically active play and involved a fight in a graveyard and other quick entrances and exits. One night, a particularly reluctant character was hanging on to the doorframe, refusing to enter in a tutu. The other character was pulling him on stage, when the doorframe he was hanging onto unexpectedly gave way, and all three entered onto the stage quite rapidly. This particular entrance-way was one of the main ones for the play so at intermission the character of the stage manager went out to get it fixed while the audience watched. In other plays, actors have slammed doors so hard that the doorframe needed to be replaced after the show or the door is jammed closed briefly on stage, making other exits difficult. The actors' abilities to handle these obstacles with grace makes them improv heroes.

There are many times that theatre people have come in looking as if nothing could get them



to move. But there is something about the magic of the theatre space that makes colds disappear, nausea lessen, and the flu clear up, at least while on stage or running the sound and lights. Actors have been known to perform with a broken foot, or while waiting for a kidney transplant or within weeks of having a heart attack. The will for the show to go on is stronger than the body.

One particular night highlights the ability to find creative solutions. On this performance evening, the leading actress was retrieving her costuming from the trunk of her car. When she stood up, she banged her head quite forcefully, leading to headaches and a feeling of nausea. She down played the injury and thought that with time, the feelings would diminish. As it was only 5:30, there were a couple of hours before the play was set to start. Unfortunately, her symptoms got worse. She

was taken to be checked out at emergency while a huddled group of people tried to determine what to do about the performance that night. Should it be cancelled? Rescheduled? How would we refund the tickets? Do we honour people's tickets for a different night instead? In the midst of this discussion, the make up person suggested she could do the show in place of the actress. It was now about 7:15, with the doors set to let the audience in at 7:30 and the performance starting at 8:00. A quick check with the wireless radio headsets proved that the ear piece of the receiver could be hidden by the make-up person's hair, and that she could hear the lines fed through a microphone. She was quiet familiar with the play, having watched some rehearsals and performances. The other actors agreed to help with the blocking (movement on stage). The make up person had also acted in some of the theatre's earlier productions. A decision was made to go for it. She was quickly bundled off to make up, the costumes fit her, and the microphone

was handed off to the director to feed her the lines on stage. During the play's introduction mention was made of the substitution. The lights came up, and the performance began. That night the director sat backstage reading lines into a mic, learning the timing the substitute actress needed to say her lines at the right time. The usual actors gestured and maneuvered to create convincing pathways for her to follow as she moved on the stage. The new actress convincingly played the role, heroically filling in so that the show went on.

My favourite heroes are those in waiting: the first time auditioners with wide eyes and shaky smile when asked "Are you here to audition?" If you want a chance to be a hero, come audition for "Cabaret" Thursday, November 5th at 7 pm or Sunday, November 8th at 2 pm. Both days are at the Arts Centre (the Old Firehall). If you want to see who the hero is in "Dial M for Murder", it runs November 12th through 28th. Tickets available at The Open Book and About-Face Photography.

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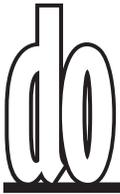
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*"I think that we all do heroic things, but hero is not a noun, it's a verb." ~Robert Downey, Jr.*

# Volunteer appreciation is critical maintenance

SUBMITTED BY COMMUNITY FUTURES CARIBOO CHILCOTIN

Often when people think of heroes, they imagine superheroes with powers such as shape shifting, physical and mental domination. They are heroic characters who possess extraordinary talents, or the individuals that you hear about in the news that have performed one or many great acts of courage. What about our local superheroes, those everyday members of society who give up their time to help individuals, businesses and organizations in order to help support and reinforce our local communities. Often we fail to recognize those behind the scene volunteers who are ap-

proving funding grants and initiatives, collaborating partnerships, brainstorming ideas, drafting up policies, and above all giving up their free time to support local organizations and events. Locally in the Cariboo region, we have a vast group of individuals who fall under the volunteer umbrella, whether it be volunteering for non-profit, civic or social sector, each sector of volunteers all help to support and contribute to the social and economic sustainability of our communities.

If your non-profit organization depends on the support of individuals who donate their time, it's important to keep in mind that volunteers are under no obligation to sharing their time,



knowledge and experience with your organization. Whatever rea-

sons that individual has chosen to be a volunteer they are spending their free time supporting your organization, and like anyone, people like to know that their time is appreciated. That is why it is important for local businesses, organizations and individuals to remember and recognize the everyday superheroes of our communities. Volunteer appreciation is an essential part of any volunteer retention program. If only just once a year take the time to thank your Volunteers, Mentors, Board and Committee

members, with certificates of appreciation and other small gestures of gratitude.

Some ideas for Volunteer Appreciation and Recognition are:

Spotlight or feature one of your volunteers on your social media outlets, share their story, why they began volunteering, what are their interests and hobbies. Give your volunteers awards; nominate them for "Volunteer of the Year" or "Appreciation of 5 years of Dedication" awards.

Check in with your volunteers, not just for the purpose of busi-

ness, but on a personal level to see how they are doing; interact with your volunteers outside of meetings and events. Give your volunteers thank you gifts, to show your gratitude. Little things like gift certificates can brighten up anyone's day! Who doesn't love a free cup of coffee? Provide food for your volunteers when they work, Feed the volunteers! Experience proves it is far more enjoyable to brainstorm and converse over a great meal, whether it is breakfast, lunch or dinner.

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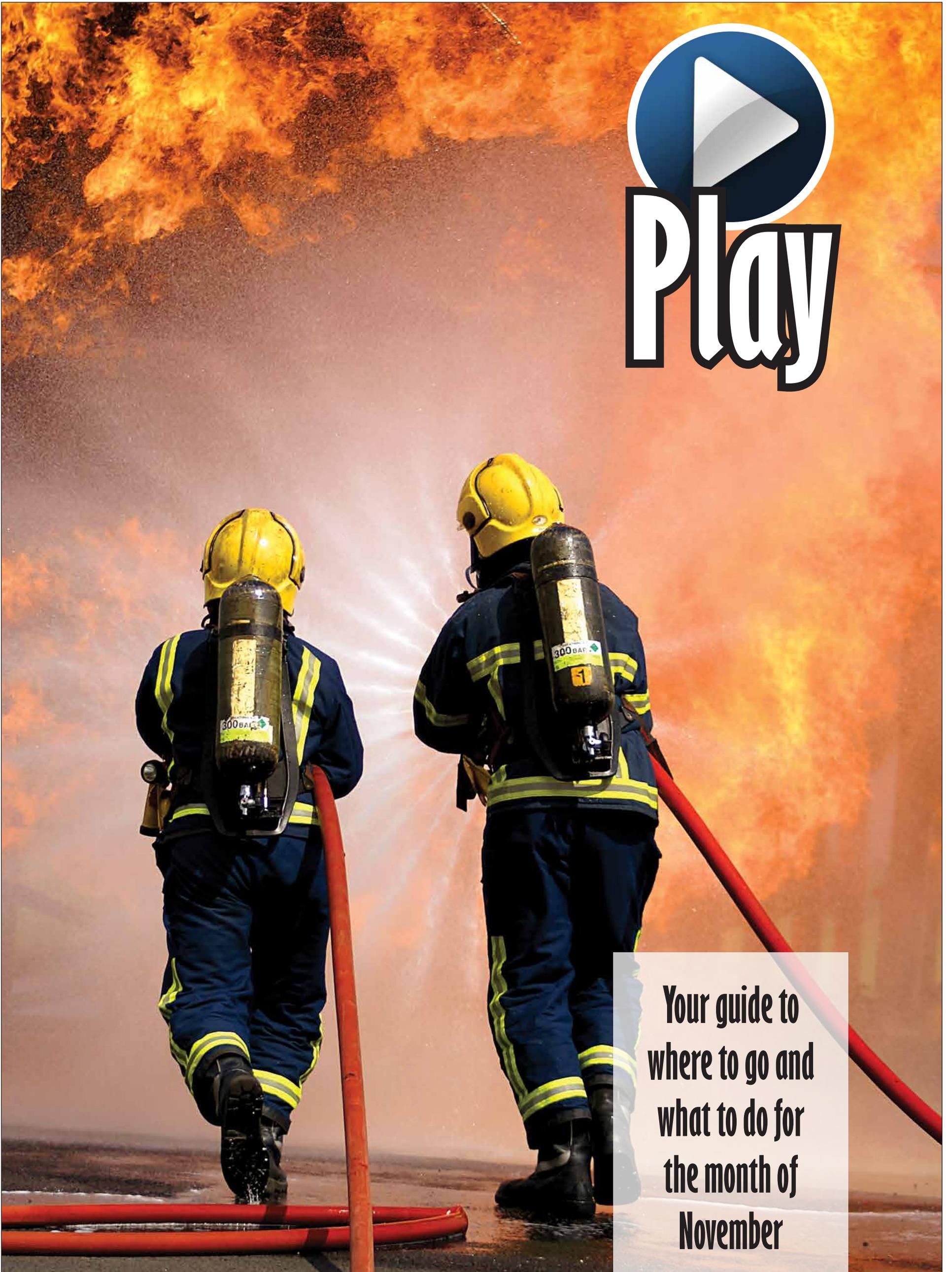
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# Play



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

# play



Submit your events to [craig@thestew.ca](mailto:craig@thestew.ca)

## WILLIAMS LAKE & AREA

**November 1-8** 25th Annual Daybreak Rotary book sale, Boitania mall 9am-6pm

**November 1-31** "Murders and Unkindness" group show coordinated by mixed media artists Karen Thompson and Terri Smith, Station House Gallery, Monday to Saturday 10am-5pm

**November 1,8,15,22,29** Sunday Morning Magic, Adventure Games, 83C 2ND Ave S, 10am

**November 1,8,15,22,29** Sunday Game Night, Adventure Games, 83C 2ND Ave S, 6pm

**November 2** FREE Seniors Bingo & Refreshments, Upper level at Boitania mall 1pm

**November 3** Up-

town Art after school art classes, Cariboo Arts Center 3:30pm-5pm, info: Shelley 250-305-7466

**November 4,11,18,25** Music Trivia (7pm) & Karaoke (9pm), Wednesdays, OV Pub

**November 5** Williams Lake Studio Theatre auditions 'Cabaret', Cariboo Arts Center 7-9pm

**November 5** OAPO Bazaar, luncheon bake sale, Senior Activity Center 11:30am-1:30pm

**November 5,12,19,26** Just for fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church, Thursdays 7:30-9pm

**November 5,12,19,26** Busted Remedy Hosts Jam Night, OV Pub, Thursdays 9:30pm

**November 5,12,19,26** Pokemon Thursdays, Adventure Games, 83C 2ND Ave S, 3:45pm

**November 6,7** Potters & Artists Christmas Sale, Cariboo Arts Center, Friday 12-8pm, Saturday 10am-3pm

**November 6,7** Early Bird Christmas Craft Fair, Elks Hall, Friday 11am-7pm, Saturday 10am-4pm

**November 6,13,20,27** Winter Market, upper level Boitania mall, Fridays 10am-6pm

**November 6,13,20,27** Friday Night Magic, Adventure Games, 83C 2ND Ave S, 5pm

**November 7** Christmas Market, Horsefly Community Hall 10am-3pm

**November 7,8** Home Based Business Fair, \$2



entry, Ramada convention center 10am-4pm

**November 7,14,21,28** Warhammer and Tabletop games, Adventure Games, 83C 2ND Ave S, Saturdays all day

**November 7,14,21,28** Fun Darts, OV Pub, Sundays 2pm

**November 14** An Evening of Remembrance feat. Renowned trumpet player Mr. Donnie Clark and the Cariboo Gold Dance Band, Cariboo Memorial Complex, Gibraltar Room 7:30pm, tickets at Open Book and at the door, proceeds to Legion 139

**November 14** KIJHL Hockey, 100 Mile Wranglers vs Summerland Steam, Cariboo Memorial Complex 7pm, advance tickets at AboutFace or Total Ice

**November 15** Bikers Against Child Abuse (BACA) meeting, public welcome, Big Brothers Big Sisters suite 200, 369 Oliver St, 1pm, info: 778-412-9323

**November 19,20,21,22** Ten Thousand Villages craft sale, Cariboo Bethel Church Hall, 833 Western Ave, 3-8pm

**November 20** CIHL Hockey, Stampeders vs Tomahawks, Cariboo Memorial Complex 7:30pm

**November 20** Live music, Angela Hehr & Band, OV Pub 9:30pm

**November 21** Poverty Challenge Variety Show, Signal Point banquet room, 6-10pm, info: 250-267-4522

**November 21** Made in the Cariboo fair, Visitor Center, 10am-3pm

**November 21** Museum Cowboy Christmas, craft fair 10am-3pm, concert 7pm, Gibraltar Room

**November 21,22** Medieval Market, Lake City Secondary (WLSS), 10am-4pm, \$3.00 Entry

**November 21,22** Craft Fair, Cataline School 10am-4pm

**November 21,22** Potato House booth at Medieval Market, Heritage photos with St. Nick, Lake City Secondary (WLSS), 10am-4pm

**November 23** The Social Planning Council is hosting AGM, Signal Point conference room, everyone welcome, 11:30am-1:30pm, Trade Show to follow, info: 250-243-2126

**November 26** Chamber of Commerce luncheon, Signal Point Gam-

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# play



ing 11:45am-1pm, call to book: 250-392-5025

**November 27** Messy Church, St. Peter's Anglican Church, Carson Dr, 5pm

**November 27** Black Friday, Boitanio mall 4-7pm

**November 27** Santa Arrives! Boitanio mall 4-7pm

**November 27** Big Dog Comedy, OV Pub 8:30pm

**November 28** Cariboo Foundation Hospital Trust Christmas Gala, Sacred Heart. info: Richard Nelson, 250-392-6053

**November 28** CIHL Hockey, Stampeders vs Rampage, Cariboo Memorial Complex 7:30pm

**November 29** Skate with Santa, Cariboo Memorial Recreation Complex, info: Ken 250-392-1771

**November 29** VFD Christmas Market, McLeese Lake Community Hall 9am-2pm

**November 29** CIHL Hockey, Stampeders vs River Kings, Cariboo Memorial Complex 7:30pm

**December 4,5,6** Winter Lights Festival, throughout Downtown 2-9pm

**December 5** Santa Parade, Downtown 6-7pm, ends at Spirit Square

## QUESNEL & AREA

**November 1** CIHL Hockey, Kangaroos vs Ice Demons, Quesnel Arena 1pm

**November 7** RCMA Open Mic, The Occidental, 228 Front St, 7-10pm

**November 7** CHAAPS Gala Dinner & Auction, Billy Barker Casino Hotel 5:30-11pm, info: 250-747-0114

**November 7,8** QJS Christmas Fair, Quesnel Junior Secondary 10am-4pm

**November 13,14** Seniors Craft Sale, Seniors Center, Friday 2-7pm, Saturday 9am-2pm

**November 14** Rotary Club 60TH Anniversary Dinner & Auction, tickets \$30, Royal Canadian Legion, 5:30pm-12am

**November 14** CIHL Hockey, Kangaroos vs Stampeders, Quesnel Arena 7:30pm

**November 14,15** Home Based Craft Fair, Carson Elementary, 1255 Graham Ave, 9:30am-3pm

**November 20** Burlesque Show, The Occidental, 228 Front St, 9-11pm

**November 21** Artisan Auction Gala & Dinner 6-10pm, info: Sherry 250-983-2670

**November 21** CIHL Hockey, Kangaroos vs Stampeders, Quesnel Arena 7:30pm

**November 24** RCMA Meeting, The Occidental, 228 Front St, 7-8pm

**November 28** Farmers Christmas Market, Arts & Rec Center, 500 North Star Rd, 10am-3pm

**November 28** Live music, Barkerville Brewing Co Concert series: Tribute to Stompin Tom, The Occidental, 228 Front St, 8-10pm

**November 29** Seniors Center Fun Day, 10am-2pm, info: 250-992-6440

**November 29** CIHL Hockey, Kangaroos vs Rampage, Quesnel Arena 1pm

## 100 MILE HOUSE & AREA

**November 1-14** Diamond Ring Raffle, White Cane Club 8am-5pm, info: Marilyn 250-396-4070

**November 2,9** The Art of Grieving, 6-8pm, Registration: Hospice 250-395-7680

**November 4,11,18,25** Lioness Shopping Spree, 8am-5pm, tickets at Save on Foods

**November 5,12,19,26** Full Contact Stick Fighting, Thursday evenings in Lac la Hache. info: Renee wlchick@hotmail.com or www.coillmohr.com

**November 5,12,19,26** Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: 250-395-1181

**November 7,8** Christmas Craft Fair, Lac La Hache community club 10am-4pm

**November 13** CIHL Hockey, Tomahawks vs Stampeders, Rolf Zeis Memorial Arena Lac La Hache 7:30pm

**November 20,21** Winter Arts & Crafts Fair, Community Hall, Friday 4-9pm, Saturday 9am-8pm

**November 28** 7th Annual Winter Bazaar, 108 Elementary, 10am-4pm, \$10/spot, info: 250-791-5682

**November 29** 108 Community Christmas Market, 108 Community Hall 10am-4pm

**November 28** CIHL Hockey, Tomahawks vs River Kings, Rolf Zeis Memorial Arena, Lac La Hache 7:30pm

## DVD & BLU-RAY New Releases

October 20th
Dragon Ball Z - Resurrection 'F'
October 27th
The Gift
November 3rd
A.D. The Bible Continues
Captain Sabertooth's Next Adventure
Dark Places
Digging for Fire
Elf - Buddy's Musical Christmas
The Final Girls
Inside Out
Saving Santa
She's Funny That Way
Snow Queen 2
Vacation (2015)
Young and Prodigious T.S. Spivet
November 10th
Alvin and the Chipmunks - Wild Adventures
Amy
Mr. Holmes
Red Herring
Self/less
Terminator - Genisys
Trainwreck
November 17th
Jimmy's Hall
Meru
Pay the Ghost
Santa's Little Helper (2015)
The Man from U.N.C.L.E.
November 24th
American Ultra
No Escape
Northpole 2 - Open for Christmas
Ricki and the Flash
Shaun the Sheep Movie
Suck it Up Buttercup

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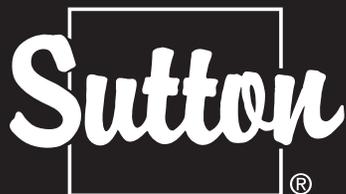


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*"Mere words cannot defeat a true hero. Unless they happen to be the words to some sort of Instant Death Spell. Magic is scary." ~Christopher Healy, The Hero's Guide to Storming the Castle*

## Channeling your inner superhero

### Pint-Sized

By Jazmyn Douillard



Halloween is over and that means no more costumes for another year. Wait. What?

I think not!

Costumes are a key part of our lives. Children and adults need to de-stress and some of us do that by drinking (tea, of course...) and some of us by taking on creative hobbies that in turn cause more stress. But I digress. Children need costumes. That doesn't mean we have to make one for them because they're more than capable of turning your favorite bra into a helmet all on their own, but we can certainly help out.

We've come a long way since our uniform of red towels tied around our necks and footy-pajamas, zooming around the living room and terrorizing the cat. Now we have access to all sorts of materials meant to warp, wrap and glow into magical armour

straight out of the World of Warcraft, allowing us to defend Alderaan from Voldemort with Gandalf's staff. Terrorizing the cat is completely optional, but still worthy fun.

The last costume I made took six months and a good chunk of my sanity. The last of my sanity went out the window when my luggage was trashed, which, I kid you not, was reinforced with an aluminum cage. So for those of you that don't want to spend your kid's college tuition and then a full 24 hours bawling your eyes out and eating chocolate, here are some fun suggestions for turning your little heroes into superheroes.

Let's start by upgrading that towel cape. I never throw out my old sheets and curtains once I'm tired of them because they're the cheapest and largest materials that can be salvaged into so many



projects. If you're not planning on throwing the cape into a washing machine or dryer after it's made, then go ahead and use regular white glue to attach a chopped up pillow case logo on the back.

If you have pinking shears - scissors that cut a zig-zaggy shark tooth pattern - and you want to do as little sewing as possible, then use those to cut up your fabric. That zig-zaggy-goodness helps

to stop fraying even if your hero is battling your evil teenager all day.

Do your heroes have a fascination with sewers and pizza? Grab a tinfoil roasting pan and spray-paint it brown, then strap it on with a belt or velcro overtop of their greenest clothes. Hopefully the clothes started out green. If not, the sewer might be a very appropriate new home.

Here I thought I was a

genius but it turns out everyone and their grandma has been doing this for a good ten years longer than I have. Do you or your husband (preferably your husband) have an old black t-shirt kicking around that's seen better days? Then hit Google and look up "T-shirt to Wizard's Robes". I'd tell you how to do it but hey, Google. They've got photos. And I'm just about out of room.

Though if you're like me and have battle-scars from building one too many costumes from scratch, it never hurts to create your own Tickle Trunk and fill it up with both store-bought and homemade outfits. You never know when your Clark Kent or Diana Prince will need to change into their alter-egos at a moment's notice.

Until next time, Storm out.

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*“Heroes are those who can somehow resist the power of the situation and act out of noble motives, or behave in ways that do not demean others when they easily can.” ~Philip G. Zimbardo*

# Potato House happenings

BY MARY FORBES

November 21-22 visit the Potato House booth at the Medieval Market in Williams Lake, featuring heritage photos with St. Nick in our restored 1920's vintage sleigh, with Jana Roller Photography.

The Potato House is helping expand the Angel Trees program as a part of the Downtown Winter Lights Festival and holiday shopping season in Williams Lake. The Potato House is participating for the first time in this holiday event that surrounds the Santa Claus Parade, featuring heritage photos at the Potato House, 'Spirit of Giving' venue for Angel Trees December 4th, 5th and 6th.

The Winter Lights Festival is hosted by the Williams Lake Downtown Business Association and organized by an

event committee which the Potato House participates in. They are working with the Salvation Army, Canadian Tire, The Realm of Toys, Bikes for All, Tolko, Scrapaholics (a new Downtown Williams Lake business), and the Women's Contact Society to create opportunities for community members to buy specifically requested gifts for children in need in our community. This fills a need that exists beyond the Christmas Wish Breakfast and is associated with the 300 gift requests from local children of families that apply for the Christmas Hamper from the Williams Lake Food Bank. Children decorate an ornament and affix a tag with their age and gift request that is hung on an Angel Tree in prominent locations (in 2015 and previous years, Canadian Tire has hosted the Angel Tree, but this

year there will also be trees at the Winter Lights Festival, The Potato House's Heritage Photos with Santa Booth at the Medieval Market, and likely more businesses as it gets public attention). People choose an ornament from the Angel Tree to keep and hang on their own tree and then purchase the requested gift, affix the tag from the ornament onto the gift, and deliver it to the Salvation Army. Angel Tree partners and sponsors will be prominently displayed, both on the posters and on the large treetop stars.

Coming up in January on the 13th at 5pm is the Potato House's AGM and Potato Potluck at Scout Island Nature Center. New members always welcome, and people wishing to be considered to be a director need to be members in good standing for 60 days, so sign up before Novem-

ber 13th!

In June the 24th is St. Jean Baptiste Day at Potato House. We are planning this for the first time to provide an 'end of school' event at the Potato House with live French Canadian music, French Language spoken in a community setting, crafts (including musical wooden spoons and the beautiful woven red scarves often worn as belts called 'Ceinture Fléchée' and food. Start time is 10am, rotating through interested classes and going till 2pm, and then expanding it into the evening from 4 till 8pm as a family event. This is a first time event and we are looking for Francophones and partners to help make it a success.

Email themaryforbes@gmail.com or message the Potato House on facebook if you want to play with us at these or other great community events.





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*"Heroes always have their scars. Some you can see, some you read about later on." ~George Foreman*

## Animal heroes

BY LIZ DIGHTON,  
WILLIAMS LAKE SPCA

When I first heard the November Stew's topic was Heroes, I was overwhelmed. Where to begin? We have all heard about the dog saving the family from a burning house or the family cat that caused a scene until its owner was rescued. Then there are trained pets like rescue dogs, therapy dogs, sight dogs: the list goes on.

I am certain that all these animals are heroes to the people they help. From catastrophic events to simple everyday moments, animals help us in so many ways.

I own a cat, three dogs, a miniature horse and three horses; all of them help me in their own special way. My dogs greet me in the evening with such enthusiasm that I cannot help but smile! My cat curls around my legs and talks to me while I do the chores, ensuring I am never alone. The calming sounds of horses munching on hay helps to ground me after a chaotic day. The sheer joy experienced while riding a great horse is hard to describe. The

excitement felt when watching a frisky horse buck and run on a windy morning, and the joyful sound of clip-clop as the pony and cart trot along the lane is just as great.

Yes, my pets provide me with so much and my life would be so less without them. They are my heroes and are always there for me. At work I have the privilege of meeting many, many animals each with a story and each a hero in some way. For example, the mother cat that gave her babies everything so they would survive but leaving her on death's door: she is a hero to those kittens. The dog that scours the garbage dump for food so she can provide milk for her pups: another hero. Mother Nature demands these ladies become heroes so they can provide for their babes.

Even more pets come to the BCSPCA that are waiting to show their super powers. The shy little dog that was brought in unwanted has given his new owner a reason and purpose in life when once there seemed to be none. A morning walk, no matter what the weather,



a shared snack and a cuddle at night, these may seem to be small things but to the new owner this was a lifeline when he needed it. A hero? Certainly!

The scared cat that froze when touched, who felt safe only when

hidden away in a dark corner: how is she a hero? When a young lady with social issues came to visit, she recognized herself in the cat. The two sat in the darkened room together for over an hour, and this became a daily oc-

currence. Soon the cat was on her lap. The two are still together, each giving the other the comfort and confidence they need to deal with the world.

Whether a companion, a protector, a worker, even a stray

or unwanted pet, all it takes is a moment, a chance encounter when we need a helping hand, a hug or even a reason to smile. All the animals I have met are heroes in their own way!



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

Sunday Worship 10:30am,  
fellowship coffee after church

Tuesday Bible Study 7-8pm

Tuesday Ready to Serve (children 7-12yrs)

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

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

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

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# read

*“Everybody wanted to be the hero of their own story. Nobody wanted to be comic relief.” ~Lev Grossman, The Magician King*

## Becoming a hero

A SHORT STORY

She looked squarely into the mirror. This was it. She put on a black mask that covered half her face, hid-

ing her identity to the rest of the world. If she wasn't going to get help from those she needed the most, then she would help herself. She would be her own hero.

\*\*\*

Tammy watched her older brother James, the man of the house now that her dad was gone, get ready for the day. He had a big job in their little community. Ever since that Fairy had gone out of control with trying to regulate the weather according to what she wanted, it was her big brother that now had to do damage control.

She sat at the breakfast table, trying to eat her fruits of the day. That was so long ago now, Tammy couldn't even remember that Fairy's name. She was Queen of the Fairies now that witch.

“That is Queen Leela,” James said to his sister.

Tammy cursed under her breath, she forgot that her brother could read her thoughts. If only she had that power.

“Your powers will come in time Tammy,” he smiled at her. “But remember to show respect to our Queen. She may not have done the best job, but she was born into this role.”

Tammy rolled her eyes at her brother, even though he was right. She needed to respect Queen Leela, regardless of how the Queen used her powers now. Powers that she didn't inherit from the King, but instead learnt her powers from the witch, who had long since been banished from their world.

James kissed their mother goodbye, and gave Tammy one of his looks before walking out the door, and flew off to his job.

“Tammy,” her mother

said, dropping her bag lunch in front of her. “It's time for school.”

Tammy sighed, she hated school. It was bad enough not inheriting her powers by now, at the age of 14, which is already past the age of powers, but she was stuck in a room with about six other people who had yet to inherit theirs either.

She stood up and shook her wings out. Sure wings were cool, but they could be such a nuisance. Tammy grabbed her packed lunch and her backpack, very carefully maneuvering the straps around her wings and walked to the front door.

“Mom,” Tammy said as she opened the front door.

“Yes Tammy,” her mother said as she picked up the breakfast dishes.

“You will get your powers soon enough.”

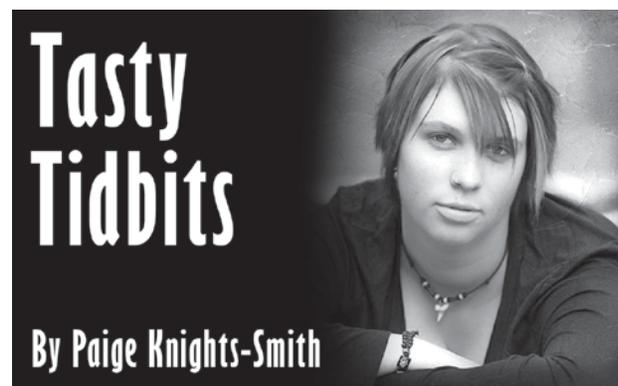
Tammy cursed telepathy.

\*\*\*

“Ha, ha,” three girls cornered Tammy. Her wings were backed up into the corner, she could feel the harsh brick cut into them.

This was a common occurrence for Tammy. She hated getting picked on. But as an older fairy with no powers, she was unfortunately open to mockery.

She sat down on the floor and tried to shut them out. Soon enough they grew tired of her. Tammy refused to give into their mockery and they hated that they could no longer get a reaction out of her. Instead they moved on to another girl around the same age. She watched them pick on her. Tammy was a little angry, what made them think they



### Tasty Tidbits

By Paige Knights-Smith

were better than others? The fact that they had developed their powers? That seemed a little unfair.

One of the older girls had sparks coming from her fingers, lighting them up. What a show off. As they mocked one of the only other girls in Tammy's small class, Tammy became more and more angry. These girls should not be picking on anybody. It wasn't fair.

Tammy heard screaming, only to realize that it was coming from her. The mean girls came back over to Tammy.

“Aw,” the lighting finger fairy girl mocked her. “Is Tammy all mad?”

Tammy glared at her; she could picture bright blue electric sparks coming from her own skin and zapping into the air, and wished that it would, just to teach these girls a lesson. As she imagined the electricity zapping out from her, she could see the girls eyes widen. They backed away slowly, their wings shuddering in fear.

The other girl they had picked on, gradually came over to Tammy, “I guess you got your powers after all.” She said holding out her hand to help Tammy up.

Tammy got up and smiled at her. “Maybe I just got mad enough.” The two girls walked off to class and finished out the day.

Later on at home, Tammy stood in front of her mirror. She was trying to figure out how to get the bright blue sparks to come off her skin again, and she was unable to do it. After a few frustrating hours, Tammy felt like giving up, and that made her angry.

She wanted to scare those girls again, to make them think twice before picking on her again. As she imagined that afternoon, and all of the other times those three girls picked on her, her anger began to build. And as the anger rose up inside her, Tammy could feel the prickly sensation on her skin again. She looked in the mirror and saw her skin sparkle with the bright blue electricity. She looked fierce! Tammy smiled, and the electricity suddenly stopped.

That was it, the key to her powers. Her anger. And with this realization, Tammy knew what she had to do. She had to stick up for the other fairies that didn't have their powers yet. The ones that were picked on all the time. It was time to be a hero.

### Great food and local art! featured at the Gecko Tree

Set a date and meet your friends at Williams Lake's popular café on Mackenzie Avenue. The coffee is great, the food is good food – not fast food... and the desserts are to die for!

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NOVEMBER 1 TO NOVEMBER 24

Linda Henderson, aka White Feather from North Vancouver comes to the Lakecity with her nature inspired acrylic paintings. As a fiftieth birthday present, Linda went to France for six weeks to learn to paint, and has not looked back since. Don't miss this opportunity to wander through the café and enjoy the works of this artist.

NOVEMBER 24 TO DECEMBER 24

Local artist Beatrix Linde ends the 2015 roster of artists at the Gecko Tree Café. Be sure to drop in and enjoy this artist's exciting eclectic style of mixed media art, combining fabric, paper, paint, hand and machine stitching.

Beatrix Linde, Gecko Tree curator, is always looking for artists interested in having their own show and sale. Give her a call 250-440-5759.

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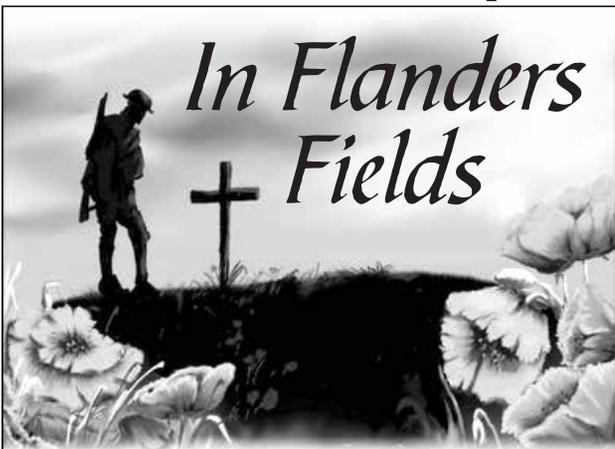
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hear

*“To be heroic is to be courageous enough to die for something; to be inspirational is to be crazy enough to live a little.” ~Criss Jami, Venus in Arms*

# Volunteer spotlight: Dr. Christine Constabel



*In Flanders Fields*

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders Fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders Fields.*

~ Lieutenant Colonel John McCrae, 1915



*Lest We Forget*

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WILLIAMS LAKE

“Service above self” is the Rotary motto. It could well be the motto for Christine Constabel’s life. Even with retirement from the Cariboo Dental Clinic, there aren’t enough hours in the day for all her activities.

As Co-Commissioner for Girl Guides in Williams Lake she has overseen the various groups of girls from Sparks to Rangers for many years. An interesting challenge for her is organizing an annual District camp for 80 girls, with as much outdoor fun as possible. The challenge might involve sleeping in a snow quinzee at 10 below or getting 48 girls to experience canoeing. Attending a week long Girl Guide camp with Williams Lake girls somewhere else in BC in the summer creates life long memories for everyone. Canoe trips have become a regular feature of our Guiding program for the older girls and Christine has now paddled the Bowron Lakes circuit eight times. Of course many other wonderful Guide leaders contribute to this success. Her own group of 26 Girl Guides meets every week for games, learning new skills and having fun.

Directing the choir at St John’s Lutheran church has been another

of Christine’s regular activity for 29 years. It is always fun to get together for the joy of singing and sharing this experience with the congregation. She especially likes accompanying the choir on her flute. The new challenge is to now get the youth group involved in the joy of singing.

Christine rarely misses a chance to play her flute at a community event when asked to participate. For 30 years Sherry Taylor and Christine have played flute duets at the Medieval Market. Her enjoyment of music has led to her involvement with the Festival Society for many years. Her favourite part is organizing the Band and Instrumental section, each spring.

Another of her musical endeavours is leading the Chimes choir for the Association of Community Living. Together with several other wonderful women Christine started this group, which is now in its 9th year. They all agree that the energy that comes back from the players keeps them motivated. It is a fun and lively experience every week.

As a dentist, Christine has volunteered with the UBC dental student mission team at the Anaham reserve for several years. This has led to a meaningful part time job at the Anaham and Nemiah reserves. Teaching



sewing in the evening became an evening activity at the reserve.

Finding a balance between volunteer activities and family has always been a challenge. Now that their four children are grown up, Christine and her husband Bill are pleased that their children are also giving back to the

communities they live in. Whether helping with Special Olympics in Prince George, or contributing to the dental student outreach in London, Ontario, or sitting on a hospital committee in Winnipeg, the kids are finding happiness in helping others. “There is no better reward for a parent than that”.

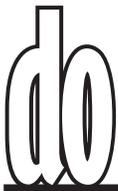
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*“Heroes may not be braver than anyone else. They’re just braver 5 minutes longer.” ~Ronald Reagan*

THE STEW MAGAZINE'S  
**Monthly MIX**



**HOLIDAYS OF THE MONTH**

**November 14 OR Nurse Day**

Operating Room Nurse Day honors those important nurses, who care for patients before, during and immediately after surgery. It's a very important role, during a period where a patient's comfort and life is in another person's hands.

**November 15 National Philanthropy Day**

According to the official National Philanthropy Day website, this day is set aside to “recognize and pay tribute to the great contributions that philanthropy – and those people active in the philanthropic community – have made to our lives, our communities and our world.”

Great philanthropists are known in history for their many and frequent monetary contributions, big and small. Many of them do so in a quiet way, not looking for recognition.

While we commonly view Philanthropy as a monetary contribution, the voluntary efforts of fundraising are also within the definition of philanthropy. So you can turn your labor effort into charitable cash contributions by participating in fundraisers, making you a Philanthropist!

**Supermom**

I've been collecting comic books for the better part of thirty years, so writing a column about heroes sounded easy, but that would be a cop out. I opted instead to write about some actual heroes that I know in real life. I'm active as a volunteer in a few different organizations and I've met people who spend not only their own time, but considerable amounts of their own money, to care for children they work with.

These are measurable things, but I'm not sure how to measure sleepless nights fraught with worry over the welfare of someone else's children. I met a man who had a house dropped on his thumb, pulled the part that was still attached to his hand free, wrapped it up in a shirt and then rode in a truck on a bumpy road for a few hours until they got to a hospital. This man was back at the park two weeks later to help serve hungry people, sans the greater part of his right thumb. I said to him, “Holy dude. You dropped a house on your thumb and crushed it off!? And now you're out in minus 20 degrees in the park feeding people?” In his very stoic way, he looked right into my eyes and shrugged his shoulders, and said “Yea, it's not a big deal and people are hungry.” The only

thought I had was ‘Not a big deal? You just lost a good size chunk of your thumb dude, if there is an apocalypse I'm going to find you.’

That, faithful readers, is a hero in my books. Of course there is one person above all whom, as far as I'm concerned, should be given the title of hero. It's my Mom. Born to alcoholic parents who lived below the poverty line she had what could be described as a “difficult” childhood. She was born prematurely with facial birth defects and a hearing impairment. She endured multiple plastic surgeries over the years to correct the birth defects including having her jaw broken in several places and wired shut. As a young woman she was in multiple car accidents and suffered a laundry list of injuries. She also broke her neck in a diving accident. Then she had two sons and as we grew up her physical misfortunes persisted with episodes of heat stroke to the point of unconsciousness and a line drive to the shin that effectively ended her softball playing days.

Later in life, she was a single parent with 3 minimum wage jobs. I remember times when my brother and I were having dinner and Mom wouldn't be eating. I'd ask why and she'd say simply “You boys eat, I'm



not hungry.” It never occurred to me until much later in life that she wasn't eating because we didn't have enough food. Years later she saw her twenty year old son lying in a hospital bed with the knowledge that this could be the last time she would see him alive.

Since that time she has seen the birth of 5 grandchildren, one of which ended up in children's hospital for a prolonged stay with a life threatening bone infection and the very real possibility of losing a leg at 2 weeks old. Several lifetimes' worth of psychic scars has not changed my mom for the worse. They have not jaded her and in fact she has always done her best to become a better person, and spread happiness, peace and understanding. She taught literacy to those struggling to learn to read and write in English, she helps people with their taxes, and numerous other things that got her nominated for citizen of the year in 2008. She has traveled by herself through India and was instrumental in build-

ing the only freestanding FPMT Tibetan Buddhist center in Canada. She will say something like “It wasn't just me, we had a hell of a team.” But the fact remains if it wasn't for her it wouldn't exist. Now that is heroic.

Let's make a Hero Sandwich. Get a Hogie Bun. The bigger the better. Slice it horizontally. Spread one side with mayo, the other side with mustard. Start piling on the meat. Salami, pepperoni, ham, turkey, chicken, etc. etc. Cover the meat in slices of real cheese. I recommend Provalone. If you're aiming for more health, you can put things like sprouts, lettuce, tomatoes etc. Close it up, wrap in tinfoil, fire it in a 400° oven for 10 minutes. Remove and eat. Easy eh?

PS: After letting my Mom read this to make sure she was ok with sharing it, here was her response: “Thanks Hon.... A very nice compliment. I'm not sure that I have done anything that thousands of moms wouldn't do. Love gives you courage ...as you well know my son.”

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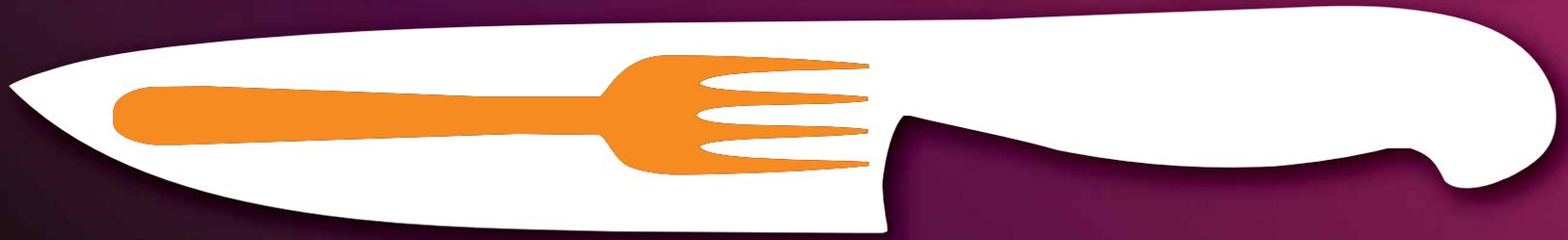
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 Monday Appy Platter ..... \$10.75

**TUESDAY**

Hi-Balls Off the Rail - Single oz ..... \$4.00  
 Deluxe Burger with Fries ..... \$7.00  
 Loaded Burger with Fries ..... \$9.00

**WEDNESDAY** {Lucky 7 Appy Nite}

16oz Sleeves Mucho Oro ..... \$4.00  
 16oz Sleeves Brown Hound ..... \$4.00  
 Appy Nite (All Listed Appys) ..... \$7.00

**THURSDAY** {Thirsty Thursdays}

Bottles of Domestic Beer ..... \$4.75  
 1lb Button Ribs ..... \$5.00

**FRIDAY** {Lucky 7 Appy Nite}

Hi-Balls Off the Rail - Single oz ..... \$4.00  
 Appy Nite (All Listed Appys) ..... \$7.00

**SATURDAY**

NY Steak & Prawns with Fries & Caesar Salad ..... \$19.75  
 Bottles of Sol & Dos Equis ..... \$4.75

**SUNDAY**

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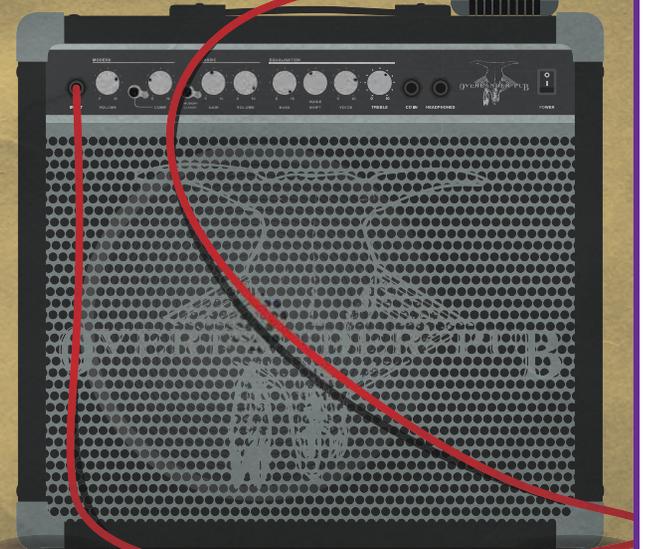


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- Lamb's Dark Rum
- Lamb's White Rum
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do



# What to do when your tooth is knocked out

BY RUDY WAS-SENAAR, WILLIAMS LAKE SMILES

If you've had your tooth knocked out, don't despair or waste time fretting. Here's what you need to do repair your smile. Let's say you play a game of softball with friends, you've accidentally had a tooth knocked out as your bungled a catch. Oh well, rinse your mouth, take a minute and get back into the game. You can go to your dentist to repair your smile another day, right?

Wrong! Although you just lost your tooth, there's a chance you can have it successfully replanted. But timing is everything. You need to go to the dentist, and fast. Locate the missing tooth and pick it up-carefully! You want to make sure you don't damage its root so lift it up by the crown which is the chewing side of the tooth.

If the dislodged tooth is dirty, rinse it clean with water. DO NOT use soap or chemicals, do not scrub the tooth or try to dry it. When taking the tooth to the dentist it is critical to keep the tooth moist and alive. If you have the fortitude, try to put the tooth back in its socket. The sooner it is placed back, the greater the chance of survival. This is how you do it: carefully push the tooth in the socket with your fingers or by gently biting down on it. You can also bite down on a wet tea bag or gauze to keep



the tooth in place.

If you can't manage to put the tooth back yourself, hold it loosely in your mouth against your cheek. Or you can put it into a container with milk or saliva just to keep it moist. Do not use regular water because the sensitive root cannot tolerate this for a long time. Then go to the dentist as fast as possible. The sooner the matter is attended to, the better the chance of saving your tooth. Ideally it should be taken care of within 30 minutes.

It will be different with young kids. DO NOT try to reinsert a child's baby tooth. Doing so might damage the permanent tooth underneath. The best treatment is prevention by making sure your tooth does not get lost in the first place. Take sensible precautions. Wear a custom fitted mouth guard if you play contact sports.

What to do if the re-implantation does not happen or if it fails? The best option to replace a missing tooth is with

a dental implant. Quite often the jaw bone will be damaged in trauma situations which can be

brought back with a grafting procedure. Dental implants have success rates of close to 95% which

makes this treatment option the most predictable and successful dentistry has to offer.

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*"Anyone who does anything to help a child in his life is a hero to me." ~Fred Rogers*

# Nature, fun and learning

BY MIKE TUDOR

The Gavin Lake Forest Education Society has been quietly improving the camp facility, the camping experience and the school program out at Gavin Lake since it took over almost exactly twenty years ago. The Society took over from the BC Forestry Association in 1995 when they ceased their own camp operations in the Province. It was a great chance for the local volunteers to use the camp in a way that would truly benefit their communities.

As soon as the Society was officially formed they began tentatively building up a school program. It started modestly, doing what the camp did best; providing a facility and organizing food and accommodations while letting the teachers instruct their own kids. Soon they began employing their own specialist instructors...first two, then four and finally all instruction was provided by paid and volunteer staff, allowing the classroom teachers time to interact with their kids and to learn right alongside them.

The Gavin Lake Grade 6 Forest Education Program has since evolved into a first class outdoor education program that is unique in the province. Every grade 6 student in both district #27 and #28 gets a chance to come out to camp for three days of



outdoor education. All at absolutely no cost to students, parents or schools.

The fact that the program is free of charge is not only a rarity these days but is also very important to the GLFES Board of Directors, who want every kid and every school to have the same opportunity to participate. It also appears to be equally important to members of the community as financial support from local businesses and service clubs has always been forthcoming to help keep the program free. They have raised approximately three quarters of a million dollars towards bringing about fourteen thousand kids out to camp in the last twenty years. "It is always great when a former grade 6 participant turns up as a class teacher, even if it does point out my age," says Mike.

When the kids get off the bus they are hustled to their cabins, take a

tour of camp, have a bit of free time and then begin their six study sessions. They will spend the next two days going through these six modules in small groups of eight to ten. They also have to participate in six chore groups to help keep the camp clean and in working order. A few of the study modules change yearly but this year they included archery, canoeing, compass use, species at risk in the Cariboo, forest discovery trail and aquatic insects. Chore groups include dishes, cleaning dining hall, cleaning washrooms, weather station, kitchen help and an odd jobs crew. "It is always interesting for me to see how many kids have never picked up a broom or washed a dish before coming to camp," says Mike.

There are lots of free time activities for the students as well, most of which involve running around and playing (no wifi or cell service at camp). They have an obstacle course, slacklines, a playing field, hikes to go on, canoes and a sauna. Add all these things up and the kids come away with three great days filled with fun learning, engaging outdoor activities and lasting memories.

A dedicated group of directors with a clear vision, a fantastic teaching staff, an awesome cook and a truly supportive community all help to make this an amazing and unique experience to be proud of in the Cariboo. For more information check them out at [www.facebook.com/Gavin-LakeCamp](http://www.facebook.com/Gavin-LakeCamp)

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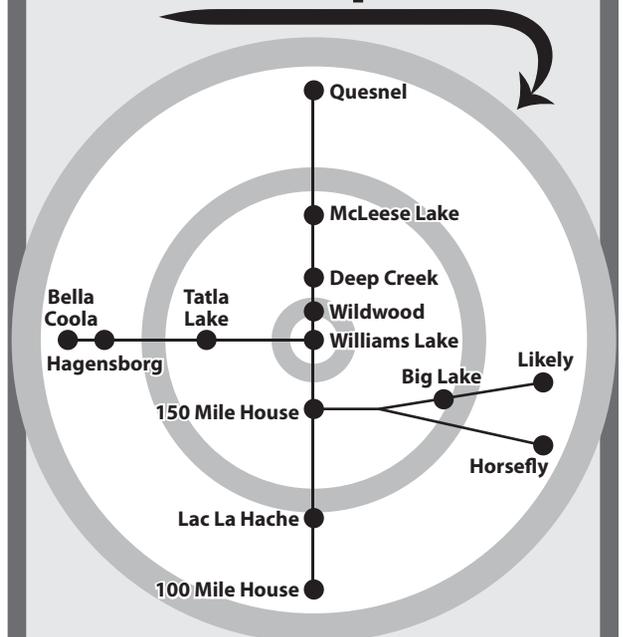
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**What is the minimum amount that must be withdrawn annually from a RRIF?**

CCRA applies a percentage factor which corresponds to the RRIF holder's age at the beginning of the year to the value of the RRIF assets at the beginning of the year. A spouse's age can be used instead of the RRIF holder's age if you choose.

**What changes have been made recently to the minimum amounts that must be withdrawn from a RRIF?**

For 2015 and later years, the 2015 Budget introduced a reduction to the minimum amount that must be withdrawn for a holder who is from 71 to 94 years of age. The reduction of the minimum amount that must be withdrawn will be achieved through adjustments to the RRIF minimum withdrawal factors.

For example:

Age at the start of the year	Pre 2015 factor	New factor for 2015 and later years
71	7.38%	5.28%
72	7.48%	5.40%

And so on until age 94. At age 95 and over, they remain the same - 20%.

For more information on this topic, consult the Department of Finance Canada's Budget 2015 under the CRA website.

These excerpts were taken from the CRA website under the 'Minimum withdrawal factors for registered retirement income funds'.

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# Writers' Showcase

Short Stories by  
the Williams Lake  
Writer's Group

## "Only a spider"

SHORT STORY BY  
ANN MOUTRAY

Heroes come in all shapes and sizes; everyone is capable of a heroic act, even me; yes me. I once performed an act that required great courage and saved a life. No, I did not rush into a burning building to rescue a dog; I did not jump into a freezing lake to save a drowning child; I did not even scale down a cliff to help a fallen climber. So what was the heroic act which I performed? Even

though filled with fear and horror, I saved the life of a spider. "Only a spider", I hear you remark scornfully.

"What do you mean, 'Only a spider'?" I'm inclined to ask.

Every life is important and a spider's life is certainly important, at least to the spider.

I have arachnophobia; an irrational horror of spiders, you see. Where this dread came from, I have no idea but it seems as if it has always been with me. Even to



see a picture of a spider makes me twitch and tingle more than if I saw a ghost peaking around the corner.

The last few years of my working life were spent teaching kindergarten. One day, as was bound to happen, a large spider was spotted crawling across the classroom floor. A child, as children will, went to stomp the little creature into oblivion.

I was the teacher and as such it was essential that I help the children to understand the importance of all life, no matter how humble that life may be.

In spite of my horror of spiders I sprang into action, restrained the child and saved that little spider's life. A tumbler and sheet of paper were procured and shivering, shaking and filled with horror and desperately

trying not to look at it, I captured the wee creature in the tumbler and the whole class trooped outside with me, to watch the spider receive its freedom and scuttle away into the grass. Anyone who has a spider phobia will understand that even that small insignificant act required the courage to act well beyond the call of duty.

All life is important and my irrational fear

of spiders is not a good reason for the little fellow to lose its life. From then on, each time a spider was spotted in the room I was again called upon to repeat my brave act and a number of spider lives were saved.

Strangely enough, I discovered that in my position of spider protector I found that over time I was losing my fear of spiders. Unfortunately, I retired before the phobia was completely gone and now I am back to my original state.

The other evening, as I was peacefully watching television, my plate of dinner balanced on my lap, I was unexpectedly joined by a rather large spider. I leaped to my feet uttering a loud screech which could probably be heard in the next block and my plate and dinner went flying. A person cannot be expected to be a hero all the time.

*the Yellow Umbrella and Thyme for Tea*

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# read

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

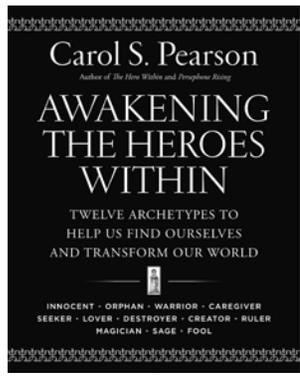


## Inspired Reading



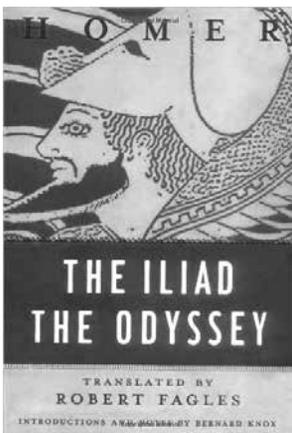
**Hero: The secret,**  
Rhonda Byrne  
This motivational book promises to inspire and show us all how to search for, find, and live our dreams. It gives the message that all of us are heroes in our own way, and explains how we can fulfill our dreams.

**Awakening the Heroes Within,** Carol S. Pearson  
Dr. Pearson's book provides an ideal vehicle for self-discovery and renewal. It contains self-score tools that will help readers discover previously untapped sources of personal power. The book



seems particularly well-suited for adults in their professional years who are looking for ways to clarify their place in the world. The theoretical foundation for the work is both well-grounded and intuitively appealing. You will want to revisit this book whenever you are in the mood for a psyche checkup.

**The Illiad and the Odyssey,** Homer, translated by Robert Fagles (free on Kindle)  
Although it is written in classical language, this book is an excellent translation. The struggle between the gods and the

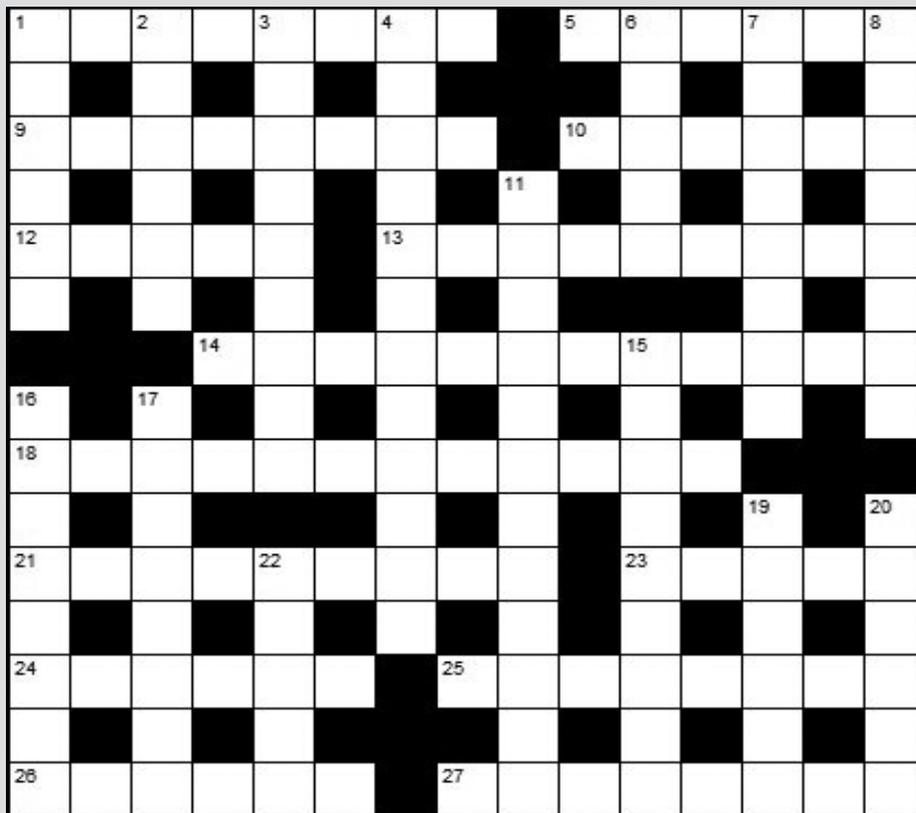


men they love (and hate) is all a part of the Greek belief system, and these books characterize that ideology. In *The Iliad*, not only are the men fighting amongst themselves, but also fighting the gods, and the gods are even fighting each other. I highly recommend this set for anyone who is interested in classic literature, or if someone just wants a good mythology story.



**How to Draw the Marvel Way,** Stan Lee and John Buscema

This is not only the best and most comprehensive book in learning to draw comic book style art, this has some of the most basic, yet most critical drawing techniques. Techniques such as the vanishing point, character swatches, layouts and breaking figures down into shapes, for example. The way the lessons are presented is informative and fun.



## X-Word Puzzle

### ACROSS

- 1 Returning drunkard sees several more (8)
- 5 Chap captures knight with queen – that's how Arab may move? (6)
- 9 Worry oneself about a feature of some bats (4-4)
- 10 Causes alarm and anxiety on board (6)
- 12 Build sports ground in abandoned encampment (5)
- 13 Good man consumes small dinner perhaps – like some biscuits (9)
- 14 Try comic line to start to soothe raving road user (5-7)
- 18 Not easily wound up, happening to lose one's rag about politician sacking son (4-8)

- 21 Some bad fielding leads to defeat (9)
- 23 Island institute gets rid of Academician (5)
- 24 Clergyman's wife dismisses first couple to show affection (6)
- 25 After short trip, detective has extremely communicable disease (8)
- 26 Noisily knocked back a delicious drink (6)
- 27 The majority should be kept in the warm – it stops bleeding (as American has it) (8)

### DOWN

- 1 Insectivore that's often recognizable? Not entirely (6)
- 2 Most strict, keeping one's woman in order (6)
- 3 Craft shop's closing and left a bit too untidy (5-4)
- 4 With yours truly absent, teaches class about mounting special electrical items (12)
- 6 Necktie accepted by Hamish? (5)

- 7 Spice sexual excitement up with married man (8)
- 8 Determined to rule out taking pills (8)
- 11 We had a celeb dancing outside hotel, maybe right on the Strand? (7,5)
- 15 Cut short street party that's getting noisier (9)
- 16 One cuts corners, sloppily producing chemical used in dyeing (8)
- 17 Satisfied by interpretation of Eroica except the last bit, which is very fast (8)
- 19 Refuse to take exam again around start of semester (6)
- 20 Fresh money to support soldiers (6)
- 22 Opera for La Scala at heart? (5)



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# SIGNAL POINT NEWS!

The *Sint*

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## DID YOU KNOW?

Community organizations may be eligible for government community gaming grants to support their programs and services. Payments for approved grants are made throughout each government fiscal year, and the timing of the payments depends on the grant category / sector.

Last year approximately \$947,065.00 went back to the Williams Lake community and surrounding area from gaming dollars!

For a full detailed list of Gaming Grants paid to community organizations please visit [www.gaming.gov.bc.ca/reports/#six](http://www.gaming.gov.bc.ca/reports/#six) then find Williams Lake on the list.

## FESTIVAL OF TREES

November 29 to December 19

Come and support your local charity, bring a non-perishable food donation or toy for the toy hamper, receive a ballot and vote for your favorite Charity tree, top 3 voted trees will receive a split cash donation from Signal Point's Found Money Account. The donated food and toy items are distributed to the Cariboo Chilcotin Child Development Centre and the Salvation Army.



## PIRATES GOLD BONUS

November 3, 10, 17 and 24

Play with your Encore Card, get a chance to win a portion of the Pirates Treasure. New for Encore Members. Not a member? It's free to join!



## November is Signal Point's 11th ANNIVERSARY

November 6-8

Hot Seat Draws 11am-10pm

November 30

Anniversary Grand Prize Draw  
(see in-house for details)



### HOURS

GAMING FLOOR: Sun-Thurs 10:30am to 10:30pm • Fri-Sat 10:30am to 12:30pm

POINT RESTAURANT: Sun-Thurs 11:00am to 10:00pm • Fri-Sat 11:00am to 11:00pm

BINGO: Sat-Sun games at 3pm and 6:30pm • Mon, Thurs, Fri game at 6:30pm

HORSE RACING: Sun-Thurs 10:30am to 9:30pm • Fri-Sat 10:30am to 11:00pm

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