



the stew

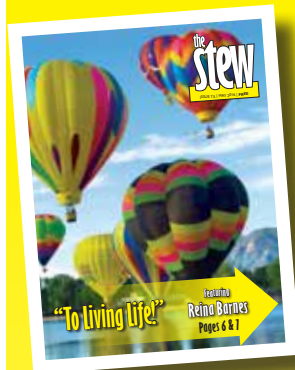
ISSUE 7.5 | MAY 2016 | FREE

“To Living Life!”

Featuring
Reina Barnes
Pages 6 & 7

hear

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On the Cover:

We at The Stew figuratively raise our glasses for a toast to our readers: "To Living!" We hope you join us in celebrating, and LIVE LIFE TO THE FULLEST. Enjoy what you have, where you are, and who you are. Live every moment, laugh every day, and love beyond words!

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Life is a parade

BY CRAIG SMITH

Life is a parade. You are either in the parade, watching the parade, or don't even know that there is a parade happening. I don't know who said it (I did try to find out) but a close quote came from NFL football coach, Mike Ditka. I remember hearing it many years ago when I was younger and I've taken it to heart all my adult life.

I can't believe how many people are just watching the parade. Social media has created a new generation of parade watchers. These people are spending time online looking at other peoples' lives and wishing they could do all the things that they read about. They are looking at pictures of people who enjoy their lives – travelling, spending time with friends and family, learning a new skill, completing a project or just being involved in their community – all the while thinking that they could do that if they wanted. Once in a while they will join the parade and start to participate in life, but for the most part the participation is very short-lived; life is passing them by. That's the parade I am talking about. They see many

opportunities but never capitalize on them; instead they let those opportunities walk by. These are the people that say a lot of "what ifs" and "if only," because they are a little afraid of taking that leap and joining the parade.

Unfortunately there are also many people that don't know the parade exists. They drift through life, squandering their minutes on this earth. They blame everything for their circumstances and refuse to take responsibility for anything that happens to them. These people are negative and think everything is out of their reach, and that the people in the parade are just lucky.

I wasn't always in the parade, but knew that I wanted and needed to be in it. It was a question of finding the 'magic key' that would give me the invite to be in the parade. When I was younger, I tried everything. I read everything I could get my hands on, and took every course I could afford. One of the first opportunities I got was when I took a course called Brian Tracy's The Phoenix Seminar. This started me on my path of joining the parade. I'm not saying it was all roses after that day – it

wasn't – but I never gave up. No matter how bad things were in my mind, outwardly they were always "awesome." I even had a customer call me awesome because to her, I always said I was. As much as I had all the knowledge and positive attitude, I really didn't join the parade totally until I was watching late night TV and stumbled across an infomercial for an Anthony Robbins course called "The Secret." If you haven't read or seen it, I highly recommend it. It's about the power of attraction and for me it works. Anything that you can visualize and keep in your mind you will attain. It seems funny to me that people comment on how well our business is doing, and my response is that it took me 25 years to be an overnight success.

Being in the parade means being engaged in life. Taking control of most of what happens to you. It means having goals, hopes and dreams, and living each and every day to the fullest. It means engaging in your life like the Nike ad... "Just Do It." One thing that has always driven me nuts is the amount of people sleepwalking through life and spending five days waiting for two. They are working in a job that

they either hate or have no passion about during the week, so they can spend the weekend doing nothing, or worse, doing things that they regret after they have done them.

I read a quote the other day that I find 100% accurate: life is 10% what happens to you and 90% how you react to it. Anyone can live life to the fullest, it's all mental – a state of mind that you hold in your thoughts. Anthony Robbins taught me that.

My biggest advice to anyone wanting to live their life to the fullest would be to surround yourself with people that you want to be like. I love being around positive, energetic people as it's easy to get caught up in that positive energy. I'm not saying that there won't be bad days – everybody has them – but if you are really living your life, they are few and far between.

I challenge you to live your life to the fullest. Be the person that people are jealous of when they troll your facebook page and see everything you are experiencing. Be the awesome person at your work that people want to be around and the one that people want to be like. Come join the parade, there's lots of room.

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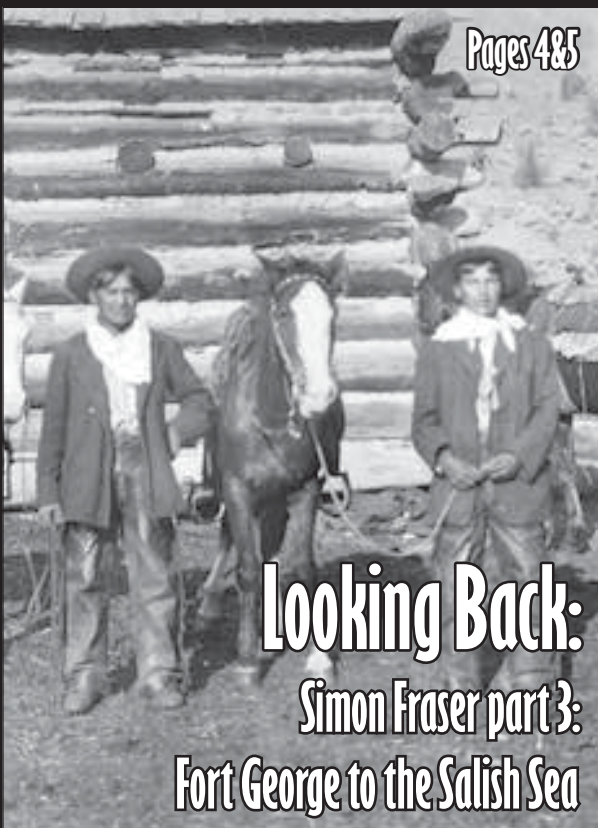
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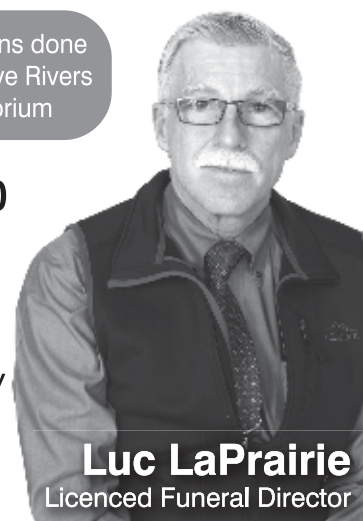
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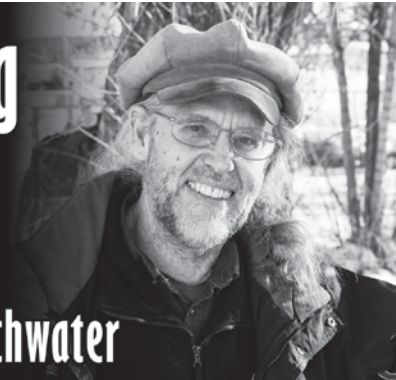
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hear

Simon Fraser pt3: Fort George to the Salish Sea

Looking Back

By Sage Birchwater



► North Bend near Boston Bar



► Hopkins shooting rapids



► Tsilhqot'ins in Lillooet

The future governor of British Columbia, Sir James Douglas, was only two years old when Simon Fraser set out from Fort William on Lake Superior for the Peace River in 1805. He was commissioned by the North West Company to occupy the land that Alexander Mackenzie had visited a dozen years earlier on his trip to Bella Coola in 1793, and to extend the company's chain of trading posts clear across the continent.

Fraser's other task was to follow Mackenzie's

Great River, thought to be the Columbia, to its mouth.

A new sense of urgency had arisen for the North West Company when American President Thomas Jefferson commissioned Meriwether Lewis and William Clark to explore and map the Louisiana territory purchased from France in 1803. He also tasked them with finding a practical route to the Pacific Ocean. Lewis and Clark set out from St. Louis in May 1804 for the Columbia River, with the

intention of establishing an American presence on the west coast.

Once Fraser built trading posts at Rocky Mountain Portage and Trout Lake (later Fort McLeod) in 1805, he built posts at Nak'azdli on Stuart Lake and at Nadleh on Fraser Lake the following year. He named this region west of the Rocky Mountains, New Caledonia after his ancestral homeland of Scotland. It was the Romans who first coined the term Caledonia for the hill country north of their

frontier province of Britannia on the British Isles in the Second Century AD.

The North West Company was eager to find a practical route to the Pacific coast to reduce the costs of its far-flung fur empire. The remoteness of New Caledonia made it difficult to keep the posts adequately supplied. It took nearly a year to bring trade goods across the continent from Montreal.

During the summer of 1807, Fraser made final preparations for the journey down the great

river by building Fort George at the mouth of the Nechako River as a place to launch his expedition. He constructed canoes and amassed a cache of trade goods and supplies he would need.

On May 28, 1808, the party of 24 men set out from Fort George in four canoes. Joining Fraser were his two lieutenants, John Stuart and Jules Maurice Quesnelle, 19 French Canadian voyageurs and two aboriginal guides and interpreters.

The strong current of

the spring freshet took them downstream quickly through Fort George Canyon and Cottonwood Canyon to the grassland benches where Fort Alexandria would eventually be built in 1821.

To Fraser's surprise the land was fully occupied with many aboriginal dwellings and villages on both sides of the river. He observed the first domesticated horses west of the Rockies, and passed the place where Mackenzie had turned back to follow the Nuxalk-Dakelh Grease

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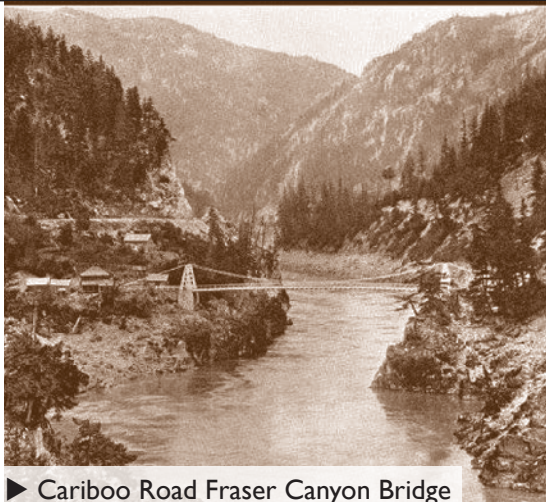
hear



► Simon Fraser



► Cliff walkers



► Cariboo Road Fraser Canyon Bridge



► Chapman's Bar, 17 miles upstream from Yale



► Moonlight Fraser Canyon train

...continued from page 4

Trail to the Pacific Ocean.

When Fraser pulled to the shore in front of a large house, he was cautioned by the Dakelh inhabitants not to proceed any further until he made his intentions known to the people who lived further down the river.

"Should you surprise them, they might take you for enemies and attack," he was warned.

Mounted couriers were sent to the people downstream, and soon a party of Dakelh and Secwepemc arrived to meet them. They were curious about the white strangers intending to visit their country, yet were friendly because of the respect shown by giving advance notice.

For the rest of his journey, Fraser took this sage advice and had the chiefs from each preceding tribe introduce him to the tribes he would be visiting.

As Fraser entered the domain of the Secwepemc, the river got more narrow and dangerous. His guides told him the river ahead was a series of waterfalls, fast water and rock canyons, with tremendous whirlpools capable of swallowing a canoe and all its people and contents.

Though Fraser brought a vast store of dried salmon and other food to sustain his men, for the most part the party relied upon food they were able to obtain from their aboriginal hosts along the way.

A favourite food of the voyageurs was dog flesh, and when the opportunity arose they feasted on this delicacy.

At Xat'sull Village the great Secwepemc Chief,

Xlo'sem, offered to guide the party to Lillooet and act as their ambassador.

Just past the mouth of Williams Lake River they encountered very long and dangerous rapids. Fraser asked Chief Xlo'sem if his people were in the habit of running these rapids, and the chief said no.

Fraser chose to run it anyway with one of his canoes, and was sorry he did. The five-man crew managed to stop their craft before it got swallowed up by the turbulent waters, and cut a path up the canyon wall with their knives. Using ropes they managed to haul and lift the canoe up the canyon wall.

Chief Xlo'sem advised Fraser to abandon the river route entirely and travel by horseback to the east where they would find a great river and smooth water all the way to the sea. As it turns out, this would have taken Fraser to the Columbia River he was seeking. Instead he stuck to the task at hand.

"Going to the sea by an indirect way was not the object of the undertaking," Fraser wrote in his journal. "I therefore would not deviate, and continued on our route."

A few kilometres further they reached the Iron

Canyon between Riske Creek and the Chilcotin River. This time they portaged completely and didn't attempt to run the swirling rapids.

At the mouth of the Chilcotin River a group of Tsilhqot'in gathered to witness the passage of the white-skinned strangers they had heard about.

Finally at Leon Creek, just north of Lillooet, Fraser took Chief Xlo'sem's advice to abandon his canoes. He overturned them on scaffolding and covered them with branches to protect them from the scorching sun. As he had in other locations along the river, he buried a cache of dried salmon and supplies for their return journey.

The party continued on foot to the land of the S'tat'imc at Lillooet, where Fraser bartered for the use of native-built dugout canoes. The aboriginal inhabitants along the route helped with the heavy lifting by carrying loads over portages, guiding them over the precipitous trails, paddling the canoes, and providing food.

"We had to pass many difficult rocks, defiles and precipices," Fraser wrote. "There was a kind of beaten path used by the natives, made passable by

means of scaffolds, bridges and ladders."

He said navigating these structures required no small degree of dexterity and courage.

"For instance we had to ascend precipices by means of ladders composed of two long poles placed upright and parallel with sticks tied crossways. These ladders were placed up to any height, and often were so slack that the smallest breeze put them in motion."

He said sometimes the ladders were so narrow it took great concentration to place your foot on each rung.

"Most perilous was when another rock projected over the rock you were leaving. The Indians deserve our thanks for their able assistance through these alarming situations. We had to trust all our things to them. Even our guns were handed from one to another, yet they thought nothing of these difficulties, but went up and down these wild places with the same agility

as sailors do aboard a ship."

The S'tat'imc chiefs from Lillooet passed Fraser's party to the care of the Nlaka'pamux (Thompson River Interior Salish) at Lytton, where 1,200 people awaited to meet them where the clear water of the Thompson joins the muddy water of the Fraser. Then at Yale, they were handed over to the Coast Salish Sto:lo.

"It took a man of great courage and determination to forge alliances, wheedle, barter, buy, and in some instances extort the help he needed to complete his mission," writes Stephen Hume in his 2008 book Simon Fraser.

Needless to say, Fraser was disappointed when he read his sextant at the mouth of the river in the land of the Musqueam and determined he was at 49 degrees North latitude. This was not the Columbia River he was seeking that entered the Pacific Ocean around 44 degrees, but another stream.

To make matters worse, the route, because of its

difficulty, was not viable for the fur trade. In that sense the expedition was a failure.

But Fraser completed the 800-kilometre journey from Fort George to the Salish Sea in 36 days, and returned to his post in New Caledonia in 35 days. They travelled through the harshest conditions imaginable, and never lost a man.

Simon Fraser and his party were the first Europeans seen by the half dozen aboriginal nations who lived along the river. Though they had a long history of warfare with each other, it was the co-operation and assistance of the native inhabitants that allowed Fraser to achieve his goal.

Fraser's journey knit a thread through the cultural and physical diversity that became British Columbia. It is perhaps fitting that this great stream, known by different names to the various indigenous groups along the way, should bear Fraser's name.



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CRAIG SMITH PHOTO

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Reina Barnes expresses her life in her arts



flavour of the month



Reina Barnes: expressing life through art

BY CHRISTA SMITH

Young and enthusiastic, living, dancing and hula-hooping her way through life, this month's featured artist is Reina Barnes. Reina is a very talented artist who has so much expression of life in her arts.

Born and raised in Williams Lake, Reina moved around for a few years after graduation, finding herself and experiencing life. After moving back to Williams Lake, Reina was featured in the Downtown Art-walk with her graffiti art.

Reina also paints with

mixed mediums, draws with charcoal and pastels, and works with pottery. Currently, she is experimenting with mixing her charcoal and pastels to find just the right mix for her abstract arts.

Reina also likes to work with recycling to create repurposed art. She uses recycled wood for most of her paintings and old cupboard doors as canvases. She has worked on furniture pieces and can make over just about anything.

Art and music together; Reina is learning to play the guitar and a mandolin that has

been in her family for years. It's just another form of expression and goes hand-in-hand with dance.

A few years back Reina was in an accident that left her recovering from a severe knee injury. "I just needed something to motivate me and get me back into life," Reina says. "So I signed up for a hula hooping class at the rec center. As it turned out, the class was cancelled so I just went to Youtube to learn." From there, Reina taught herself to hula hoop, connected with others and her passion

grew from there.

"The health benefits of hooping are amazing; it improves blood circulation, flexibility and is a full body workout in less than half an hour," says Reina. The hooping helped her to recover from her injuries and build strength in her back. "Hooping is part of the flow arts," Reina explains, "I like to manipulate the hoops and move with my moods." She doesn't use routines, but depending on the day, Reina likes to just turn up her music and create; the freedom to go with the flow as a form of

expression.

Reina has a fire hoop that she is working with and hopes to perform at Hootstock, The Forest Grove music festival July 22-24, where music, dance and spoken words come together to create a fun-filled weekend.

Reina not only has mastered the art of hooping, but she also makes all of her hoops. She makes them different sizes depending on the type of tricks that she wants to do – ranging from 33 to 43 inches. And of course the best part, decorating; all the hoops are taped with a

unique design. Hooping has become such a huge part of Reina's life that you would be hard-pressed to find her without her hoop.

As for the future, Reina plans to finish college and move back to the City where she hopes to work with youth, share her experiences and pass on her passion for life. "The City just has that energy, and go go," says Reina. "Everything is about flow and 'going with the flow.' Expressing life through hooping art, dance, and music, and meeting diverse people is what life is all about."



we speak



Here's to living life!

BY CHRISTA SMITH

'To life' or 'to living life,' it's a very deep sub-

ject with lots of philosophical thoughts on the matter. I think that life is whatever we make it. I

love life and try to get out of every day all that I can. To me living life is taking the good and the bad and

going with it. It all comes down to attitude and how we think about your circumstances.

How we choose to think about things impacts how we live life. If the negative is what we see and then talk about, the more we will see and then the more we will feel negatively about our lives. The same is true for the good stuff and positivity. Doesn't matter what it is, if you look for it, you will find it.

When I was a kid we had this rocking chair that I used to spin around and around. Sometimes I would get it going so fast by running in circles that my feet would fly out from under me. I use to yell, "go faster, go faster" as I ran. Since the age of two when I wanted to go faster, my life has been like that. I love it, the adrenaline of life that comes from living fast with what time we are

given. I have said before that I want to live forever; what I really mean is that I want to live long enough to do everything and try everything, and since it's a big world out there, I am pretty sure I will have to live forever to get it all in.

This May is very special for me as I have the privilege of helping to organize the Shriners' Spring Ceremonial here in Williams Lake. This huge event brings Shriners from all over BC and the Yukon together to celebrate the greatest philanthropy of helping sick children. With the ceremonial they welcome new Shriners in, show respect to the ones who have passed, and host a parade, which this year includes civic floats, all during an action-packed weekend. The last weekend in May will see hundreds of Shriners in their red hats all over the City. **Saturday May 28** is

the **parade Downtown**, where all the clowns, cars and bands come out to celebrate life with the community. The sole purpose of the Shriners organization is to make the lives of children better and to increase their quality of life. These boys young and old know how to have fun while helping children, and this weekend they want to share it with you.

The theme for the Shriners weekend is "TO LIFE" and we at The Stew thought, what better time to agree and help celebrate all that living life to the fullest has to offer. We hope to see you all out for the parade, and then **afterward in the park for the Children's Festival**, where nothing can inspire you to live, more than watching a bunch of children having a great time.

So here is our written toast to you, our readers, "To Living Life!"

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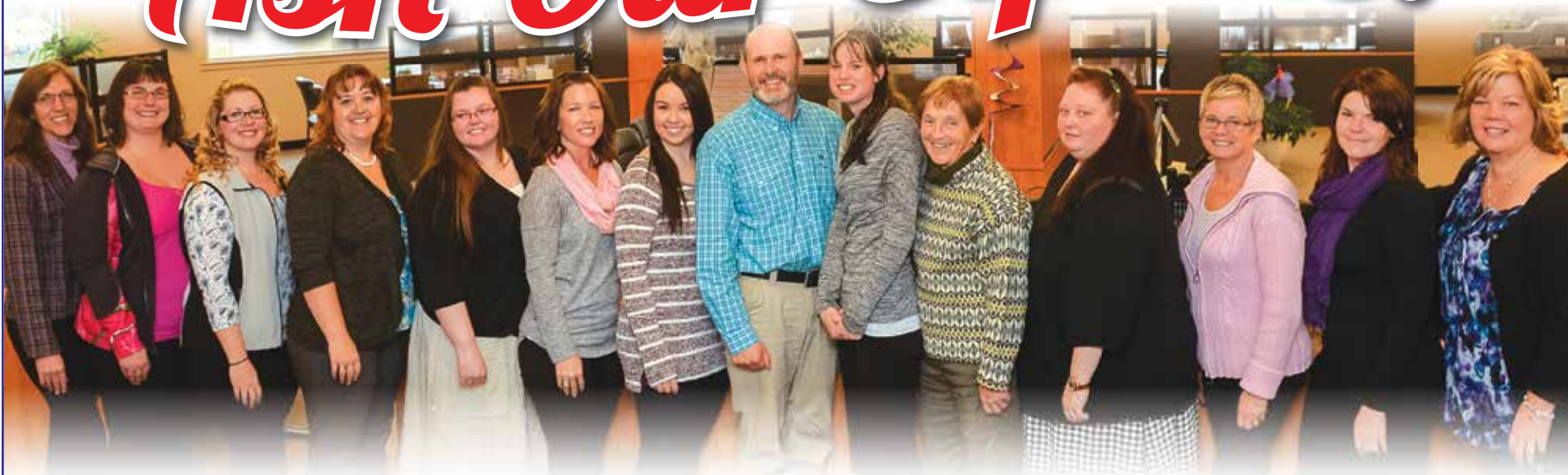
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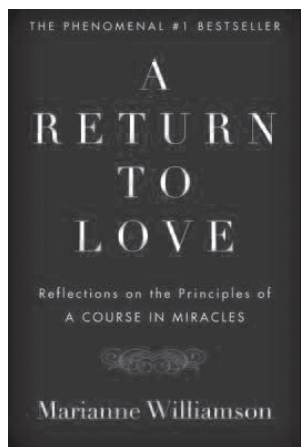
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7 Books that will change your life



Books can impact your life, change you for the better and radically improve your quality of living. Sometimes it can feel like reading is cheating — you get to learn from everyone else and use their experiences to drastically better your life — your business, relationships, bank account and overall sense of peace.



1. *A Return To Love*, by Marianne Williamson

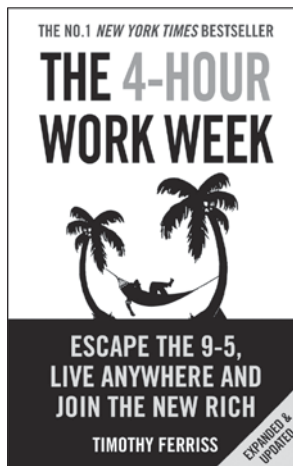
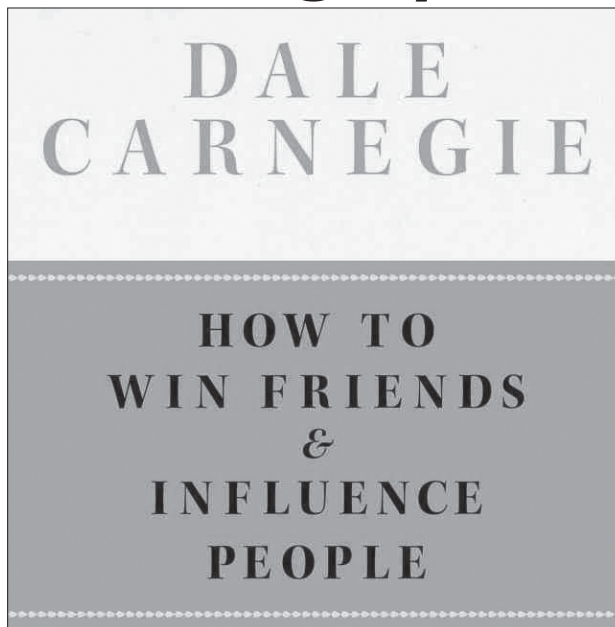
This book may change your view of the world entirely. Greatest lesson: Only love is real. All of our fears, resentment and worry are an illusion of our ego. Marianne's truths are freeing and enlightening in the most legitimate and beautiful way possible.

2. *The Magic of Thinking Big*, by David J.



Schwartz

Greatest lesson: Anything is possible — it starts and ends with your thinking. There is no way I would have achieved what I have so far from the unstable, extremely humble, nomadic upbringing I had without learning and believing these principles. I adore the 1950s vantage point too, of how success is defined.

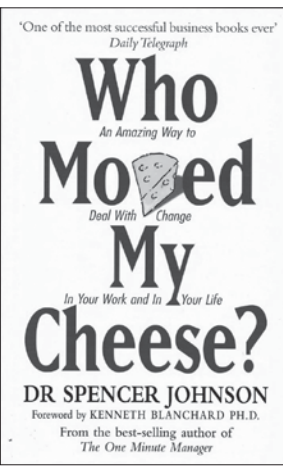


3. *The 4-Hour Work Week*, by Tim Ferriss

Never think about work the same way again. Greatest lesson: Creative decisions and actions allow you to experience the richest life available and reject the traditional 9-5. You'll question everything about why your conventional career is valuable and receive highly practical information to live your life by design in an online driven, connected, opportunity rich world.

4. *Who Moved My Cheese?*, by Dr. Spencer Johnson

Change is everywhere; those who embrace it win.



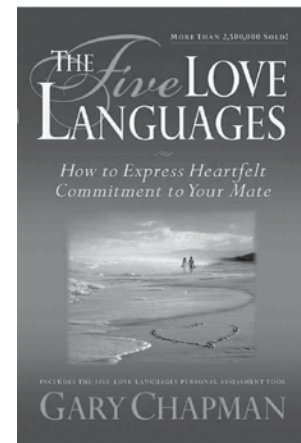
Greatest lesson: People who succeed in all areas of their life embrace change swiftly and without complaint. Be one of them. This is a simple narrative about two mice and how each one acts differently when their cheese disappears. The lesson applies to love, work, migration, even "the times." You can finish it in two hours and will be riveted by all the examples in your life you are reminded of.

5. *How To Win Friends & Influence People*, by Dale Carnegie

People matter most in this world. Greatest lesson: You succeed when

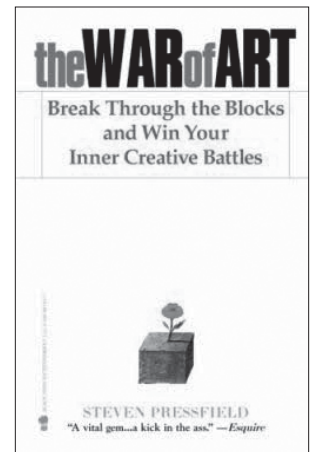
you make it about others. Ask questions. Listen. Use people's names. Be encouraging and optimistic and sincerely praise the people in your life. They will love you for it and you are both better for the experience.

give your partner what he or she needs (time, affection) and ask for what you need (help at home, words of affirmation). Every married couple ought to read it.



6. *The Five Love Languages*, by Gary D. Chapman

We all have 1 of these 5. Make sure you and your partner understand yours, and each other's love language. Greatest lesson: All forms of conveying love are not equal. You need to



7. *The War of Art*, by Steven Pressfield

Resistance stands between everything you have, and everything you want. Greatest lesson: Get busy. Work every single day toward your dream. Nothing else is more important and excuses mean nothing.

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You, Me and We

By Gina Mawson



Living a Life Full of Relationships

My husband and I were in Vancouver and stayed on Robson Street in the Downtown core. I am not hard pressed to say that it is teeming with people. So many people in such a small space; and then I was enthralled by the fact that there are so many people in such a small place and people just go about their business of living life. So many people to watch and so little time.

What struck me most was the disconnect between people. In Williams Lake when I smile at people, for the most part, people smile

back. In Vancouver, no one seemed to smile back. No one but a homeless man on the corner. It made me sad to think that the person with the least seemed to have the most to give to their fellow city people.

That got me to thinking about how we live our lives on a daily basis in relation to the people around us. Reality says that we all have some kind of a relationship with other people, even if we are single and living on our own. Which means we all have connections that we either need or want to maintain. And the type of

relationship it is dictates how we go about doing that.

If all we need to do is maintain a basic working relationship with people, then that should be simple enough, right? Well, it should, but sometimes it isn't. When we are working, it is so easy to just go about our daily to-do list and not really see the people around us. It's generally not intentional, but rather a built-in part of how business functions and the demands of the day. However, taking time to stop in and say hello can not only take the feeling of isolation out of the day,

but it can show the people we work with that they are important, and build strong and healthy dynamics in the workplace.

From casual working relationships we move into the more personal areas of our lives; the relationships we have with friends, family, and significant others. These relationships take considerably more time, effort, and yes, plain old work to maintain. Some relationships are easier to maintain than others. I have a friend that I talk to infrequently due to distance and the fact that little people command

so much of our time and attention. That being said, the minute we talk or see each other, the time apart instantly disappears and we are back into the groove of our friendship and catching up on each other's lives.

Family relationships are incredible, worthwhile, and often take a lot of effort. The relationship I have with my little daughter means the world to me. Sometimes maintaining it takes a lot of effort and hard work. Especially on days when I think to myself, "Just when did my six year old develop a 14 year old attitude?" Those are the days that I know I have to draw on internal reserves

of patience and take the extra time needed to strengthen the bonds that connect us. If I don't take the time and effort needed now, the relationship we need to have in place when she is actually 14 won't be there. Making it through the tough times now is just that much more important in terms of living our lives together and having a healthy and respectful relationship.

The same can be said for the relationship we have with our significant others. The work we put in on a daily basis while going about living our lives can make all the difference. Do we just pass each other like ships in the night and never really see each other, or do we make a pointed and deliberate effort to maintain the connection we have with each other? That maintenance can make or break a relationship. It states to our significant other just how important and meaningful they are to us.

Living our lives in relationships means living our lives with intention and thought about the connections we form, choose to keep, and how well we maintain them. If we do it well, they will last a lifetime.

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Curator's corner: Lorne Brown & Camp Deka

BY WILLIAM ADAMS,
MUSEUM OF THE
CARIBOO CHILCOTIN

This buckskin jacket was purchased in Alexis Creek in 1965 by Lorne Brown. The jacket with its traditional floral beadwork design was crafted by a Tsilhqot'in artisan.

From 1961 through 1976 Brown and his wife May were the owners of

Camp Deka, a summer residential camp for boys that was located on Deka Lake, 48 kilometres east of 100 Mile House. Lorne Brown wore this jacket and donned a cowboy hat when he presided over campfire gatherings, as part of his persona when telling tales for the young campers that had a serious, yet mystical and humorous flavour.

After Brown's death in 1976, the camp closed and the property was sold to the Vancouver YMCA in 1988, becoming YMCA Camp Deka. In March 2016, the Brown family graciously donated this jacket along with a copy of the book: Camp Deka – Boys' Camp Memories, 1961-1976 by Greg Brown (Lorne Brown's son) to the Museum of the

Cariboo Chilcotin. The Museum is interested in identifying the Tsilhqot'in artisan who made this unique jacket.

The Museum of the Cariboo Chilcotin is located at 113 Fourth Avenue North in Williams Lake, and is open Tuesday through Saturday, 11am to 4pm. Contact the Museum at 250-392-7404 or e-mail mcc@wlake.com.



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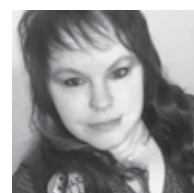
Christa Smith
Publisher & Editor
christa@ccrproductions.ca



Craig Smith
Publisher & Sales Manager
craig@thestew.ca



Joan Oliver
Advertising and Sales
sales@thestew.ca



Renée Lozeau
Ad Design, Layout & Prepress



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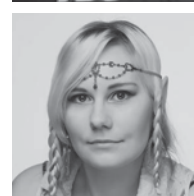
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do

Life after Cabaret



BY CHRIS HUTTON,
WILLIAMS LAKE
STUDIO THEATRE

Until recently, my life was entirely *Cabaret* (the Musical). Playing Cliff Bradshaw in WLST's wildly popular third production this season consumed my life, tested the patience of those close to me, and wreaked havoc on my diet and exercise plans! But the flip side? Friends that I'll keep in touch with forever; stepping even further out of my comfort zones; and reaching new heights on stage.

Life's like that, I find. Physically balanced, I guess. If you really pour it on, some things will slip. If you really dial it back, it gets easy. Sometimes so easy, it all just kind of slips out of your hands. If you're not too busy toasting life, you can really grab onto it and make it yours! ...but that's *Cabaret* talk.

And life in theatre is about more than that. But this is a good time to reflect! Even though there's a lot of it, the rest of this season will be done before you know it. Looking back to the beginning of the

season, WLST put on two shows that really epitomize reflection on life. *Dial 'M' for Murder*... well, it at least looks at taking what you want in life. But *Making God Laugh* could have been a whole other article on the contemplation of life! It went through all stages of life and also contained a recitation of Shakespeare's *Ages of Man* monologue!

But is that what life is about? Toasting it and reflecting on it? Of course not. Life is about all the good and the bad, and good that's bad, and bad that's good. It's messy. It's losing your day-to-day life to passion, and sometimes vice-versa. It's as much about knowing where you are, as it is about getting to elsewhere. Sometimes it's about spending years behind obstacles – or even just in front of them – before finally getting around them, or letting them wash over you. It's dark, terrifying, thrilling and you hate it, but you've got to love it and you've got to do it.

And that brings me to our final show of the regular season. I've only seen some of the upcoming *Death Defying Acts*, but it promises to be a thrilling and unique experience (what life is all about)! The script is published to be produced as a package of three one-act plays; and I



promise the whole thing is shorter than a night at the *Cabaret*! Truly a unique experience. You'll get to see the actors test their range as they play different roles in each of the three plays.

I sat in on a rehearsal of David Mamet's *An Interview*, where a lawyer, played by Jay Goddard, is interrogated to force admission of the truth about his life against a hilariously deadpan Chris Armstrong. This comedy will have you bursting out in laughter, as a lawyer is slowly driven to utmost frustration.

A major shift in the action then occurs in *Hotline* by Elaine May, as Chris Armstrong moves into a frantic nervosa as a young suicide hotline worker in his first night on the job. It's off-the-wall funny, exciting and fast moving, as newcomer Laura Masini Pier-

alli achieves an exceptional stage presence as co-worker Marty, off Chris's craziness. Dr. Russell is played by Jay Goddard. *Central Park West* by Woody Allen is the second half of this production. In it, a well-to-do psychiatrist is going to confront her best friend after discovering that she is having an affair with her husband. The show also includes performances by newcomer Veronica Able and the dramatic debut of Haley Tazelaar.

But like so many things in life, when good things are out there, people come together! WLST will be hosting the **Central Interior Zone Festival** again this year, from May 18-21. Our own *Death Defying Acts* will be on, and *Vanya and Sonia and Masha and Spike* by Christopher Durang, put on by Pocket Theatre out of Prince George will be competing in the festival as well.

Rounding out the Festival are two new shows. The first is a truly heart-

warming and hilarious *Snake in the Grass*, by the Maranatha Players. I had a chance to see this show as dinner theatre, and I am always excited to see how these students change and grow as actors on stage. It's a funny script with some serious stage talent.

And WLST is also adding a 'limited' production that will also compete at festival! *Annoyance* by Sam Bobrick, directed by Brad Lawryk stars Oren Barter, Tanis Daum, and Colin Sanford. It's so new, I've only read parts of it, and I can tell you, you'll do at least one 'spit laugh' if you come see it!

***Death Defying Acts* runs May 4-7 and 11-14.**

***Annoyance* runs May 17 & 18.** Both will run at Williams Lake Studio Theatre, in Glendale. I encourage you to check with our ticket vendors (AboutFace Photography, Kit and Kaboodle, and The Open Book) about show times and tickets. Enjoy the show!

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**Your guide to
where to go and
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WILLIAMS LAKE & AREA

May 1-7 Youth Week, Boys and Girls Club, free activities for youth, children and families, info: Linda 250-392-5730

May 1 MTG: Cube Draft, Adventure Games 83C 2nd Ave S, 10am

May 1,8,15,22,29 Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

May 1,8,15,22,29 Sunday Game Night, Adventure Games 83C 2nd Ave S, 6pm

May 1-31 The Station House Gallery presents; Robert Keziere 'The Days of Augusta' and Caroline Anders 'Inertia', Mon-Sat 10am-5pm

May 2 FREE Seniors Bingo, refreshments, upper lvl Boitanio Mall 1pm

May 3 Reel Paddle World Tour, Gibraltar Room 6:30-10pm

May 4-7 Studio Theatre production "Death Defying Acts", 3 one-act plays, 4100 MacKenzie Ave N, 7:30pm, tickets: AboutFace Photography or www.wlstudiotheatre.com

May 4,11 Gad-Z-Ukes Ukulele Strum Along, Cariboo Arts Center 90 4th Ave N, 10am-noon

May 4,11,18,25 Karaoke 9pm, music trivia 7pm, OV Pub

May 5 Garden Club monthly meeting, Cariboo Arts Center 90 4th Ave N, 7-9pm

May 5,12,19,26 Jam Night with Busted Remedy, 9:30pm, OV Pub

May 5,12,19,26 Just For Fun ladies singing

group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church 7:30-9pm

May 5,12,19,26 Poke-mon Thursdays, Adventure Games 83C 2nd Ave S, 3:45pm

May 6,13,20,27 Farmers' Market, Boitanio park 9am-2pm

May 6,13,20,27 Friday Night Magic, Adventure Games 83C 2nd Ave S, 5pm

May 7 Spring Yard & Garden Sale, Scout Island Nature House 9:30am-1pm

May 7 International Women's Ride Day, all motorcyclists welcome, meet at The Loon at noon for lunch, then ride to Quesnel

May 7 Spinners & Weavers Annual Spin In, Mackinnon Hall, 1000 Huckvale plc, 1-4pm

May 7 Colin James: Up Close and Personal, Gibraltar Room 7:30-9pm, Tickets available at Margetts Meats & Audio Video

May 7,14,21,28 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, all day

May 7,14,21,28 Fun Darts, OV Pub 2pm

May 8 Mother's Day Market, Save on Foods 8:30am-2pm

May 8 Mother's Day Market, McLeese Lake Hall 9am-3pm

May 11-14 Studio Theatre production 'Death Defying Acts', 3 one-act plays, 4100 MacKenzie Ave N, 7:30pm, tickets: AboutFace Photography or www.wlstudiotheatre.com

May 12,19 Art Society Gathering, Cariboo Art Center, 90 4th Ave N, 2-4pm

May 13 Northern Fan-Con 2016 (convention), Adventure Games 83C 2nd Ave S, all day

May 14 8TH Annual Seedy Saturday, Memory Garden, Carson Ave 10am-2pm

May 14 Canoe Races, Nimpo Lake, Race starts at 11am, info: 250-742-3333

May 14 Tech 'n Tune & Open Practice, Thunder Mountain Speedway, admission by donation of non-perishable food, 1-3pm

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

May 18 Central Interior Zone Festival: Balancing Acts; 'Snake in the Grass' by the Maranatha Players, 8pm, tickets: AboutFace

May 19 Central Interior Zone Festival: Balancing Acts; 'Death Defying Acts' by the WL Studio Theatre 8pm, tickets: AboutFace

May 20 Central Interior Zone Festival: Balancing Acts; 'Annoyance' by the WL Studio Theatre 8pm, tickets: AboutFace

May 20 First Veggie Box of 2016, Puddle Produce, info 778-961-0600 or puddleproduce@gmail.com

May 21 Central Interior Zone Festival: Balancing Acts; 'Vanya and Sonia and Masha and Spike' by Pocket Theatre, 2pm, tickets: AboutFace

May 21 Fishing Derby, Nimpo Lake, all day event, info: 250-742-3333

May 26 Chamber of Commerce Luncheon, Signal Point Gaming 11:30am-1pm

May 27-29 Stampede Whirlways Jamboree, Long House 10am-6pm

May 28 Shriners Parade, begins 10am at 4th & Proctor, up Oliver St to Boitanio Park

May 28 Children's Festival, Boitanio Park 11am-4pm

May 28 Thunder Mountain Speedway Season Opener 5-9pm

May 28 Cariboo Potters' Sale, Cariboo Arts Center 90 4th Ave N, 10am-3pm

May 29 Lakers Car Club Show & Shine, Downtown 8am-4pm

May 29 Spinners & Weavers Annual Garage Sale, Cariboo Arts Center 90 4th Ave N, 9am-3pm

QUESNEL & AREA

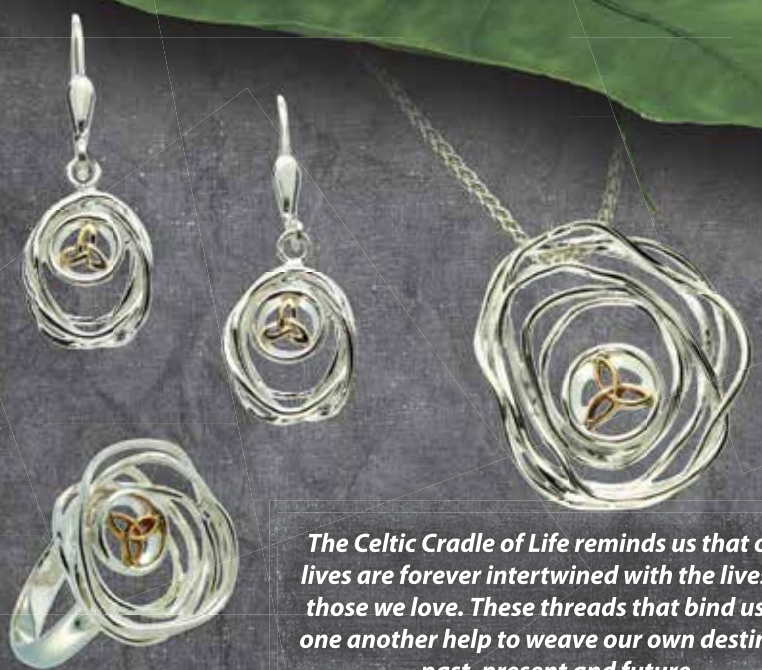
May 1 First Auto Cross of the year, Raceway Park 6am-5pm

May 1 Spring has Sprung Small Business Fair, LeBourdais Park 10am-4pm


May 2 Mental Health Week, free BBQ, Spirit Square 1-4pm

Keith Jack

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May 6 Quesnel Art Gallery May Opening, show "Progression" featuring 4 local artists, 7-9pm

May 6 Colin James; Up Close & Personal, Seniors Center 7:30-10pm, tickets: Circle S Western Wear

May 6-8 Home & Outdoor Adventure Show, Twin Arenas, Fri 4-8pm, Sat 9am-5pm, Sun 10am-3pm

May 7 Farmers' Market, Helen Dixon Center 8:30am-1pm

May 7 International Women's Ride Day, all motorcyclists welcome, meet at A&W South (staples parking lot) 10:30am, kickstands up at 11am

May 7 Friends of the Museum Book Sale, Museum 10am-2pm

May 7 Golden Center Garage Bake Sale & Raffle 10am-1pm

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

May 8 Lion's Mothers Day Breakfast, Baker Creek Park 9am-12pm

May 8 Mothers Day Breakfast, Friendship Center 9am-12pm

May 12,26 Karaoke Contest, The Occidental, 228 Front St, 7-11pm

May 13 Live Music, The Occidental, 228 Front St, 8-11pm

May 14 Dragon Boating Grand Opening, Pioneer Park 10:30am-5pm

May 14 2016 MS Walk, Ceal Tingley Park 11am-1pm

May 19 Barkerville Opening Day 8am-4pm

May 23 Victoria Day Royal Tea, Barkerville 8am-6pm

May 27 Relay for Life, Baker Creek Park 5-11pm

May 27 Burlesque Show, The Occidental, 228 Front St, 9-11pm

May 28 Lions Garage Sale, south end of Maple Park Mall

May 28 St. Ann's Boots & Bling, St. Ann's Church Hall, 5:30pm-midnight, tickets: Church Hall

May 28 Barkerville Brewing Concert Series, Nick Gilder & Sweeny Todd, Occidental, 228 Front St, 8-11pm

May 31 Brett Butt Comedy Tour 2016, Seniors Ctr 8-10pm, tickets: www.brettbutt.com

May 31 RCMA Meeting, The Occidental, 228 Front St, 7-9pm

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May 2,9,16,23,30 Bingo, doors 6pm, starts 7pm, super star 8:30pm, Community Hall

May 2,9,16,23,30 Women's Drop-In Volleyball, Lone Butte Community Hall 9:30am

May 3,9,16,23,30 Alanon Drop-In, 1-2pm, Community Health Ctr (rear of hospital) info: 250-395-7676

May 3,9,16,23,30 Alcoholics Anonymous, United Church 8pm

May 3,9,16,23,30 HUGS help us get slim,

6:30pm, 6300 N. Green Lake Rd, info: Charlotte 250-456-7504 or Pat 250-456-2491

May 3,9,16,23,30 Carpet Bowling Club, 1-4pm, Interlakes Hall, info: Kitty 250-593-4780

May 3,9,16,23,30 Co-Ed Drop-In Volleyball, 7-9pm, Peter Skene Ogden gym, info: Kersti 250-395-1353

May 3,16 Photo Group, 1st & 3rd Tuesday of the month, Bridge Lake School, info: Larry 250-593-4362

May 4,11,18,25 Bingo, g-ball, loonie ball & progressive, doors 5:45pm, starts 7pm, Lac La Hache Hall

May 5,12,19,26 TOPS Club, take off pounds sensibly, 6:30pm, United Church, info: Kirsteen 250-395-3344

May 5,12,19,26 Parkside Indoor Farmers Market, 10am-noon, Parkside Art Gallery, vendors: 250-395-2021

May 5,12,19,26 Royal Canadian Army Cadets, 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

May 6-7 Cariboo Women's Fair, South Cariboo Rec Center, 19+, 5am-9pm

May 6,13,20,27 South Cariboo Farmers' Market,

100 Mile Community Hall, 8:30am-1:30pm

May 7 Lions Spaghetti Dinner & Auction, 108 Mile Community Hall, doors 6pm

May 7 Auxiliary Mothers Day Strawberry Tea, Mill Site Lodge 1:30pm-3pm

May 11 Compassionate Friends, bereaved parents support group, BJ's Donuts 7:15pm, info: 250-395-4417

May 15 ECLECTICA Choir Spring Concert, Martin Exeter Hall 2pm

May 19-23 BS & Drive Weekend, Huber Farm and Equestrian Center, 70 Mile House, info: 250-456-6050

May 21 Western Week Parade, in conjunction with the Little Britches Rodeo, Birch Ave 10am

May 21 Clinton Ball, Memorial Hall, doors open at 5pm

May 22,23 Little Britches Rodeo, 100 Mile Outriders Grounds, pre-registration required

May 27 Coastal Expressions: Mask carving by TLPA- Tony Speers of Cedar Coast Carving, Parkside Art Gallery 7pm

May 29 Purina Walk for Dog Guides, 108 Mile Lake main beach 1pm

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The Haunting of Alice D.

The Letters

MAY 10th

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Against the Wild II - Survive the Serengeti

Alpha & Omega - Dino Digs

Deadpool

Janis - Little Girl Blue

LEGO: Scooby-Doo Haunted Hollywood

Mustang

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The Boy

War & Peace (2016)

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Kindergarten Cop 2

LA Apocalypse

My Other Mother

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Secret Past

Southbound

The Program

The Witch

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MAY 24th

Assassins (2014)

How to Be Single

Risen

The Challenger

The Finest Hours

NEW Invasive Plant Invader Common Bugloss (native to Europe and Western Asia) has been put on the 2016 watch list as a potential new invasive plant in our region. It is a perennial herb that can flower its first year but typically starts out as a basal rosette of leaves. It has a deep taproot and can reach 1 to 2 feet long. The entire plant is covered in coarse hairs. Flowers are blue to purple, with white throats and equal lobes. Flowers clusters form cymes or helicoid clusters (like a spiral or helix). As they mature, coils unfurl and straighten out. It has basal and alternate stem leaves. Lower leaves are narrow, oblong, and slightly pointed. Its leaves decrease in size going up the stem. Multiple fleshy, flowering stems form from each taproot. It grows in sandy, gravelly areas such as disturbed areas, roadsides, fields and pastures and reproduces exclusively by seed. Small invasions can be dug out (include the taproot). Place all materials into a sealed bag and then into the garbage. If you see this plant, please report it! **REPORT WEEDS you SEE:**

- 1) Call the CRD at 1-800-665-1636
- 2) Use the **REPORT a WEED** phone app (www.reportaweedsbc.ca)
- 3) Anywhere in BC call 1-888-WEEDS-BC

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do



Living with autism

BY LINDA MATHERLY,
CARIBOO CHILCOTIN CHILD DEVELOPMENT CENTRE

The community of Williams Lake is privileged to have an Autism Centre, now celebrating its one year anniversary, located at the Cariboo Chilcotin Child Development Centre Association. In the past year, our community has seen the development of many new programs and groups, available to both children and youth diagnosed with Autism, and their families.

Here is a list of some

of the programs and groups that have been provided in our new Autism Centre in the last year:

- Incredible Flexible You Program
- Super-Flexible Kids Program
- Mindfulness, and Meditation Social Groups
- Alert Program
- Zones of Regulation Program
- Self-Regulation Program
- Super Social Skills Program
- Anti-Bullying Program
- Social Skills While

Cooking and Eating Program

- Stay Together When We Play Together Program
- Parenting Programs
- Food Skills for Families
- Youth Cooking Groups
- Art Programs
- Life Skills Programs
- Nutrition Cooking Class
- Teenaged Boys Social Group

The staff at the Cariboo Chilcotin Child Development Centre Association have created a positive environment where children

thrive and gain new skills in the new on-site Autism Centre. The team at the Child Development Centre target learning in the areas where we see the following in children and youth diagnosed with Autism:

- Social emotional reciprocity
- Non-verbal and verbal communication
- Developing, maintaining, and understanding relationships
- Insistence on sameness
- Stereotypical behaviors, repetitive movements-use of objects or speech
- Inflexible adherence to routines
- Ritualized patterns of behavior, disruptive behaviors
- Restricted, fixated interests
- Reactivity to sensory input
- Unusual interest in sensory aspects of the environment

It can be common for children and youth diagnosed with Autism to have co-occurring mental health disorders. The team at the Cariboo Chilcotin Child Development Centre Association also adapt programming to include therapy techniques, support, and strategies for co-occurring mental health issues, concerns, and disorders including Depression, Anxiety, Intellectual Disability, Disruptive, Impulse-

Control, Conduct Disorders, Neurodevelopmental Disorders, and Learning Disabilities, etc. By using evidenced-based practice and proven techniques, trained staff and therapists are able to break up skills into small steps, and scaffold to teach each step by reaching measurable goals in a family-centered environment. The Cariboo Chilcotin Child Development Centre Association rec-

ognizes that the family is the most important influence in the child's or youth's life and we encourage the family's involvement. We provide a wide variety of different services for children and youth.

If you are interested in any of these programs for your child, please contact Coleen Onofrechuk at 250-392-4481 ext. 208.

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Life on the ranch

BY DR. STEFANIE KRUMSIEK, DVM

With the temperatures rising and the green grass emerging, Big Bear Ranch is turning into a playground for all sorts of little creatures that enjoy living every minute to the fullest.

At the moment, we have four sows with litters of nine,

eleven, twelve and fourteen on pasture. Two more are to follow very soon, and in a few weeks it will be very hard to do the daily chores because it is so tempting to just sit and watch the little buggers play, run around, eat or peacefully sleep in the sun. The noises that little piglets make is overwhelmingly cute, I find, and when

you look into a patch of taller grass and see just a row of ear tips, your mood will change in a heartbeat.

If there was a cuteness competition on the ranch, I wouldn't want to be the judge. Looking over from the piglets to the bouncy flock of lambs makes me laugh instantly. Lambs love to crawl on top of their mommies or aunties when they lay down for a digestive break. The satisfied look on the lambs' face when it has achieved the mission is priceless. Then there are moments when the entire lamb flock decides it is interval training time, and they start running back and forth until everybody has their tongue out and you can hear them breathing from across the pasture. Of course, the camera is not in your pocket or maybe the battery is running low whenever they start their Olympics, but in your memories you can always



recall those moments and they fill you with joy.

The cow herd definitely has a different dynamic. When I look at them I always wonder how they manage to find their babies in this tall grass, and often enough we have to wait for one to go back and "pick up her child from daycare" under a tree. In general, I don't think any newborn animal is more adorable than a calf. Those ruminant babies are ready to go the moment they come out of their "temporary home," and they look cute right away with their bright eyes and exceptionally long eyelashes; ears up, vocalizing, standing and sucking within minutes, it seems. That's how it goes when they are happy and

healthy.

If you haven't had enough of the babies, then you can also visit the chicken flock and try to get a glance at the little chicks that just hatched under one of our laying hens. Three are running, flying or chirping around at the moment, with hopefully seven more to come from under one of our Araucana girls. Araucanas lay greenish coloured eggs, which makes the dozen look really 'Easter' in the container all year round, especially when mixed with Red Sussex and Rhode Island Red eggs which are different shades of brown.

No horse babies at the moment, maybe in the future again, who knows.

I certainly know that liv-

ing on a ranch connects me with nature, calms me down and reminds me of how beautiful life can be. Even after a very stressful day or week at work (in town) I definitely feel the exhaustion, and without the family working together and some external help, we couldn't manage. Although, I do feel the energy I get back, now that I can be outside again and care for the living that makes our living. The days are very long and friendships tend to suffer, other hobbies and activities get left behind often, but caring for the land and its inhabitants creates big satisfaction inside me and so it continues hopefully for many more years to come.

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do

Meaning of life to a 5 year old

There's a huge difference between 'living' and 'existing'. If you're spending your days waking up, rushing to get the kids ready, rushing to get yourself ready, sitting through your job only to run home and figure out dinner and get the kids in bed and clean up and, *and*, *AND*... That's not living. I've said it before and I'll say it again, "learn to breathe."

We spend too much time being overseers of everyone around us instead of working together to enjoy life. Work as a team and try to slow down a little. I know we don't always want to wake up a little earlier or go to bed a little later, but if it gives you a chance to enjoy each other's company, then isn't it worth it?

There are times that life is going to be tough and we launch ourselves head-first into our routines just to make it day-by-day because the idea of anything else is just too overwhelming. If you do that for too long though, you start to notice that everyone in the household starts turning into a zombie and we fall into a pit of schedules. Force yourself to stop and take a break.

Ask yourself what's important while you're sitting out on the deck in the sunshine. What do you want



out of life? What does your family want? We get too stuck in routine and forget how to live. You want a little entertainment? Ask the kidlets what they think the meaning of life is, and you'll find out the amazing theories a little one is able to come up with and wonder when you stopped seeing the possibilities that life gives us. The meaning of life to a 5 year old might be as simple as spending more time with his friends, or figuring out how he's related to a T-Rex. If they don't have an answer for you? Sit with them and think on it.

We need to stop teaching our children that life is about nothing but responsibilities and making sure we fulfill them. Of course

Pint-Sized By Jazmyn Douillard



that's part of it, but if no one got to the laundry so Jack has to wear a dirty shirt to school the next day, or you forgot to buy apples so they get a chocolate instead, it's not the end of the world and that doesn't mean you're falling behind.

Let the dishes sit for a night and go for a walk, or check out the water park. One of my favourites – get

in the car and go for a random drive after packing a picnic dinner. If you have a truck, throw some foamies and a few blankets and pillows in the back that you don't mind getting dirty, then eat as the sun sets and remember there is more to life than making sure everyone survives school and our bills are paid.

Just breathe.

Gecko art

Showing at the Gecko Tree now until May 28 is the artwork of 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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Oh, the things you can find if you don't stay behind

BY DAWN WALL,
CHILDCARE CONSULTANT,
WOMEN'S CONTACT SOCIETY

Many, many times I have heard the phrase 'live your life,' but what does that actually mean? Does it mean to live a good life to keep others happy? Does it mean to exercise and lead a healthy life or the live carefully, safely and live a long life? I think this it means none of the above. To live life is to embrace what comes to you, to live in the moment not waiting for something better, to recognise that life is indeed precious, it's to be celebrated and savoured.

Children innately know how to do this. They personify living in the here and now. They embrace the pure of joy being alive in the world; children are the centre of their universe. They engage with life like it is a feast to be relished. They approach life's situations like they know what to do, and how to do it when the time comes. They don't want to wait for directions or someone else to do it. When they struggle, they will willingly look for help and

will bask in the success, or accept the failure.

Just watch how children approach planting a garden. They do not need to fuss over the straightness of the rows, the depth the seed is planted or the amount of water appropriate for that plant. They simply approach the task of planting the seeds and then watch for the sprouts. Whether there are a couple, or a whole cluster, they celebrate and enjoy what comes forth and don't fret over the

ones that did not.

So why not take some time and enjoy life as children do? Put aside "what might be," "what could happen" and the "what ifs," and embrace life as it comes. Turn off the TV and cell phone, watch the sun rise, walk in your bare feet, blow some bubbles, do something just because you want to, not because it is something that you should do.

Live life for the moment because everything else is uncertain.

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Rio de Janeiro – 2016 Summer Olympics

BY SYLVIA RASHBROOK
OF ALL-WAYS TRAVEL

Living life to the fullest; shining examples of endurance, strength and agility; competitive, energetic and consistent are just a few of the ways to describe those who compete in worldwide competitions such as the Summer Olympics or Paralympic Games. The list of descriptive words is endless.

The Olympics is a highly anticipated, International multi-sport event set to unfold in Rio de Janeiro, Brazil this year: **Summer Olympics August 5th to 21st and Paralympics September 7th to 18th.**

There are twenty-eight sports featured during the 2016 Summer Olympics including golf and rugby sevens. Over the years there have been more than 55 sports that have been

part of the Summer Olympics, ranging from archery to wrestling. It was only during the last Olympics in London that baseball and softball were removed. Apparently, kiteboarding will make its first appearance at the 2016 Games. Sir Richard Branson and his family will attempt to kite across the English Channel in honour of kiteboarding becoming an Olympic sport. Good

Luck.

More than 10,500 athletes from 206 nations will participate in this extravaganza. The athletes will be competing in the various sports hoping to win the coveted gold, silver or bronze medals. There will be coaches, dignitaries, media members, family members, celebrities, host officials, and spectators. Can you imagine the amount of planning, preparation and grandness that it would take to put forth such an enormous occasion? What an undertaking for any City and Country!

The area alone houses 75 hectares of sports

complexes and fields (not including training facilities, the Olympic Village and the Olympic Beach. Actually, Rio de Janeiro already had most of their sports complexes built thanks to the Pan American Games of 2007, the 2007 Parapan American Games, the 5th CISM Military World Games and the 2014 Fifa World Cup. The competitions in Rio de Janeiro will be held in four zones across the city, with venue clusters in Copacabana, in Deodoro, around the Maracana Stadium and Olympic Park in Barra.

There will be six million tickets sold for the Olympic events so that one can

be sure to watch their favourite sport. Six million! Imagine the atmosphere of excitement!

About two weeks ago I found out that one of our own was going to participate in the 2016 Summer Olympics in Rio de Janeiro, Brazil in the Canadian Women's Rugby Team, specifically the Canada Women's Sevens Team. I was thrilled to know that a young person born and raised in Williams Lake was part of this team. Yes, one of our own, playing for our Country. What a great honour and privilege to know of her and her family – my Grandson went to school with her. To me this is "living life to the fullest." I thought of her journey and how much dedication, persistence and devotion it must have taken to maintain this high level achievement. The pain and injuries she must have endured during this rough; and often brutal game, played without protective gear! (I have some first hand knowledge on a much smaller scale in elementary school; it was "Bruise City" for me after playing each game.)

The young lady that I am referring to is none other than our very own Kayla Moleschi. I am proud of her, as I am certain all of Williams Lake is. I will be watching her on the large screen and cheering her on. We all wish you the best of the Games Kayla. May your team win, 'hands down!' Your Country is proud of you, no matter the outcome.

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A lust for life and cookies

Out of the Fridge

By Brice O'Neill



I've had my life threatened twice. Not by a person with a gun in a war torn country half-way across the globe, or a terrible wild beast in some awful jungle. But right here in my home town. The first time was September 1993 when I was involved in a very serious motor vehicle accident. Subsequent to that accident I spent a considerable amount of time in hospital where many doctors and nurses cared for me. As a result of the accident, I lost my leg. A few years later, I learned that at one point during my ordeal, my Mom was told to gather my family because I might not make it. I had no idea that this was said, and really didn't contemplate it much at the time.

Years later my life was again in danger. This time by something much smaller but equally as dangerous as any monster

– infection. Unbeknownst to me, I had contracted a serious blood infection through a sore that developed on my residual limb. I knew I was sick but being a reasonably young, and very stubborn man who had developed a distaste for hospitals, doctors and the like (except nurses, I uh...kinda got a thing for nurses), I decided that I had a cold and if I just kept going to work, drank lots of water and cut back a bit on beer I'd be fine in a couple days. It wasn't until I was lying on my couch dripping with sweat and experiencing uncontrollable violent shaking that I had an inkling something was a bit off. My partner called the health line and I talked to the nurse who determined that I needed immediate medical attention and asked if she should send an ambulance.

After hanging up I

was asked what the nurse said and I replied. "She says you're fine, have a nap." This did not go over very well (and led to a conversation later about what is funny and appropriate and when). A short time later I was at the hospital with an elevated heart rate and low blood pressure. "You are in bad shape here" the doctor said. "You can die from this, and you still might. We need to get a drip in you right now and you will have to stay here overnight." I, of course, had other plans. I had a very important court date in the morning that I absolutely was not going to miss. "Well", I said "I guess I'll die in court tomorrow." Yep, young, crazy, stubborn and very, very lucky to have survived.

These experiences and a few other close calls, along with having two daughters, have given me a lust for life that, if you haven't come close to losing your life, I don't think you can appreciate. One of the things that I also think makes life worth living is cookies – man I love cookies – soft ones, crisp ones, even "heathy" ones, and **here is my personal recipe for the best cookie ever:**

Gather 2-1/4 cups all-purpose flour, 1 teaspoon baking soda, 1 teaspoon salt, 1 cup room temperature butter, 3/4 cup granulated sugar, 3/4 cup packed brown sugar, 1 teaspoon pure vanilla extract, 2 large eggs room temperature, 2 cups of the best chocolate you

can afford chopped into chunks. Heat your oven to 375 and put all the sugar, butter and vanilla in a bowl, then beat it with a mixer, and add one egg at a time until all creamy and awesome. Slowly beat in the flour, then add that glorious chocolate, but be sure to eat a piece first for "quality control." Drop by spoonfuls on a sheet pan

and fridge them for 10 minutes, trust me. Bake them for 9 minutes and let cool. Then make some ice cream... kidding, use the stuff in your freezer. Drop a scoop on a cookie then top with another cookie. Easy eh? Oh, and congratulations, you have just eaten an entire day's worth of calories, but it was worth it, wasn't it. You only live once.



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Adele McLearn, CHS

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THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

May 11th Eat What You Want Day

What would you like to have to eat today? Okay, great. Health permitting, go ahead and have any and all of your favorite foods and snacks, because today is *Eat What You Want Day*.

Eat What You Want Day is definitely not a day for diets. It is one single, solitary day in the year to go off your diet and eat something you really enjoy. Today, you can set aside your dietary 'no-no' list. Today, you can splurge. Tomorrow, it's back to the diet.

May 14th Dance Like a Chicken Day

Dance Like a Chicken Day is for those who like to do the Chicken Dance. Just dance like a chicken – while any song will do, there's no dance like the Chicken Dance.

It's tradition at every wedding reception to play the song, and to dance the Chicken Dance. It gets people of all ages up dancing and mingling, and it puts a smile on everyone's face. The only problem is that events are much too infrequent for a Chicken Dance lover. Therefore, today exists to provide you with another opportunity to dance like a chicken. So, don't pass up this priceless opportunity.

Did You Know? There are more chickens than humans in the world.

read

Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

Renewed life

A POEM BY LINDA PURJUE,
WILLIAMS LAKE WRITERS' GROUP

I walked today through Spring-green fields
Sparkling with frost melting into dew
Beneath the sun's golden morning light.

Birds sang from corners obscure,
From trees expanding into new life of spring,
From fences where they balanced on swaying wires
While they inspected boxes,
Searching for the perfect home in which to bring forth
New life in their own images.

Winter dormant herbage have begun to emerge
From their yearly sleep,
Stretching bright blades cautiously upwards
Towards the life-giving warmth of Earth's personal star,
Ever mindful of the trickery of Winter
Lurking around corners only lately turned.

Last year's fawns, gangly, half-grown,
Ragged with their partially-shed, grey winter coats,
Scamper after equally ragged mothers, heavy with new
life,
As they search through the detritus of last year
For fresh, tender, green, life-sustaining forage.

I am refreshed.
The warmth of the Spring sun on my face
Warms my entire being,
Renews my spirit.
Life is good.

Call for Volunteers

BY TAMARA ROBINSON,
WILLIAMS LAKE SALVATION ARMY

What better way to help with someone's quality of life than to volunteer.

The Salvation Army is currently looking for volunteers in our kitchen, making soup and helping to serve during lunch time; in our food bank organizing donations, making hampers and motoring the share shelf. 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. If you are interested in volunteering with us, Please contact Tamara Robinson at 250-392-2423 ext. 208



Worship

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fellowship coffee after church

Tuesday Bible Study 7-8pm

Tuesday Ready to Serve (children 7-12yrs)

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“Choose a job you love, and you will never have to work a day in your life.” ~Confucius

Many people come up with great businesses ideas but very few of us will act on our ideas. What stops a person from going from employee to self-employed? One of the top reasons is the RISK involved in becoming an entrepreneur; the idea of walking the tightrope with no safety net is enough to stop a potential entrepreneur from pursuing the idea into development stage.

The reality is that there is no guarantee that your start-up will be successful, and there is no security net to protect

you, should your business fail. Many successful entrepreneurs were not successful on their first start-up attempt, and then there are many successful entrepreneurs who hit a home run their first time up to bat. That is the risk – you must decide if you’re ready to take it or not. You have the choice to either play it safe, or take the chance that will change the course of your life.

If you’re looking for the security of a regular paycheck, medical benefits and paid holidays, then self-employment



might not be the best option for you. If you’re looking to take a risk in order to work at something you love, something that leaves you satisfied at

the end of your day, then you may just be one of our next small business success stories! Now, we aren’t suggesting that you can’t enjoy doing what you love while being an employee, but for those born with entrepreneurial souls, the enjoyment comes from having the creative freedom to launch their own ideas and have control over the direction of the business.

What drives people to venture into small business? Here are 6 reasons why individuals choose to become entrepreneurs:

1. They find it difficult to settle into a job that is standardized and predictable; many are not comfortable with day to day routines.

2. Self-employment offers a relief from the corporate culture; it gives the independence and flexibility to work at your own pace; it offers the choice to work full or part time.

3. Having the freedom of creativity that often is stifled by the limitation of corporate jobs, and ultimately wanting to work for themselves.

4. Another realistic reason is that some individuals have no other option but to make their own employment based on job loss or lack of employment. Rather than packing up and moving, the most viable option may be to explore the idea of self-employment.

Some individuals are

not quite ready to jump in head first, so they continue to balance both; keeping the secure job while working on their start-up on the side. As long as your start-up doesn’t conflict with your regular job and you’re not burning out as a result, this can be a way to have the best of both worlds.

Entrepreneurship might not seem realistic, but you can still achieve a job that you love – it might just take some creative thinking and a few practical adaptations. Remember, with no risk comes no reward, and the guarantee of security is only a guarantee that things will stay the same.

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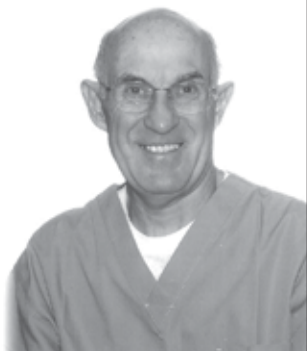


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Time's run out: part 5

A SHORT STORY

Continued from April's issue of The Stew...

Tommy looks around the garden, taking in the various colours and smells that are wafting through the air.

"That fruit salad was amazing, Joan," Jack says, putting his bowl down on the table beside him.

Tommy nods along with his father and scrapes up the last of the strawberry pieces from the bottom of bowl.

"Thank you so much," Tommy says. "I didn't realize how hungry I was."

"You are both very welcome," Joan smiles, stands up from her rocking chair and takes the bowls. "Now, is there anything you two would like to do?"

Jack looks over at his son and then back at Joan. "I hate to say it, but maybe we should figure out how my son and I are going to get back home."

Joan's smile slightly wavers, "I understand." She turns and heads to the back

door of her cottage. "Come with me."

Jack and Tommy get up from the rocking chairs and follow Joan into her cottage. The inside is homey, with the look and feel of a log cabin. The only thing that seems to be missing are photographs. Paintings of flowers and scenic views cover the log panels, but nothing that seems personal to Joan.

"You have a nice home, Joan," Jack says, following her through the small kitchen and into the living room.

Against the far wall stands a small red brick fireplace.

"Dad, isn't that..." Tommy points to the fireplace, as Jack approaches it and touches the brick.

"That is the fireplace," Joan says, from behind the two men, "that can take you back to your home."

Jack gets excited and then turns back to his son and Joan.

"You remember which bricks to touch?" She asks.

"Fifteen down and seven across," Tommy says.

Joan smiles again, "That will take you back. But while you are here, why don't you stay a little while and we can go up to the waterfall."

Jack feels a surge of energy begin to course through his veins and he starts nodding with excitement.

"That sounds like fun, doesn't it Tommy?" Jack asks his son, smiling widely.

Tommy nods immediately.

"Why don't I pack us a lunch, and then we can go," Joan turns around and walks back into the kitchen.

Jack closes the gap between himself and his son and begins to slightly bounce back and forth on his feet.

"You don't want to get home?" Tommy whispers.

"It's the weekend, and I mean come on, look at where we are. The place we're in, this experience doesn't just come around every day."

Tommy looks at his dad and sees the excitement

running through him, his eyes are twinkling and he can't seem to stay still. His energy is contagious and soon Tommy feels exhilaration running through his body.

Joan moves quickly out the back door and over to one small cactus-like tree in the corner of her garden. On the leaves are bright red fruit. Dragon Fruit. She smiles as she picks two of them. As she hurries back, she stops again at one of the strawberry planters and picks a juicy red berry from the smallest plant and takes a huge bite. The juice runs down her chin and she wipes it away with her sleeve. As she walks back into the cottage, her body absorbs the fruit. She begins to feel lighter on her feet and her grin widens.

The dragon fruit is placed in the picnic basket along with some other goodies, and she walks back into the living room.

"Are you guys ready to check out the waterfall?"

Both Jack and Tommy grin widely at Joan, and see a new twinkle in her eye as

she leads them out the front door and onto the path. As the three of them wander down the path that Jack and Tommy had already seen, the father and son begin to notice more things around them. The colours of the trees, the smells, the buzzing and chirping of the animals. Tommy feels a rush of gratitude to be in such a beautiful place and takes a deep breath in.

"It's amazing out here," Jack says out loud.

"It really is," Tommy agrees. "It's amazing that we didn't see the beauty when we were walking around here before."

It only takes a few more minutes before they reach the waterfall, and looking up at the beautiful sight, the rushing of water fills their ears and looks much larger than it did before.

"Is this the same waterfall?" Tommy and Jack ask at the same time.

Joan nods and sits down on a giant rock next to the water.

"Look at the rainbow in the water."

The air around them

seems to ignite their senses, and both Jack and Tommy really begin to take in everything.

"I want to jump off the top of the waterfall," Tommy says suddenly.

Jack turns to his son, "Tommy, you're afraid of heights."

"I know, but look at this place, how can you not want to?"

Jack smiles and then turns to Joan, "We don't have any swim trunks."

"You're wearing underwear aren't you?" She asks.

They nod.

"Go for it," Joan smiles. "First, I'd like you to try this new fruit that I've been growing." She takes the Dragon Fruit out of the picnic basket, cuts one in half and hands it to them.

"Here are some spoons – just scoop it out."

Jack and Tommy scoop the fruit into their mouths, then turn and smile at each other.

"That's really good," Tommy says.

"That tastes kind of like a pear and a kiwi," Jack responds.

"Now go, live a little." Joan smiles, and grabs the spoons from them.

The two men run towards the trail leading to the top of the waterfall as Joan leans over and looks at her reflection in the water. The lines under her eyes begin to fade, and her eyes twinkle brightly as she smiles.

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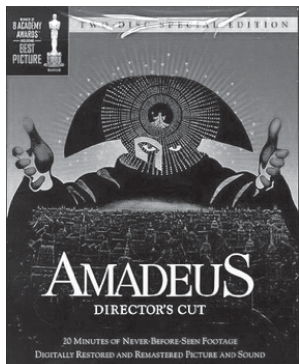
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5 Inspirational Movies

The best inspirational movies leave an indelible impression on the viewer. From Oscar winners to cult favorites, they're worthy of anyone's DVD collection. In an attempt to avoid this list being cliché, I've picked films you may not have seen before, and ones which may have slipped from your memory. As a result, you won't find certain well known films below, such as Schindler's List, Forrest Gump, and Shawshank Redemption. The exceptional films on offer should, hopefully, make up for it!

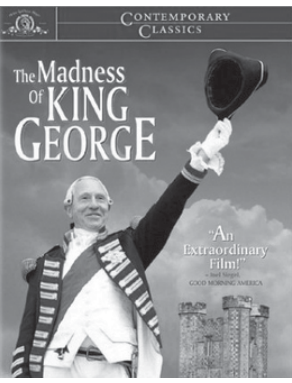
Amadeus
This wonderful period epic, loosely based on Mozart's genius, boasts fine



performances and exceptional music.
"This was a music I'd never heard. Filled with such longing, such unfulfillable longing." A description of Mozart's music.

The Madness of King George

King George III loses his mind, throwing government into chaos. Revolutionary medical man Dr. Willis is called in to restore order in this brilliant drama.



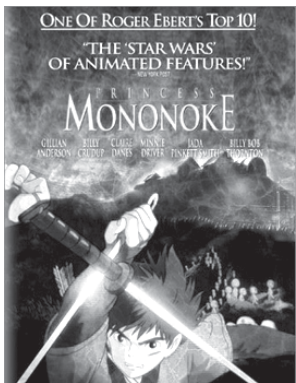
"No life is without its regrets yet none is without its consolations." King George III.



Mary and Max
A quirky, life-affirming claymation film. Two loners become pen pals and strike up a long distance friendship.

"My fifth job was a garbage collector. I cleaned up after litter bugs and didn't have to talk to anybody. Sometimes I liked to pretend I was an intergalactic robot."
Max.

Princess Mononoke
A sweeping masterpiece from Studio Ghibli. Young



warrior Ashitaka fights to restore order between supernatural forces and the human world.

"This is what hatred looks like! This is what it does when it catches hold of you!" Ashitaki.



Spirited Away
Schoolgirl Chihiro is inadvertently transferred to the spirit world, forcing her to work in a bathhouse to reclaim her freedom.

"Once you've met someone you never really forget them. It just takes a while for your memories to return."
Advice for Chihiro

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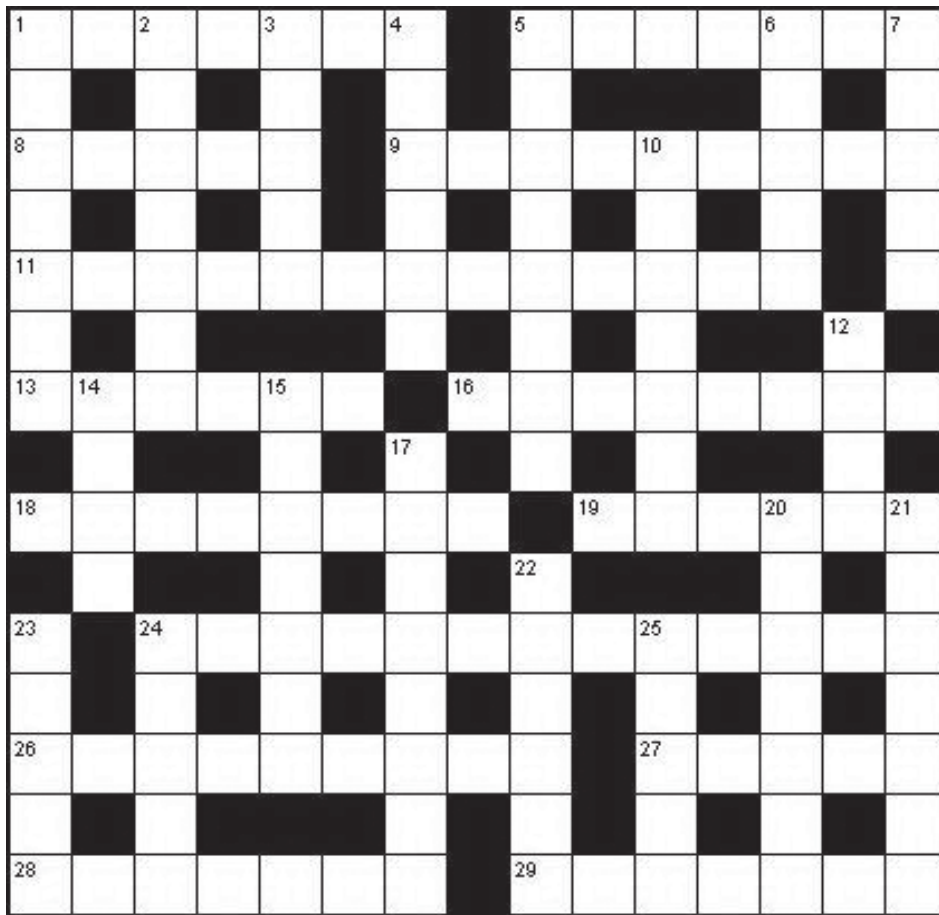
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X-Word Puzzle

ACROSS

- 1 Performed catches in morning on playing-field (7)
5 It's sweet or savoury canapé cooked with a bit of kebab (7)
8 Quick-fry sauce with time to replace temperature scale (5)
9 Turn right and start going behind roundabout where festival is held (9)
11 Did a few household chores in Leap Year? (6-7)
13 Infrequent fights with Spain (6)
16 Ability to beat Liverpool, perhaps (8)
18 Money lake used in clothing production (8)
19 Spanish agreed to eat a



cut lamb sausage (6)

24 Supermodel Kate will not be joining this band (7,6)

26 Women should vote by the nineteenth (9)

27 Consumed with energy at noon round tea-break

(5)

28 Continues to meditate back in house (7)

29 One's not paid for a

friend on rugby tour (7)

DOWN

- 1 Stops Steps' side-kick releasing EP (7)
2 Colour the atmosphere turns where swimmers are housed (7)
3 No place for canoe trips (5)
4 Saturate a rising over-studious person with the Church (6)
5 First vampire movie Lugosi opens with (8)
6 Anger when outsider's promotion is made public (5)
7 International caller firstly after the wrong code (7)
10 Date in yellow head-wear (7)
12 Reviewed in some Times article (4)
14 Top talk misses the point (4)
15 Tested sound device in

vehicle for Snow (7)

17 Female supporter turns up and tries bothering umpires (8)

20 Woman uses Web to trace article on Lawrence (7)

21 At Annie's get-together, run for more crackers (7)

22 Maybe Christie started getting training help through Amateur Athletic Association (6)

23 Live on rail network with student discount (2,3)

24 Reported studies of plants growing in marsh-land (5)

25 Letter of thanks since parent far away (5)



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