

A low-angle, rear-view shot of a person's legs as they run on a paved road. The person is wearing grey shorts and blue and white athletic shoes. The road has a white dashed line down the center and leads towards a horizon under a dramatic sunset sky with orange, yellow, and purple clouds. Hills are visible on either side of the road.

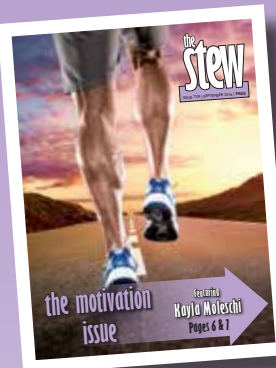
the stew

ISSUE 7.09 | SEPTEMBER 2016 | **FREE**

the motivation
issue

Featuring
Kayla Moleschi
Pages 6 & 7

hear

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On the Cover:

Motivation is the key to making the most of your life. Join us as we explore the concept from many angles.

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Motivated to succeed

BY CRAIG SMITH

What's my motivation to write an article about motivation? I need to do it but I just can't get motivated. Motivation is a willingness or desire to do something. You almost have to have motivation to do anything in your life, other than your bodily functions such as breathing, or your heart beating. Motivation is what gets you off the couch and in to the kitchen to get some food. In this case, it is your body's survival instinct that is motivating you to eat.

If you know anything about Maslow's hierarchy of needs, he wrote a paper entitled *The theory of human motivation*. The basic theory is that humans have certain needs that they are motivationally wired to achieve. As each level of needs are met, we are motivated to, as my step son says, 'level up'. Meaning we go to the next and more complex level of need. In the first level, we have our basic physiological needs such as food, water, warmth, air and the instinct to procreate. That keeps the species surviving. For some lifeforms on this planet, that is where it ends. The next level is the safety level in which we create shelter, law and order and stability. The third level is the level of 'belonging and love needs' in which you seek out personal relationships at work and home. Level four is self-esteem needs, such as status, prestige and achievement.

The last level is the level of self-actualization. Originally I thought this was only achievable by Tibetan Monks after years of meditating on a mountaintop. It turns out I was wrong. Maslow stated that human motivation is based on people seeking fulfillment and change through

personal growth. Self-actualized people are those who were fulfilled and doing all they were capable of. I think that most people strive for this every day, to be better humans, to find meaning in their lives, and to find the ultimate fulfillment.

I think one of the reasons why people stop attempting to grow in their lives is that they lose the vision of their future self. That 'be all you can be' attitude. They lose the motivation to go beyond where they are and what they have done. They find a point in their lives that they like, and they attempt to relive it. Their hair, clothes, habits and patterns stay in a particular style. In other words this was the pivotal point in their lives that they liked everything about it, so why change. Everything from this point forward is a reflection of this time, and they stop striving for more.

I can't say that I have always been motivated in my life but I have been for a majority of my life. Like others, my motivation has always been a combination of positive and negative motivation. At the start of my military career I can honestly say it was mostly negative motivation. If you don't get these tasks done, it's more push ups or not going out on the weekend. If you don't run fast enough, it's more running, and if things weren't clean enough, it was extra cleaning. After the first few weeks of negative motivation, things started to shift to the more positive, but rather than punishment the rewards started showing up. Now that we had started to build friendship and relationships (level 3) our motivation was moving towards level 4 or our self-esteem needs. To be the best platoon on the shooting range or the fastest on the obstacle course was now our goal, and we all were



highly motivated to attain it.

In my thirty years of business I have always been highly motivated to succeed. It's always been about the challenge. There have been times when I lacked the motivation to get out of bed, especially in the two or three recessions that I have survived, but I still did it, day after day, for three decades. I'm not done yet though, as I still have a lot that I want to accomplish, and you can't do that from bed, unless of course your name is Hugh Hefner. Even with Hugh Hefner, all you see is how he is now. You didn't see the years of struggling to get his magazine off the ground before he decided to do all his work in his pajamas.

Most people will say that anyone who is that successful has been motivated by money but I disagree. The money is nice, but it's only a way of keeping score. The motivation is the challenge. One of my biggest idols in business is Sir Richard Branson, the owner of everything Virgin. I've read everything he has written and his motivation has not ever been money. The money he has earned has allowed him to do the next project. His first adult business was the first Virgin Record store in London, where he signed deals with musicians, had beanbag chairs for everyone to hang out on, and gave away free

coffee. The motivation was creating the culture that people wanted to be a part of, and it worked. From there he created the Virgin Airlines, Virgin Mobile, Virgin Active and 397 more companies. Once he created the business, he brought in people to run things as the challenge was gone, then he moved onto the next.

One of my friends and business associates once told me he just "pulled a Craig." "Ok, I'll bite," I said, "What does that mean?" It means saying that you will do something, then going about figuring out how to do it. I was flattered, but I really can't take credit for that, as that is business advice that I got from Sir Richard. His first book, that I have read a couple times, is called "Screw It, Just Do It," meaning to have the motivation to do a project, then once you commit, figure out how you are going to do it. It has worked for me for the most part, and seriously, how can you not take advice from someone like Branson who is worth about 5 billion US dollars.

Remember, every action in your life requires the motivation to do it. The bigger the goal, the greater the motivation, and the grander your accomplishments will be. If you don't believe me, just ask our personality of the month about her trip to Rio.

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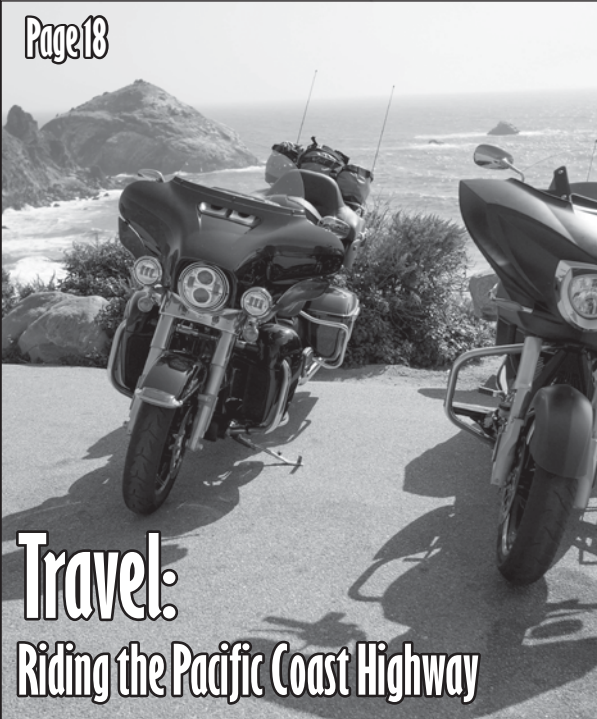
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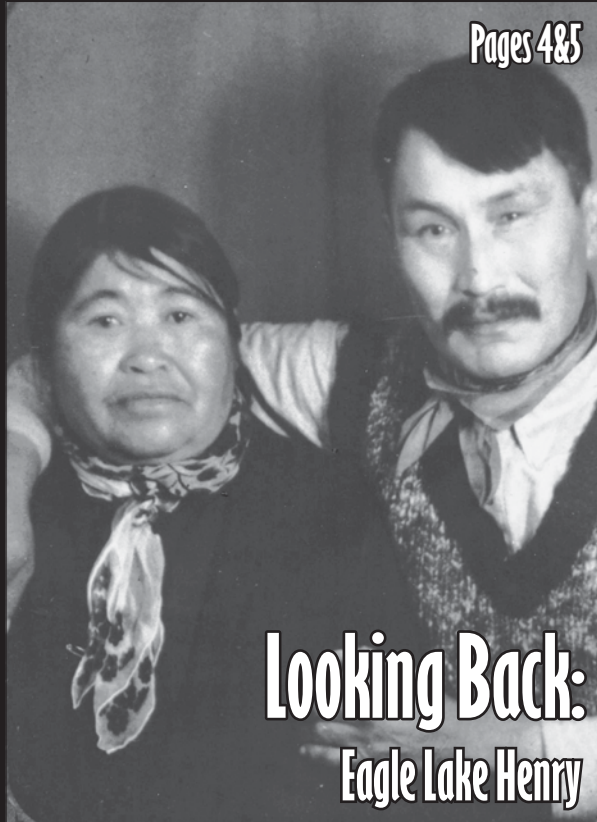
Featuring our hometown Olympian
Kayla Moleschi

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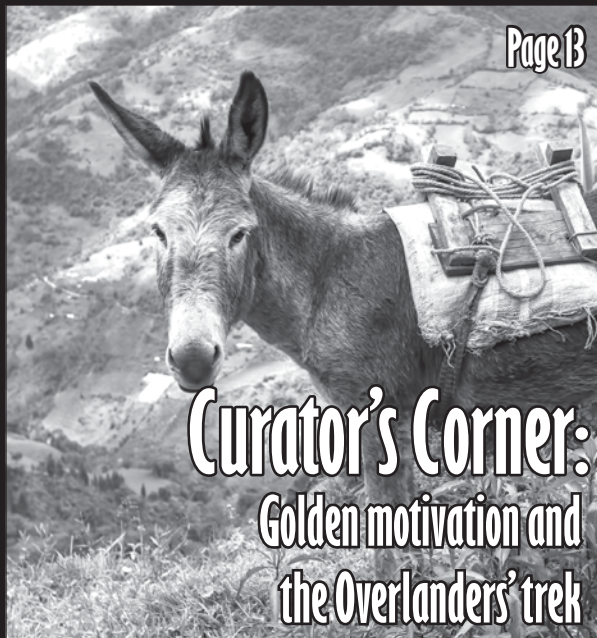
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Golden motivation and
the Overlanders' trek

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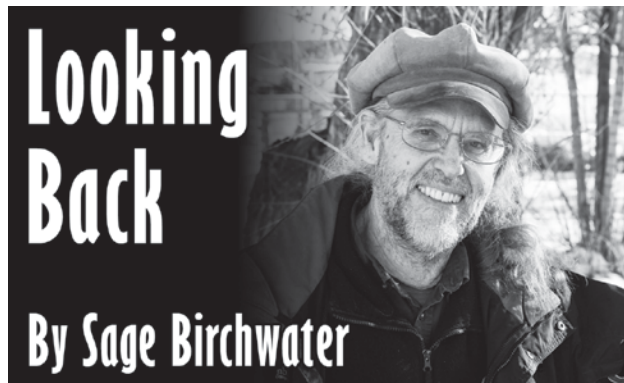
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hear

Eagle Lake Henry



Eagle Lake Henry was one of those individuals etched into the landscape and rich lore of the Chilcotin. Henry's Crossing near the outflow of Chilko Lake is named after him. There's a bridge there now, but in Henry's day it was a wide, shallow section of the Chilko River where able horsemen could ford the river on a saddle horse, or drive teams of sturdy workhorses through the stream pulling big-wheeled wagons. Henry

lived on the east side of the Chilko River where he established his Mountain House ranch.

He was born Henry Alexis Sill in 1888, in the country north of Chilko Lake known by the Xeni Gwet'in people as Naghatalchoz. Henry's mother Agenis (Aganees), was Tsilhqot'in, and his father, Thomas Sill, was a Dakelh (Southern Carrier) from Ulkatcho, some 200 kilometres to the north.

What made Henry

unique is that he opted for his 'White Rights'. That meant he voluntarily gave up his aboriginal status so he could buy Crown land, vote in elections, and legally consume alcohol like any other Canadian citizen. These things were denied status aboriginal people who were considered wards of the federal government. Giving up his status didn't make Henry any less Tsilhqot'in in that he still practiced the cultural traditions of his people, like hunting, trapping, fishing and digging wild potatoes, but having his own deeded land and independent source of wealth gave him a leg up in his dealings with those around him.

Henry never went to school and didn't know how to read or write, but he knew how to get things done. Andy Stuart had the only store west of



Alexis Creek, and Henry trusted him implicitly to advise him with his legal paperwork. It was Andy Stuart who gave Henry Alexis Sill the name Eagle Lake Henry, after the body of water that lies between Chilko Lake and Tatlayoko Lake at the foot of the Potato Mountains. The locals call it Big Eagle Lake, and on the map it's

called Choelquoit.

Henry was one of ten children born to his mother, who had offspring from several different men. He had many half-siblings on both sides of his family, as his parents didn't live together. Henry spent his early years with his mother's family in Naghatalchoz until he was about 12

years old. Despite the distances that separated them, his father took a more active role in raising him.

"There was nothing for Thomas Sill down at Chilko Lake," says Henry's granddaughter, June Draney. "I guess that's why he left. I guess his mom, Agenis, didn't want to move to Anahim

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TV WEEK

hear

...continued from page 4

Lake.”

Thomas Sill had a store at Ulkatcho and would purchase supplies for his store in Bella Coola, then bring them up the steep trails to the plateau by horseback. When Henry was old enough to work, his father would go and get him to help with the packtrain and the store. Henry became an expert horseman and astute businessman.

He was also a crack shot with his rifle, an excellent hunter and trapper, a successful rancher, and a leader among men. He always had the best equipment and the best horses, and drove a hard bargain on business deals. He hired many people around Naghatalchoz to work for him.

“He always paid for everything,” remembers June Draney. “There was no such thing as taking anything from the government. He took out hunters in the fall and always tried to hire the locals.”

She says Doris and Madeline Lulua worked for Henry when they were young. “I remember him telling them, you better have cattle of your own. Sure, Lashaway Lulua is the chief at Nemiah, but he’s not going to be worrying about you guys. So you guys have to make your own. Be independent. Have something of your own.”

When Henry was born, the reserve system

for aboriginal people in the Chilcotin was in its infancy. The long tentacles of bureaucracy hadn’t reached the remote Nemiah Valley or Naghatalchoz country, so that part of the Chilcotin was mostly like it always had been with Tsilhqot’in people living off the land, occupying the whole of the landscape.

Memories of the Chilcotin War, which happened 24 years prior to Henry’s birth, and the smallpox epidemic two years before that which wiped out three-quarters of the Tsilhqot’in population, were still fresh in the minds of Henry’s kinfolk as he grew up.

It is said Henry made his grubstake to start ranching by his success as a trapper.

One summer, Henry and Alyetta were picking huckleberries in the Potato Mountains when they discovered a den of silver foxes. The price for silver foxes was very high, and Henry returned that winter and trapped five of these animals and got \$500 a piece for the pelts. He saved the money, and in the spring, he and Alyetta rode to Anahim Lake and bought 20 head of cattle from rancher Antone Capoose.

One of the earliest written accounts of Eagle Lake Henry can be found in *Pack Horse Tracks: The Recollections of a Geologist’s Life in British Columbia and the Yukon, 1924-*



1954, by Hugh Samuel Bostock. Henry and his wife Alyetta were hired to pack for the geological survey from Tatlayoko Valley to Bella Coola for the 1925 field season, and Bostock gives a revealing snapshot of Henry and life in the Chilcotin at that time.

Bostock describes Henry as amazingly observant of every little detail, which he admits was sometimes embarrassing. He says Henry was about 5 feet 9 inches tall, 160 pounds and around 37 years old. “He was reputedly the wealthiest man in the country, bar none,” wrote Bostock, “and he trusted no one but Redstone storekeeper, Andy Stuart.”

He says when Henry

took the job to pack the survey, the conditions of his job had to be written out in detail and submitted to Andy Stuart before Henry accepted it, “because Henry could not read, write or sign his name.”

Henry and Alyetta lived at Mountain House with Henry’s half-brother Billy Dagg, still in his early 20s, and Billy’s wife and two children. They had 200 head of cattle and many horses including a thoroughbred Texas saddle stallion, a Percheron stallion, and several good brood mares. It was commonly known around Tatla Lake that Henry had the best horses in the country.

In the fall, Henry and Billy would take



out hunting parties with their pack trains, then in winter once the snow fell, they would go out trapping and hunting coyotes. In the spring, they would work at the ranch branding the calves and repairing fences. During the summers when Henry and Alyetta took out survey parties, Billy would stay home putting up the hay.

Six weeks into guiding for Bostock, Henry and Alyetta got word that tragedy had struck back home at Mountain House. Billy’s wife and infant son had died from the flu, and Billy and his two-year-old daughter were very ill.

Henry and Alyetta returned home immediately to deal with the crisis.

By the end of the summer, Billy Dagg and his daughter, Mary Jane, had recovered from their illness, but Billy wasn’t able to care for his daughter on his own.

Henry and Alyetta had no children of their own, and they readily adopted Mary Jane and raised her as their own child. The couple was later given a second daughter, Dona Elkins, from another of Henry’s half-siblings, and they had a ready-made family.

On the question of his being able to procreate his own offspring, Henry professed, “I try and I try, but I just can’t make it.”

In next month’s Stew, we’ll conclude the story about Eagle Lake Henry.

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CRAIG SMITH PHOTO

HOMETOWN HERO ► Fresh from Rio, Kayla Moleschi is back in Williams Lake, along with her Olympic bronze medal.



flavour of the month

Kayla Moleschi; our hometown Olympian

BY CRAIG SMITH

The energy that our feature personality exudes is infectious. Who better to be our personality for our Motivation issue, than a young woman who has motivated herself into an Olympic medal? There is no doubt that Kayla Moleschi is a Williams Lake girl. Born and raised here, she made sure anytime she was interviewed on the world's stage, that they knew where she was from.

As our interview was almost two hours, there are a lot of details that I am unable to go into for this article, but suffice it to say I got an education in rugby.

Kayla started playing rugby in grade nine but that was not her introduction to the sport. In grade seven, her parents moved near the Ottoman rugby fields and she would spend a lot of her free time at the field just watching. A couple years later, a friend named Sydney Pritchard, whose family are rugby enthusiasts, introduced her to the sport that now is the main focus of her life. For the next four years, Kayla was an avid player, playing any chance she could get, even to the point of the team having a modified jersey with longer sleeves so they could play in the cold. Her Columneetza team placed third in the provincials in her last years of high school. Kayla loved the coaching on that team from Coach Mauro Calebrese, and loved that their team was always the underdog; because of their size they were severely underestimated by their opponents when they played out of town.

After high school, Kayla took a couple years off from school (but not rugby!) to figure out what she wanted to do with her life, and ended up taking a semester at TRU here in Williams Lake. You almost need a score card to keep

track of everything she has done with rugby, to get where she is now. She had a plan and that was to play this sport at the highest level she could. Through those early years, there were tryouts after tryouts at various locations, and as Kayla said "I spent a lot of time on a greyhound by myself." These tryouts put her in front of the scouts, and she was picked up by team after team. She paid for herself to go to Sevens camp (rugby played with seven on each team) in Vegas, and didn't get picked for the top two teams, but was picked for an open team which ended up winning the Open Tournament. She then had the attention of the Canadian Olympic Coach; John Tate told her she had a lot of raw talent and introduced her to the coach of the University of Lethbridge rugby team, where she ended up getting a small scholarship to play and study Kinesiology. While there, she was selected to go to Dubai to play a tournament, and almost right away the Olympic Coach asked Kayla to come to Victoria to train full time for the Olympic team and make her dream a reality.

She has been in Victoria training with this team for about four years, and is amongst the pool of 25 women, then paired down to 12 who are chosen for each tournament including the Olympics. Kayla has

only missed the cut once and that was due to a back injury.

Kayla now considers herself a professional athlete, as this is all she does and makes a living doing it. She says she's not going to get rich but she is living her dream. When I asked if she has her sights set on the next Olympics in Tokyo, she said she is not looking that far forward yet as there are about six tournaments all over the world every year between now and then, and unlike a lot of sports, you have to make the team for every one of them.

As our issue is about motivation, I asked her what her motivations are. She uses a lot of positive self-talk, has great support from her family, and being a team sport, she gets lots of encouragement from her fellow teammates. She wants to be the best in the world, and every day that pushes her along that path. She says you have to be prepared to make sacrifices and push through the pain, and as much as you want to sleep in, you have to get your butt moving every day.

She goes back to training again in October, but until then, she will be hanging around close to home, so if you get a chance to see her, let her know how proud we are to call her our hometown Olympian.



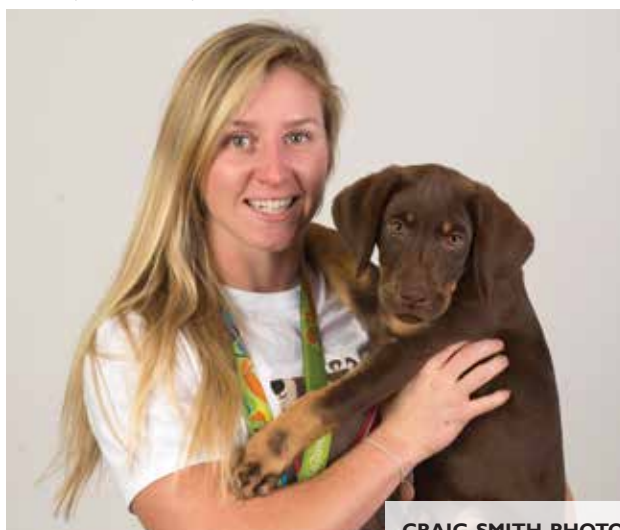
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Take control of your dental destiny

BY DR RUDY M WASSENAAR, DMD, MAGD, DICOI, DABOI/ID

Psychologists can't figure it out: do people get motivated because they are looking forward to getting some kind of gain (the carrot?), or is the prospect of loss (the stick) more important to get them into gear? Having been involved with dentistry for many years, I

can tell you from my own observation it is a little bit of both... Somebody who buys a lottery ticket does so because just maybe their day will come... Somebody who is about to miss the departure of the cruise they paid for a few months ago can be quite motivated to make the extra effort and not sleep through their alarm clock...

These principles ap-

ply to dentistry just like anything else. If it is a beautiful day out and you have a choice to have that root canal done or go to the lake instead, it will be tempting to go to the lake. Unless the tooth hurts!

It is impossible to avoid the dental office. At some point we will all need to go there, and that also includes dentists themselves! You can't have the result without the

process. So why postpone it as long as we can? It is a bit like not topping up the tank of your vehicle until you are on the side of the road. Waiting for the inevitable will ensure your worst fantasies come true. (not good!)

A dental office is not typically a place most people look forward to visiting. One factor would be anxiety, which is usually related to 4 things: how

much does it cost, how long will the procedure take, am I going to make a fool of myself, and am I going to feel anything? If you visit your dentist and make sure all of your questions are answered, surprises about your needed treatment should be kept to a minimum.

So talk to your dentist and get totally informed about the status of your oral health, and find out

what the options are so you can take care of things, with you in the driver's seat. Most of us are preoccupied with the unknown and worry about that. Removing a big chunk of these unknowns will lower your stress level and anxiety, you will get better treatment results at a lower cost (financial or otherwise), and you will have more to gain and less to lose. Everybody can have the smile they've always wanted.

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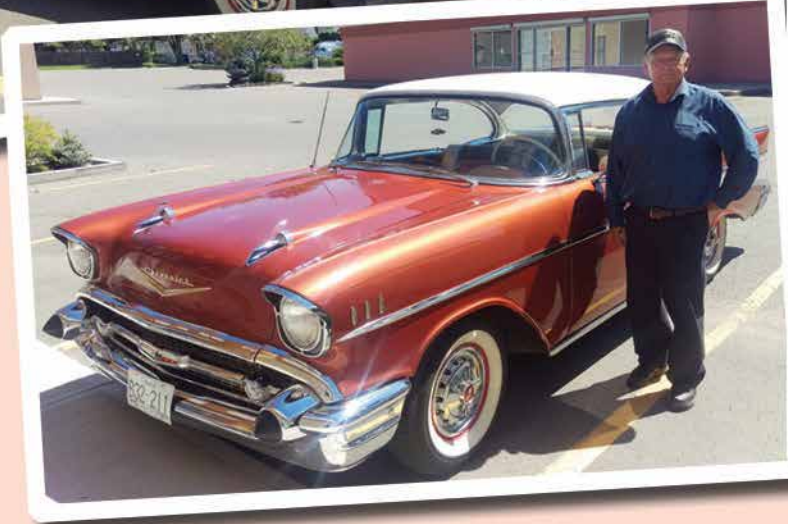
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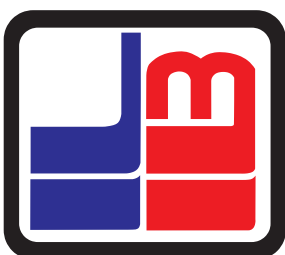


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\$207,000 **LAKEVIEW**

1765 South Lakeside, Williams Lk

Spectacular lakeview with privacy, just minutes from town on full services, 3.5 acre, 3 bedrooms up and one down with the option of adding an in-law suite.

R2097619



\$219,900 **NEW LISTING**

768 Pigeon Ave, Williams Lake

Newly renovated home minutes from schools and shopping. 3 bedrooms up and 1 down, open dining room and updated kitchen, covered deck, fenced backyard, rec room.

R2097840



\$232,900 **NEW LISTING**

728 Pigeon Ave, Williams Lake

Updated, spacious 4 bedroom home with the option of a 1 bedroom suite. Fenced back yard, storage shed, privacy. Close to schools, shopping and bus. Wrap-around deck, view of the river valley.

R2101647



\$419,000 **LAKEFRONT**

4234 Overton Road, Big Lake

Beautiful 2.06 acre lakefront with a 6 bedroom house in Big Lake. Very quiet and private setting with great lake access and a beautiful view.

R2074409



\$299,900 **REDUCED**

2477 Firwood, Williams Lake

Newly renovated, wood burning furnace with oil backup. In quiet cul-de-sac, backs onto Crown Land. Fridge, stove, washer and dryer, & new dishwasher. Double garage, well water.

R2093531



\$359,900 **REDUCED**

315 Crosina Cres, Williams Lake

4 bedroom 3 bathroom custom home in Westridge, beautiful view. Open floor plan, double sided gas f/p, large deck, double garage and fenced yard.

R2091244



\$264,900 **NEW LISTING**

1575 11th Ave, Williams Lake

Totally updated, fully fenced, deck, tons of privacy, amazing gardens, RV parking, 2 driveways, fire pit and beautiful view, 2 bedrooms up, open floor concept. 2 bedroom basement suite.

R2098059



\$409,900 **NEW LISTING**

109 Country Club Blvd, Williams Lk

Custom 5 bedroom home, 4 bedroom up, open floor plan with custom tile and hardwood flooring throughout, beautiful view and gas fire place. Basement 1 bedroom, laundry and bathroom.

R2101590



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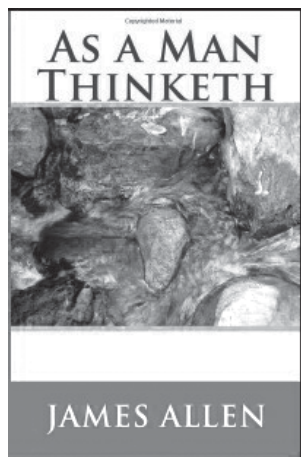
read

Books that will change your life

You are today where your thoughts have brought you;
you will be tomorrow where your thoughts take you. ~James Allen



Here's our pick of the top 5 most incredibly motivating books, any one of which could literally change your life and help you build a better career.



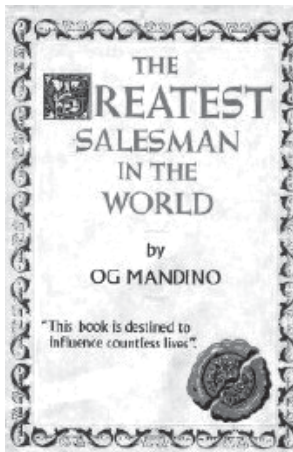
As a Man Thinketh, by James Allen

Motivational books are usually about taking immediate action. By

contrast, this 1902 classic is a bit more thoughtful. It explains how your thoughts mold your personality, and how that personality drives you to take action and determines the type of action you'll take.

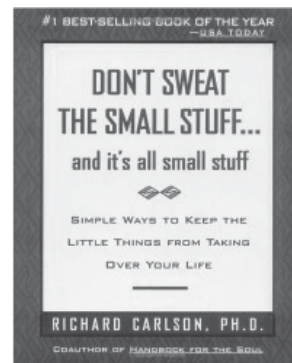
Best quote: "The dreamers are the saviors of the world. As the visible world is sustained by the invisible, so men, through all their trials and sins and sordid vocations, are nourished by the beautiful visions of their solitary dreamers."

The Greatest Sales-



man in the World, by Og Mandino

Far more than just a sales book, this faux-biblical parable encourages you to live your life to the fullest by believing in yourself and your ability to help others. Required reading for anybody who sells, which is just about everybody.



Best quote: "I will live this day as if it is my last. This day is all I have and these hours are now my eternity. I greet this sunrise with cries of joy as a prisoner who is reprieved from death. I lift mine arms with thanks for this priceless gift of a new day."

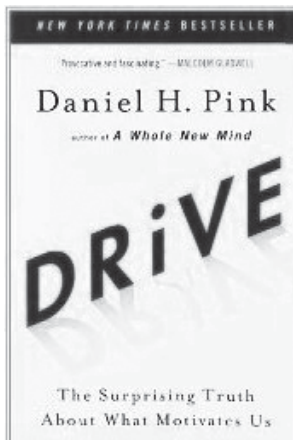
Don't Sweat the Small Stuff, by Richard Carlson

A big part of motivation is clearing your mind of the clutter that weighs it down. This book helps you differentiate between what's really important--and deserving of your attention--and what's just "noise in the system."

Best quote: "Stress is nothing more than a socially acceptable form of mental illness."

Drive, by Daniel Pink
Motivation comes from the judicious use of carrots and sticks, right? Not so. This book

Alphabet Soup

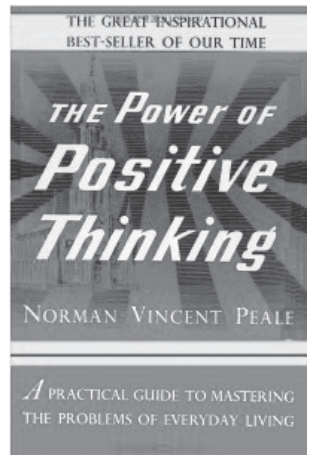


illustrates the fact that motivation comes from many sources and that, at the highest level of performance, motivation comes from your deepest and most profound sense of who you are and want to be.

Best quote: "For artists, scientists, inventors, schoolchildren, and the rest of us, intrinsic motivation – the drive to do something because it is interesting, challenging, and absorbing – is essential for high levels of creativity."

The Power of Positive Thinking, by Norman Vincent Peale

When it was first pub-



lished, both psychologists and theologians attacked this book as heretical, and accused the author of being a crank. Today, science has verified the book's basic concept – that being optimistic makes you healthier and happier and thus more likely to succeed.

Best quote: "Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all."

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do



Small business motivation

SUBMITTED BY
FLORENCE GONYER,
COMMUNITY FUTURES
CARIBOO CHILCOTIN

“The man who moves a mountain begins by carrying away small stones.” ~Confucius

Generally it is easy to stay motivated during the initial startup of your small business, everything is new and exciting, but what keeps you motivated after that initial startup sensation? We found some entrepreneurial tips on finding inspiration and keeping motivated after

the first year:

- **Talk to your customers:** Don't hide out in your office, get out from behind your desk and mingle with your customers, get the feedback that will inspire you to make improvements to your business, and the best way to get feedback is directly from those who use your services. Remember that not all feedback is going to be positive but the outcome of constructive criticism will help to better your services.

- **Revisit and renew your goals:** When you

first start your business it is recommended to have a business plan, it is also recommended that you revise that business plan. Each year put some time aside to revisit your existing business plan, set some short term attainable goals, and make necessary changes to your long term goals.

- **Celebrate your achievements:** Once you achieve your short term goals, however big or small they are, reward yourself for those achievements. Have set rewards for your goals; small

achievements can be rewarded with something as simple as a day off work, long term successes can have bigger rewards such as a destination vacation. Make it fun, remember that it is not all work, and it's up to you to create and follow through with a work/life balance. This is your business and your dream, so celebrate the successes and learn from the disappointments!

- **Take time for yourself:** An example celebration of your short term goal achievements was to take a break from your business, but that should

not be the only time you take a break from your business. The reality is, your business can survive without you for a day, or even a few days at a time. A mental break from the day-to-day routine by going out and enjoying things you love outside of work is one of the best forms of motivation and inspiration.

- **Let go of control:** If you have a great team and well-trained staff, your business can run without you there 24/7. Go ahead and relinquish some responsibility within your business, it allows for your employees to feel that they are trusted and valued. On a day-to-day basis, there will always be the things

that are within your control, and then the things you cannot control, but you don't always need to be micro-managing your business – this is your dream, not your anchor.

When you're struggling to stay motivated with your business, remember to look back at why you decided to start your business. Remember your dreams and reflect on how far you have come from an idea to a functioning reality. All the small accomplishments are successes, and after all, you did start a business which is one of the most important elements to remember – you took the chance, and that already makes you an inspiration.

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Curator's Corner:

Golden motivation and the Overlanders' trek

BY MITCHELL JOHN-
SON AND TRENTON
HORSLEY: SUMMER
EMPLOYEES OF THE
MUSEUM OF THE
CARIBOO CHILCOTIN

Ever since it was first found, gold has been spellbinding humans. The fur trade may have founded Canada, but the Cariboo gold rush is what made British Columbia. In 1858, the almost forgotten land of New Caledonia was forever changed, as thousands of Americans came rushing north upon hearing of gold being struck on the Fraser River. Fearing another wave of American Manifest Destiny ideals in the wake of this new gold rush, England decided to preempt it by declaring New Caledonia a British Colony, and British Columbia was born. Fear may have motivated the creation of the colony, but

greed was the force that developed it. Miners pushed into the Cariboo when the gold failed on the Fraser. Several gold-bearing sites were located; but it was the strike made by Billy Barker near Barkerville that made Williams Creek the center of the gold rush.

The chance of striking it rich led a group of 154 to trek overland from Winnipeg to the Cariboo. While this may have been the most practical route for the group, it wasn't cheap and it was far from easy. These 'Overlanders' (as they became known) faced perils similar to those of the Oregon Trail travelers. Food rations were often limited and the road that took the Overlanders to British Columbia was fraught with perils. These perils consisted of things such as starvation, disease, and the difficult terrain situated between them and

the gold fields. The process often took months and was often traveled entirely on foot, due to the wagon roads being too rough and dusty, and the added weight of bodies riding in the wagons was too strenuous for the livestock that pulled the wagons.

The group started from Winnipeg after stocking up on supplies. The wagons they used couldn't make it through the Rocky Mountains, so the group swapped their carts for pack horses in Edmonton and continued on towards

Tête Jaune Cache via the Yellowhead pass through the Rockies. Struggling with food rations and facing starvation, the group had to trade supplies and sacrifice their animals for food to ensure their survival. From Tête Jaune Cache, the group split in two. One group decided to go down the Fraser River to reach Prince George and eventually push on to Quesnel and the gold fields. The other group was forced to take the Thompson River down to Kamloops after failing to reach the gold fields by the McLennan River and an overland route.

Amazingly, only 6 men were lost on the whole journey: 4 on the Fraser River and 2 on the Thompson River, all due to rapids. Despite their intention to travel to the Cariboo gold fields to strike it rich, many of the Overlanders never had a chance to mine for gold. By the end of their journey, they had traded away most of their equipment and were too broke to get more. However, the 3,500-mile trip wasn't a total loss. Many of the Overlanders wound up having successful careers in British Columbia, and the legacy of this amazing journey lives on to this day.



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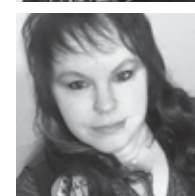
Christa Smith
Publisher & Editor
christa@ccrproductions.ca



Craig Smith
Publisher & Sales Manager
craig@thestew.ca



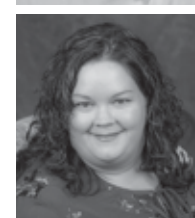
Joan Oliver
Advertising and Sales
sales@thestew.ca



Renée Lozeau
Ad Design, Layout & Prepress



Brice O'Neill
Out of the Fridge



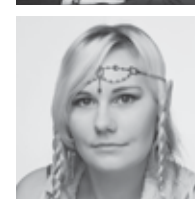
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Sage Birchwater
Looking Back



Paige Knights-Smith
Tasty Tidbits



Jazmyn Douillard
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A new theatre season: what's my motivation?

BY MATT DRESSLER,
WILLIAMS LAKE
STUDIO THEATRE

When I was asked if I would like to take a turn at writing a column for *The Stew*, I was, at first, extremely intimidated at the prospect. This minor, and very survivable, dose of fear, as it turns out, is perhaps my most powerful motivation for doing anything—far enough outside my comfort zone to give me a healthy dose of nervousness, but not so far as to make me flee in terror from the very idea. The prospect of re-living that feeling of being on edge as I have been before every night's stage performance is, I think, the very thing that drives us all to spend what seems sometimes like every waking hour

not earning a paycheque, in doing everything we can to provide a season of theatrical entertainment that is more full, diverse, and compelling than the one before.

And right now, behind the scenes, as the people of our fair city are still working hard at wrapping up their summer activities and preparing for the harvest and the return to school, a small but extremely dedicated group of us are hard at work preparing for an entirely new season of some of the best live entertainment around. These are people from all walks of life, people just like you except for the fact that they have been, as they say, "bitten by the theatre bug." This inexplicable phenomenon is its own self-contained source



of energy, as I learned in the last year. To work together with a group of both old and new-found friends toward a goal that carries the stamp of our own individual personalities, and yet is larger than all of us combined, is something that seems at some point like it will use up the last of our physical, mental and emotional resources.

That is, until open-

ing night, when all these incredibly dedicated and driven people become part of a machine designed for no other purpose than to surprise, delight and transport every person who sets foot inside. And that's when the energy of our perpetual-motion theatre machine goes into over-drive. Speaking for myself alone, I have walked backstage after a day at my job thinking that

there was no way I had the energy to be on stage for a couple of hours, let alone remember my lines, or cues, or where to stand. After a few minutes in the company of this amazing group however, the energy is transforming. No one is the same person he or she was minutes before. Hair and makeup, wardrobe, makeup check, run lines, joke, walk, stretch, loosen up... Transform. Get into character. Magic... Theatre magic.

And here's the most magical part. All these people you see on stage working their particular brand of magic are, by day, some of the ordinary people you will run into. People from all walks of life, all levels of education, all kinds of real-life personal experience. All of us have these things to bring to the stage (or behind it), and all these things combine to flesh out the characters and the stories we bring to

life every theatre season, before your very eyes. Our real-life experiences living next to you, bring the ring of truth to our productions and the lives created and played out on stage within them. Not to mention the huge number of people behind the scenes who create and maintain the all-too-real illusion: Directors, producers, stage managers, props people, lighting and sound operators, make-up, hair, and costume designers, front of house people...

These are the superhero identities of some of the people you meet each day. I'm proud to have been welcomed by them, and to call them my friends. So see a play. Better yet, get involved. Become one of these theatre superheroes. Volunteer for any of the work bees we're always doing in advance of bringing the magic to you. Become a part of the magic. You'll never be more inspired, or motivated.

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where to go and
what to do for
the month of
September**

play YES YOU CAN

WILLIAMS LAKE & AREA

September 1-10 Art Walk, Downtown, 9am-5pm

September 1,8,15,22,29 Just for Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church, 7:30-9pm

September 1,8,15,22,29 Pokemon Thursdays, Adventure Games, 3:45pm

September 1-30 Station House Gallery presents, Main Gallery: Judith DesBrisay; Possibilities, Upper Gallery: Connor Kenney; The Woman Inside the Man

September 1 Garden Club Monthly Meeting, Central Cariboo Arts and Culture Centre, 7-9pm

September 2,9,16,23,30 Farmers' Market, Boitanio Park, 9am-2pm

September 2,9,16,23,30 Friday Night Magic, Adventure Games, 5pm

September 3,10,17,24 Warhammer and Tabletop games, Adventure Games, all day

September 4,11,18,25 Morning Magic, 10am, Game Night, 6pm, Adventure Games

September 8,15,22,29 Jam Night with Busted Remedy, OV Pub, 9:30pm

September 10 Tour De Cariboo, starts at Cariboo Memorial Complex

September 10,11 40th Annual Harvest Fair, Stampede Grounds, 10am-6pm

September 10,11 Day of Destruction, Thunder

Mountain Speedway, 4-9pm

September 11 Bella Coola Valley Fall Fair & 2nd Annual A-Park-Alypse, Let R Buck Saloon, 5-10pm

September 12 FREE Seniors Bingo & Refreshments, upper level Boitanio mall, 1pm

September 17 Texas Hold'em Poker Tournament, Women's Contact Society, 5pm

September 18 Terry Fox Run, start at Cariboo Memorial Complex, 10am

September 18 Bikers Against Child Abuse (BACA) meeting, public welcome, Big Brothers and Big Sisters suite 200, 369 Oliver St. 1pm, info: 778-412-9323

September 18 Cana-

dian Tire Show n' Shine

September 18 Paws for a Cause, Boitanio Park, registration 9am, walk 10am

September 20 Roy Orbison, a tribute, Gibraltar Room 7:30pm, tickets: Margetts Meat and Audio Video

September 29 Chamber of Commerce Luncheon, Signal Point Banquet Hall, 11:45am-1pm

September 30-October 1 BC Sheep Federation 2016 Conference, info: 250-296-4499

QUESNEL & AREA

September 3 Williams Creek Sports Day, Barkerville, 12:30-3pm

September 3,10,17,24 Farmers' Market, Helen Dixon Centre, 8:30am-1pm

September 3 Live music, Echo Nebraska, The Occidental, 8pm

September 4 Boat Parade, Tyee Lake, 5pm

September 8,22,27 RCMA meetings, The Occidental, 7pm

September 9-11 Cowboy & Drover Jubilee, Barkerville, 10am-1pm

September 9 5th Annual Outdoor Movie Night, Go Kart Track, 6pm

September 9 Foxie Follie's Burlesque, The Occidental, 9pm

September 10,11 Fall Fair from Field to Fork Event, Alex Fraser Park, info: 250-747-4630

September 10 Live music, Ten Cent Lift w/ Dirty Fraser and Slackjaw, The Occidental, 8pm

September 11 Big Dog Comedy, Billy Barker Showroom, 8pm

September 14, Live music, Bre McDaniel, The Occidental, 8pm

September 15 Live music, The Occidental, 8pm

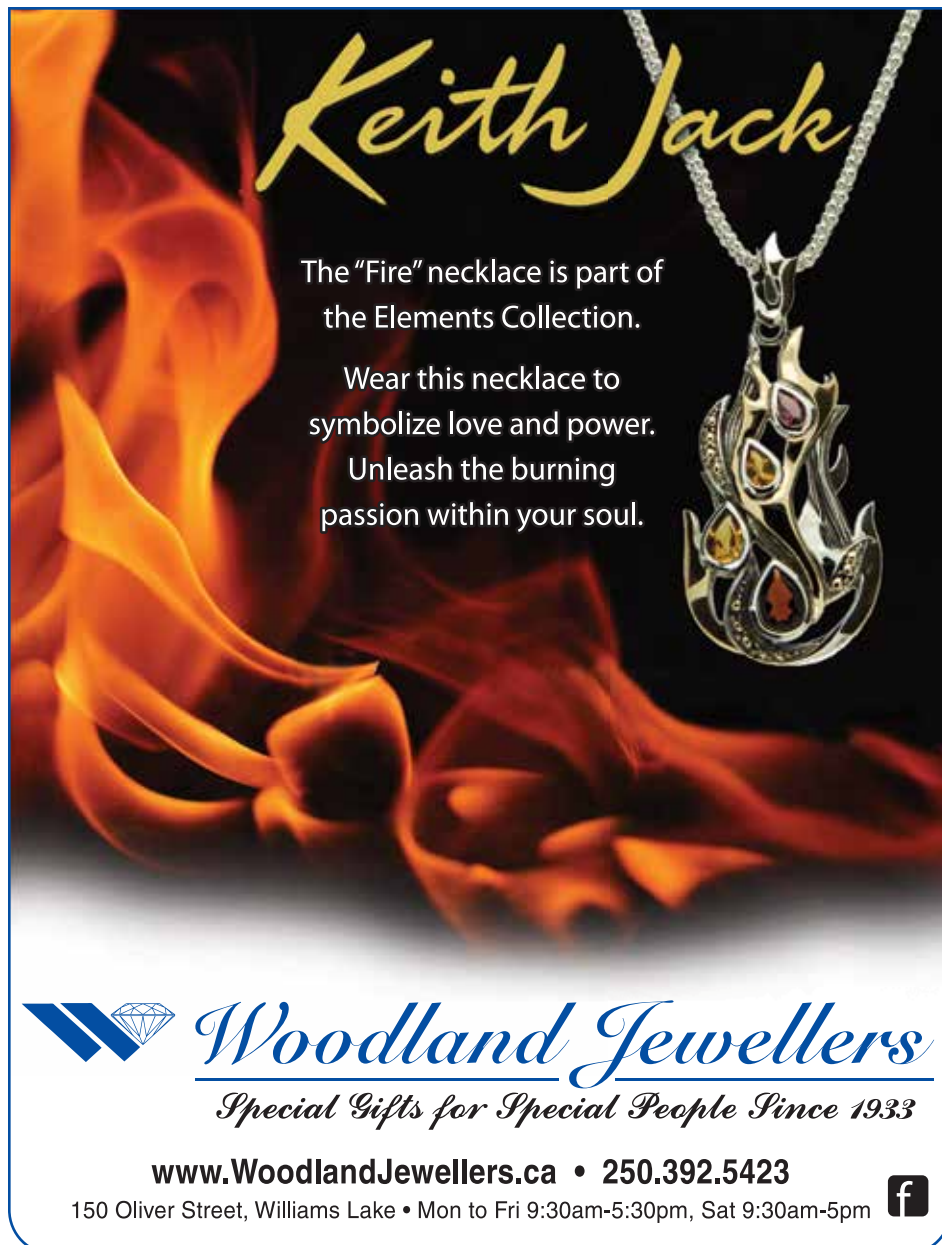
September 16-18 BCRA Rodeo Finals, Alex Fraser Park

September 16-17 Live music, Todd Richard, The Occidental, 8:30pm

September 17 6th Annual Amazing Race to Rebuild Barkerville, 8:30am-4pm

September 23 A Dark and Steamy Knight, Barkerville, 8:30am-4pm

September 23 Live music, Dustin Rene Antoine, The Occidental, 8pm



Keith Jack

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September 1-17 Shade of Nature, Parkside Art Gallery, 401 Cedar Ave

Alcoholics Anonymous, Comm Health Ctr (rear of hospital) Tuesdays 1-2pm, Sundays 7:30pm, Mondays 7pm

September 1,8,15,22, 29 Full Contact Stick Fighting, Lac La Hache, info: www.coilmohr.com

September 1,8,15,22, 29 TOPS Club, take off pounds sensibly, United Church 6:30pm, info: 250-395-3344

September 1,8,15,22, 29 Parkside Indoor Farmers' Market, Parkside Art Gallery, 10am-noon, info: 250-395-2021

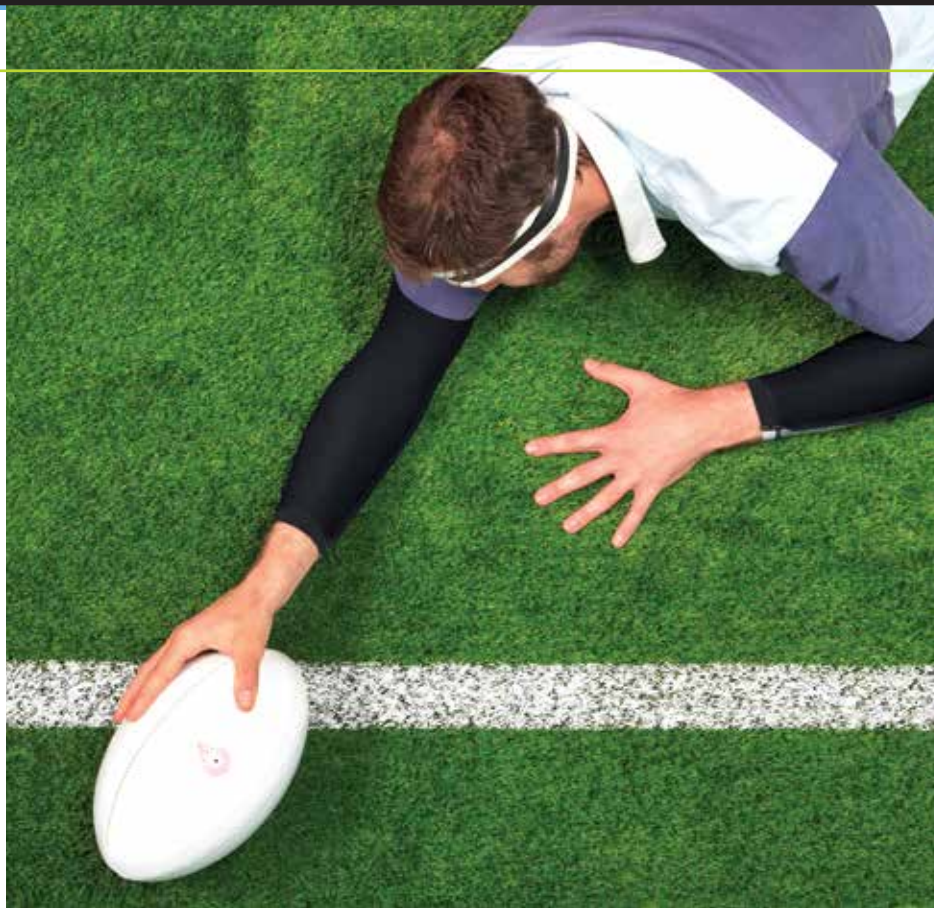
September 1,8,15,22, 29 Royal Canadian Army Cadets, 5530 Horse Lk Rd, 18:30-22:30, info: Capt. Kevin Seal 250-395-1181

September 1,8,15,22, 29 Alcoholics Anonymous, 108 Comm Ctr, 7:30pm

September 2,9,16,23, 30 Farmers' Market, Comm Hall, 8:30am-1:30pm

September 2,9,16,23, 30 Crib Night, Forest Grove Legion, 8pm

September 3,10,17,24



Meat Draw, Forest Grove Legion, 4:30-6pm

September 3 Summer Saturday Line Up, The Flying U Ranch, RSVP: 250-456-7747

September 3,10 Interlakes Farmers' Market, info: 250-593-2185

September 5,12,19,26 Bingo, Community Hall, doors 6pm, starts 7pm, super star 8:30pm

September 5,12,19,26 Women's Drop-In Volleyball, Lone Butte Comm Hall, 9:30am

September 6,13,20,27 HUGS help us get slim, 6300 N Horse Lk Rd,

6:30pm, info: 250-456-7504

September 6,13,20,27 Carpet Bowling Club, Interlakes Hall, 1-4pm, info: 250-593-4780

September 6,13,20,27 Co-Ed Drop-In Volleyball, Peter Skene Ogden gym, 7-9pm, info: 250-395-1353

September 6,20 Photo Group, Bridge Lake School, info: 250-593-4362

September 7,14,21,28 Bingo, g-ball & progressive, Lac La Hache Hall, doors 5:45pm, starts 7pm

September 10 Annual

Golf Tournament & Steak BBQ, Legion 1pm

September 14 Compassionate Friends, bereaved parents group, BJ's donuts 7:15pm, info: 250-395-4417

September 18 Terry Fox Run, Visitor Information Centre, 10am

September 23-October 23 Parkside Art Gallery presents, 68 Years of My Art by Adrian Messner

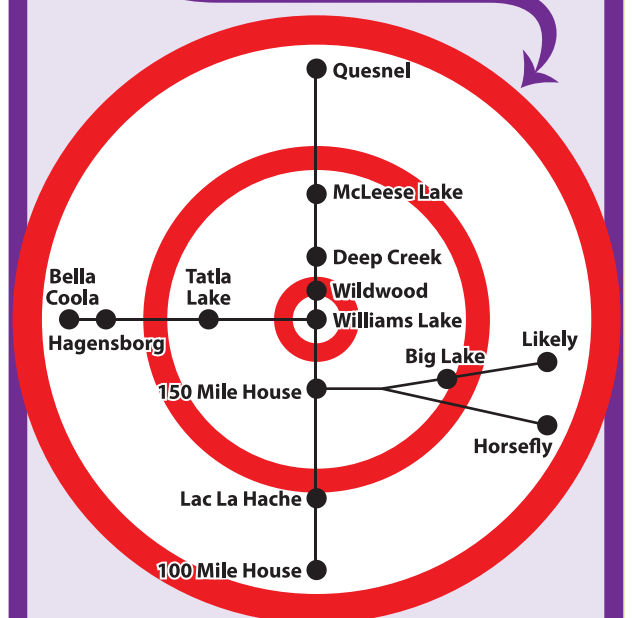
September 27 Cottage Prayer Meeting, 6715 Hwy 97 turn left at the blue Travelling Workshop sign, 7:30-8:30pm, info: 250-395-3743



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Riding the Pacific Coast Highway



BY SYLVIA RASHBROOK
OF ALL-WAYS TRAVEL

My Husband and I have always wanted to motorcycle down and up the Pacific Coast Highway. As you can imagine, it is on our bucket list. Just like the song by the Mamas and the Papas, "California Dreamin'" says, we have forever wished to travel along this scenic highway. I have wanted to travel this Highway filled with mind-blowing scenery, quirky stop-offs, and the wind-in-the-hair serendipity of dreaming what the next curve will bring. Dreams do come true if you are motivated enough to travel by motorcycle viewing the stunning and breathtaking route. So for all who are motorcycle enthusiasts – here are some wonderful tidbits

as you travel along the Pacific Coast Highway from Vancouver to Olympia, WA to San Diego CA then to Mexico. The PCH (short for Pacific Coast Highway) is a very popular route to take if you are on a motorcycle. The air is pristine and refreshing as you travel along the ocean. Due to the popularity of this route, travellers should spend a good deal of time planning, determining riding times and making appropriate overnight reservations, whether for campground or hotel/motel stays. You will be travelling through large cities and small towns, redwood forests and classic California beach towns. You will see lighthouses, wine regions, marine wildlife, state parks, castles and much more.

The PCH was built

in stages, beginning in 1911 with the first section opening in the 1930s. It wasn't until 1964 when it reached its completion and declared an Interstate Highway. The Highway itself was plagued with many frequent landslides and erosions along the ocean coastline which hampered travellers from using it. It was often shut down for repairs and modifications.

Technically, the Pacific Coast Highway (PCH) runs 1055km in California (on US 101 from Ventura in the north to Dana Port in the south). However the PCH is sometimes referred to as including US I5 running down the west coast of the continental United States from Canada through Washington, Oregon and California ending at the Mexican

border, a total distance of 2,223km. The California portion, for some, is the most scenic and challenging ride for motorcyclists in the continental US.

Due to the distance and varying road and weather conditions, it is necessary to pack gear for extreme highs to mountain low temperatures. Depending on the number of kilometres one can comfortably do in a day and additional side trips, time allotted would be around 10 days to two weeks one-way.

Although the I5 is the fastest and most direct route from Canada to Mexico, it is extremely busy. US 101 beginning in Olympia, Washington has less traffic, more desirable scenery. Running north to Port Angeles then west, this route offers lots of

twists and turns, and rest stops/turnouts for stretching, photography, and exploration. Most of all, it is for the pure pleasure of being there, enjoying every moment of the ride.

There are stops and places that are a "must see" along this Highway. If you are interested in seeing the great coast redwood forests you can stop at the Humboldt State Park where you will find the famous Shrine Drive-thru Tree. You will be able to drive your motorcycle through this massive tree!

You can stop and gaze at the thousands of tiny coloured glass pebbles along the shores of the beach at Fort Bragg – a photographer's delight. Or; stop at Medocino where you can explore the grand Victorian buildings that were established in the 1850s. It houses art galleries and the famous fictional home of the television series, "Murder, She wrote." This is the place to stop and eat at quaint cafes or at exclusive upscale dining establishments.

Further South you will enter wine country around Bodega Bay as you travel through some of the world's most beautiful ocean views. You will start getting into the heavily populated cities of California. Further on you will travel on the iconic Golden Gate Bridge entering the city of San Francisco along the ocean coastline. I know someone who was amazed at travelling on this Bridge. She yelled to

her partner, "I'm on the Golden Gate Bridge, I'm actually on the Golden Gate Bridge" – that's how impressive this bridge is.

As you head toward Santa Cruz you might want to stop and soak in the sun at the oceanside and listen to the music of buskers, or visit the Monterey Aquarium on the Bay.

Leaving Monterey you will travel along jaw-dropping, extravagantly beautiful coastline scenery with rugged mountains, pine forests that contain sandy beaches and cascading waterfalls flowing to the ocean below.

You will travel near the Hearst Castle built by the Newspaper magnate William Hearst in San Simeon. Not far from San Simeon you will find wine country which is the home to many different types of wines made from grapes near the ocean. A wine connoisseur's dream. Here lies the community of Los Olivos with its wine tasting rooms, numerous art galleries, unique boutiques and dining options.

As you ride further south you will travel through Malibu, Santa Monica, San Diego. These cities are filled with so many activities I cannot possibly begin to list them. This motorcycle experience would be one of the milestones in your life, a trip that I hope my Husband and I could take before we have to "hang up the gloves."

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Choosing the treatment that works for you

BY KAREN ALPHONSE

Finding the motivation to seek out alternative treatments can be difficult when you don't know what your options are. Arm yourself with the knowledge to choose the right treatment for your body!

Touch for Health/Body Management uses a system of posture and life energy through an intricate and simple balancing process, by focusing on structural alignment of the bones and the organs

to release blocked nerves and energy in the body, opening power centers to relieve stress, aches and pains, and to feel and function better.

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efits the balancing of the nervous system, releases muscle tension, spasms and stiffness, promotes flushing of the lymphatic system and speeds up workout and injury recovery from pulled muscles and sprained ligaments. These Massage techniques increase metabolism and promote greater flexibility and elasticity. With Swedish Deep Tissue Massage there is also limb movement and stretching of the muscles when working on them which promotes deeper access to more

muscle tissue and muscle groups.

Hot and Cold Stone Massage uses the stones for such means as warming and cooling which promotes healing and rebalancing of the body. The heat delivered by the Basalt Stones can penetrate very deeply into the muscle without having to manipulate the muscle as vigorously as in traditional massage work. This can be beneficial for those who cannot tolerate the deeper work that is typically required for greater results.



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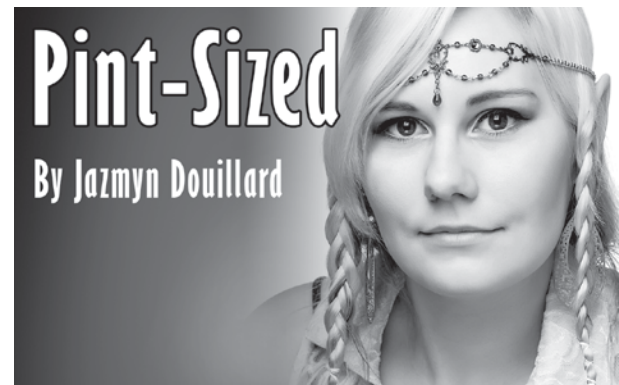
Dragon in the Room

I sat down to write today and three hours, four cups of tea, two episodes of *Stranger Things* and a lot of procrastinating later, I finally turned on my computer.

Clearly, I lack motivation. As I look around at the new collection of dragon sculptures the kidlets

have been working on and leaving all over the family room, I realize they do not suffer the same problem. All they had to do was see a few pictures on Pinterest of different polymer clay statues, and out came the Fimo! One after another, little dog-like, messy dragons were being lined

up in the oven to create a tiny, colorful clay army. I asked them why they were making so many and got schooled in eight words: "How else are we going to get famous?" Well okay then. Fair point. All it took was a couple photos and they found the motivation to be famous.



Pint-Sized

By Jazmyn Douillard

I don't want to be famous. I want to be well fed, comfortable and happy. So how do I discover something to motivate me the way the kids can? *Guilt*. When they pick up a video game, they play through it as fast as they can the first time around, just to say they beat it. Then they pop it in again to go through all the mini-games and find any secrets it may have. There are puzzle books galore stacked up on their shelves, and the elder keeps a bookmark in hers as she meticulously goes

through them page-by-page to defeat them all, while the younger brother tears through whichever looks the most appealing, but still completes well over half of the book.

I think of my own puzzle book I keep next to the porcelain throne. I think it's been there for two years and it's a great coaster for my tea that I'll undoubtedly forget I set there.

"Don't you have a deadline?" the elder asks me, eyes narrowed, from behind her latest purple dog – er – dragon. I guiltily glance at my laptop. "If you said you would do something, you should really do it."

If I can't find the motivation of a child, I can get a child to motivate me – by guiltily me with my own words that I have uttered to them on many occasions.

Nearly done, I now look over my laptop and raise an eyebrow at her. "Didn't you say you'd clean your room today?"

"Shh," she replies with a grin that *so* did not come from me. "I'm working on being famous."

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Time's run out

A SHORT STORY

...Continued from
August's Stew Magazine

"Fight for your father, Tommy, and you will succeed." The woman's voice echoed in his ear, "Persevere, Tommy."

The alleyway as well as the woman were now gone, and Tommy found himself again surrounded by darkness. He did his best not to panic but he couldn't help the lump that began to form inside his throat. Tommy needed to get back to his father, and he needed to get back to him soon.

"Persevere, Tommy," the voice echoed again in his ear.

Tommy looked around, searching for the woman, but there was nothing. No alley. No light. No woman. He wanted to sit down on the ground and curl up into a little ball. There was nothing here, nothing that could help him. What was he going to do now?

Tommy took a step in front of him, the hard wood feeling stable underneath him. And then he took another step.

"Come on, Tommy," the sound of his own voice frightened him in the stillness of the air. "Stay motivated, you have to get dad back."

As Tommy kept taking steps forward, he began to feel better. A new push in his step made his heart race faster and put a smile on his face. He was unsure

of where he was or where he was going but something inside of himself pushed him to keep going in the same direction. Wherever the darkness was leading him, he knew that he was going the right way.

Tommy's steps became faster, and before he realized it, he was running. He thought about his dad, and though they had very few good memories of when they were together, Tommy knew that Jack meant well, and that he was doing his best to change the relationship between him and his son. The idea that Tommy could lose everything before that could happen made him run that much faster.

His footsteps echoing on the wooden floor, Tommy tripped over something and landed on his stomach, knocking the air right out of him.

"Oomph," Tommy's breath expelled out of him. Pain shot throughout his entire body and he struggled to catch his breath. "What the..."

Tommy looked around, and saw that he was in a living room. A couch against one wall, chairs scattered and pictures hung up on the wall. The light was dim, but Tommy felt grateful that there was light around him.

After a few moments, Tommy finally had his regular breathing pattern back and he stood up, slowly, brushing the dust off of the front of his shirt.



He looked back where he had fallen and there behind him stood a fireplace; old, red-bricked and very familiar.

"What the..." the words begin to fall out of his mouth when a voice behind Tommy stopped the rest.

"Tommy?" Jack called out to his son. "What are you doing?"

Tommy looked in the direction of the voice, and stared at his father. Dressed in the same pajamas that Tommy had seen him in, what felt like many hours ago, with a concerned expression on his face.

"Dad?" A wave of relief washed over Tommy as he stared at his dad, before running over to him and wrapping his arms around him. "I've been so worried."

"Worried?" Jack asked, returning his son's hug. "We only went to bed an hour ago. I just couldn't sleep so I've been up talking to Joan."

Tasty Tidbits

By Paige Knights-Smith



Tommy released him and looked over his father's shoulder. There standing a few feet behind Jack, was Joan.

"Dad," Tommy said, looking back at his father. "I've been gone for hours. I got trapped in the fireplace, and saw an old woman with Tarot cards." Jack grasped his son's arm and led him to the couch against the wall, gently forcing him to sit down.

"Did you have a nightmare, Tommy?" Joan asked, still standing a few feet away from them. "Would you like some tea?"

"That's a great idea," Jack said, smiling. "Thanks Joan."

Joan left the living room and went back into the kitchen. Tommy heard the kitchen faucet turn on and the echoing sounds of the water hitting the steel teapot.

"Dad," Tommy lowered his voice to a whisper. "We need to get out of here."

"What?" Jack asked. "Why? And why are you whispering?"

"The lady with the cards, she noticed the struggle in our life." Tommy continued to keep his voice down. "Why haven't we gone back home? Why

are we not questioning this place at all?"

"Joan has been nothing but good to us since we got here."

"But dad, do you even know where we are?" Tommy kept looking in the direction of the kitchen. "Isn't it strange that she has begun to look younger since we got here?"

"Tommy," Jack raised his voice slightly with anger. "Yes, I get that this is a strange adventure, but to question our host about looking younger? Are you sure you're okay?" Jack put his wrist against his son's forehead to feel his temperature.

Tommy swatted his hand away, "Then tell me something, Dad. Why hasn't she helped us get back home? Look, I woke up a few hours ago and found that fireplace, then I got stuck in it and it took me somewhere else. An empty alleyway where I found the woman. But right before it took me away, I saw the two of you talking and she looked at me weirdly. There is something not quite right about her, Dad."

Jack stood up, "That's enough, Tommy. You are not making any sense. What look? And what fireplace are you even talking about?"

"That one," Tommy blindly pointed at the wall that held the fireplace. "The one that we need to get back home."

"Tommy," Jack walked to the opposite wall. "There is no fireplace."

To be continued...

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A skunk and a haircut

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A SHORT STORY BY
SUSAN CARLSON

"Susie, could you go gather the eggs for me—I need some more for this recipe."

At 7 years old I still felt proud of being entrusted with this important job, so I grabbed the syrup pail that we used for an egg bucket, and headed out through the screen door. The cement steps were hot on my bare feet and I leapt for the cool grass, letting the screen door slam.

"Susan Martha!" Mom's voice floated out behind me, but I was on my way, across the yard, through the gate, past the pig pen and the flock of sheep, keeping an eye out for the ram in case he was in a bad mood.

I slowed to a walk when I got close to the chicken barn so as not to startle the hens that were busy scratching and pecking for goodies on the ground. Then I smelled it. The distinct odor

of SKUNK! Where was it? I remembered hearing my Dad say that skunks like to steal eggs out of nests. A stick lay nearby and I picked it up, feeling the need for some kind of weapon. Hinges creaked as I carefully opened the door. The smell was stronger. I peeked inside. Nothing black and white and furry was in sight. But what if it was there on the other side of the partition? I heard a scurrying sound. My smidgeon of bravery dissolved and I ran for the house, scattering chickens as I went.

"Where are my eggs?" Mom wanted to know when she saw my empty bucket.

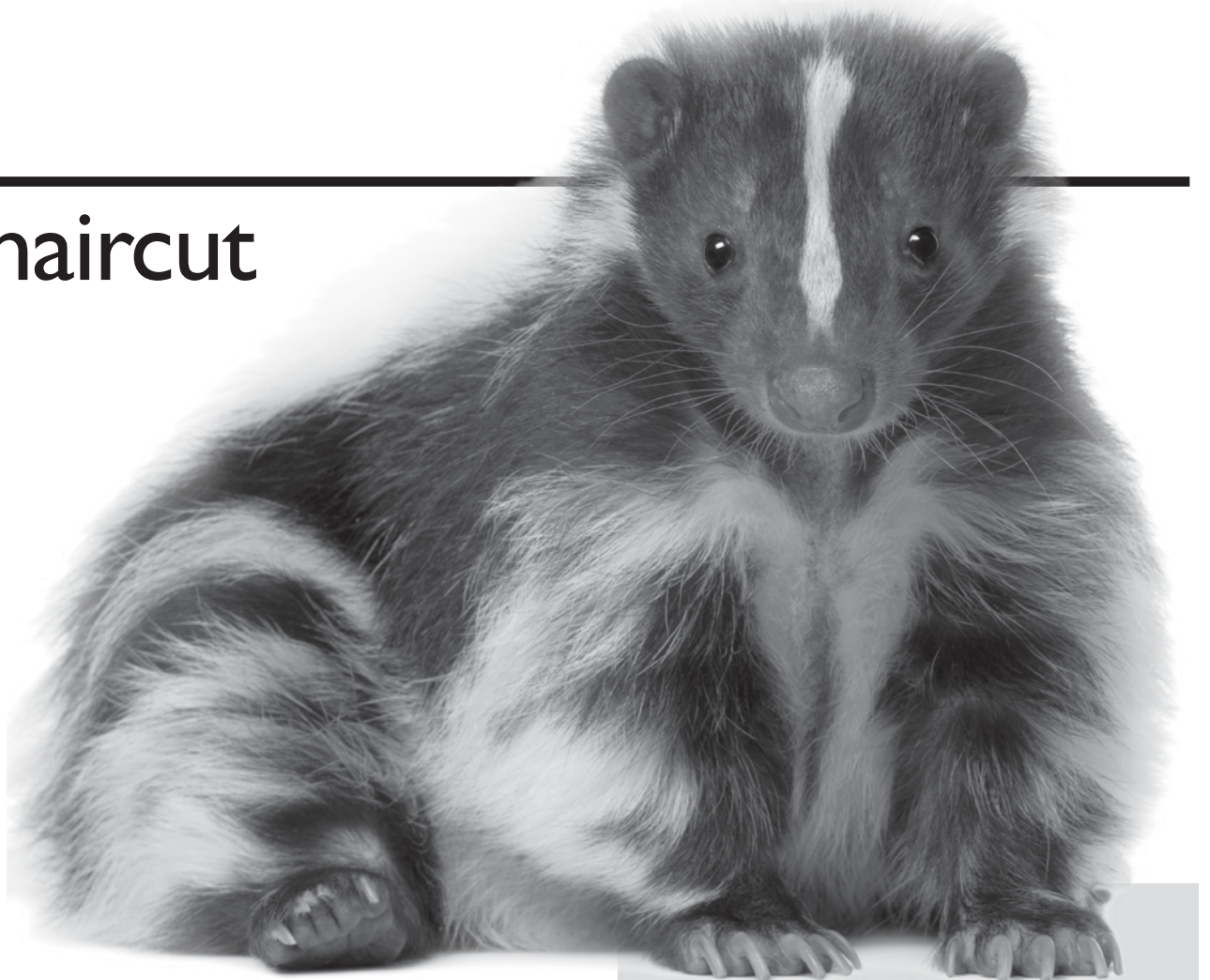
I began to tell Mom about the bad skunk smell and about my fears that a skunk was still there in the chicken house. My older brother, who had come in for a cold drink of water, was standing beside me by the kitchen sink. Sud-

denly I felt him take hold of the back of my hair. He had quietly taken the hair cutting scissor from Mom's special little shelf in the cupboard behind me and was cutting a chunk out of the back of my hair! Was I mad! I threw the empty egg bucket at him. It missed him, or maybe he dodged it, but it hit Mom's brand new International Harvester fridge smack in the middle of the door. It was the first fridge we ever had. Dad got it for her by trading in his IH combine. The impact took a chip out of the shiny white paint, leaving a permanent reminder of my angry reaction.

As it turned out, my

brother's impulsive act was the motivation I needed to get my wispy long hair cut. Mom did a nice job of it, and I enjoyed the feel of my short hair throughout the rest of that hot summer.

And what happened to my brother? Mom was creative in her discipline methods. After it was determined that the skunk was gone, he had to gather the eggs. He also had to take me swimming in the river, something I was not allowed to do by myself. AND he had to have a tea party with me, using my blue willow tea set, which was motivation enough for him to never give me another haircut.



Art Gecko

AUGUST 30 TO OCTOBER 8 – The Cariboo Potters Guild presents OFF THE WALL

Fall is here, be sure and drop by the Gecko Tree Café for a hot cup of coffee, breakfast or lunch. Do a little early Christmas shopping while you are marvelling at the clay, glazes and creativity of the clay artwork currently on display.

The Cariboo Potters Guild is made up of a diverse group of people interested in producing objects made of clay. The group has been in existence for nearly 50 years. Some

members started by digging their own clay while others use commercially produced clay and glazes. The objects that come from these endeavours vary from functional ware to sculptural one-of-a-kind pieces. Joan Beck's swallows might fly right off the wall while other pieces are solidly anchored!

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

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Wear the RIGHT bra for the right occasion

BY BERNIE CASLER,
WILLIAMS LAKE LAVENDER LINGERIE

Are you going to the gym, or going to the nightclub in your strapless dress?? Since the brassiere was patented 100 years ago, the choices have become endless; bra styles, sizes and fabrics available for any body type and activity.

The best bra companies put more science into their products for comfort, support and beauty, using fabrics that don't lose their elasticity or color. Good bras range from \$60.00 and up, with European bras usually starting at approximately \$100.

Taking a few minutes out of your day for a bra fitting can put you into the correct bra, increase your comfort and boost your confidence.

When you're active you need extra support (working out, running, jogging, horseback riding etc.) the wrong

bra can cause painful shoulder and back problems. If your bra is poking you or riding up your back, you could be wearing the wrong style or size. Have you had a change in weight? Had a baby? Even getting older can cause your body to change the way your bra is fitting.

There are also many options to consider – wire, no wire, padding, no padding, straps, no straps, multi-function straps (halter, racer back). You need expert advice in choosing the best options for your body type and activity.

You should have a minimum of 3 bras – one to wear, one in the wash and one ready to go. Wash your bra every few days and always hang to dry. Rotation and proper care will make them last much longer.

Make sure your next bra is right for you.



Out of the Fridge

By Brice O'Neill



On self-motivation and cereal

If you want to be successful in a restaurant you will need many varied and wonderful personality traits, such as the perfect fake smile for the wait staff. You need the ability to stay calm and handle unreasonable situations with reason and aptitude if you are a manager, or amazing time management skills if you want to be a chef. If I was forced to pick the two traits that will ensure longevity in this meat grinder of an industry, it would be mental and physical pain tolerance, and determination. And since this issue of *The Stew* is about determination you can probably guess what I'm going to write about.

There are many levels of determination in a professional kitchen. There is "I wash dishes, then I go home," which to me is the bottom of the scale. This is not in any way to suggest that making a living washing dishes is easy, but there is always a way to move up the food chain in a kitchen if you are determined enough to make it happen.

The next step up on

the evolutionary ladder is "I wash dishes but the cooks like me and are letting me hang out with them on the line. If I work hard enough someday I will be a cook and I will get to light stuff on fire too."

The space between this step and the next one, the "I've been cooking for a few years, wow, has it really been years, what have I done with my life?" step is where determination mingles with accomplishment and pride. While I was in that stage I met a man who showed me his red seal certification and the instant I saw it I knew I wanted one. I decided right then that I was going to earn one or die in the attempt. I found out the next day while telling my boss that I was going to get one that the likelihood of me getting chef certification while I was employed at a truck stop greasy spoon was not good. I remember the look on his face when I told him that I am an above-knee amputee working 8 hour shifts standing up with no breaks, and reminded him of the times I

covered graveyard shift, meaning I was working 16 hours because I want to become a better cook. Being the savvy person he is, he arranged for a meeting with the apprenticeship counselor later that week.

I finished my first year of chef training at that truck stop against all odds and reason by sheer force of will. I was fortunate enough after that to be offered a job working in a restaurant with actual chefs, which I jumped at. This is where my level of determination became "stupidly approaching dangerous" over the next two and a half years. I dealt with 3 bone spurs, one of which was over 3 inches long that penetrated the skin on my stump, causing not only unbelievable pain but bleeding and at one point, a life threatening infection.

I finished my second year of training in that time and underwent a surgery called a revision, which is where the doctor re-amputated my amputated leg to get rid of the bone spurs and tie the muscles back into place. I was told to take 3

months off work to heal because... well, I just had an amputation. Six weeks later I was back on my line cooking because I needed to get some money together to go finish my chef training and help support my family.

Four months later, I graduated from VCC culinary arts program with a red seal certification. The only above-knee amputee to ever do so, I might add. I'm very proud of that. I now run my own kitchen in a restaurant owned by myself and my partner Sue. We work over sixty hours a week in our place because we want to be the best. Determination? Yeah, I got that in spades.

Recipe time. You want to know what a cook determined to become a chef eats at home after a brutally long, pain-filled shift? Cold cereal. Its cheap, easy and there is no need to cook it. I always preferred cinnamon toast crunch over golden grams because if you fall asleep half way into a bowl, when you wake up a few hours later it is still reasonably edible. Easy eh?

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Jogging safety tips

BY JOE AMARAL OF
BODY CONNECTION
BY JOE

In the last number of years, jogging has gained interest as a way to improve health or lose weight. Although jogging can be great for your health, it can also cause various aches and pains.

Plan ahead

Jogging on concrete or asphalt can be very damaging to your joints and skeletal system; choose ground that is softer and flat, such as a school field. Wear properly fitting, task-appropriate footwear, and dress according to the weather. Vary your workouts; run really hard one day and in a leisurely fashion the next. Include lots of fruit in your diet.

Warm up and cool down

Without a proper warmup and cool down, you stand a greater chance of injury, so be sure to stretch and walk before and after your run. The way you jog (short or long steps), and how you land (heel, ball of foot, or full foot) can also contribute to aches and pains.

Listen to your body

Long-term pain such as shin splints, knee or hip pain, etc. can be debilitating. Working with a practitioner to rebalance the musculature is essential or the symptoms will worsen.

Women especially must be careful when running, as a woman's hips are wider than a man's and therefore they have a lower center of gravity, which causes the inner ligaments to stretch, creating a cycle of supination and pronation, with the symptom of knee pain.

Get to know your pulse. Check your resting pulse before you get out of bed and again before your run – if it is higher than normal the morning after your run, take a day off from running.

Drink a glass of water before, during and



after your run

Hydration is key in avoiding heat stroke and muscle spasms – drink a minimum of six 8oz glasses of water per day, or eight on a hot day.

Beware the warning signs

If you experience any of these symptoms, be sure to check with your healthcare practitioner:

- Shin splints, knee or hip pain, or other pain
- Resting pulse significantly higher than

normal

- Sudden, dramatic weight loss
- Difficulty falling asleep or staying asleep
- Swollen, tender glands in the neck, groin or underarms
- Dizziness or nausea before, during or after training
- Clumsiness – tripping or kicking yourself, especially over flat surfaces
- Skin eruptions

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Lifelong learning plan

BY ADELE MCLEARN, CHS

What is it?

The Lifelong Learning Plan (LLP) allows you to withdraw amounts from your RRSP to finance full time training or education for you, your spouse or common-law partner. You cannot use this plan to finance your children's education.

Who can participate in the LLP?

Resident of Canada; you own an RRSP; the student is enrolled on a full time basis; student must enrol in a qualifying educational program

All four conditions must be met. *Note – If the student meets the disability conditions, he/she can be enrolled on a part time basis.

Withdrawing funds from your RRSP

You must complete

Form RC96 (CRA website) for each withdrawal you request.

You must have an existing RRSP in order to withdraw funds for the LLP. You cannot open an RRSP for the sole purpose of withdrawing for an LLP immediately.

What is the maximum withdrawal?

You may withdraw up to \$10,000 in a calendar year and... up to \$20,000 in total for your lifetime. However, if you have repaid all of your LLP funds back into the RRSP, you may be able to use this program again.

You can withdraw any amount under \$10,000 in a calendar year. Your advisor should have a spreadsheet in your file showing how much you have requested during your education lifetime.

Your requested amount is not limited to the amount of your tuition or other education expenses. As long as you meet all of the conditions, you can use the funds for any purpose.

How to repay the LLP

You have up to 10 years to make repayments to your RRSP or PRPP or both. Usually you have to repay 1/10 of the total amount you withdrew until the full amount is repaid. Upon doing your taxes each year, you will receive an LLP Statement of Account with your notice of assessment or notice of reassessment.

If you would like more information on using your RRSP funds to finance your education, give me a call.

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Improve the way you move

BY ELIZABETH DÜRFELD, B.Sc.R. M.C.P.A.,
WILLIAMS LAKE PHYSIOTHERAPY CLINIC

Physiotherapy is a rehabilitation profession with a presence in all facets of health care: hospitals, private practice clinics, home care, long-term care facilities, schools, sports teams, and rehabilitation centers.

Physiotherapists are university educated health care professionals, regulated by the College of Physiotherapy in each respective Province. This education involves learning about the human body: Anatomy and Physiology, body biomechanics; along with the impacts of disease, trauma, birth defects, aging, and genetics. It is a physiotherapist's "job" to assess and evaluate an individual's physical function and the barriers to optimum movement. As a drug-free health care practice, physiotherapists work to "improve the way you move".

The scope of physiotherapy encompasses many areas of specialization, from treatment for arthritic joints, strokes, head injury, spinal cord and nerve injury, pre and post-surgical needs, to heart and lung disease, motor vehicle and workplace traumas, women's health issues, pediatric conditions, and sports-related injuries and imbalances.

Physiotherapy is often KEY to restoring and maintaining an optimum level of function that permits independent living and also pushes physical limitations.

As a physiotherapist

working in a private clinic, the scope of my practice is in the area of Orthopaedics – joint/muscle/nerve, and body biomechanics problems. These issues can arise from trauma, chronic illness, simple aging, poor postural habits, repetitive strain injuries, obesity, surgery, and sports, to name a few.

An assessment evaluates health history, pain and movement patterns, joint range of motion, strength, and neurological function, combined with relevant x-rays, surgical reports or various other tests.

Treatment may include manual therapy techniques, electrical modalities, specific exercises, postural corrections and acupuncture. The aim is always to improve movement and control, decrease pain, promote strength and co-ordination, and improve overall functioning.

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- Back or neck pain and injury (eg. whiplash, computer posture, aging)
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- Knee injuries
- Foot problems
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- Tennis elbow
- Shoulder and upper back problems
- All types of sports injuries

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do

Why we do the things we do

You, Me
and We

By Gina Mawson



"Why people do the things they do" has long been the subject of fascination for many in various fields of work. Detectives look at motive when they are looking for suspects that could have committed crimes. Psychoanalysts look at motives when they are trying to explain human behaviour. (And usually it all leads back to your mother, right Freud?) Screenwriters look at people's motives when writing movies, plays, and television shows and often weave them into the stories they are telling to make a much more interesting plot. Personally, I have always been curious about people and what drives them to do the things they do, or don't do.

When I understand that my six and a half year old is attempting to manipulate me because she thinks that is the only way

she can get something she wants, it is pretty clear what is motivating her. Understanding what is driving her makes it easy to plan my reaction to her attempt to rule her world. If I couldn't see through to what was going on in her mind, it would be easy to see where the balance in our family would be thrown off.

Most people have an interest in understanding what makes other people tick. Understanding the meaning behind the actions of others goes a long way towards knowing how to relate to them, or if you even want to. There have been many times when people tell me about the annoying behaviours or actions of others, and how frustrating it can be for them. One of the questions I ask is, "what do you think the payoff of that behaviour is for them?" What are they gaining from acting that

way? It goes back to the basics of interacting with others that we hopefully learn as children – for every action there will be a reaction.

Kids learn social/behavioural norms in school, and they also learn about individuality; from that they hopefully learn to successfully interact with many different personality types. That being said, not everyone is going to be the best of friends. Often, learning how to agree to disagree is a big part of the process of learning how to relate to people. Figuring out the motivations of others goes a long way to developing at least a working relationship with people.

Learning the skill of looking for what motivates others plays out throughout every relationship you will have in your lifetime, whether it is a working relationship or a personal relationship. Both types of relationships are constructed in a different manner, but both require developing a foundation based on understanding and trust, that each person understands what drives the other one.

As an employer, it is helpful to understand that an employee will work harder for someone who shows appreciation for what they do and makes them feel like a valued member of the team, not just someone who is there to earn a paycheck. Not

only will an employee who feels recognized in a positive way work harder, but they will likely be happier and want to stay in their position.

The same can be said for our personal relationships as well. Many relationship self-help books have been written around this very idea. After all, aren't men from Mars and women from Venus? The whole premise of these books is based on the understanding that as people, our motivations vary.

Understanding that a wife's frustration picking up socks off the floor might come from her desire and motivation to maintain a tidy home, and following through by not leaving socks on the floor will not only help alleviate her frustration, but it will help maintain harmony in the home, and in the relationship. A wife understanding that when her husband offers her suggestions to solve her problem with a friend she is not getting along with is motivated by his desire to fix things, not to be unsupportive to her, can have the same affect.

Being fascinated by what motivates others can go a long way towards creating smooth and lasting relationships, as long as you are inclined to work with what is motivating the other person.

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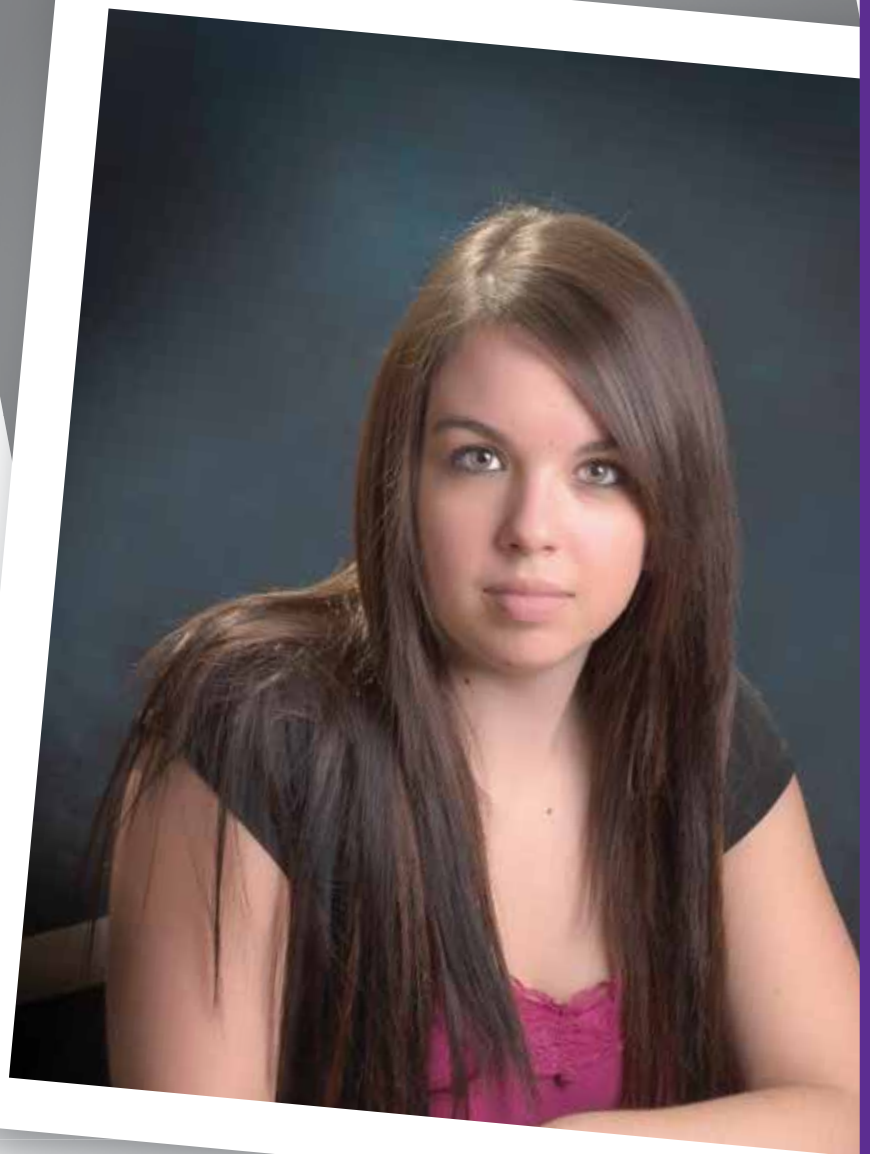
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THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

September 3 International Bacon Day

The Saturday before Labor Day, International Bacon Day celebrates crispy strips of salted pork... Bacon! This is a day to thoroughly enjoy bacon at every meal. Snack time, too. It is recommend that you enjoy bacon today in social gatherings. So, go ahead and have a bacon party!

September 21 International Day of Peace

The United Nations General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples. The theme of this year's commemoration is "Partnerships for Peace – Dignity for All," which aims to highlight the importance of all segments of society to work together to strive for peace.

September 28 Drink Beer Day

Raise a glass of your favourite ale or lager and celebrate Drink Beer Day! One of the oldest man-made beverages in history, beer has been produced since the Neolithic Era with some breweries dating back as far as 1040. It is little wonder why drinking beer has come to be such a popular and entertaining activity.

do

Shoe science

BY MELANIE ABLITT,
WALK-RITE SHOES

Getting motivated to go shoe shopping can sometimes be difficult. The task of narrowing the endless options seems daunting when you aren't equipped with the knowledge to find both the right fit, and the appropriate shoe for your needs.

Not having the proper footwear for your activities can cause a lot of discomfort for your feet. If you are looking for a running shoe, is it for long walks around town, or hiking trails in the backcountry? Does it need to be waterproof, or are you looking for a heavily ventilated one? Or is it a comfortable work shoe you are looking for? Does your company require a closed-in shoe, or is a pretty, strappy heel more your style?

High quality, brand name shoes are made to feel comfortable the moment you put it them

on. There should never be a "breaking-in" period for your shoes. Poorly fitting shoes can cause a lot of foot discomfort, and in many cases, can be the primary cause of common foot issues such as bunions, hammertoes and blisters. There are brands that cater specifically to people with high arches, and some are designed to accommodate orthotics.

Finding the right shoe, with the right fit, for the right purpose can seem like a tough job with so many things to consider – but for a knowledgeable professional at a quality shoe store, it's all in a day's work.



Salvation Army news

BY TAMARA ROBINSON,
WILLIAMS LAKE SALVATION ARMY

The Salvation Army has been increasingly busy this month, serving a total of 1,551 lunches and 584 breakfast to our clients with a total value of \$18,430.

We have also processed 271 hampers.

We would like to express a heartfelt thank you to the Williams Lake Fire Department for the food drive they graciously organized, working tirelessly to fill our food bank shelves that were so desperately in need. We would also like to thank the community for all of their donations. Without your help we would not be able to serve the community as we do. Thank you!

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Modern board games

BY RICHARD BUTTERS,
ADVENTURE GAMES

Remember the “good old days” of sitting down with the family in the evening and playing Monopoly? Lots

of families still do! In fact, board games have come leaps and bounds ahead of the games of old. Particularly in the last 10 years, traditional games have seen a huge resurgence in popularity among both avid gam-

ers, and casual ones. The widespread appeal of board games has led to modern-day classics, such as *The Settlers of Catan*, and *Cards Against Humanity*.

The Settlers of Catan was designed by Klaus

Tuber in 1995, and was indeed the first “German style” board game to have widespread popularity outside of Europe. As of 2015, more than 22 million copies have sold in over 30 languages, making it easily one of the bestselling board games ever. Players assume the

roles of settlers, each attempting to build and develop holdings while trading and acquiring resources. Players are rewarded points as their settlements grow; the first to reach a set number of points, typically 10, is the winner. The game involves large amounts of strategy, while still being simple to learn, making it perfect for those who wish to enter the world of strategic board games.

Cards Against Humanity is a party card game, in which players complete fill-in-the-blank statements using typically offensive, risqué or politically incorrect words or phrases printed on playing cards. The game shot to the upper reaches of fame among board game players through its simple gameplay, and witty cynicism. After six months of development, *Cards Against*

Humanity officially released in May 2011. A month later, it was announced that *Cards Against Humanity* was the number-one game on Amazon.com. Since then, many Youtube-based board game channels have reviewed and demonstrated the game, pushing its fame even further. It's now one of the most sought after party games in North America.

With these new board games in the market, and crowdfunding becoming more prominent in recent years, the amount of niche board games for all kinds of enthusiasts is increasing. These days there are thousands of high quality games to play with your kids, or with family friends. No matter your preferred style of game, be it strategic, humorous, or competitive, there's a game for you.

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Inspirational movies

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Forrest Gump

Forrest Gump is a slow-witted but kind-hearted, good-natured and athletically prodigious man from Alabama who witnesses,

and in some cases influences, some of the defining events of the latter half of the 20th century.

While watching this movie I was so inspired I wanted to go own a shrimp company and compete in a ping-pong tournament! It has everything an excellent movie should have; a great story, drama, love, humour, and great acting.

The Shawshank Redemption

Andy Dufresne is a young and successful banker whose life changes drastically when he is

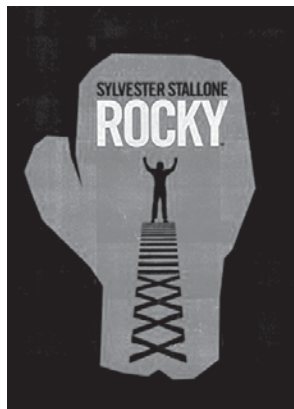


convicted and sentenced to life imprisonment for the murder of his wife and her lover. Set in the 1940's, the film shows how Andy, with the help of his friend Red, the prison entrepreneur, turns out to be a most unconventional prisoner.

The acting by Morgan Freeman and Tim Robbins had outclassed the others actors in the contemporary world. The most inspirational movie ever. A must-watch film.

Rocky

Starring Sylvester Stallone, this movie tells



the rags to riches story of Rocky Balboa, an uneducated but kind-hearted working class Italian-American boxer working as a debt collector for a loan shark in the slums of Philadelphia. Rocky starts out as a small-time club fighter, and later gets a shot at the world heavyweight championship.

People who have not seen this movie may think that it's about boxing – it's much more than that. It's about relationships and how to keep on moving in life. A true classic, this film embodies the true essence and amazement of the



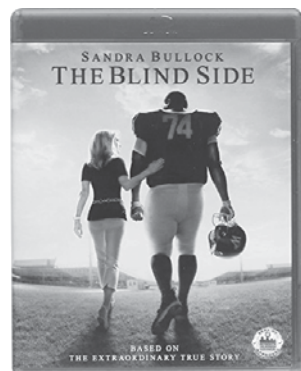
human spirit! Never back down, never give up!

The Pursuit of Happy-ness

This is a biographical drama featuring Will Smith as Chris Gardner, a homeless salesman, and his struggle from homelessness to forming his own multimillion-dollar brokerage firm. The life-lesson to take from this movie? Whatever the situation, we must face it without complaint and continue to strive to improve ourselves.

The Blind Side

Everyone has a hero within. The storyline



features Michael Oher, an offensive lineman who played for the Baltimore Ravens and the Tennessee Titans, and currently is signed with the Carolina Panthers in the NFL. The film follows Oher from his impoverished upbringing, through his years at Wingate Christian School (a fictional representation of Briarcrest Christian School in Memphis, Tennessee), his adoption by Sean and Leigh Anne Tuohy, to his position as one of the most highly coveted prospects in college football, then finally becoming a first-round pick of the Ravens.

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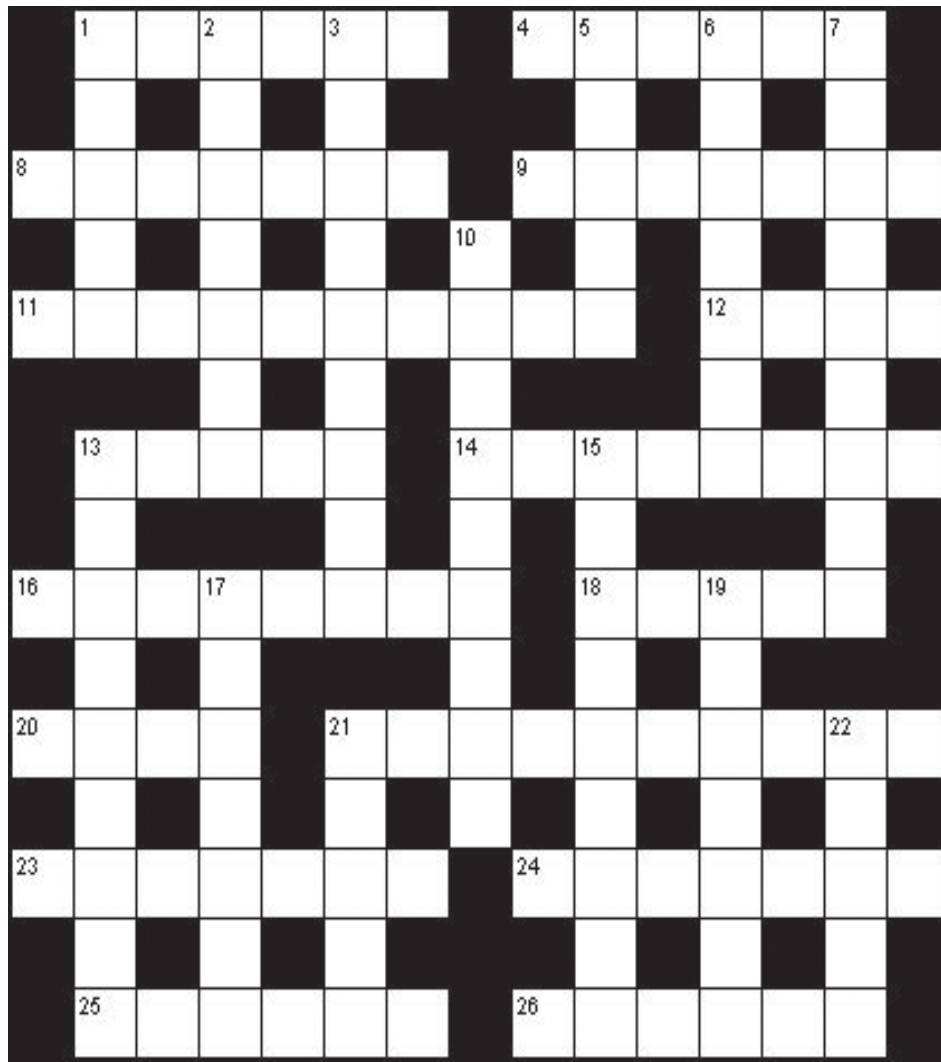
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X-Word Puzzle

ACROSS

- 1 Got the wrong order in deprived area of town (6)
4 Bloodshed involving Italian brings a lump to the throat (6)
8 Salvages planter, back about 1st March (7)
9 Arabs in theory partial to a drink (7)
11 Left-winger returning with illness to train off-track? (10)
12 National draw announced (4)
13 Rig tennis games at university (3-2)
14 Inferior silver from the Orient – it's not mature enough (8)
16 Brush etc discarded by creator of unfinished



work? (8)

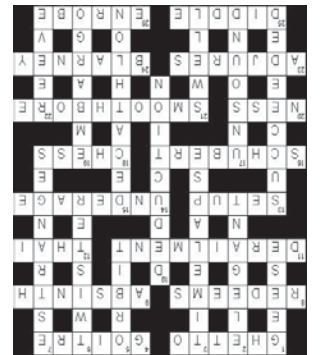
- 18 Game ambassadors in the Civil Service (5)
20 Geordie Sunday school head (4)
21 Flat tyre, it sounds like, on old banger (6-4)
23 Appeals to a radio presenter leading to silly ruse (7)
24 Rubble includes pound of Irish stone (7)
25 Con lied terribly about doctor (6)
26 Dress supported back east (6)

half leads to bad wind! (7)

- 7 Loses affection for sergeants' mess! (9)
10 Discount reasoned argument (9)
13 Broadcast about upstart cricketers was a winner (9)
15 Contest where clan do the fling? (9)
17 Not fit for a French stable! (7)
19 Boycott's MBE misplaced on ship (7)
21 Great increase (5)
22 Former official to queen risen to first lady (5)

DOWN

- 1 Uplifting, say, hiding to watch birds (5)
2 Stylish Eastside worker (7)
3 Photographic technique using plate semi-developed (4-5)
5 Alternative part of range (5)
6 Tango with ones better



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