



the stew

ISSUE 7.4 | APRIL 2016 | **FREE**

the
gardening issue

Featuring
**Brianna
van de Wijngaard**
Pages 6 & 7

hear

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On the Cover:

It's gardening season! Join The Stew Magazine in welcoming this colourful time of year.

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Grandpa's Lessons

BY CRAIG SMITH

I've always spent a fair amount of time researching each month's theme before I start writing as a lot of time; there is more to the theme than you would think. There are more dictionary definitions for words than what we use on a daily basis, and sometimes we use those words without knowing what they actually mean. One such word is garden.

Believe it or not the word garden actually means "enclosure" and originates from Middle English, French and German. I thought that when we picked garden as our theme for April that there might be more to it. As I've been a photographer for many years I've always thought about the real meaning of the word Kindergarten. I thought correctly that kinder was the German word for children. I also thought "garden" meant garden and that was because they were growing or nurturing their education. That was wrong as it means enclosure. So the word actually means enclosing children which is pretty accurate. The first Kindergarten was of course in Germany and happened in 1779 in the City named Strasbourg. The concept spread rapidly throughout Europe over the years including the version in Hungary renamed as "Angyalkert" or Angel Garden. Evidently the Hungarian Countess that came up with the name had not had kids. The term Kindergarten was coined in 1840. The first kindergarten came to Canada in 1870.

So when most people think of gardens they normally think of

the places you plant vegetables, fruit and flowers. I've always wondered why there were a bunch of sporting venues called gardens like the "Grand Garden Arena" and "The Madison Square Gardens". If you've ever been to any of them you are not going to see any vegetables growing in the parking lot. Now that I know that it means enclosure that makes way more sense.

I am no gardener nor do I have any interest in growing anything right now. There are only so many hours in a day and mine are very full. When I was younger it was different. I spent a lot of my growing up in Salmon Arm and if anyone knows that area, a lot of people are in the growing industry. I, and many of my friends, made our pocket money working in the fields and orchards in the area.

My grandfather had an apple orchard, cherry trees, rose bushes, a strawberry patch and a vegetable garden. He had the green thumb of the family and in my eyes he could grow anything. The first time I met him I was about 9 years old. I had only ever seen fruit and vegetables in the store so to see it growing on trees and bushes was amazing and very foreign to me. He gave my brother and me a tour showing us the different types of trees; cherry, apple, and plum, bushes that had strawberries and the vines that had peas and tomatoes. As my grandfather didn't use pesticides you could actually eat everything right off the tree or the bush and he gave my brother and I that offer to do just that. We both settled on the cherry tree. Grandpa didn't tell us that it



was best to eat fruit in a normal sized portion. He was a man that always let us figure stuff out on our own. He raised two daughters but still understood how to help raise boys. He was there to help if you needed it but didn't interfere unless the situation got dangerous, like the time he was teaching me to drive when I accidentally popped the clutch on his truck and shot across the highway, but that is a story for another article. Getting back to my brother and me sitting in the cherry tree. We definitely were not told anything about portions when it came to fruit. Needless to say we were very full when we were done. For the next few days neither my brother nor I were feeling very well and my grandfather taught me a very valuable lesson about cherries and all fruit for that matter when it comes to overindulging; smart man.

As I was growing up I picked fruit sometimes, and because my

parents bought the house next my grandparents, I was able to go over and help do some of the chores that have to be done in every orchard. My mom's favorite story, even 40 years later, was the couple of summers that I hiked up to the neighboring strawberry fields picked a flat of fruit came home and turned it all into a batch of strawberry jam. My mom had a full time job and my brother and I tried to help out that way when we could. I'm actually surprised that I didn't turn into a chef as I enjoyed cooking during my teen years, so dinner was always ready when my parents got home.

So unfortunately I don't have time to be a gardener or orchardist even if I really wanted to get back to my roots. Now when I hear the word garden what excites me is the fact that it probably means I'm going to go to a UFC fight and not getting dirty.

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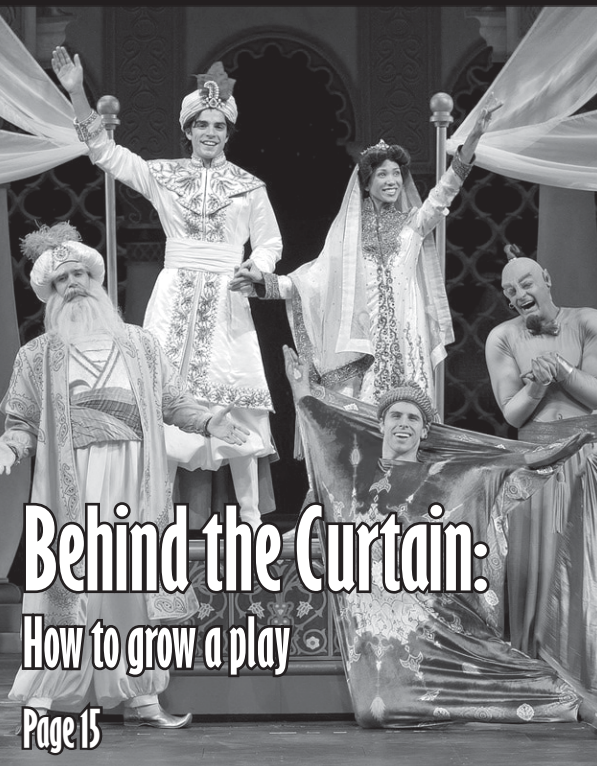
ingredients



Featuring
**Brianna
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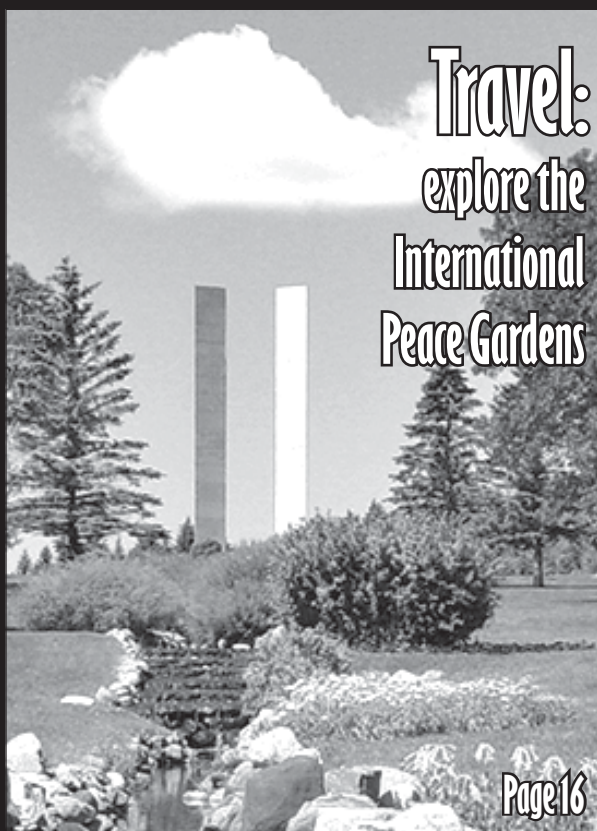
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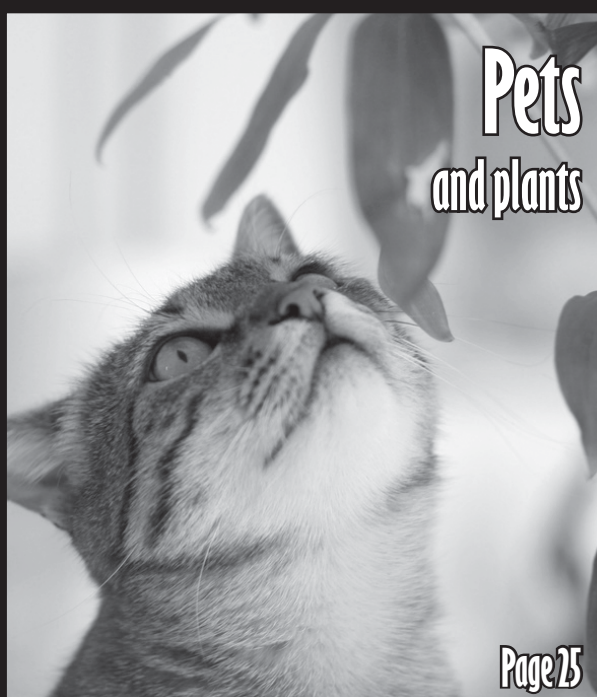
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Growing the **WE ARE IN THE
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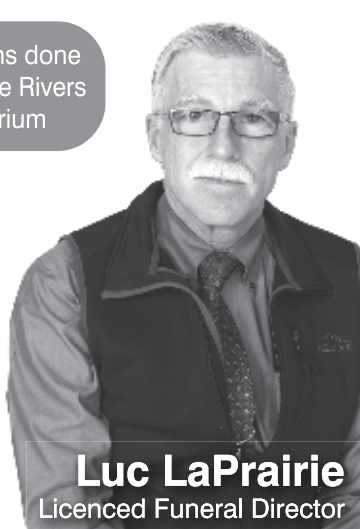


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First contact part two

Fifteen years after Alexander Mackenzie's historic crossing of North America, Simon Fraser followed the river later named after him to its mouth in 1808. The journals kept by both explorers give poignant insight into the lives and culture of the indigenous people they met. These first written accounts offer a snapshot in time of the complex tribal occupation of the rugged landscape that would become British Columbia.

When Simon Fraser was born on May 20, 1776, in the village of Mapleton near the boundary of New York and Vermont, the American Revolution was in full swing. He was the last of eight children born to Captain Simon Fraser and Isabella Grant.

Captain Fraser was a member of the 84th Highland Regiment when he brought his family across

the Atlantic in the ship Pearl in 1773 to settle in the thirteen colonies. They had family in New York and established a farm near Mapleton, now in the State of Vermont.

Young Simon was less than two months old when the thirteen colonies declared independence from Great Britain in July, 1776, and the new nation of the United States of America was born.

Unfortunately for the Fraser family, they were on the wrong side of the fence when it came to the American Revolution. They were committed loyalists to the British cause, and on August 16, 1777 Captain Simon Fraser was captured in the Battle of Bennington, and thrown in prison. He died in captivity in 1779 when his youngest son was less than three years old.

British Columbia was largely unknown to Euro-

Looking Back

By Sage Birchwater

pean interests during this settling of accounts in eastern North America. Simon Fraser was two years old when Captain James Cook anchored in Nootka Sound on the west coast of Vancouver Island for a month, gaining a first glimpse of British Columbia for Great Britain.

Cook traded with the Nuu-chah-nulth from March 29th to April 26th 1778, then continued north, mapping the coast all the way to the Bering Strait. In a single visit he charted the majority of the

North American northwest coastline on world maps for the first time.

After the Revolutionary War ended in 1783 Isabella Grant Fraser was assisted by her brother-in-law, Judge John Fraser of Montreal, to move with her dependent children to Quebec. Simon was eight years old when they arrived in the northern Quebec town of Cadillac, and was 14 when he attended school in Montreal in the care of his uncle. At 16 he entered the service of the North West Company,



apprenticing as a clerk.

Little is known of Simon Fraser during his first decade working his way up the ranks of the Montreal-based fur trading company. He had only been in the company's employ a year when Alexander Mackenzie made his historic journey across the continent to the Pacific coast.

Fraser's dance in the

historic limelight occurred over a mere three-year period, from the fall of 1805 to August 1808. His commission was to follow the Peace River to its headwaters, cross the Rockies, and establish trading posts in what is now the interior of British Columbia. His main task was to follow Mackenzie's "Columbia River" to its mouth.

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...continued from page 4

It was assumed of course that the great river that Mackenzie had paddled in 1793 on his journey to Bella Coola was the upper reaches of the Columbia. Fraser was soon to prove otherwise.

Mackenzie relates in his journal how Dakelh people near present day Alexandria cautioned him against descending the great river any further because of rapids and unfriendly tribes further downstream. Instead they convinced him to follow their trade trails west, up the Blackwater River to reach the “lake whose water is nauseous”, the salt water of the Pacific Ocean.

The Columbia River was unknown to Mackenzie or European interests in 1793. Only a year earlier, in May 1792, American merchant sea captain Robert Gray noticed a strong outflow of muddy water spilling into the Pacific Ocean from the west coast of North America at 46 degrees north latitude. Surmising this to be the Great River of the West, he decided to investigate.

Captain Gray quickly discovered treacherous

shifting sandbars blocking easy access to the river. Finally on May 11th, Gray used a small sailboat to chart a safe channel through sandbars, and successfully entered the estuary with his ship the Columbia Rediviva. He spent nine days in the river, sailing upstream, charting its mouth, and trading with the natives. Then Gray planted some coins under a large pine tree, hoisted an American flag, and claimed the land for the United States. He named the river after his ship the Columbia, but didn't get back to Boston until July 1793 to convey his discovery of the river to the rest of the world.

This would have been the same moment Mackenzie reached the salt water of Bella Coola, so there was no way he could have known about the existence of the Columbia River.

By the time Mackenzie reached home and published his memoir in 1801, Captain Gray's great river was fully on the European radar, and Mackenzie was convinced it was the Columbia headwaters he had visited on his journey.

Simon Fraser continued with this misunderstanding as he led a party of twenty men up the Peace River in the fall of 1805 to establish a post at Rocky Mountain Portage. Located at the foot of the turbulent Peace River Canyon, the community of Hudson's Hope sits there today and the WAC Bennett Dam was constructed nearby in the 1960s. Fraser saw this as an excellent location for a trading post and as a supply base to launch exploratory forays into the unknown region beyond the Rocky Mountains.

Leaving most of his men to build Rocky Mountain Portage House that fall, Fraser set off with a smaller party of half a dozen men to explore the upper reaches of the Peace River. Following the Parsnip tributary, they reached Trout Lake, now known as McLeod Lake, and met a band of friendly Sekani First Nations people. Fraser decided to build Trout Lake Post, later named Fort McLeod, and this became the first permanent European settlement in British Columbia west of the Rocky Mountains.

That winter one of Fra-

ser's men, James McDougall, set off from McLeod Lake on a reconnaissance trip west into the lands of the Dakelh. After a three-and-a-half-day trek he got as far as Stuart Lake, and met a Dakelh man by the name of Toeyen. He told him a party of white men would be coming to found a trading post on the shores of Stuart Lake the following summer, and gave him a piece of red cloth so he could identify himself when they arrived. Toeyen described to McDougall how Stuart Lake drained into the large river Mackenzie had paddled in 1793.

When McDougall brought the news of his discovery to Rocky Mountain Portage, Fraser was eager to take the long, more circuitous water route to Stuart Lake, to stay true to his quest to follow Mackenzie's great “Columbia” River.

With a party of a dozen men in two large birch bark canoes, Fraser set out in early June as soon as the rivers were navigable. It took them more than a month to reach Stuart Lake.

Though Toeyen had

warned his people about the impending arrival of the fur brigade, the Dakelh community was alarmed when Fraser's two large birch bark canoes hove into sight.

Father Adrian Gabriel Morice wrote an account of this memorable event as it had been described to him:

“The 26th of July 1806 was a rather windy day on what the Dakelh called Lake Na'kal...The soapberries were ripening and most of Chief K'wah's people were camped at the mouth of Beaver Creek...when what appeared to them, two immense canoes were descried struggling against the wind around a point.

“...Immediately great alarm arises as such large canoes have never plied on Dakelh waters...and lo, a song like of which has never been heard before strikes their ear...

“Toeyen...donning his red piece of cloth as an apron, seizes a tiny spruce bark canoe lying on the beach...and fearlessly paddles to meet the strangers...

“On landing, Fraser's men, to impress the natives with a proper idea of their



wonderful resources, fired a volley with their guns, whereupon the whole crowd of Dakelh fell prostrate to the ground...”

That was the dramatic first contact on Dakelh soil.

Despite being low on provisions, Fraser set his men to building a post on Stuart Lake, then later that summer, another post on Fraser Lake. His plan was to resume his major task of exploring Mackenzie's “Columbia” River to its mouth, as soon as he collected enough provisions for the journey.

This preparation would take Simon Fraser nearly two years before he set out on the final leg of his perilous and fantastic exploration south. See next month's Stew for the conclusion of this tale.

NEW Invasive Plant Invader Queen Anne's Lace (Wild Carrot) has been put on the 2016 watch list for the entire Cariboo Chilcotin and Coast regions. It is a biennial, flowering from June to August. It flowers in its first year having produced a large, single taproot. Distinguished by more delicately textured leaves, fine hairs on its stems and leaves, a root that smells like carrots, and occasionally a single dark red to purple flower in its center. This plant is common to roadsides, railroads, waste ground and open fields. It can live in dry areas and areas of medium water supply. This plant produces large round clusters of small bright white flowers that measure 3-7.5 cm across and resemble lace. The seeds mature and are released from midsummer to midwinter. The seed head contracts, folding in on itself to resemble a bird's nest. Dried umbels detach from the stem and tumble along the ground. The seeds have barbs, which promote dispersal by animals and wind. If you see this plant, **report it immediately!**

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Grower extraordinaire

BY CHRISTA SMITH

Williams Lake is home to a fantastic and creative new way to garden. Urban Farming is not a completely new concept, but it was new to the lake city three years ago when Brianna van de Wijngaard moved to town bringing with her Puddle Produce Urban Farms.

Brianna moved to the Cariboo from Vancouver Island in 2013 specifically to start her Puddle Produce business. Having finished her Bachelor of Arts Degree, she moved to Hagensborg to do something completely different. Spending time in the outdoors after sitting in school for so long

Brianna says, “I just knew I didn’t want a desk job and I had found a passion for the outdoors.” This passion is what led to the start of what has grown into something great.

How Urban Farming works for Brianna is that she rents yard space from others who live in the City then she grows vegetables in the space and pays the land owner through a weekly share of profits. In 2013 she started with about 4500sq ft, which has grown to 8000sq ft this year with six different plots. From these six plots Brianna has about 20 crops and a nice mix of vegetables. Each plot has to be a minimum of 1000sq ft and Brianna

takes care of the rest, from weeding and watering to harvesting and selling. The Produce is sold at local farmers markets, the Cariboo Growers Coop and through some restaurants.

Through this local growing initiative Brianna also has a weekly Veggie Box program. The program runs for approximately 15 weeks and individuals can sign up for a large or small box. Each week the box will include a variety of what has been harvested that week, so the variety changes throughout the season.

The focus on planting mix is short growing veggies and quick turnover plantings so that the most

can be maximized from a crop. Brianna says, “1-5lb per square foot is what I aim to get and I hope for 3-4 plantings per season, which is March to October.” “I prefer to take on plots closest to my house in order to save in travel time. The places that are further I plant things that take less maintenance like Kale.”

Some of the most popular items that Brianna sells are the salad mixes. “They are just like what you find in the grocery stores with regards to price, but have twice the shelf life and a fraction of the environmental cost” says Brianna. She also grows three kinds of radishes, spinach, beets

and green onions to name a few. All foods are grown with an organic practice and organic products.

Brianna has a real passion for agriculture and helping people access fresh food. Even her day job is related to healthy foods as she works with the Williams Lake Food Policy Council and Community Gardens as well as the Conservation Society. Brianna volunteers with a variety of agricultural stuff, grows microgreens all year round along with other personal growing hobbies. Her hobby growing inside of her home is year round and gives her the opportunity to experiment and cook with her foods.

As for the future Brianna plans to keep growing and maybe even expand to where she can participate in some high volume distribution. If you are interested in learning more about healthy locally grown foods make sure to watch for the farmers market this summer or drop by the Cariboo Growers Coop on Oliver Street and third. There is also a workshop called “Gardening for Beginners – Steps to Success” that is being held at the Recreation Center April 7 at 7:00pm \$25.00 for more information contact Brianna at puddleproduce@gmail.com, or check out www.puddleproduce.ca.



we speak

Green thumb... not

BY CHRISTA SMITH

Gardening is one thing that I have a deep respect for but just don't seem to be able to do. I have tried, but either I love my plants to death or I try to plant things that are not likely to grow in our climate, or the shade where I live. I don't have enough of a green thumb that I can even grow a cactus inside of my house. Every spring I look longingly at the green houses, seeds and bags of potting soil and then walk away as I know what the end result will be. The only thing I was good at growing was grass, and then we got dogs, now I grow mud.

I think one of the reasons that gardening always calls to me is that when I was young my grandmother had the most amazing garden. Not only was the garden

huge but the rows were perfectly straight, precisely spaced and everything that grew there tasted wonderful. In addition to the size and wonderful variety it was pretty; there was a mix of colours and sizes that seemed to complement everything. The rows of green grapes were next to the rows of red, and then the corn that graduated down the peas and then to the reddest tomatoes you have ever seen and beans to the carrots and squashes. I can't completely remember everything that was there but I know it is huge with a variety of just about everything I see in the store only better. My grandmother took such pride in her garden; even around the outside she had planted roses, it was like the frosting on a cake. The roses smelled amazing and they were every

colour you can imagine.

The best part about gardening was the long summer evenings spent sitting on my grandparent's porch, snapping beans, watching the sun set, and listening to the creek of their rocking chairs. I don't have my grandparents anymore but I do have the memories they left me and the image of what I consider the best garden ever.

With the ease and modern convenience of a grocery store on just about every corner I think it's easy to forget the joy of gardening, that and the patience that it takes to produce a full range of produce. I respect the growers and producers out there that provide the fresh fruit and vegetables that feed us every day. We probably don't even think about it as we dash from work through the store



and home for dinner. Most of us will probably never experience an afternoon walk through a garden deciding on what

to have for dinner. Thank you to the gardeners and growers for keeping us from completely converting to an add water and

stir packaged diet. To those who have gardens, congratulations and good job, keep up the art of growing and gardening.

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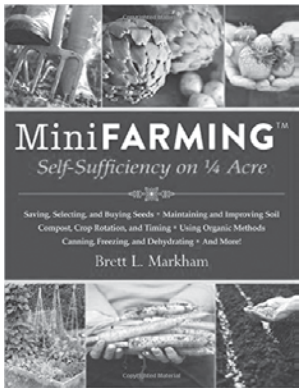
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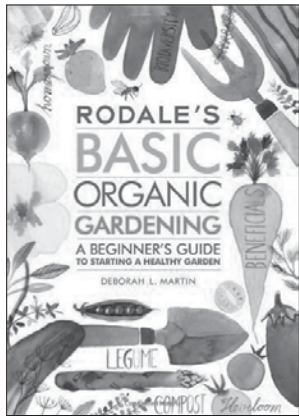
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Organic gardening & horticulture bestsellers



Mini Farming: Self-Sufficiency on 1/4 Acre, by Brett L. Markham

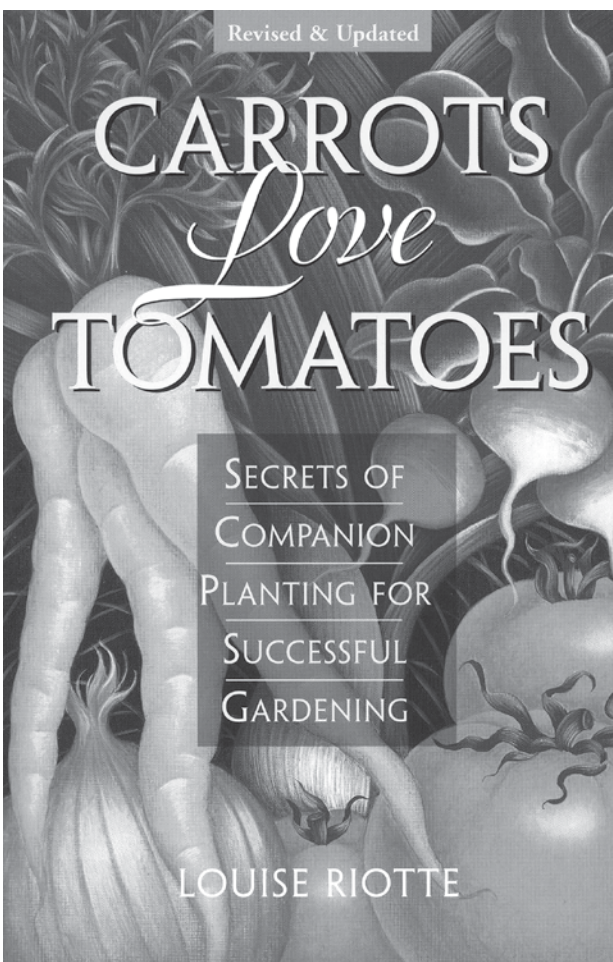
Mini Farming describes a holistic approach to small-area farming that will show you how to produce 85 percent of an average family's food on just a quarter acre—and earn \$10,000 in cash annually while spending less than half the time that an ordinary job would require. Even if you have never been a farmer or a gardener, this book covers everything you need to know to get started: buying and saving seeds, starting seedlings, establishing raised beds, soil fertility practices, composting, dealing with pest and disease problems, crop rotation, farm planning, and much more. Because self-sufficiency is the objective, subjects such as raising backyard chickens and home canning are also covered along with numerous methods for keeping costs down and production high. Materials, tools, and techniques are detailed with photographs, tables, diagrams, and illustrations.



Rodale's Basic Organic Gardening: A Beginner's Guide to Starting a Healthy Garden, by Deborah L. Martin

When the inspiration hits to start an organic garden, many novices could benefit from a guidebook that speaks directly to their enthusiasm, their goals, and, of course, their need for solid information that speaks a newbie's language—from the most trusted source for organic gardening methods.

In Rodale's Basic Organic Gardening, general garden-building skills (from "Do I need to dig?" to "Where do I dig?") and specific techniques (from "How do I plant a seed?" to "How much should I water?") are presented in growing-season order—from garden planning and planting to growing and harvesting. Many other need-to-know topics like soil, compost, seeds, pest control, and weeds are explained in simple language to ensure success, even on a small scale, on the first try. More than



100 common garden terms are defined, and Smart Starts sidebars offer doable projects to build confidence and enthusiasm for expanding a garden when a gardener is ready. A flower, vegetable, and herb finder highlights easy care plants with good track records. Plus, there are no-dig garden meth-

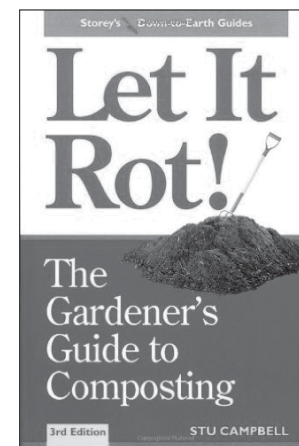
ods, simple garden layouts, and tips and hints inspired by the most popular page views on organicgardening.com.

With a "no question is unwelcome" approach, a troubleshooting section lessens frustrations and encourages experimentation. Rodale's Basic Organic Garden-

ing is everything a beginning gardener (or one who's new to gardening organically) needs to get growing and keep a garden going strong all season.

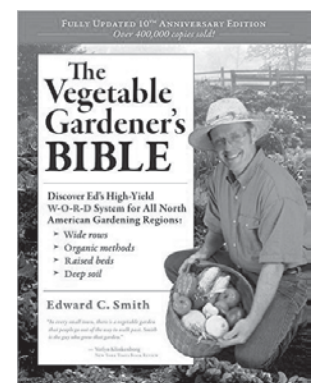
Carrots Love Tomatoes: Secrets of Companion Planting for Successful Gardening, by Louise Riotte

Plant parsley and asparagus together and you'll have more of each, but keep broccoli and tomato plants far apart if you want them to thrive. This classic companion-gardening guide outlines the keys to creating a harmoniously varied and bountiful garden. Utilize the natural properties of plants to nourish the soil, repel pests, and secure a greater harvest. With plenty of insightful advice and suggestions for planting schemes, Louise Riotte will inspire you to turn your garden into a naturally nurturing ecosystem.



Let it Rot!: The Gardener's Guide to Composting (3rd edition), by Stu Campbell

In 1975, *Let it Rot!* helped start the composting movement and taught gardeners everywhere how to recycle waste to create soil-nourishing compost. Contains advice for starting and maintaining a composting system, building bins, and using compost.



The Vegetable Gardener's Bible (2nd edition), by Edward C. Smith

In this authoritative guide, Ed Smith shows you how to grow a thriving and bountiful vegetable garden. Smith's legendary high-yield gardening method emphasizes wide rows, organic methods, raised beds, and deep soil. Succeed with fussy plants, try new and unusual varieties, and learn how to innovatively extend your growing season. With thorough profiles of hundreds of popular varieties, *The Vegetable Gardener's Bible* provides expert information and an inspiring roadmap for gardeners of all skill levels to enjoy abundant homegrown vegetables.

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Growing the Williams Lake Garden Club

BY PAT RADOLLA

The Williams Lake Garden Club got off to a great start in March. Forty enthusiastic people purchased an annual membership and learned about "Starting Seeds" from Denise Webb and "Preparing Your Body for the Season" with Elisabeth Durfeld and Harveen Rai from Williams

Lake Physiotherapy. All speakers were very well received.

The purpose of the Williams Lake Garden Club is to promote, encourage, and support the horticultural interests of local residents. We do this through educational sessions that appeal to both experienced and new gardeners. Our monthly meetings include keynote

speakers, networking, and contests as well as sharing of ideas, expertise and resources. The Williams Lake Gardening Club collaborates with like-minded groups in the area to enhance our gardening knowledge.

The Williams Lake Garden Club was started in 2009. The first president, Gerry Gebert, noticed that there was no formal club in the community when she moved to Williams Lake. She rounded up a group of nine enthusiastic gardeners that first year. Since that time the club has grown bigger and stronger each year.

April's meeting will be held on Thursday, April 7, at the Cariboo Arts and Cultural Centre (old fire



hall). Darryl Grams will be addressing Xeriscaping, which is very timely following last year's searing, dry summer. Daryl will discuss the use of plants that flourish in the Cariboo with minimal amounts of water.

The club will continue to meet the first Thursday of every month until October 6, 2016. The topic of the May 5 meeting will be "Invasive Plants of the Cariboo," with Emily Sonntag, from the Cariboo Regional District. On June 2, John Orlowsky, Greenhouse Curator, at the University of Northern BC, will present "Plant Nutrition". On July 7, Garden Club members will meet at the Central Cariboo Arts Centre and venture off on a walking tour of the restored Potato House gardens

and downtown community vegetable gardens with Mary Forbes. The August 4 meeting will be a driving tour with stops at three unique gardens south of Williams Lake. The September 1 meeting will highlight special guest, Lorna Herchenson from the BC Fuchsias and Begonia Society. Lorna and three of her knowledgeable friends will speak about "Growing Fuchsias and Begonias". The final meeting on October 6 will include an Annual General Meeting and a "SPIN - Small Plot Intensive Agriculture" presentation with Breanna Van de Wijngaard, from the Williams Lake Food Policy Council.

The popular Garden Tour is back in 2016. This special event which is held every two years is

scheduled for Saturday, July 9. Club members, under the expertise of Garden Tour Coordinator, Gerry Gebert, are busy finalizing the details of this exciting tour which will showcase a variety of colorful summer gardens around the city. Watch for more information and advertising regarding the tour.

Annual Memberships are still available for \$10.00; new members can also drop-in to meetings for \$2.00 throughout the eight-month season.

If you would like more information about the Williams Lake Garden Club, contact president Deb Radolla or Vice President and Program Coordinator, Pat Radolla at 250-392-2769.

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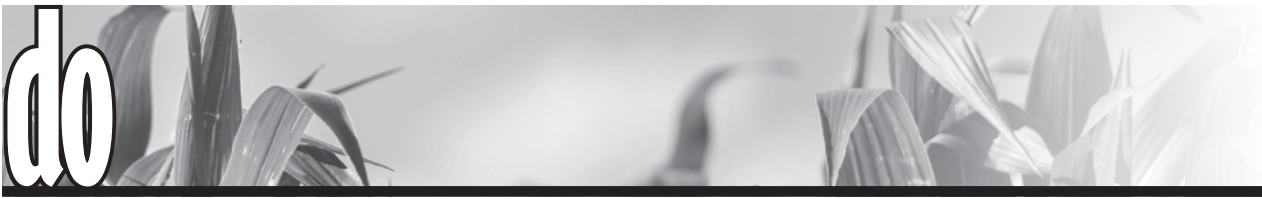
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Meals On Wheels

SUBMITTED BY THE
WILLIAMS LAKE
ROTARY CLUB

Imagine that you have been retired for a few years; you live by yourself in an apartment in town; you have a modest but adequate pension; your children live in Calgary and Squamish; you have a quiet but happy social life and things seem to be going pretty well. One day while having lunch with some friends at the Seniors' Activity Centre you think that everything is becoming blurry and the next thing you know you are in a bed at the hospital. The doctor tells you that you are lucky to have had your stroke where and when you did and that your chances for a positive outcome are looking good. For what seems to be a long time you are well cared for but eventually you are sent home.

Now life is different. You need a walker for balance and your right arm just doesn't function the way it did. Driving isn't an option any more, at least until the doctor says you are fit, and the grocery store now seems much further away that it was. Cooking will be hard to do and perhaps unsafe. Your son and your daughter visit to help you but they both have jobs and families so they can each only stay for a week.



You wonder how you will manage once your daughter leaves until a friend mentions the service provided by Meals on Wheels (MOW). So your daughter calls Sharon Taphorn, the Meals on Wheels coordinator. Sharon comes to visit the next day and discusses the MOW program and how it could help you through this difficult time. Sharon tells you that MOW delivers meals to about 45 clients in and around Williams Lake every Monday, Wednesday and Friday. Some clients order only two or three meals per week and a few order as many as seven. You decide to give it a try and ask Sharon to sign you up for one meal on Mondays, one on Wednesdays, and two on Fridays.

Meals on Wheels, a registered non-profit society, and receives a grant of about \$12,000 from Interior Health to offset administrative costs. These are: the

honorarium paid to the coordinator; mileage costs for the coordinator; telephone charges; office supplies; society fees; and WorkSafe premiums. This way, the administrative costs of the society are not paid by our clients nor by our donors. The directors of the society are unpaid volunteers.

The costs of obtaining and delivering the meals include buying china plates and food wrap and disposable containers for soups, salads and desserts. They are met by a combination of client payments and our generous donors. We are supported by several service clubs, a provincial employees' union, local companies, and log truckers' organizations. This support allows our clients to pay less than the total delivered cost of their meals.

A nutritionist at Interior Health designs the MOW menu and the meals are prepared in the kitchen at the Cariboo Memorial Hospital, each one with soup, a salad, an entree and a dessert. Special meals are provided to diabetic clients and to those who

have certain allergies. After the meals are assembled for each client they are refrigerated and packed into Styrofoam delivery containers. Each delivery day, at about 10:45 am, four volunteer drivers pick up the meals to be delivered. Deliveries are generally finished during the lunch hour. The drivers return the empty plates from previous deliveries to the hospital kitchen to be washed. MOW has 12 regular drivers and 5 occasional drivers. The volunteer drivers are the heart of the organization. The volunteer drivers not only deliver meals to the clients but also provide a friendly face, and a listening ear to someone who otherwise may not have family in town or see many other people throughout their week. Volunteers are the vital link in our services and add an immeasurable human value to the quality of what we do.

Each year our volunteers drive about 600 individual trips totalling 15,000 km to deliver between 6,000 and 7,000 meals. Many of our volunteers are retired, and married couples often work together as a team.

A typical client is over 60 years of age, lives alone, has some physical or cognitive limitations that make food preparation difficult, and usually has limited access to grocery stores. Many comment that they appreciate our service and that they enjoy the food. Some stay with Meals on Wheels for many years while some are only with us for a short period while they recover from an injury.



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Looking Back



Paige Knights-Smith
Tasty Tidbits



Jazmyn Douillard
Pint Sized

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Worms make good earrings

Have you ever tried to work in the garden when the kidlets are around?

You set out with the best intentions: You're going to get the carrots planted and weed out around the strawberries, but somehow three hours have gone by and you're covered in mud, the kids are covered in mud, there are rocks in the lettuce beds and you're pretty sure that thing wiggling behind your ear is a snake, and not a worm like everyone keeps telling you.

I mean, you want to

blame the lack of progress in the garden on the hours of exhausting fun with the kids, but if you're anything like me you welcomed the distractions.

Dirt, seeds, different types of dirt, compost, different times of the year to plant... You mean I can't just throw some seed all over the place, toss down some sod (it's called sod, right? Right?) and call it a day?

The kids probably know more about getting

Pint-Sized

By Jazmyn Douillard



things to grow in dirt than I do, but I'm okay with my lack of Mother Natureyness. However if they'd like to learn more, we have some excellent resources in our little town.

The Potato House is the compost authority and can teach you everything you need to know to get a garden going and keep the kids busy in the dirt, but in a constructive way. If you really need a reminder on what can and cannot go into compost, they have a great under-the-counter sized compost pail for \$10 that comes with a handy chart. While you're letting the little ones sort out the recycling, get them into the habit of separating food waste too!

New this year, they've made signs all over the property in bright colours that are geared towards those that are still in their single digits. You can call the Potato House to get additional information and to find out about their new planned

children's tiny garden beds. They're even getting partnerships going with a local elementary school to get kids interested in gardening.

They'll be at Seedy Saturday's on May 14th (Williams Lake Food Policy Council - check out their Facebook page for details as they're available) where you'll be able to grab some heirloom seeds and teach the kids how to plant them, hopefully in sunshine!

There's nothing quite like watching them smile when they pluck the tomatoes they grew themselves from the stems and chow down on their very own healthy snack. You'll feel pride at their accomplishments when you steal a few of those tomatoes to throw into the spaghetti sauce. Shhh, they'll never know.

But in the meantime if you're thumb is as black as mine, forget the carrots, grab a bucket and a shovel and make mud castles. With or without the kids.

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How to grow a play

BY CATHIE HAMM,
WILLIAMS LAKE
STUDIO THEATRE

Of course, this month's "gardening" theme is bound to bring out the analogy of "growing" a play from the script, the seed, to the production, the full grown plant that you see in the theatre. And why not? This is a good opportunity to go through the process that the Williams Lake Studio Theatre Society uses to get plays to the stage. (This is not necessarily the same process other theatre groups use).

The script really is like a seed, the basic genetic material for the play. The resulting play that you will see depends on the gardener, the director, and the environment.

The Studio Theatre's season usually consists of four productions: one each in November, January, March, and May. As well, at least one of these productions will go on to Theatre BC's annual festival in the spring. In January, the executive of the Society appoints a committee to decide on the plays for the next season. The committee then invites anyone who wants to direct a play to present it at "Pitch Night". In our club, unlike many others, the director is responsible for all of the play: he or she will find a script, and collect a group to

make it happen. The director needs to have a vision; the script really is only an outline for the story. Much is left to the presentation. The voice tones, the movements, the overall image and tone of the story will be presented through the director's interpretation.

This is important; the director has to know that they can put their vision together before even presenting the script to the committee. He or she has to have a producer and a stage manager in place, and, this being a non-profit society, a reasonable budget. The expenses of a play include the rights to present it, buying copies of the script, construction materials for the set, props, costumes, and special technical needs, advertising, printing tickets and programs, and so on. The producer will ensure that all these expenses stay on course. The stage manager literally manages the show once it is on stage, ensuring that everything runs smoothly. (Everything the stage manager does is enough material for another column, the "superhero" edition.)

The "Pitch" is simple. The director presents his or her vision to the committee, trying to convince them that this play needs to be seen next season. Usually four to eight plays are

presented. The committee takes a few weeks to read all the scripts and then reconvenes with the prospective directors to ask questions, usually about working with the limited resources of our small stage and limited budgets and technical equipment. The committee looks at several factors, including the quality of the script, the relevance and interest of the story, and the vision and experience of the director. Novice directors are always welcome to pitch (four of the nine directors for the last two seasons were first-timers), but they must have some theatre experience, whether with the WLST or elsewhere. If you are not a member of the society, but are interested in pitching a play, the best approach would be to become a member and get experience by volunteering to help with a production. Go to www.wlstudiotheatre.com or email wlstheatre@gmail.com to get on our email list. Then simply show up to an audition or contact a director, producer, or stage manager and offer to help. Every gardener has to learn somewhere.

Once a play is chosen, the director will set a timeline, starting with auditions where the cast is chosen. New actors are always welcome. Around this time the crew is assembled as

well. The crew are all those people who aren't on stage who are necessary to make the production happen: lights and sound (technical) people, props managers, set designers and builders, costume people, makeup and hair designers and artists, poster and program designers, Front of House people, and so on. All these people, both cast and crew, bring their own visions to the play and work with the director to develop a cohesive show. A good director will build on but still stay true to his or her original vision.

A typical play rehearses for three 2 hours sessions per week for 12 to 16 weeks, with everybody putting in additional time to do their particular job, from memorizing lines to sewing costumes. However, not everybody will be at every rehearsal; for instance, the lighting designer will need to know the blocking, where the action takes place, but doesn't need to be involved in the early process of figuring that out. Then he or she will spend a lot of time with an assistant at the theatre hanging, aiming, and focusing the lights, and then only taking part in rehearsals for the last couple of weeks.

The plays for the 2016/17 season have already been pitched. The directors' question session will happen on April 2 at 2:00pm at the



Behind the Curtain



Theatre, and is open to the public. The pitch committee will decide the season shortly thereafter. The first auditions of the season will be set by the first director, but will probably be in late

August or early September. If you want to see a play grow from seed to full production, you are most welcome to come and watch the process. Or better yet, get involved.

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Explore the International Peace Gardens

BY SYLVIA RASHBROOK
OF ALL-WAYS TRAVEL

The International Peace Garden was established in July, 1932. It represents a unique tribute to the peace and friendship between the people of Canada and The United States of America. There were more than 50,000 people present at the dedication on July 14th. At the time it was built, it was a cairn, built of stone gathered from North Dakota and Manitoba. It was inscribed with a "peace promise":

TO GOD IN HIS
GLORY
We two nations

Dedicate this garden
And pledge ourselves
That as long as men
Shall live, we will
Not take arms
Against one another.

Back in 1932; on either side of the cairn stand two flag poles with the Stars and Stripes and the Union Jack; later replaced by the Red Ensign. On February 15, 1965, the Canadian Flag was replaced by the current Maple Leaf flag. It has flown since that date.

During the Depression Years 1934 onward, when funds were short and labour was plentiful, the U.S. Civilian Conservation Corps were engaged

in fencing the American acreage, clearing bush and building lagoons. They constructed the first building made of native stones from North Dakota and logs from Duck Mountain in Manitoba. They also built Udall Lake to honour W.U. Udall who was a big promoter of the Garden. They built a larger lake on the Canadian side to honour the American Judge John A. Stormon.

Judge Stormon gave over 40 years of dedicated service to the International Peace Garden first as Secretary, then President of the Association. He lived long enough to see the Peace Garden develop into its present stage of beauty and popularity.

The Garden is located at the border crossing between Dunseith, North Dakota and Boissevan,

Manitoba – US Highway 281 and Manitoba Highway 10. It is midway along the Turtle Mountain Scenic Byway which is touted by North Dakota as a scenic road trip. It is the only border crossing in North Dakota to Canada and it is the third most heavily travelled and crossed. As a reminder please carry your passport if you plan to visit the Garden. The Garden is opened 7 days a week all year round. There is a duty-free Shop at the crossing as well.

The Garden attracts a quarter million visitors annually. It encompasses 2,300 acres of natural beauty. It embodies the 2 man-made lakes, scenic hikes and driving trails, camp sites, wildflowers, waterfalls which house a different species of birds and animals.

Within these acres and enveloping the border crossing is the phenomenal Formal Garden. The Formal Garden hosts many weddings, conventions and reunions. This impressive Garden is home to more than 155,000 flowers arranged in displays and tucked away in terraces and walkways. During the walk you can hear the sound of flowing water in various places along the walkway. The best time to visit the Garden is July and August.

There is a 13-foot floral clock that actually works with 2,000 to 2,500 flowers around it. There are many shrubs, annuals and perennials in the area with a reflecting pool. The American and Canadian flag area maintains a live garden year round. Every 15 minutes and on

the hour, you can hear the chimes of the Carillon Bell Tower. There are Peace Poles dedicated by the Japanese Government which have the slogan "May Peace Prevail" written in 28 languages on them. There is a Peace Chapel straddling the US and Canadian Border. In the Chapel you can read from the Book of Remembrance which displays the names of the victims of 9/11.

The International Peace Garden is like no other place on earth where people and nature meet. I visited this Garden years ago; and I can truly say that I felt inspired by the presence of Peace. Every Canadian should know about this place and visit this Garden to check out its beauty and serenity.

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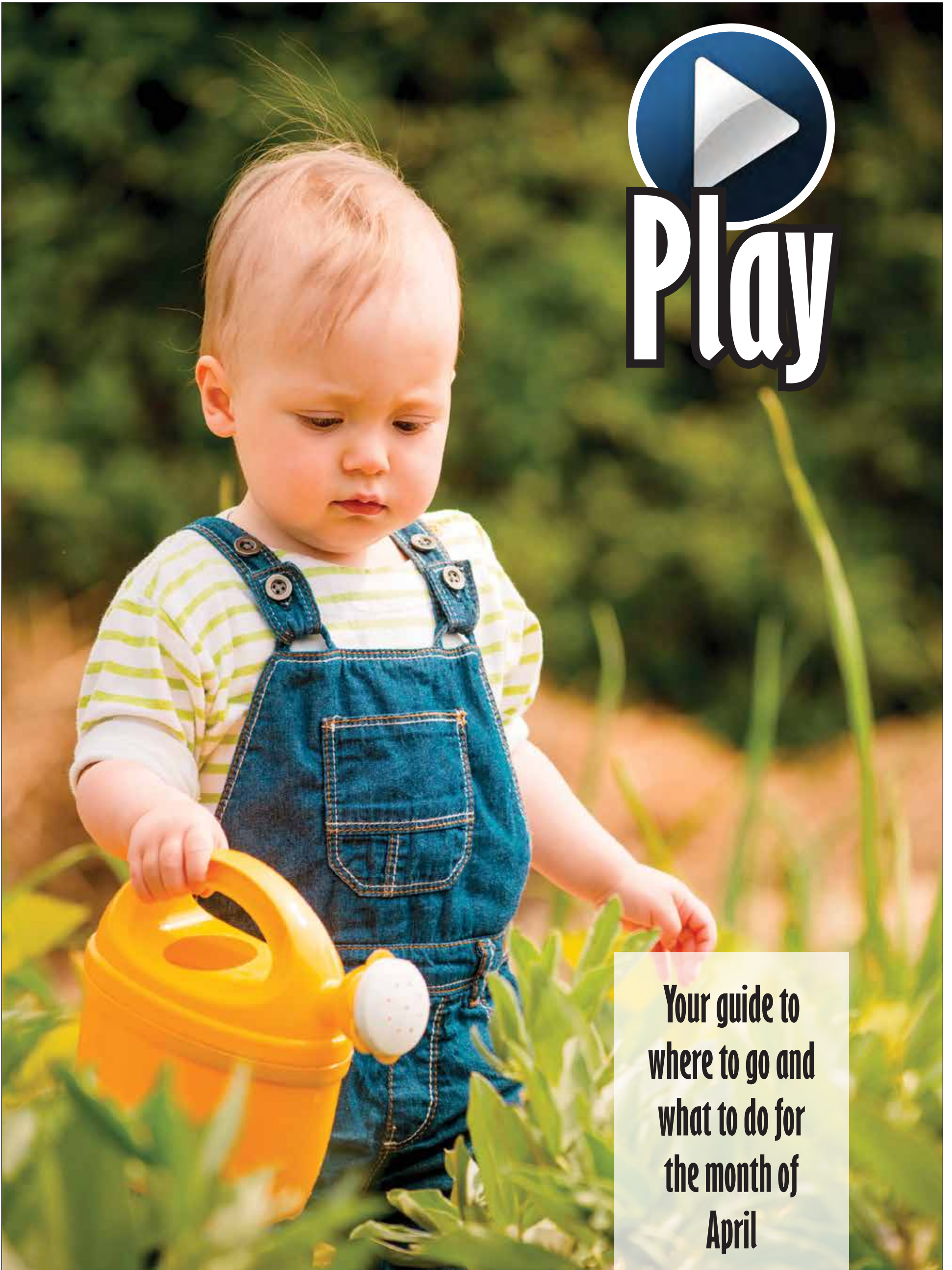
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Explore the International Peace Gardens



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play

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April 1 Safety Meeting Concert Series, Dada Plan with The New Normal, Central Cariboo Arts Ctr, 90 4th Ave N, 8pm, tickets Red Shreds, info: www.fb.com/groups/safetymeetingwillamslake

April 1,8,15,22,29 Friday Night Magic, Adventure Games 5pm

April 2,9,16,23,30 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, all day

April 2,9,16,23,30 Fun Darts, OV Pub 2pm

April 2 Diamonds and Denim: TRU Fundraising Gala, 6-10pm, tickets: 250-828-5264

April 3 Nutrition Walk and Run, Cariboo Memorial Complex 9am-12pm

April 3 A Community United: Taking Back our Town for a Safer Tomorrow, live music, BBQ, kids events, Boitanio Pk 1-4pm

April 3,10,17,24 Sunday Morning Magic, Adventure Games, 10am

April 3,10,17,24 Sunday Game Night, Adventure Games 6pm

April 6-13 A Water Wise Art Exhibit, Library, info 250-398-7929

April 6,13,20,27 Gad-z-Ukes Ukulele Strum Along, Cariboo Arts Center 10am-12pm

April 6,13,20,27 Karaoke Wednesdays 9pm, music trivia 7pm, OV Pub

April 7,14,21,28 Jam Night, 9:30pm OV Pub

April 7,14,21,28 Just For Fun ladies singing group, everyone welcome, Anglican Church 7:30-9pm

April 7,14,21,28 Pokemon Thursdays, Adventure Games 3:45pm

April 9-30 All Aboard group show and Absent Reverie by Rhandi Sandford, sponsored by The Goat, Station House Gallery, Mon-Sat 10am-5pm

April 7,14,21,28 Cariboo Art Society Gathering, Art Center 2-4pm

April 11-12 Cariboo Festival, Band/Instrumental, 9am-1pm, info@cariboofestival.ca

April 13-15 Cariboo Festival, Speech Arts, 9am-6pm, info@cariboofestival.ca

April 14-16 79th Annual Bull Show & Sale, Stockyards 1pm-Midnight

April 15-17 Indoor Rodeo, Cariboo Memorial Complex, tickets: rodeo office, upper lvl Mall

April 15 Cowboy Carnival, Cariboo Memorial Complex 9am-11am

April 17, Cowboy Hall of Fame Inductions, Museum 10am-4pm

April 17 Bikers Against Child Abuse (BACA) meeting, public welcome, #200-369 Oliver St. 1pm, info: 778-412-9323

April 17 Lioness Clean Sweep & Craft Sale, Seniors Activity Ctr 9am-2pm, info/tables: 250-392-5195

April 18-20 Cariboo Festival, vocal/choral 9am-1pm, info@cariboofestival.ca

April 21-23 Cariboo Festival, piano, 9am-1pm, info@cariboofestival.ca

April 23-24 Cariboo Potters Guild wheel throwing workshop, all levels, Cariboo Arts Ctr, Sat. 9am-2pm, Sun. 9am-noon

April 28 National Day of Mourning, City Hall, 450 Mart St, 10:30am-12pm

April 28 Chamber of Commerce Lunch, Signal Point, 11:30am-1pm

April 30 Big Hole Scramble Tournament, WL Golf and Tennis Club, info: 250-392.5730 ext. 202

April 30 Cariboo Festival, honours concert 9am-1pm,

info@cariboofestival.ca

April 30 Bike Rodeo, Cariboo Memorial Complex, 11am-2pm

QUESNEL & AREA

April 1 Cariboo Craft Beer Festival, Seniors Ctr, 6-10pm

April 1,2,8,9 The Willy Factor Dinner Theatre, Kersley Community Hall, 6:30-9:30pm

April 1,2 Trades and Treasures, St. Ann's Church Hall, 100 Sutherland Ave, Fri. 6-9pm, Sat. 9:30am-3:30pm, info: 250-747-2026

April 2 Spring Fundraiser Pub Night, Cariboo Hotel, 5-9pm

April 2 Women of Inspiration Eggstravaganza, Northstar Church, 301 Northstar Rd. 7-9pm, info: 250-992-8830

April 2 RCMA Open Mic, Occidental 7-10pm

April 5 Boots and Hoots, live music, Occidental 8-10pm

April 6 How Can I Keep from Singing?, Chuck Mobley Theatre 7:30pm

April 6 Children's Theatre Club: Legacy Life Skills, preregister: legacylifefskills@outlook.com

April 7 The Willy Factor play, Kersley Hall

April 8 Charity Hip Hop Show, Occidental 9pm

April 8-9 How to Grow Happy Children, Northstar church, register: 250-992-7606

April 9 Switchback, live music, Occidental, 8:30pm

April 9 Community Foundation Gala, Seniors Ctr 5:15pm-9pm, tickets: Circle 'S' Western Wear

April 12 Take Care of your Tack, Bouchie Lake Country Store 6:30-9pm, bring a lawn chair, \$5

April 14 Country Bluegrass Jamboree, Seniors Ctr, 12:30-5pm

April 14 Canadian Women of Destiny Gathering, Bethel Church, 7-10pm, admission by donation

April 15 ECCW Gold Rush Tour, St. Ann's Church Hall 7-10pm

April 15-17 2nd Annual "Cupcake" Scrapbooking Retreat, Riverview Elementary

April 16 Companion First Aid Course: Fit Pets, 388 Anderson Dr. 9am-5pm, info: pscsc@hotmail.com

April 16 Barkerville Brewing Concert Series, Lisa Brokop: The Patsy Cline Project, Occidental 8-10pm

April 16 Dreams Come True Bridal & Grad Fair, The Lodge, 1262 Maple Heights Rd. 10am-3:30pm



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April 16-17 Dan Bremnes: Where the light is, Northstar Church 7-10pm

April 17 Spring Business Fair, The Lodge, 1262 Maple Heights Rd. 10am-4pm

April 19 Volunteer Citizen of the Year 2015, Legion 6-9pm

April 22 Pro-D Camps, Bethel Church, 9am-4:30pm, info: 250-747-3116

April 22 West Coast Amusements, Alex Fraser Pk

April 22-23 Iddy Biddy Burlesque Show, Occidental

April 23 Seedy Saturday, College of New Caledonia, 10am-4pm

April 23 2 Rivers Boxing Rumble 2-9pm

April 23 Ducks Unlimited Annual Fundraising Banquet, Seniors Ctr. 5-10pm, tickets: 250-747-8313

April 23-24 Cariboo Mining Association Gold Show, Alex Fraser Park, Sat. 10am-5pm, Sun. 10-2

April 24 Bowl for Kid's Sake 2016, Rev Bowling Lanes 9am-5pm, info: 250-992-7257

April 26 RCMA Meeting, Occidental 7-9pm

April 27 Bingo 7-10pm

April 30 Garage Sale, Seniors Ctr 10am-3pm

100 MILE & AREA

April 1-9 Natural Journey, Parkside Art Gallery 5-7pm

April 1,8,15,22,29 Crib, Forest Grove Legion, 8pm

April 2,9,16,23,30 Meat Draw, Forest Grove Legion 4:30-6pm

April 2,9,16,23,30 Alcoholics Anonymous fireside family group, Saturdays United Church 8pm, info: 250-791-1937

April 2 Seedy Saturday, Creekside Seniors Ctr. 10am-3pm, admission by donation

April 2 Flea Market, Lone Butte Hall 9am-2pm

April 3,10,17,24 Alcoholics Anonymous, Sundays 7:30pm, Health Ctr (hospital rear entrance)

April 4,11,18,25 Bingo, Mondays, doors 6pm, starts 7pm, super star 8:30pm, Community Hall

April 4,11,18,25 Alanon, 7pm Health Ctr (hospital rear entrance)

April 4,11,18,25 Women's Drop-In Volleyball, Mondays 9:30am, Lone Butte Community Hall

April 5,12,19,26 Alanon Drop-In, Tuesdays 1-2pm, Community Health Ctr (rear of hospital) info: 250-395-7676

April 5,12,19,26 Alcoholics Anonymous, Tuesdays, United Church 8pm

April 5,12,19,26 HUGS help us get slim, Tuesdays 6:30pm, 6300 N. Green Lake Rd, info: 250-456-7504 or 250-456-2491

April 5,12,19,26 Carpet Bowling Club, Tuesdays 1-4pm, Interlakes Hall, info: 250-593-4780

April 5,12,19,26 Co-Ed Drop-In Volleyball, PSO gym 7-9pm, info: 250-395-1353

April 5,19 Photo Group, Bridge Lake School, info: 250-593-4362

April 6,13,20,27 Bingo, G-ball, loonie ball & progressive, doors 5:45pm, starts 7pm, Lac La Hache Hall

April 7,14,21,28 Royal Canadian Army Cadets, Thursdays 18:30-22:30, info: 250-395-1181

April 7,14,21,28 Alcoholics Anonymous, 108 Community Ctr 7:30pm

April 7,14,21,28 TOPS Club, take off pounds sensibly, United Church 6:30pm, info: 250-395-3344

April 7,14,21,28 Parkside Indoor Farmers Market, 10am-noon, Parkside Art Gallery, info: 250-395-2021

April 8 Grad Fashion Show, PSO Gym 6:30pm

April 9 Bowl for Kid's Sake, Bowling Alley, info: 250-395-5155

April 9 Big Country Shrine Club King Crab & Prime Dinner, Community Hall, 5pm, info: 250-396-7185

April 16 22nd Annual Business Excellence & Citizen of the Year Awards, tickets: 250-395-6124

April 16-29 Festival of Performing Arts, Martin Exeter Hall, programs: Didi's, Donex, Home Hardware

April 23 Historical Society AGM, 108 Mile Historical Site Ice House 11am

April 23 Lions Club 60th Dinner Dance, Community Hall, 5:30pm, tickets: Whimsey Gifts

April 13 Compassionate Friends bereaved parents support grp, BJ's Donuts 7:15pm

April 26 Cottage Prayer Mtg, 6715 Hwy 97 7:30pm, info: 250-395-3743

DVD & BLU-RAY NEW RELEASES

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April 12th

400 Days

Big Stone Gap

Dead Drop

Ominous (2015)

Standoff

The Forest

April 19th

Absolutely Anything

American Hero

And Then There Were None

Drunk, Stoned, Brilliant Dead - National Lampoon Story

Fifty Shades of Black

Ip Man 3

Lamb (2015)

Misconduct

Norm of the North

The Bandit Hound

The Lady in the Van

The Midnight Man

The Revenant

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Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

Maytag pea sheller

A SHORT STORY BY
SUSAN CARLSON

Dear Grandkids,
I was paging through the seed catalogue today. You know how I love to work in my garden, and I'm planning for this year's. Anyway, I was looking at the vegetable pages, and it reminded me of the time your Grandpa

came up with a labour-saving device for shelling the peas.

There's a ton of work involved in taking care of all the yummy vegetables and fruits from the garden, and our five kids—which, as you know, are now your Mom's, Dad's, uncles and aunties—were my main helpers. One year we had a prolific crop

of Green Arrow peas, my favourite. For you younger children, prolific means there were LOTS of them.

So how would you feel if you were just at the exciting part of a book, or almost finished a Lego project, and your Mom called you to come and shell peas? You can probably imagine the groans and excuses I heard when they trooped into the kitchen and saw buckets piled high with peas covering the whole kitchen table. But, I reminded them that, like my Mom always said, "Many hands make light work," and they tackled the job.

The competition to see who would get the pod with the most peas was already heating up, when your Grandpa came in from working outside. He chose a nice long pea pod from the pile, unzipped it and popped the contents into his mouth. One eyebrow went up and he thoughtfully scratched his head. The toes of his right foot started to tap up and down.

"Do you remember Larry, that ex-truck driver I worked with back when I was at the window factory?"

"Yee-e-ah," I said, wondering what would come next.

"Well, he told me one time that a wringer washer machine works really well

for shelling peas."

That was all it took. "Let's try it, Dad!" the kids shouted, and rushed to help him get it set up.

I still used our square tub Maytag washing machine for doing the family laundry at that time, and wasn't thrilled about having it used for a pea processing experiment. But I couldn't just squash such creative thinking, could I?

The first test pod they fed through the wringer was a disaster. The whole thing squished, peas and all—not a good sign. However, the next time they tried putting it through stem first and succeeded—too well! Like ammo from a Gatlin gun, peas shot out in all directions, pinging off the metal washtub, the wall, someone's head...I was ready to call the whole thing off.

But no, the rest of the crew voted to press on. Eventually, using towels to control the bouncing, they got things working more smoothly and the shelled peas began to pile up in the tub. But then someone noticed thick green juice dripping onto the floor. Apparently there was a by-product to the process.

By the time the job was finished and everything was cleaned up, the consensus was that it really wasn't a time-saving operation and we never did it again. However, the genetically modified

Maytag washing machine story lives on as one of the notable adventures in our family history. Just ask your Mom or Dad. They can tell you more about

wringer washing machines, too.

Now, I better finish my seed order.

Love, Grandma

Gecko art

Showing NOW UNTIL APRIL 16, Zentangle Art by Vera Lehar

Along with spring, we welcome Vera Lehar, a native of the Czech Republic, but now a proud Canadian and enthusiastic artist who works in the form of Zentangle on canvas. Zentangles are miniature pieces of unplanned, abstract, non-objective creations that are exquisitely beautiful and play harmoniously together. Vera's art of line design is her form of relaxation and meditation.

APRIL 19 TO MAY 28 features two talented young artists: Madison Schahtel and Olivia Steward

Madison Schahtel is a third generation artist with a grandmother that works in oils and a father that is tattoo artist, Brian Garten. Madison's favorite medium is watercolour, but is also experimenting in oils and chalk pastel. Madison is a passionate artist that plans on exploring her future in the art world and has been accepted into NCSAD University in Halifax to receive her bachelor of fine arts degree.

Olivia Steward from Williams Lake has been loving and making art with the encouragement from teachers and family for as long as she can remember. The last 5 years she has been specifically doing portraits. Olivia has a passion for finding the story in everyone's face, and is fascinated at the mystery of how uniquely and beautiful we are all created differently. Even so Olivia is a perfectionist in her art she has been pushing herself to create more freely, because perfection doesn't exist and that is what makes art beautiful. Olivia continues to grow in her faith and art.

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

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A treasure

A SHORT STORY BY
LINDA PURJUE,
WILLIAMS LAKE
WRITER'S GROUP

I have in my possession a treasure which I hold dearer than anything crafted of gold and jewels. It is an old, palm-sized bible bound in textured black leather that is separating from the book at the spine, with pages thinner than onion skin, a frayed ribbon marker, and minute printing that is a strain to my aging eyes.

Its worth is not in that it is a bible; I am not a religious person. Nor is its value due to its age, though it is approaching a century old. The value is in its story, and for what it represents.

On the inside cover is an inscription reading "To dear Jim, with Mother's love." Jim was my father. He was born in England

in the first decade of the 20th Century. His father was a wool merchant with the Irish penchant for dumping a wad at the local pub each payday. His mother came from an upper-middle class family. Her family paid for Dad to attend boarding school to get a "proper" education, but at the end of it, at age 15, instead of pursuing the rugby scholarship he was offered, my father decided on a different future for himself.

He wanted to be a farmer. Not just a farm worker, he wanted to own his own farm. He knew he could never do that in England, and so determined to immigrate to Canada. His parents could not afford to send him, nor would his larger family consent to such a daft idea. Hence, on his own, he placed himself into the Bernardo program, where

poor, usually street, children were gathered up and shipped to the colonies, to become workers in the New World.

Dad was 16 when he left England, just a child by modern standards. I can imagine how his mother felt, her eldest son taking off into a vast wilderness halfway around the world, far, far from her protection. She was a religious woman. She had made sure her brood had attended church several times a week. As her independent son stepped off into the unknown, she gave him the best she could do for him, a bible to guide his way. When I hold this little tome, I can feel the love, and utter helplessness, she felt as she saw her son off so long ago.

My Dad was not a religious man. He had always told us that he'd had religion crammed down his throat as a kid, and would have nothing to do with it as an adult. But, he kept



the bible.

It travelled with him across the ocean to the new land, where his first placement was with a farmer who treated his workers poorly. Dad was replaced into a good farm, where he stayed for three years. Still keeping the bible safely tucked away in his bag, Dad returned to England for a year, attempting to follow his father into the wool trade. He didn't fit, and so returned to Canada, never to see his parents again.

The bible travelled with him across Canada with grain harvesting crews, and eventually ended up in Canim Lake area of BC. There, he trapped for Slim Hendrix, guided for Everett Greenlee, and homesteaded at Boss Creek. He married Beck Greenlee, and became a father to my half-sister, Betty.

WWII commenced, and Dad joined up. I don't know if he packed the bible with him, but I have a vague notion, whether recollection or imagination I can't say, that he said he did tuck it into his kit. If so, it accompanied him to Brandon, Manitoba, where he was an instructor for a while, then across the sea where he partook in the Normandy invasion. It stuck with him when he was wounded and spent a year recuperating, first in England, then in Shaughnessy Hospital in Vancouver.

He divorced Beck, brought Betty to Vancouver to go to school, met my mother and began a life with her.

The little black bible was nestled among the

mementos of his life; old photos of people in England, army medals and badges, old coins and snippets of newspapers. When I was about 14 years old, he gave it to me. I'm not sure why, perhaps because he knew that I treasured books, perhaps because I always listened closely to his stories. Whatever the reason, I have had it in my possession for about 50 years now.

It wasn't until my own brood spread their wings and catapulted from the nest, too soon, that the significance of this little gift from my Grandmother to my Father really hit me. That was when I understood what Grandmother was feeling: the deep love for her son, the agony of his leaving, of not being able to be by him to protect him from harm. This pocket-sized bible is a symbol of all that, and made my grandmother more real to me than anything else ever has.

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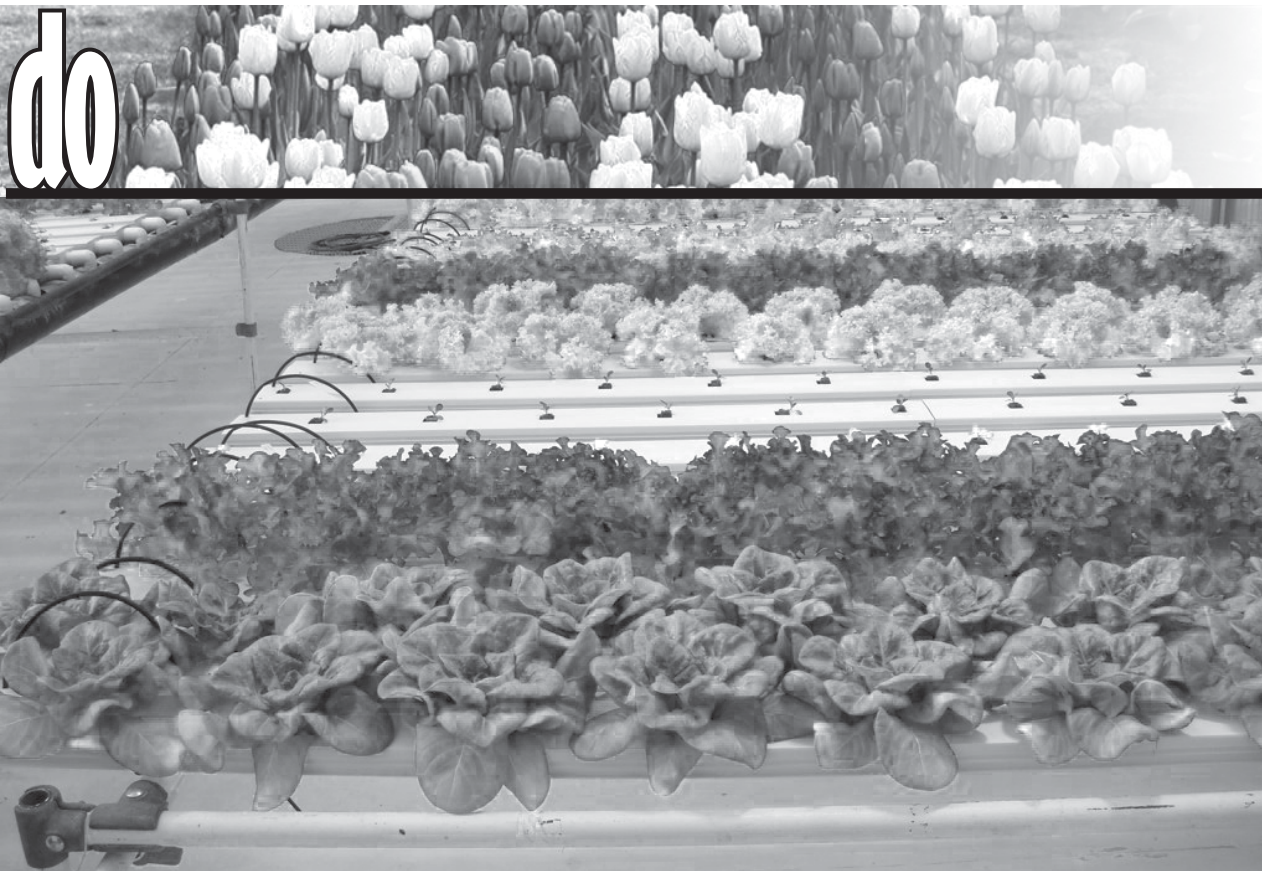
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Expert gardening tips

1. Let all your planning ahead be for your plants; a year ahead for annuals, two years ahead for the biennials, an indefinite number of years ahead for the trees. — *Christopher Lloyd*

2. Walk through your garden to scout for insects and diseases at least once per week; caught early, problems are easier to treat. — *Stephen Westcott-Gratton*

3. Try to get a plant in the right place the first time around. Given the proper conditions, the plant will be happy and you'll save yourself a lot of transplanting work. — *Karen York*

4. Never plant trees that will become large with age

too close to your house. — *Stephen Westcott-Gratton*

5. Consider your garden private territory. Critics are not welcome! Be honest about what you want, and don't be concerned with what others may see. If you like woody plants, design a four-season shrub border. Besotted with peonies? Make a peony walk. Grow plenty of what you love; you don't need an excuse for excess. Are there ever too many rose petals? — *Judith Adam*

6. Set your lawn mower blades at 7.5 centimetres or higher, and allow your lawn to go dormant during periods of drought. — *Stephen Westcott-*

Gratton

7. Light in a garden is a quarter of the battle. Another quarter is the soil of the garden. A third quarter is the skill and care of the gardener. The fourth quarter is luck. Indeed, one might say that these were the four Ls of gardening, in the following order of importance: Loam, Light, Love and Luck. — *Beverley Nichols*

8. Don't be afraid of change. Gardens, and gardeners, are always evolving. It's part of the process so step in boldly and revamp that rockery, yank out those overgrown shrubs or transform that border into a veggie garden, a pond, a knot garden—wherever your

imagination takes you. — *Karen York*

9. Always spend five minutes doing some warm up stretches and bends before undertaking strenuous garden work, and never do one task for too long at a time. — *Stephen Westcott-Gratton*

10. Climbers are among the most useful plants in any garden. They take up little ground space, and they can be employed for many purposes: to clothe a boring fence, to scramble over a dead tree, to frame an archway, to drape a wall, to disguise a shed, or to climb lightly onto a pergola. They demand comparatively little attention, once they have taken hold of their support, maybe a yearly pruning or a kindly rescue if they have come adrift in a gale. — *Vita Sackville-West*

Growing our community

BY TAMARA ROBINSON

Working in the garden with my mother, selecting the perfect plants, digging, getting dirty and squealing at worms... we did more than grow plants, we were growing our friendship. It was so easy to talk about everything under the sun while gardening—being outside and enjoying nature. I still find that the best method of stress relief is getting outside and fussing over plants! Gardening to me is a great way to measure success, time and effort.

At work I am able to be around people from all walks of life who I am proud to call my friends. Similar to plants, I get to identify their growth. My friends strengthen and develop their relationships and personal goals, and learn to prune back the negative things in their life which are holding them back from achieving their happiness. Like plants which constantly grow and develop, Relationships are growing here at The Salvation Army I would like to invite each of you to be a part of it!

We are always looking for help in our kitchen, making soup and helping to serve during lunch time; in our food bank organizing donations and making hampers. We are also looking for help in our drop in – not only to serve coffee, but to sit and talk with people and to build healthy relationships. Just as gardening takes time, energy, and fertilizer to help plants grow to their full potential, the same goes for people. People need healthy relationships, role models and friends to help them reach their full potential as well. Do you have a passion that you want to share with others? We have a fitness center, and craft corner that is in need of volunteer instructors. We have ample opportunities for you to help serve the community of Williams Lake.

Our food bank is open Monday, Wednesday and Friday from 1:00pm to 4:00pm (by appointment) and our share shelf (bread, produce and fruit) is open 1:00pm to 4:00 pm Monday to Friday. The Drop in Center is open Monday to Friday, and offers an assortment of free activities for people 16yrs and older. Our Thrift Store is located across the street from our Family services building and all income and donations stay in Williams Lake and fund the essential services we provide. Please contact me anytime for more information 250-392-2423 ext. 208

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eat

Ugly food

Every spring my family starts a garden. Chores such as weeding, tilling the soil to prepare it to accept the seeds and plotting the rows before planting the seeds. Then meticulous care as the plants grow, water, fertilizer, more weeding. These are all the things I enjoy watching Sue and my kids do as I have a cold drink on my patio. It's a win-win scenario. Sue loves to garden, the kids love to garden and I love free food and cold drinks.

There is a sense of pride when preparing a meal featuring food grown in your own backyard and the vegetables taste better. Sure the broccoli doesn't look like the ones in the store, the stalks are skinny and the crowns aren't big, but the flavor is better. Plus you grew it, it came from your labor, your soil, your (or in my case someone else's) sweat. That's a pretty great feeling.

Want another reason to garden? How about bees? Think for a second where we would be without these wonderful little creatures. Bees provide much needed pollination to food crops, and without them, no food. Every planted garden including gardens that don't have food as the primary crop

gives the bee the food it needs to provide the food we need. See win-win for gardening again.

When you have a food garden you will also notice things like carrots with two or more legs or tubers (root type plants potatoes ect.) that are twisted and or knarled into all sorts of weird shapes. The first time you pull something like this out of the soil you could be compelled to throw it on the ground with a frightened screech or burn it at the stake for fear that it's some kind of supernatural force bent on your destruction because you have never seen such abominations in your local supermarket. But fear not, this is what is commonly referred to as ugly food. But it is still food. It tastes exactly the same, has the same nourishment, the only thing it lacks is esthetic appeal. Like me, beautiful on the inside, kinda.

Here is the break down according to research done by National Geographic. In Canada only 47% of all produce grown for consumption is actually eaten and yes that means a staggering 53% of it is wasted. 20% is lost during sorting and picking, 3% is lost during storage and shipping, 2%



Out of the Fridge

By Brice O'Neill

is lost to juice production canning or baking (not really waste but its included). But here is where the stats get really interesting. 9% is discarded at wholesalers and supermarkets and 19% uneaten and discarded at homes. Now 9% discarded might not seem like a

big number but remember the last time you were in the produce section at your local store? Imagine almost 10% of EVERYTHING you see there thrown away BEFORE it gets to the shelves. On a global level of all produce grown 46% never makes it to the shelf. Scary huh,

and now imagine 20% of all the produce you've ever bought, rotting away in a landfill. Multiply that by millions of people in Canada alone and the statistics become terrifying. So do your part, and buy that misshapen veggie or better yet, grown your own and eat it. Plant a garden, spring is here. Even if you don't have space to grow food crops, say you live in a small apartment, you can still garden, growing herbs, flowers or tomatoes on your patio. The world and the bees will thank you.

Here is a recipe for a cool dish I make every fall at harvest time at my house. Zucchini Milanese.

Slice a ripe Zucchini length wise, chop into one inch thick slices and place on paper towel. Salt lightly. Beat a few eggs in a bowl with just a touch of cream. Season some flour in a different bowl with salt, pepper and oregano. And in a third bowl some fine bread crumbs. First dip the Zucchini in the flour then egg and finally bread crumbs repeat until all of its breaded or you get bored. Heat some olive oil in a pan and then fry the Zucchini until golden brown, place on a wire rack or paper towel to rest for a couple minutes, then serve with your favorite tomato sauce. Easy eh.

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THE STEW MAGAZINE'S Monthly MIX

HOLIDAYS OF THE MONTH

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The National Society of Newspaper Columnists, which was founded in 1977, sponsors and promotes this day in support of columnists and journalists around the world. This day is dedicated to increasing awareness of the importance and contributions made by columnists and journalists. A special thank you to all the people that contribute articles to The Stew Magazine.

April 29th **Greenery Day**

Japanese Greenery Day celebrates the birthday of Japanese Emperor Hirohito. In Japanese culture, Greenery day is a time to commune with nature and to be thankful and appreciative of it's abundance. Celebrate Greenery Day with a nature walk or by doing a project to improve or preserve nature. Work in your garden.



Pets and plants

BY STEPHANIE
KRUMSIEK, DVM

Common garden and houseplants that are poisonous to animals

No matter if you are planting ornamental flowers, shrubs or trees, if you are having a veggie garden or if you just grow a few plants inside your house, there are some amongst the group that could harm your pets or your livestock.

Christmas is long over and most of the red or yellow leaved potted plants have vanished by now but you can make a note for next time. Poinsetta (Christmas plant) can cause mild gastrointestinal upset like nausea or vomiting, but it will not kill your dog or cat. A lot of people love the plant for its wonderful aid in treating burns or skin irritations but Aloe vera is toxic to dogs and cats. Ingested it can cause vomiting, depression and

diarrhea.

Azalea are beautiful but unfortunately they are toxic to cats and dogs. If planted outside make sure you keep horses, sheep and goats away from them as well as they can cause serious problems like colic, depression, weakness up to paralysis and coma.

Lilies are very dangerous for cats but not for dogs. Ingested by cats they lead to acute kidney failure.

At this time of the year we see spring flowers blooming around the yard already. If you have a dog that loves to dig and chew on things you might want to make sure he doesn't get into your Daffodil, Tulip or Narcissus patches and tastes the bulbs which are the most toxic parts of the plants. They can cause intense gastrointestinal irritation, vomiting, drooling, anorexia and convulsions.

Some people grow

it indoors some have it outside, some smoke it ... you know what I am talking about? Marijuana plants and all the parts that people like can cause serious central nervous problems to all kinds of animals if ingested. The symptoms can be mild from just incoordination, drooling (acting drunk) to seizures or coma.

Certain wildflowers like Lupines, Monkshood, Delphinium, Milk Vetch or Larkspur are poisonous to animals. In some only the seeds are causing problems though.

Do you have Rhu-barb in your garden? Please, make sure you keep a fence around it so livestock can't reach the leaves as they contain oxalic acid which can lead to gastrointestinal, cardiovascular or respiratory symptoms depending on the dose that has been ingested.

Last but not least I want to mention some innocent veggies that we tend to forget about when we talk about poisonous plants. The family of Solanaceae (Nightshades), including all-time favorites like the Tomato, the Potato, Eggplant or the Peppers, is known for containing potent alkaloids in various amounts. Alkaloids cause drowsiness, incoordination, hypersalivation (drooling), confusion or behavioural changes. And then there was the Onion. Please, don't feed it to your dog...

The list of potentially harmful plants is long, if in doubt you can check out the following links:

- www.merckvetmanual.com/mvm/toxicology/poisonous_plants/houseplants_and_ornamentals.html#v4711776
- www.aspc.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants
- www.care2.com/greenliving/24-common-plants-poisonous-to-pets.html

Happy planting and don't forget: herbicides, rodenticides and chemical fertilizers can poison your animals as well, make sure you keep them out of reach or use your neighbors sheep manure instead for your garden beds!

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Time's run out, part 4

A SHORT STORY

(continued from 'The Stew Magazine March 2016 issue')

The light that came out of nowhere now surrounded them and bathed them in heat. After several moments Jack and Tommy eyes' adjusted and found themselves on a beach, with nothing surrounding them but an endless sea.

"Uh dad?" Tommy turned to his dad. "Where are we?"

"That's a good question," Jack said looking around the beach. "I don't know."

The two men began to walk around.

"Wait," Tommy grabbed his dad, and turned back towards where their doorway was. "The door."

"It's gone," Jack finished his son's sentence.

Father and son were

unsure what to do at that point. The door, and the fireplace that had brought them to the beach was gone, and they were unsure of how to get back. There was nothing more for them to do but to look around, and to try and find out where they were, and how they might get back.

Jack and Tommy wondered off of the beach and into the jungle that lay beyond it. Giant palm trees made up an oasis that provided some shade against the hot sun. Soon hoodies and T-shirts were off and both men had stopped trying to find out where they were, and instead starting searching for a source of water.

"What are we going to do, dad?" Tommy asked stepping over a fallen tree.

"We need to find some water, Tom," Jack said, shielding his eyes and looking around the area.

"Then we got to figure out how to get out of here."

"Okay," Jack said.

Both men kept going inwards from the beach, and after over twenty minutes, the trees grew closer together and the bushes grew thicker.

Jack looked all around him, wondering what he could else he could tell his son that would make him feel more relaxed about their situation. This wasn't a time to panic, and Jack was doing everything in his power not to as well.

"Wait," Tommy stopped and put his arm out, signalling his dad to do the same.

"What?"

"Do you hear that?"

Jack strained his ear to try and hear what his son already heard.

"Is that rushing water?" Tommy asked out loud.

After several moments of silence, both Tommy and Jack looked at each other and smiled. They started running in the direction of where they believed the sound was coming from. Jumping over some fallen tree trunks, and pushing away blocking branches, Tommy led the way.

A few hundred meters away, Jack and Tommy almost ran into a small pool with a very small waterfall.

They stood and smiled widely at each other. A sense of victory and pride overcame both of them.

Tasty Tidbits

By Paige Knights-Smith



"Hello?" A voice called from the West.

The womanly voice startled both men and they searched for it. A few seconds later they came across a woman. She appeared to be in her late fifties, wearing a long black skirt, and a long sleeve, light pink shirt. Her hair was tied halfway back to keep her long hair from getting into her face.

"Who are you?" Tommy asked her.

"That's no way to greet a lady," She smiled at the two men. "But my name is Joan."

"I'm sorry miss," Jack apologized. "We just got stranded here."

The woman looked around before bringing her attention back to the two, "Ah, well come on then."

Jack looked at his son before heading in the direction the Joan was walking in.

"Wait," Tommy put his hand on his dad's shoulder. "How do you know we can trust her?"

"I don't really," Jack said, leading his son. "I just do."

They followed Joan and few hundred meters south

of the waterfall, and soon they came upon a small cottage.

"Wow," they said in unison.

"You guys must be hungry," Joan said, motioning for them to follow her around the house.

"Ma'am?" Jack asked, putting his arm out in front of his son and stopping them both right as they reached the front gate. "I don't mean to come off as rude."

Joan turned around faced Jack and Tommy. Her smile remained constant on her face, there was a slight laughter behind her eyes.

"Oh, I understand," Joan said, waving the comment away. "How can you trust me? Well, to be honest, how can you trust anyone? It's just been so long since I've seen anyone!"

Tommy looked at his dad, and then back to Joan.

"My garden is out back," She said. "Perhaps I can make you a snack?"

Both Jack and Tommy hesitated. This was an awfully interesting circumstance, and both just had that feeling that they

could trust Joan.

They entered through the short, iron gate and walked down the path to the front of the house. Joan waited for them to catch up to her, before walking the path off to the right of the cottage. The outside of the cottage was white, with the paint chipped in some places. A sense of home radiated off of its exterior, and Jack and Tommy became suddenly at ease, forgetting whatever doubts they had behind them.

They rounded the corner, and the smell of fresh fruit hit them first. The crisp, fresh citrus smell invaded their nostrils like nothing they had ever inhaled before.

"That smells amazing," Tommy said.

"Thank you," Joan smiled, and walked to the back porch, sitting down on a wooden lawn chair.

When Jack and Tommy saw the garden, they saw something else. Various well-tended garden beds held many different types of vegetables or fruit. Old, giant tires filled with rich earth held strawberries plants, which were overly large and ruby red.

Mouths began to water, as their eyes wondered from section to section. Raspberries, tomatoes, cucumbers and even blueberries were growing right in front of their eyes.

"Wow," Jack mouthed. He had never seen such a big garden.

"So," Joan said, breaking the two men's focus. "Fruit salad?"

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Checklist for doing your taxes:

- ☑ **T4** – if you were employed, your employer will have already given you a T4 (taxable income in which to declare)
- ☑ **T4A** – if you were self-employed/commission based – your form may be a T4A instead of a T4. T4A forms are also used to claim any taxable benefits that may be paid on your behalf by a Third Party such as your Union – i.e. life insurance and Accidental Death and Dismemberment benefit payments
- ☑ **RRSP receipts** – March to December of the previous year, plus the first 60 days of the new year which you must claim on last year's tax return submission (you can carry these contributions forward to this current year – but you must claim them for the previous year's tax return so that Revenue Canada has a record of them)
- ☑ **T4RSP** – if you withdrew any money from your RRSPs in the previous year – you must have one of these forms in which to claim as RRSP Income

If you transferred RRSP investments from one company to another and receive an RRSP Tax receipt for it – DO NOT CLAIM IT! There have been mistakes made whereby the new investment company has issued an RRSP receipt in error – transfers of funds does not allow you to use these as new contributions because they are not new contributions.

- ☑ **Charitable Donations** – please ensure that you keep your original receipts – Revenue Canada is now asking random taxpayers for the original receipts when reviewing your Income Tax Return. Always remember – retain every single receipt that you claim on your tax return.
- ☑ **TFSA** – you do not claim these contributions on your Income Tax Return – they are not a tax-deductible contribution to be used to reduce your taxable income.

If you have any questions regarding a return that someone has filed on your behalf – you can contact CCRA directly: 1-800-959-8281

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High tech gardens

I know that any die hard, old school gardeners, will definitely tell you that the ways of gardening that have been used for thousands of years are the right ones. I, and my love of technology, would argue that there are better ways. I'm not talking about genetically modified gardening but would love to give you a few items of technology that will make your gardening a lot easier and probably a lot more fruitful.

So let's start out with the easy one. Just about everybody has a smart phone now a days, if you go to your app store and type in gardening there are literally hundreds of apps to help you garden, ranging from free to ten bucks. I can only assume that the android store would have a similar amount. These apps will tell you everything you need to know



to be a great gardener, including what type of plants and flowers grow best in your location.

There are now sensors that you can buy to put near your plant that will send information back to your smart phone wirelessly. Information such as amount of sunlight, moisture, temperature and fertilizer levels are no longer a guessing game.

How about a garden cam, so you can watch your garden grow and see which critters are causing

you problems.

What about using an infrared camera to photograph your garden? By using this type of technology you can assess the health of your garden by the wavelength your plants emit which can be picked up by these pictures.

There are now also robotic predators such as owls that you can put in your garden that will move and make noise when they sense movement. These robots, in my mind, would be way more effective that



the old school scarecrows.

Another time saver is a computerized watering system for your garden in which sensors will read the moisture in your soil and automatically water the right amount for optimal growth. Not only is that going to save you time, but by only watering when your plants need it you are not wasting water, which in turn will save you money.

Technology has grown in leaps and bounds when it comes to lighting which is not just important but essential when trying to grow things from more southern climates, as

we don't have the same amount of daylight. These new lights give us the ability to grown all year round not only local plants but exotics as well. It probably goes without saying that a lot of these lighting systems are computerized

to optimize the growing cycles.

I've just scraped the surface with some of the new technology available to gardeners, it's not that scary, embrace it and make your garden the best it can be.

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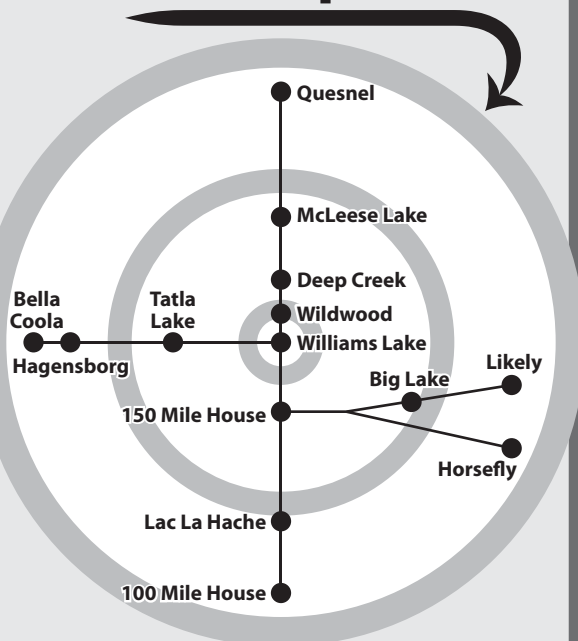




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Digging potatoes

POEM BY LINDA PURJUE, WILLIAMS LAKE WRITER'S GROUP

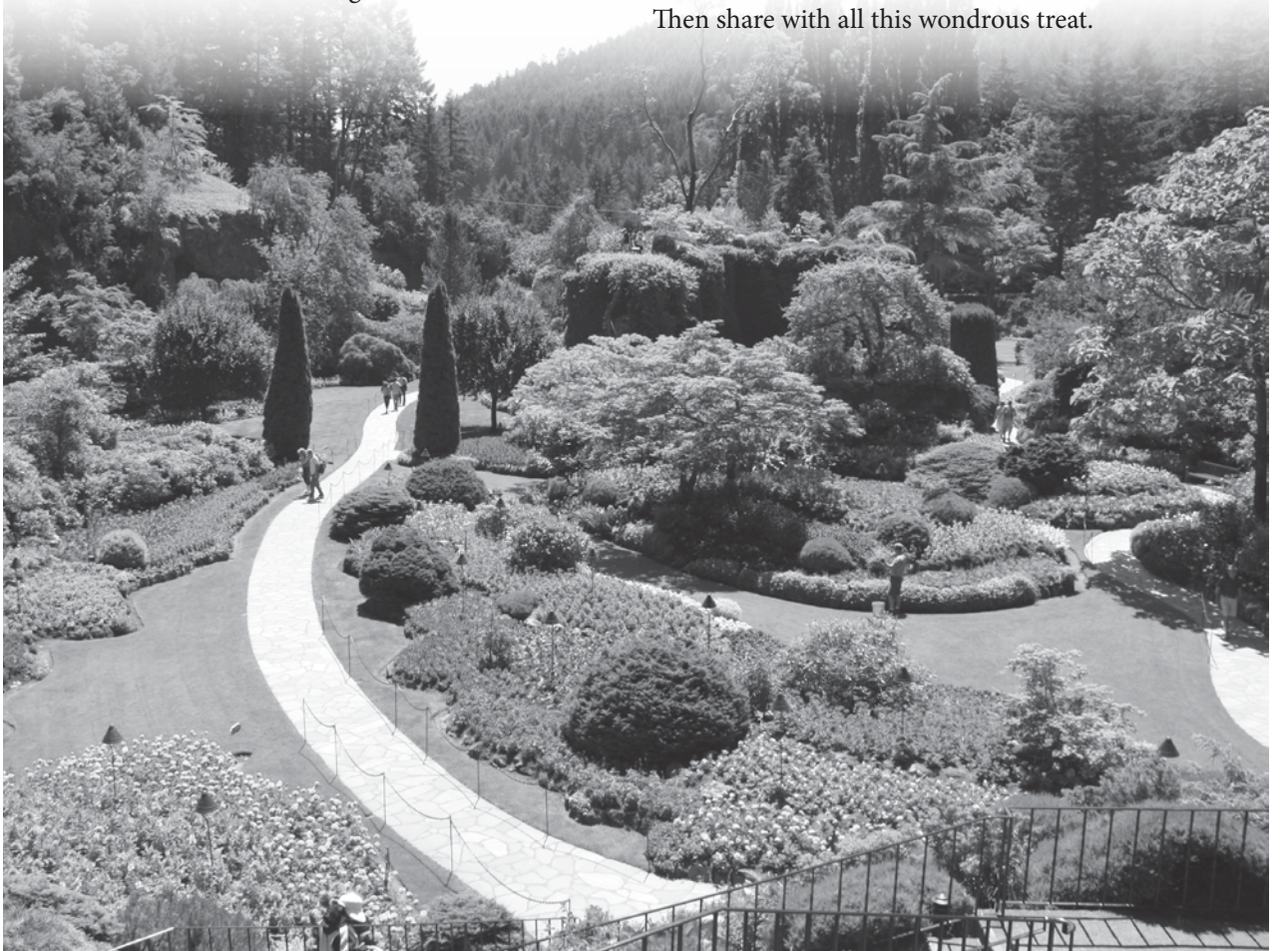
I know where a treasure lies
As golden as the dawning skies,
As white as pearls from salty seas:
I'll show you it, if you please.

Come, follow me with your spade and pail,
We'll wander along the garden trail,
Through the gate with the rusty latch,
Into yonder garden patch.

Dig here, I say, beneath this mound;
Here the treasure will be found;
More precious than a rajah's gems,
You'll find beneath these wilting stems.

Carefully dig and lift the soil;
Here's a reward for all your toil;
Russet brown encasing gold,
A precious treasure, as I told.

Come, fill your pail then off we'll trot
To the kitchen and a good big pot.
We'll roast our find with butter sweet
Then share with all this wondrous treat.



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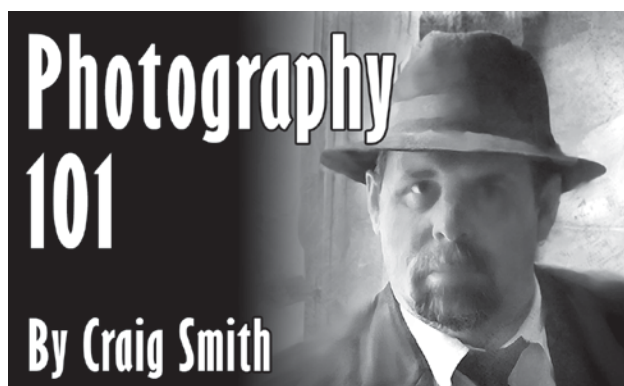
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Help your photography blossom



I haven't written a photo article for quite a while, but this month I wanted to give our readers a few tips to help photograph their gardens, flowers or plants a little better. Every year I see many photographs of garden items that are either blurry, flatly lit or not very colourful.

My first suggestion to solve a lot of flower photograph issues is buy yourself a good tripod. When I say good, I mean nice and solid. If the tri-

pod feels flimsy or shaky, you are just wasting your money and you will get the same results if you just hold your camera in your hand. Make sure the tripod has the ability to really get down to a plant's level, or if the centre column is reversible. With macro photography, sometimes even the slightest movement of your lens will translate into blur, so the more solid, the better.

A macro or close up lens is a nice addition,

but not necessary right away as most lenses have a basic macro setting. If you find this turning into a passion, a dedicated macro lens will give you a lot more creative freedom.

Whenever I find myself inspired to photograph plants or flowers, I have a few things that I take with me: a reflector or piece of white card stock, a couple of binder clips, a couple of bungee cords, a few zip ties and a spray bottle filled with water. I'm sure if you get

into macro photography there will be other items you add to your kit. The reflector I use to either bounce light back into the plant or block the sun, as hard light striking a flower will wash out a lot of the colour. The binder clips, bungee cords and zip ties are for getting things out of the way without damaging them; especially important if this isn't your property. The water I sometimes use to mist the flower of plant to give it another interesting element just

like early morning dew.

Once you get to the stage where you are ready to photograph, you need to carefully pay attention to your shutter speed and aperture setting. If you are photographing outside, you need to pay particular attention to how much wind is present. Even on a tripod you will get blurry pictures if your shutter speed isn't high enough on a windy day. Because you are close to your subject when doing macro photography, any movement is magnified. The best thing that I can recommend is a shut-

ter speed of 125th of a second or faster, and the highest aperture setting that the available light will allow.

My best advice to you, as always, is to practice and experiment. When I began photography we used film and I really had to think about all my shots because each print cost money. Now, photographers can have immediate gratification and no cost per image unless printing the photos. So take lots of photos, see what they look like, and then adjust and take more. Until next time, happy shooting.

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Movies with plant and gardening themes



DOCUMENTARIES:

Fast, Cheap and Out of Control, 1997

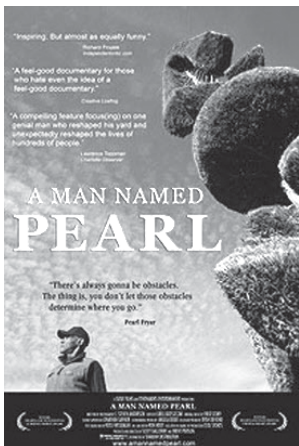
What do an elderly topiary gardener, a retired lion tamer, a man fascinated by mole rats, and a cutting-edge robotics designer have in common? Both nothing and everything in this unconventional documentary directed by Erroll Morris.

Rivers and Tides, 2001

Portrait of Andy Goldsworthy, an artist whose specialty is ephemeral sculptures made from elements of nature.

A Man Named Pearl, 2008

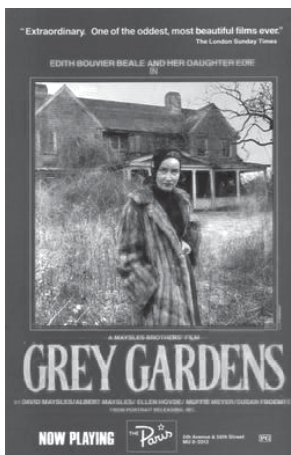
Filmmakers Scott Galoway and Brent Pierson collaborate on this docu-



mentary about a factory worker and self-taught topiary artist from South Carolina who transformed his once-average yard into a wondrous garden that now draws tourists from across the country.

Grey Gardens, 1975

An old mother and her middle-aged daughter, the

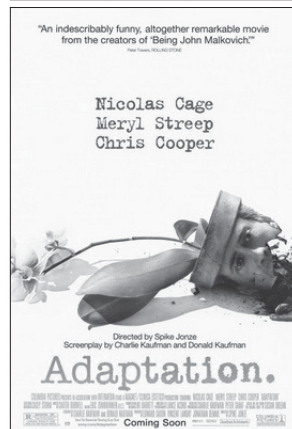


aunt and cousin of Jacqueline Kennedy Onassis, live their eccentric lives in a filthy, decaying mansion in East Hampton.

Microcosmos, 1996

A documentary of insect life in meadows and ponds, using incredible close-ups, slow motion, and time-lapse photography. It includes bees collecting nectar, ladybugs eating mites, snails mating, spiders wrapping their catch, a scarab beetle relentlessly pushing its ball of dung uphill, endless lines of caterpillars, an underwater spider creating an air bubble to live in, and a mosquito hatching.

COMEDIES:

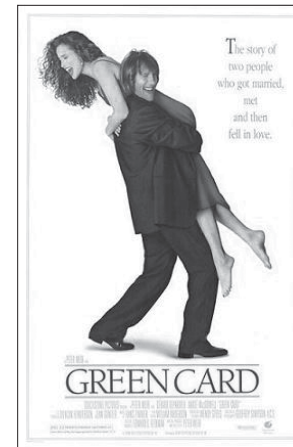


Adaptation, 2002
Frequently cynical screenwriter Charlie Kaufman has just taken on a new assignment. That is, to adapt writer Susan Orlean's *The Orchid Thief* into a screenplay, all of it based on the life of the eccentric John Laroche, an exotic plant collector based out of Florida. While his easygoing twin brother Donald, is writing scripts with ease, Charlie finds himself on a perpetual struggle that never seems to end.



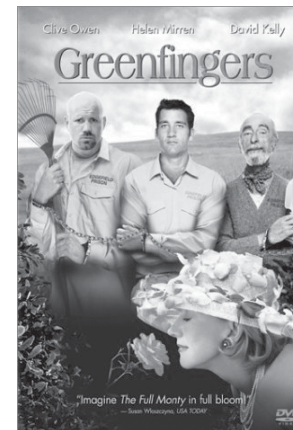
Being There, 1979
Chance, a simple gardener, has never

left the estate until his employer dies. His simple TV-informed utterances are mistaken for profundity. Peter Sellers, Shirley MacLaine and Melvyn Douglas star in this Oscar-winning film based on Jerzy Kosinski's satire.



Green Card, 1990

A man wanting to stay in the US enters into a marriage of convenience, but it turns into more than that. Starring Gerard Depardieu and Andie MacDowell.



Greenfingers, 2002

A prison inmate with a green thumb goes on to compete in a national gardening competition. (Chelsea Flower

Show) Based on a true story. Helen Mirren, Clive Owen.



Little Shop of Horrors, 1986

A nerdish florist finds his chance for success and romance with the help of a giant man-eating plant who demands to be fed. Rick Moranis, Steve Martin, Bill Murray.



A New Leaf, 1971

Imagine the most selfish, vain, sarcastic and sophisticated man imaginable, meeting and marrying (for her money) an utterly naive, pure, awkward, cloistered academic woman; a botanist. Walter Matthau and Elaine May star.

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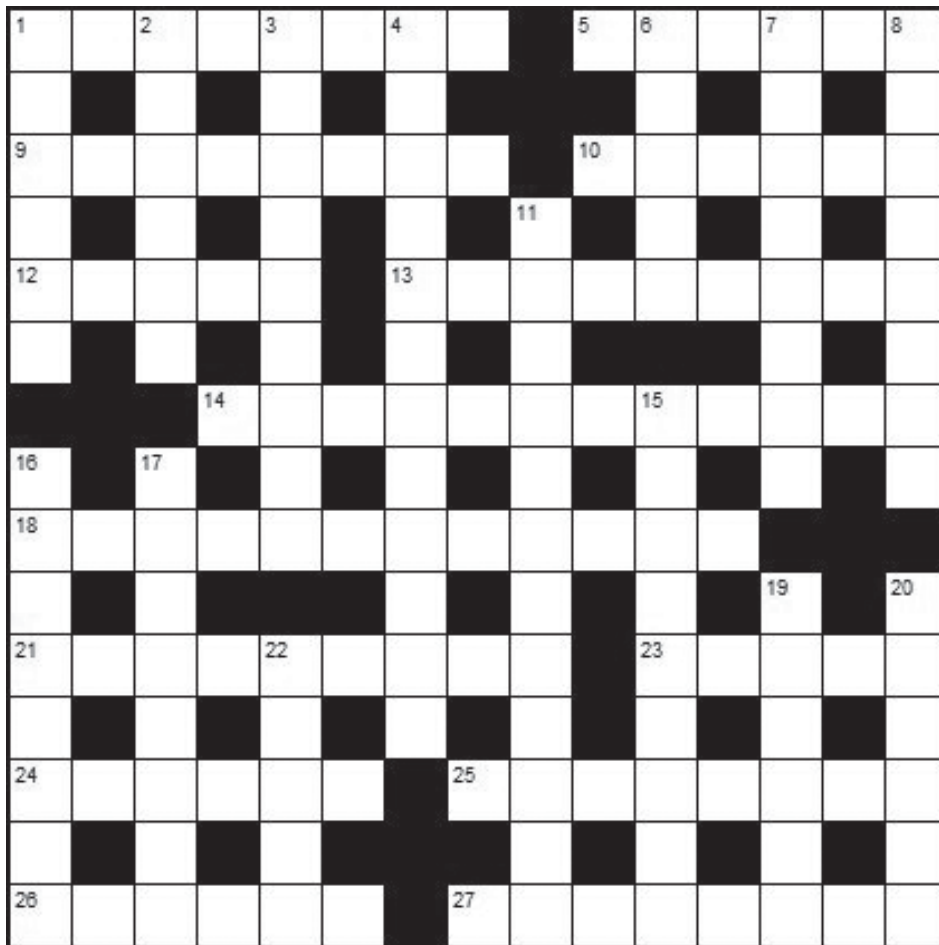
do

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

X-Word Puzzle

ACROSS

- 1 One so has designs on her body! (8)
 5 Fair-haired beauty, initially single, secures date (6)
 9 Involved in argument, drunk's about to produce dagger (8)
 10 Expression of appreciation for sexy woman who sports short split skirts (6)
 12 Well, a market will stock this wool (5)
 13 Consequences of a chubby husband stifling expression (9)
 14 Motion, say, to repeal EU act fails without Conservative (4,8)
 18 District nurses treated



- artist making recording (12)
 21 Procession of vehicles
 turned out to carry old metal band (9)
 23 German politician's true love (5)
 24 Raid fashionable bar, arresting American (6)

- 25 Leaves a note on feature article (5,3)
 26 Lesbian poetess apparently invested in second house (6)
 27 Laurel's worst influence, according to Spooner (5,3)

DOWN

- 1 Fight thugs regularly, getting almost killed (6)
 2 Bachelor enters competition involving a race (6)
 3 They work to rule, disrupting musical dramas (9)
 4 No longer crazy about farm machinery? It'll clear the air (9,3)
 6 First off, Mahler is fantastic composer (5)
 7 Rewrite a page on new supporter of contemporary religious movement (8)
 8 Groundnut sauce, after short time, is introduced to Eastern region (5-3)

- 11 Who else's that disposed to attract the most admiration? (5,3,4)
 15 River rising mostly precedes danger at sea (3,6)
 16 More than one citadel's king beheaded mischief-makers (8)
 17 A fool to support seditious material (8)
 19 Is it possible for ban to exclude University of Cambridge? (6)
 20 Turned on, cheers extremely raunchy legal official (6)
 22 Arrive at right place to sunbathe, going topless? (5)



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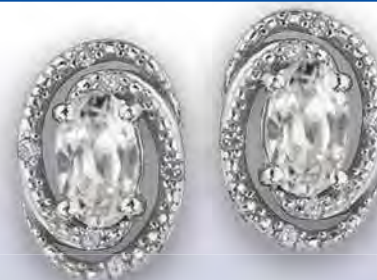
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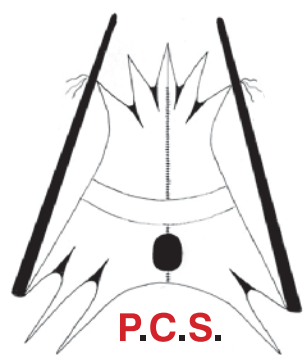
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