

The background of the cover is a photograph of a white and teal RV driving away on a paved road that winds through a dense evergreen forest. In the distance, a massive, rugged mountain with sharp peaks and patches of snow rises against a clear blue sky. The magazine title 'the stew' is overlaid in the top right corner, with 'the' in a small font and 'stew' in a large, bold, white font with a black outline.

the stew

ISSUE 8.06 | JUNE 2017 | **FREE**

the
RV issue

Featuring ...
Adventure!

we speak

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On the Cover:

A holiday trailer is merely one kind of RV; recreational vehicles, figuratively speaking, can take many forms! Relax as we explore them together with this adventurous issue of The Stew Magazine.

Advertising Information:

The deadline for advertising in the next month's issue of *The Stew Magazine* is the 21st of the current month. Contact us today to reserve your spot: 250-398-7446 or sales@thestew.ca

Destination Relaxation

BY CRAIG SMITH

It's May long weekend as I write this, and a lot of people I know are out camping. Everybody's version of camping is different. For some it's a tent in the back yard, some it's a government campground and some it's deep in the bush. When you are young and just starting out it's probably going to be a tent and as you get older and more established it becomes a trailer then maybe an RV. A few years ago my wife and I were lucky enough to find a great deal on an older yet well taken care of 32ft class A. It had everything to live in full time, a kitchen with a fridge and stove, beds, a toilet, a shower, power, a small living room, a heater and hot water on demand. I was pretty sure that I got all the rough camping out of my system when I was in the military so this should have been perfect. The first year we made a couple of trips and soon came to the quick realization that an RV is expensive to run and takes a lot of time to do anything. It was a \$200 weekend just to go to Lac la Hache from Williams Lake. The next year was a couple more short trips. By the time we hit year four it was not being used at all, as we were spending our weekends away in the comfort of hotels. That was when we decided to sell it to someone who would use it more than us. I think in four years we may have spent 14 nights total sleeping in this house on wheels. At first I thought that maybe we really aren't old enough for the RV life; after all, both of our parents spend months each year in theirs,

and they are all retired in their late sixties, seventies and eighties. After our most recent vacation I realized that it's not an age thing, it's an activity thing although maybe that does come with age. I've never been a sit on the beach relaxing type of person. I like to see and experience new things constantly. I like the experience of the journey (probably why I ride a bike) not just the destination. I found that our RV trips involved spending huge amounts of time getting the RV ready. Then drive to the destination and park. Now you have to spend huge amounts of time setting everything up. Then you cook, eat, relax with a book and then you cook again.

Now that I'm married to a woman that has the same outlook on leisure time as I do, the motor home really didn't work. Both of us need huge amounts of stimulation when it comes to our downtime in the way of visiting places we have never been before. Even to the point of when we were in Hawaii we decided to climb the Diamond Head Volcano and ride around the Island rather than just sitting on the beach. We have a bucket list and we are actively seeking to check things off that list.

Our most recent trip was to China for two and a half weeks and I can't gush enough about the whole experience. From the time we got on the plane in Vancouver to the time we left, it was five-star service. For a developing country it really is learning all the capitalist tricks to making you want to spend more money while you are there. I have had many people ask us once we got



back why? Why China? Why not Mexico and go to a beach or why go anywhere where the people don't speak English. That last one always seems to bother me as it comes off arrogant. A few months ago I wrote an article on languages and how most of the world speaks at least two except English speaking countries. Only 5% of the people on earth speak English primarily as opposed to 6% that speak Spanish and 15% that speak Mandarin. I came back from this trip with a desire to learn at least a basic use of the language. The Spanish, French and German that I know came in handy on our last trip and before the end of this one I had about twenty phrases down. This is a beautiful country with over 6,000 years of documented history, so why wouldn't a history and museum freak like me want to visit? Our relatively quick trip merely whet my appetite for more, and next time I want to be able to get by using their language basics instead of using pictures and sign

language. I felt safer in China than any other country I've been in, and because we are Canadian (rare as a panda bear we were told) we were treated like royalty every where we went. We were photographed, and asked to be in photographs, by everyone from teens to seniors. We saw the lights of Shanghai at night and climbed the Great Wall of China, stared with awe at a thousand terra-cotta warriors and sailed up the Yangtze river for four days.

I know this month is about RVs but in my mind an RV or recreational vehicle is any form of transport that gets you to recreational places. In our case it was a car, a plane, a bus and a train. In that sense it really doesn't matter what kind of vehicle it is it just has to get you to somewhere that you find relaxing. For us relaxing is being somewhere experiencing things we can't get at home. After all, isn't that what a holiday is all about?



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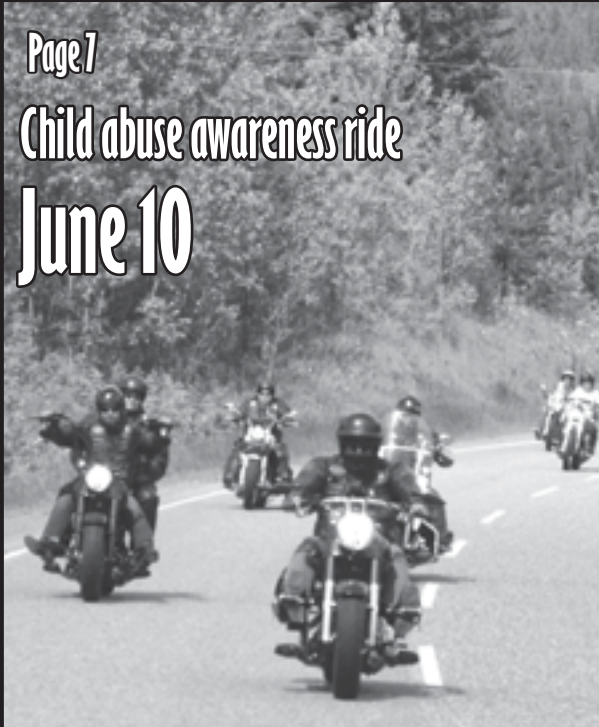
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Child abuse awareness ride

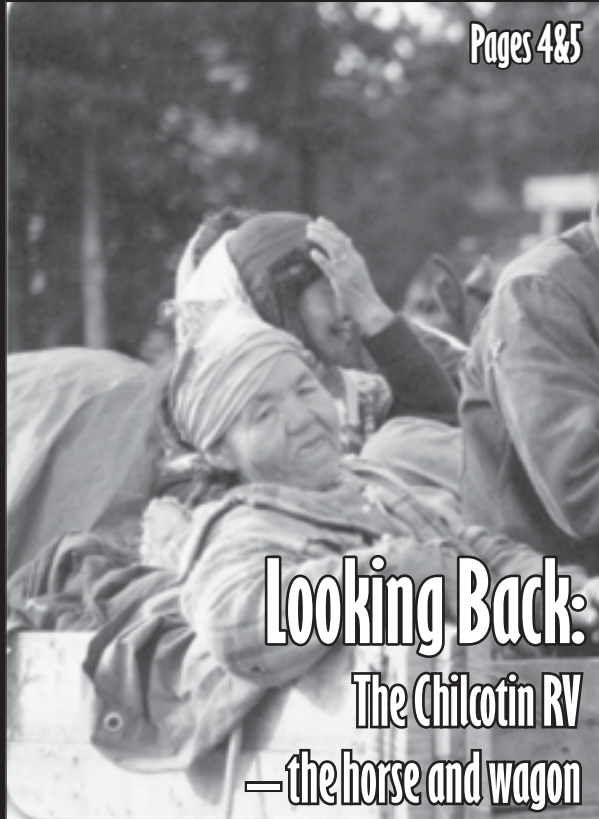
June 10



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Travel:

Your Canadian road trip starts here



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Looking Back:

The Chilcotin RV
— the horse and wagon



Page 6

Grad Parade:
A rite of passage

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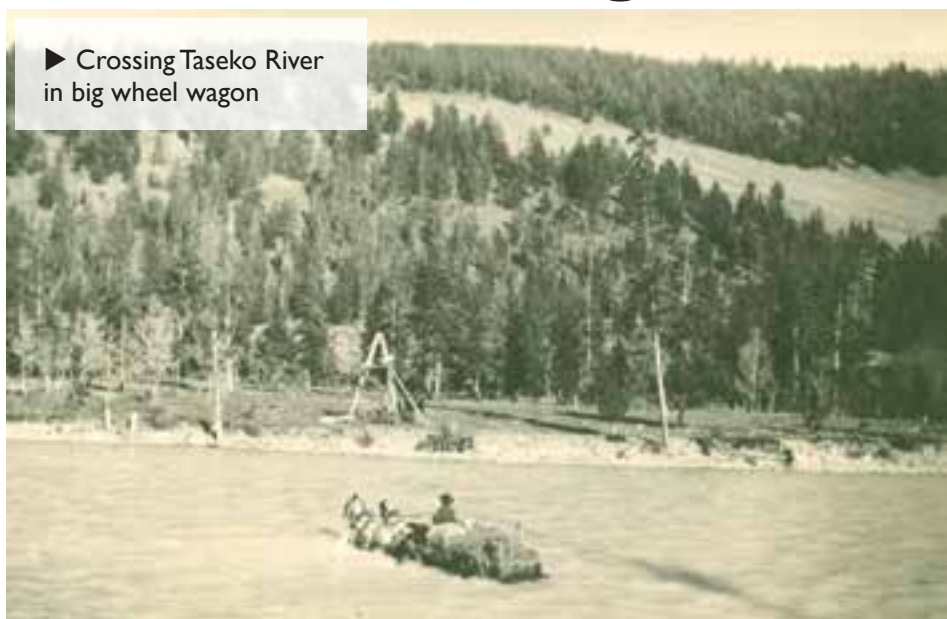


Looking Back
By Sage Birchwater

When I crossed the Chilcotin for the first time in 1973, I ran into several Chilcotin RVs (horse-drawn wagons). In those days you could run into them anywhere along the winding and graveled Highway 20 from the top of the Sheep Creek Hill at Riske Creek to Anahim Lake. Many families didn't own vehicles and some folks didn't even have a driver's license, but they had teams of horses and a rubber-tired or steel-wheeled wagons to

get around in. Once you got off the main highway, the back roads were very rough. Horse and wagon travel was slow but dependable. The lifestyle of the Chilcotin natives Plateau was very mobile, and they used these wagons to move their whole families about the landscape with the seasons to harvest berries, roots, fish and wild game. Lou Haynes once told me that the early Tsilhqot'in people he

met didn't like to live in houses. "In winter they'd stay in a cabin, but as soon as it was warm enough in spring, they'd move out and stay in a tent." He said most Tsilhqot'in families had a small meadow where they could cut a little hay and winter their horses and feed a few head of cattle. Then in late winter they'd migrate to their trapping grounds to hunt muskrat and beaver. "They'd travel with a team and sleigh and would have the parts of a wagon packed in the sleigh. As the snow melted in the spring, they'd put the parts of the wagon together and come out that way. They'd take their fur to the store at Tatla Lake or Redstone and then head back home with their groceries and sleigh runners loaded in



► Crossing Taseko River in big wheel wagon

their wagons." When St. Joseph's Mission school let out at the end of June, many Indigenous families showed up in Williams Lake with their teams and wagons to pick up their children. Somehow this convergence of people got rolled into the Williams Lake Stampede where the Indigenous people loved to compete and watch the events.

Wilf Hodgson was the son of legendary trucker Tommy Hodgson who pioneered the first freight delivery and mail run into the Chilcotin during the First World War. Later Wilf, his brother Cookie, and brother-in-law Joe Gillis took over the business after Tommy died.

Wilf remembered Tsilhqot'in people camped all over the place in those days.

"Whole families would

be coming along up and down the road with a team and covered wagon. Horses all tied on behind, and dogs. It was quite a sight."

He remembers them arriving in Williams Lake for the Stampede.

"For the Stampede they'd come from all over the country, and it was quite a sight on the side hill at the stampede ground. Tents, wagons and horses all camped out and campfires going. Horses tied up or with hobbles and bells on. People don't realize what a sight that was."

Wilf said the Indigenous camp was one of the main attractions of the Stampede.

"The native people in those days had a lot of really good race horses. After the Stampede they'd move back to the Chilcotin again with their

children from the Mission, fishing and hunting all the way. Then they'd get back to their meadows and put up a little hay."

People in Tatla Lake remember Tsilhqot'in families heading to the Potato Mountains to dig the wild potatoes. Lou Haynes recalled wagon load after wagon load winding their way through Tatlayoko Valley.

"They'd go up to the Potato Mountains and spend about a month. The women would dig potatoes and the men would hunt deer and hold horse races. Everyone from Redstone would be there. They would come down into Tatlayoko Valley and take their wagons as far up the hill as they could. Then they'd leave all their harness on the wagons and go the rest of the way by saddle horse and pack horses."

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► Wagon from the Blackwater



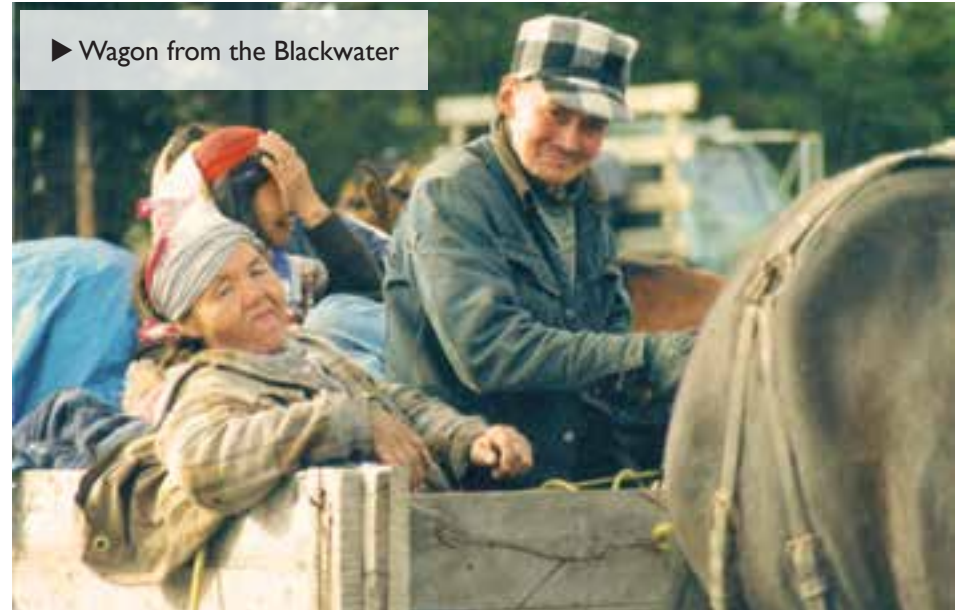
► Big wheel wagon wrestling match



► Team & sleigh beside Chilko Lake



► Wagon from the Blackwater



...continued from page 4

He said they would leave all the old people too feeble to ride up the hill in a camp by the wagons.

"Nobody would touch their stuff. I remember one old blind woman at the camp. They had pieces of buckskin string all tied together so she could find her way outside."

Casimile Lulua was born at Big Eagle (Choequoit) Lake in 1927. From early childhood he went up the Potato Mountains with his mother and family.

"We went up there at the end of June or early July. Everybody went up there. People came from Nemiah Valley, Redstone and Anahim Lake. Everywhere you look somebody's camped. Dig some potatoes, shoot the deer, and eat some deer."

He said there was no bridge across the Chilko River in those days.

"Nemiah people just

go across with a canoe and swim their horses across the river. Eagle Lake Henry used a big-wheel wagon to go across the river. He had lots of good strong work horses."

Harry Haynes said the wagons coming down through Tatlayoko Valley were loaded to the gills.

"They usually had a couple of kids riding saddle horses driving some free horses. They'd go up the side hill as far as they could get up the creek. Old Eagle Lake Henry and a bunch of people from Nemiah Valley would come up the mountain from the other end and they would meet up top. They would have a ball, a big party, a rodeo with race horses."

Ed Schuk said wagon loads of people went by his place at Lunch Lake to go fishing at Cochin Lake as soon as the suckers started spawning in the spring.

"They came from Redstone with their teams and wagons, horses and dogs. Five or six wagon loads all in a bunch camped right here at our place. That's why they call it Lunch Lake. Then they'd go through Cochin and fish until the end of June. After that they went up the Potato Mountains."

On the mountain he said the women would dig potatoes and the men would hunt the big bucks.

"They'd dry the meat and potatoes until about August, then they'd come back off the mountain for hooshums (soapberries) and saskatoons. After that they'd split up and go cut hay for somebody or take a fencing contract. The Redstones went back to Siwash Bridge by salmon time and the Nemiah people went fishing at Henry's Crossing."

Donald Ekks said he would go up the Potato Mountains on horseback following the trail behind Harry Haynes' place in Tatlayoko Valley, and come out of the mountains at Chilko Lake by Tommy Lulua's place.

"We had a stampede up there. Maybe twenty-five or thirty head of horses make horse race. All of Redstone and Nemiah Valley; Charlie West came from Anahim Lake. I'd stay about ten

or twelve days. We'd dig at the first mountain in the middle of June, then go to the other mountain in July. All white flowers. We have a little iron from a dump rake tooth to dig the potatoes. Sure lots of fun. My woman dig 50 pounds in one day."

Henry Solomon said Chiwid's husband Alec Jack used to be in charge of the horse races on Potato Mountain.

"Those guys they race. Bet money. Stake race, four or five horses at one time. Some good wrestlers. Some guys from Anahim Peak or



► Up A&P Hill after a long day of fishing in the Fraser

Yunesit'in. Some good boxers. Find out the best man in the whole Chilco-

tin. Race horses, all that kind. Kind of a rodeo in the mountain."



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Welcome Coral Atchison

The team at Morelli Chertkow is pleased to welcome Coral Atchison to the firm as an associate lawyer. Currently practicing in family law and litigation, she successfully completed her articles with Morelli Chertkow and was called to the Bar in May 2017. Coral is originally from the Williams Lake area and looks forward to serving the community she grew up in alongside associate Kevin Church. *Reach out to us. We can help.*

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"To live will be an awfully big adventure." ~J.M. Barrie, Peter Pan



Grad parade: a rite of passage

BY MELISSA RISPIN,
WRITING 12 STUDENT,
LAKE CITY SECONDARY

The Grad Parade, beginning **June 10 at 6pm** in **Downtown Williams Lake**, is a rite of passage for many

young men and women. Many different cultures in the world have some form of coming of age celebration: in Spain they have 'quinceañera' or bar mitzvahs, in the Church they have Communion, and in America they have a "Sweet Sixteen" birthday party. For us in Williams Lake, the rite of passage is graduation, and more specifically the Grad Parade. The girls buy expensive dresses and spend hours upon hours on their makeup and hair, and the boys rent tuxedos with fancy ties and put on their best dress shoes and black socks to escort the gorgeous girls to the Prom. We all spend months trying to plan the perfect float. It can't be too simple, or too cliché, but it can't be too extravagant, or too flamboyant. Planning the perfect float is the second most important thing after planning your own appearance. The lead up to the parade is almost as important as the parade, but not quite. When you finally get to the parade, after you

have built your float, put on your dress, and done your hair and makeup, you no longer want to do it. You go to step up on the float and you get so unbelievably nervous that you want to run away, drive home, and curl up in a ball in bed and cry. The experience is so nerve-racking that you forget about all your hard work and decide in that instant that if this doesn't go well, you're dropping out and moving to Timbuktu. But alas, your parents spent hundreds on this: the dress, the float, the hair, the makeup and the fees; you can't back out now, so you get on the float. The parade starts and you begin to move, the more people cheer and say how gorgeous you or your float is, the less nervous you become, until finally the nerves have all melted away. Finally, this has become the best day of your high school career. All the trials and tribulations of the past five years seem to fade away as you realize, this is it. I made it.

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THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

- June 1 Dare Day, Flip a Coin Day
- June 2 Natl. Doughnut Day
- June 3 Natl. Trails Day, Repeat Day
- June 4 Hug Your Cat Day, Old Maid's Day
- June 5 World Environment Day
- June 6 Natl. Gardening Exercise Day
- June 7 Natl. Chocolate Ice Cream Day
- June 8 Friends Day, Name Your Poison Day
- June 9 Donald Duck Day
- June 10 Iced Tea Day
- June 11 Natl. Corn on the Cob Day
- June 12 Red Rose Day
- June 13 Sewing Machine Day
- June 14 Flag Day
- June 15 Smile Power Day, Global Wind Day
- June 16 Fresh Veggies Day
- June 17 World Juggler's Day
- June 18 Father's Day, Go Fishing Day
- June 19 Natl. Kissing Day
- June 20 Ice Cream Soda Day
- June 21 Intl. Yoga Day, Natl. Selfie Day
- June 22 Natl. Chocolate Eclair Day
- June 23 Natl. Pink Day, Take Dog to Work Day
- June 24 Swim a Lap Day
- June 25 Log Cabin Day, Natl. Catfish Day
- June 26 Beautician's Day, Forgiveness Day
- June 27 Sunglasses Day
- June 28 Paul Bunyan Day
- June 29 Camera Day, Intl. Mud Day
- June 30 Meteor Day

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Child abuse awareness ride June 10

SUBMITTED BY RENEE
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On **Saturday, June 10**, the Bikers Against Child Abuse Central Cariboo Temp Chapter is hosting a **Child Abuse Awareness Ride** throughout the Cariboo.

All motorcycle riders are invited to take part, and members of the public who are not on two wheels are also encour-

aged to join the group for lunch: Old School's Bar & Grill in Clinton has generously offered to donate a percentage of the day's sales to this worthy cause. 100% of the proceeds of this event go to benefit abused children in the Central Cariboo area (B.A.C.A.® is a 501-c-3 non-profit organization).

WILLIAMS LAKE riders are meeting at 11am at the A&W parking lot

and **leaving at 12pm sharp**, then stopping to pick up riders at 100 MILE HOUSE Chevron at 12:45pm, **leaving at 1:15pm sharp**, and arriving in CLINTON at 2pm.

More riders are also expected to join the group in Clinton for the return trip north; so keep your eyes peeled for what is sure to be a thunderous spectacle, all in support of this hugely important

cause.

On May 20th, the Central Cariboo group also hosted their first public ride of the season, the "B.A.C.A. 100 Mile Ride," which is held at the same day and time annually, in all chapters world-wide. We would like to extend a heartfelt thank you to all the donors and riders who were able to join us. Riders from Prince George, Quesnel,

McLeese Lake and 100 Mile House joined the group from Williams Lake for an unforgettable day of riding, laughing, eating and all around good times. We made new friends, saw some familiar faces and raised awareness for a fantastic cause. We would like to extend a very special thank you to Rick at Old School's Bar and Grill for the delicious food,

hospitality and excellent service we received during the event.

If you would like to find out more about Bikers Against Child Abuse call 778-412-9323, visit www.bacaworld.org, or check out one of our monthly meetings on the third Sunday of the month, 1pm at Big Brothers Big Sisters in Williams Lake.

CONGRATS TO THE 2017 GRADS!

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CREDIT REPORT



at all with any lending institution.

I would suggest that you check your credit score at least once a year – contact Equifax by going online and either request your credit score be mailed to you by completing the form online or pay a small fee with a credit card and you will receive your credit score and credit report immediately online.

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read

"Two roads diverged in a wood, and I – I took the one less traveled by, and that has made all the difference." ~Robert Frost

Explore something new with award-winning Canadian debut novelists



We choose books to be entertained or to learn – they take you where you need to go, whether it's down the path of learning, or to escape to another place or time – so are books not 'recreational vehicles'?! Let's explore something new with some of the best debut Canadian novelists of 2017.



White Elephant, by Catherine Cooper

Physician Richard Berringer, his wife, and their thirteen-year-old son have abandoned their home in Nova Scotia and moved to Sierra Leone, despite warnings that the West African country is in a civil war. Two months on, things are not going well. Tensions are rising between Richard and his boss; his son – who hates Sierra Leone almost as much as he hates his father – has launched a hunger strike; and his wife is bedridden with illnesses that Richard believes are all in her head. While the Berringers' battle with themselves, each other and the worlds they inhabit, the narrative repeatedly returns to

their past, shedding light on what brought them together, what keeps them together, why they have come to Africa, and why they might not be able to go home again.



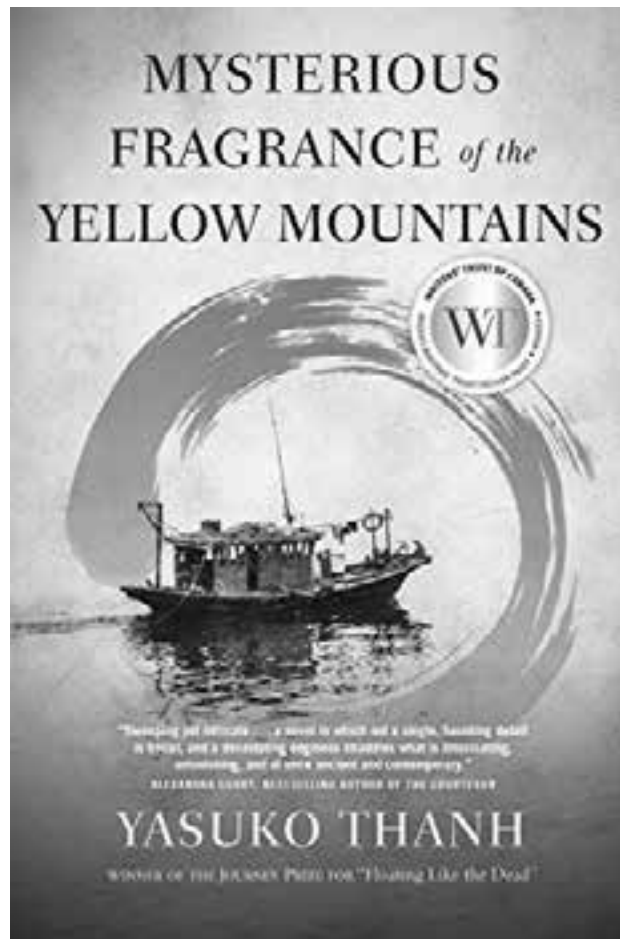
Accordéon, by Kaie Kellough

Accordéon is an experimental novel, a piercing deconstruction of Québécois culture, an ode to Montréal – a city where everything happens at once and all realities exist simultaneously. Against a satirical Ministry of Culture set on quotas, preservation and containment according to its own cultural code, Kaie Kellough weaves voices and images from the margins to probe collective fantasies of Québec old and new.

So Much Love, by Rebecca Rosenblum

Olive Kitteridge meets Room and The Lovely Bones in this stunning first novel about the unexpected reverberations the abduction of a young woman has on a small community.

When Catherine Reindeer mysteriously



vanishes from the parking lot outside the restaurant where she works, an entire community is shattered. Her fellow waitress now sees danger all around her. Her mother desperately seeks comfort in saying her name over and over again. Her professor thinks of her obsessively. Her husband refuses to give up hope that she will one day come home. As we move back and forth between those who knew Catherine intimately and those who barely knew her at all, *So Much Love* reveals how an unexpected disappearance can overturn everything for those left behind.

But at the heart of the novel is Catherine's own surprising journey of resilience and recovery. When, after months of unimaginable horror, a final devastating loss forces her to make a bold decision, she is unprepared for everything that follows. Woven throughout Catherine's story are glimpses of a local poet who was murdered decades earlier, a woman whose work becomes a lifeline for Catherine during her darkest hours.

A riveting novel that explores the complexity of love and the power of stories to shape our lives, *So Much Love* confirms Rebecca Rosenblum's reputation as one of the most gifted and distinctive writers of her generation.

Mysterious Fragrance of the Yellow Mountains, by Yasuko Thanh

How can you stand up to tyranny when your own identity is in turmoil?

Vietnam is a haunted country, and Dr. Nguyen Georges-Minh is a

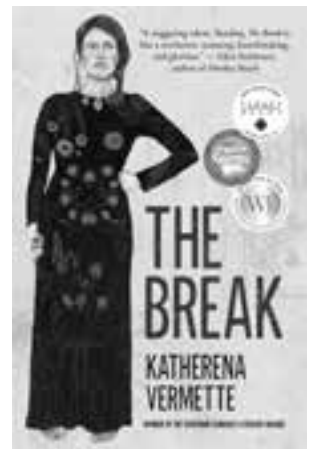
haunted man. In 1908, the French rule Saigon, but uneasily; dissent whispers through the corridors of the city. Each day, more Vietnamese rebels are paraded through the streets towards the gleaming blade of the guillotine, now a permanent fixture in the main square and a gruesome warning to those who would attempt to challenge colonial rule.

It is a warning that Georges-Minh will not heed. A Vietnamese national and Paris-educated physician, he is obsessed by guilt over his material wealth and nurses a secret loathing for the French connections that have made him rich, even as they have torn his beloved country apart.

With a close-knit group of his friends calling themselves the Mysterious Fragrance of the Yellow Mountains, Georges-Minh plots revenge on the French for the savagery they have shown to the Vietnamese. And it falls to Georges-Minh to create a poison to mix into the Christmas dinner of a garrison of French soldiers. It is an act that will send an unmistakable message to the French: Get out of Vietnam.

But the assassination attempt goes horribly wrong. Forced to flee into the deep jungles of the outer provinces, Georges-Minh must care for his infant son, manage the growing madness of his wife, and elude capture by the hill tribes and the small – but lethal – pockets of French sympathizers.

Journey Prize winner Yasuko Thanh transports us into a vivid, historical Vietnam, one that is filled with chaotic streets, teeming marketplaces, squalid opium dens, and angry ghosts that exist side by side with the living.



The Break, by Katherine Vermette

The Break is a National Bestseller, National Post 99 Best Books of the Year, CBC Best Canadian Debut Novels 2016, Globe and Mail Best 100 Books of 2016, Quill & Quire Book of the Year, Kobo Best Books of the Year, Walrus Magazine The Best Books of 2016, and a 49th Shelf Book of the Year.

When Stella, a young Métis mother, looks out her window one evening and spots someone in trouble on the Break – a barren field on an isolated strip of land outside her house – she calls the police to alert them to a possible crime.

In a series of shifting narratives, people who are connected, both directly and indirectly, with the victim – police, family, and friends – tell their personal stories leading up to that fateful night. Lou, a social worker, grapples with the departure of her live-in boyfriend. Cheryl, an artist, mourns the premature death of her sister Rain. Paulina, a single mother, struggles to trust her new partner. Phoenix, a homeless teenager, is released from a youth detention centre. Officer Scott, a Métis policeman, feels caught between two worlds as he patrols the city. Through their various perspectives a larger, more comprehensive story about lives of the residents in Winnipeg's North End is exposed.

A powerful inter-generational family saga, *The Break* showcases Vermette's abundant writing talent and positions her as an exciting new voice in Canadian literature.

do

“(The motorcycle) provides us with a remarkable vehicle for discovery that goes far beyond roads traveled—it goes deep within us.” ~Armand Ensanian



Games of risk, deduction & luck

BY RICHARD BUTTERS,
ADVENTURE GAMES

Vacations are full of quiet moments; long drives from place to place, rainy days by the lake, or calm evenings by the campfire. What better way to fill this time than playing a few games? Many board games are perfect for these occasions, from small card games, to the occasional board game at a picnic table. We have come a long way from only having a deck of 52 to keep us occupied. The joy of traditional card games are not past us, though. A game of Hearts or Cribbage are a timeless classic, but there are some new card games that are worth considering.

One of my favourites is a game called Love Letter. Love Letter is a game of risk, deduction, and luck. Your goal is to get your love letter into Princess Annette's hands while deflecting the letters from competing suitors. From a deck with only sixteen cards, each player starts with only one card in hand; one card is removed from play. On a turn, you draw one card, and play one card, trying to expose others and knock them from the game. Powerful cards lead to early gains, but make you a target. Rely

on weaker cards for too long, however, and your letter may be tossed in the fire! This is a game that can be even played in the car, and is typically played in a best-of-five style with

rounds only taking about five minutes.

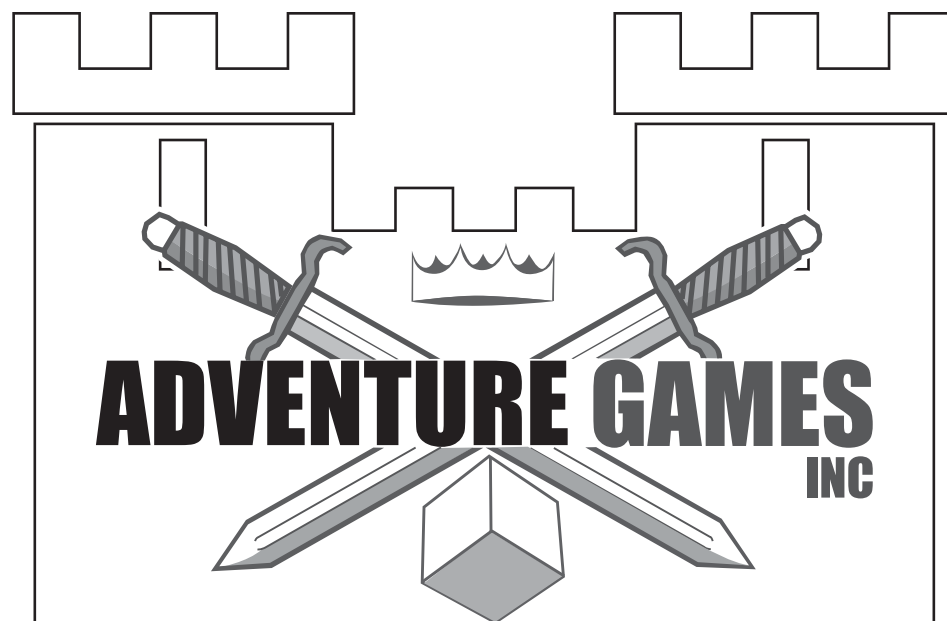
If you want to step up the complexity, a great game on the road is Boss Monster. Inspired by a love of classic video

games, Boss Monster pits 2-4 players in a competition to build the ultimate side-scrolling dungeon. Players compete to lure and destroy hapless adventurers, racing to outbid one another to see who can build the most enticing, treasure-filled dungeon. The goal of Boss Monster is to be the first Boss to amass ten Souls, which are gained when a Hero is lured and defeated — but a player can lose if his Boss takes five Wounds from Heroes who survive his dungeon. Players interact with each other by building rooms and playing Spells. Because different Heroes seek different treasure types, and rooms are built simultaneously, this means that every “build phase” is a bidding war. Spells are instant-speed effects that can give players advantages or disrupt opponents. Although this one requires a table and a little bit of space, it's an

easy to learn game for all ages!

The next time you're headed on a vacation, in an RV or a canoe with just a tent, remember to pack

a game or two! You won't be disappointed with all the selection there is these days!



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do



Food truckin'

SUBMITTED BY
FLORENCE GONYER,
COMMUNITY FUTURES
CARIBOO CHILCOTIN

Love cooking? Always wanted to be your own Boss? Have an old RV sitting unused in your back yard? Well with a little bit of time, money and a lot of imagination, you could be a Food Truck entrepreneur!

Ideally if you don't have an old RV in your back yard, you can purchase one best suited for your food truck idea, if you're looking to make use of that old backyard RV, then you may have to adjust your idea to fit the existing trailer. Depending on the size of RV you

have to work with, this could significantly impact your business concept. If you're looking to start a coffee or juice bar truck, you would need less space and equipment than if you were looking to start a gourmet or catering food truck. However it is that you acquire your RV whether it is purchased or pre-owned you will need to maximize the space you have to work within, and therefore you will need to carefully map out the layout to fit your needs. Working with such a limited space you will need to be as efficient as possible, start off by making a list of what equipment you will need and how that equipment

will fit into the space and ensuring that you still have adequate work space and storage options. Once you have mapped out the inside of your food truck for efficiency, then the FUN part comes it, that's when you start designing how your truck will look on the outside. What is the theme for your restaurant on wheels? What is going to make your truck stand out and get noticed? This is no typical bricks and mortar restaurant, you own this, and this is your vision, how do you visualize it? Typically you want to match the outside concept with the food that will be served from inside.

Now that you have the inside all mapped out, and you have an eye catching outside that is going to draw customers

to your window, what are you serving up on the menu? This would have been the very first step to your business planning, but now it's time to hone in on your food skills and make that menu...mouth-watering! You probably have a list of different foods you can serve up, but the key to a successful food truck is to keep your menu simple. This is not a sit down restaurant, and your customers are coming for that unique food experience they can't get from another restaurant or food truck. Generally food trucks have a specific food dish that they serve up; they keep a simple menu but offer different varieties of that dish. You will need to keep in consideration that you only have limited space for prep, cooking and storage, so less is more!

Although the added bonus to having a food truck is that you can move your location, keep in mind that not all cities will just let you park a food truck anywhere, you will need to find out where you're allowed to set up, and other local regulations surrounding the operation of a local mobile business, as well your food truck will have to be inspected by Interior Health.

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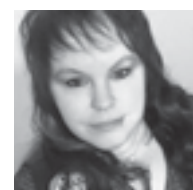
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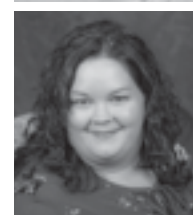
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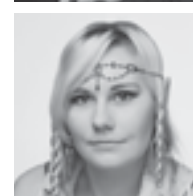
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You, Me and We



Sage Birchwater
Looking Back



Paige Knights-Smith
Tasty Tidbits



Jazmyn Douillard
Pint Sized

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"The open road is a beckoning, a strangeness, a place where man can lose himself." ~William Least Heat-Moon



Performances in the Park returns

BY ANGELA SOMMER,
PIP EVENT
COORDINATOR

Performances in the Park is the place to be on a Thursday night! From July 6th to August 24th 2017, the Gwen Ringwood Theatre in Boitanio Park will light up each Thursday evening with

awesome musical performances from 6-8pm, along with food vendors, face painting and children activities. Arty the Art-walker and ArtWalk 2017 will be part of the event starting August 10th.

Busker Fest 2017, organized by the WLCBIA and with the support of the Cariboo Regional

District and City of Williams Lake via the Central Cariboo Arts and Culture Society, is also happening every Thursday from 12 to 4pm downtown Williams Lake prior to Performances in the Park.

Performances in the Park is a true community event. It is presented by the Central Cariboo Arts

and Culture Society in partnership with the City of Williams Lake and the Cariboo Regional District, and is supported and sponsored by business and media partners.

Each concert night sees between 500 and 600 spectators, rain or shine, who bring their lawn chairs and blankets or

umbrellas and tarps (we are tough in the Cariboo), to enjoy the summer evenings and fantastic acts by talented local, national and international performers.

The team behind Performances in the Park gets into high gear in November to assure a fun-packed, family-friendly series the following summer. Angela Sommer of Angelkeys Music Studio,

Performances in the Park Coordinator, is coordinating the event but she couldn't do it without the staff and volunteers of the Central Cariboo Arts and Culture Society and all their help.

The business community in Williams Lake has once again been more than generous in sponsoring the performances. We couldn't do it without them, so please take note of our wonderful sponsors and be sure to thank them for their support.

We have again received phenomenal support from local media outlets who are promoting and advertising our event to make sure everyone knows about it in our communities.

Come out and enjoy the great music, fun atmosphere, tasty food and children's activities on Thursday nights in July and August! And, don't forget to bring your friends!



Performances in the Park

is a summer-long concert series presented by the **Central Cariboo Arts & Culture Society** & funded by the **Cariboo Regional District** & the **City of Williams Lake**.

Music starts every **Thursday at 6pm**, at the **Gwen Ringwood Theatre in Boitanio Park**, Williams Lake.

Taylor Made Cakes & Sweets, Cody's Bannock, Hattie and Amos Entertainment, the Recycling Cart and Art In The Park will be in attendance.

Watch for the upcoming **Buskers Fest**, **12 to 4pm every Thursday in August**, in Downtown Williams Lake.

2017 Performance Schedule

- July 6 Entangados *with* Hattie Ann
- July 13 Kym Gouchie *with* Colin Easthope
- July 20 Twin Peaks *with* Laura Kelsey
- July 27 Alan Giddens and Friends *with* Bernadette Ducharme
- Aug 3 This Way North *with* Nice Verdes
- Aug 10 Aerialists *with* Lowell Friesen
- Aug 17 RK Collective *with* Brett Wildeman
- Aug 24 Rachel Walker *with* Those Guys and Red Monkey Black King

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Play



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

play

WILLIAMS LAKE & AREA

June 1 Garden Club meeting, keynote speaker Anne Carter from Beelicious Honey, 7pm, Arts Centre 90-4th Ave N

June 1,8,15,22,29 55+ Drop In Hockey, Thursdays 10am-11:30, Cariboo Memorial Complex

June 1,8,15,22,29 Drop In Hockey, Thursdays noon-1pm, Cariboo Memorial Complex

June 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, Thursdays 7:30-9pm

June 1,8,15,22,29 Pokemon Thursdays, Adventure Games 83C 2nd Ave S, 3:45pm

June 1,8,15,22,29 Cattle & Horse Auction, Thursdays during spring & summer, Stockyards, Cattle Dr.

June 2-4 34th Annual Big Lake Fishing Derby, register Friday 3-8pm, prizes & trophies, Saturday night dance with live music by Run Home Jack, candy barge, beer gardens, quad raffle, registration: Maryanne 250-243-2304

June 2-24 Station House presents; (main gallery) Judith Copland: *Light as Muse* oil paintings inspired by BC's landscape; and (upper gallery) Bobbi Crane: *Fur and Feathers* 100 Mile House artist with outdoor theme; Station House Gallery, Mon-Sat 10am-5pm

June 2,9,16,23,30 Farmer's Market, Boitanio Park, Fridays 9am-2pm

June 2,9,16,23,30 Friday Night Magic, Adventure Games, 83C 2nd Ave S, 5pm

June 2,9,16,23,30 Adult Skate, Fridays 11am-noon, Memorial Complex

June 2,9,16,23,30 Drop In Hockey, Fridays noon-1pm, Memorial Complex

June 2,9,16,23,30 Friday Night Drop-In Co-Ed Soccer, WL Secondary 7-9pm, info: www.williamslakesoccer.com

June 3 Tech 'N' Tune, Thunder Mountain Speedway, info: www.thundermountainspeedway.ca

June 3 Boys & Girls Club Race for Kids, 9am Herb Gardener Park beside City Hall, pre-register

June 3,10,17,24 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, all day Sat.

June 3,10,17,24 Public Skate, Saturdays 1-2:30pm, Memorial Complex

June 4,11,18,25 Dancing, Sundays, Senior's Activity Ctr basement, 11-12:30 "Dance Beyond Words" 18+, 1:30-3pm "Raise Them Up" all ages

June 4,11,18,25 Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

June 4,11,18,25 Sunday Game Night, Adventure Games 83C 2nd Ave S, 6pm

June 4,11,18,25 Family Skating, Sundays 2:45-4:15pm, Memorial Complex

June 5 FREE Seniors Bingo & Refreshments, upper level Boitanio Mall 1pm

June 6-Aug29 Free Fitness in Boitanio Park, Tuesdays 6-7pm

June 7,14,21,28 Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), offers youth 12-18 the chance to gain new skills and meet new friends, Wednesdays 6:15-9pm, Legion lower hall, info: www.3064rmrangcadets.org

June 7,14,21,28 Preschool Skate, Wednesdays 9-11:30am, Memorial Complex

June 7,14,21,28 Adult Skate, Wednesdays noon-1pm, Memorial Complex

June 7,14,21,28 Drop In Hulahoop Workshop, Wednesdays 7pm, Arts Centre 90-4th Ave N

June 6,13,20,27 Duplicate Bridge Club, everyone welcome, Seniors Activity Centre side door, Tues 7pm

June 9 Graduation Ceremonies, Memorial Complex 6:30pm

June 9 Heart and Stroke Foundation's Big Bike, Memorial Complex, info: 250-372-3938

June 9-11 Plato Island Resort Fishing Derby, info: 250-620-3075

June 10 Dry Grad Parade, marshalling 5pm, begins 6pm, Downtown

June 10 Child Abuse Awareness Ride, Bikers Against Child Abuse, meet at A&W 11am, KSU noon, ride to Clinton for lunch, info: 778-412-9323

June 10 Mario Kart Tournament, Adventure Games 4pm

June 11 Gymkhana, Eagle View Equestrian Centre, 11am

June 15 WL Writers' Group meets Third Thursday of the month 6pm, Art Centre 90-4th Ave N, new members welcome, info: Linda levpur@shaw.ca

June 16-18 17th Annual BC Family Fishing Weekend, Biff's Ponds Dog Creek Rd, info: 250-392-7460

June 16-18 Annual Father's Day Pow Wow, Sugar Cane Pow Wow Grounds, Grand Entry Fri 7pm, Sat/Sun 1pm, info: 250-296-3507

June 17 Season Opener, all classes, Thunder Mountain Speedway, info: www.thundermountainspeedway.ca

June 17 Cariboo Potters' 1 Day Sale, original pottery by local artists, Arts Ctr 90-4th Ave. N, 10am-3pm

June 18 Bikers Against Child Abuse (B.A.C.A.) meeting, public welcome, Big Brothers Big Sisters 200-369 Oliver St. 1pm, info: 778-412-9323

June 18 Father's Day Pancake Breakfast & Garage Sale, Horsefly 250-620-3350

June 19 Good Food Box distribution day, Elks Hall 1-3pm, purchase your box prior to distribution day every 3rd Monday of the month: \$15/large box 250-392-4118

June 21 Aboriginal Day, parade Downtown 10am, family fun at Boitanio Park 11am-2:30pm with bannock competition at noon, activities at Discovery Ctr 4-7pm

June 22 Pops In the Park, music for youth fundraiser featuring local bands/choirs/youth musicians, Rotary barbecue, donations requested, Gwen Ringwood Theatre, Boitanio Park, 5:30-9pm

June 23-29 Xeni Gwet'in Youth Wagon Ride, Nemiah Valley, info: 250-394-7023

June 24 St. Jean Baptiste Day Activities, Discovery Centre, info: 250-392-5025

June 24 Fundraiser For Youth, Safeway 10am-4pm

June 24-28 Anaham's First Nation Horse & Bike Ride, info: 250-394-4240

June 27 Multiculturalism Day Activities, Discovery Centre, 10am-5pm

June 29-July2 91st Annual Stampede, Thurs-Mon rodeo events at stampede grounds, Fri-Sat night Let'er Buck Saloon at stampede grounds, info: stampede association

June 29,30,July1 WL Rotary Club Stampede Steakout fundraiser, breakfast 7-11am \$9, steak dinner 5-8pm \$18 (Sunday is breakfast only) behind old Lake City Ford bldg, 715 Oliver Street

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June 30 Stampede Hit to Pass, Smoke Show, King of the Hill, Thunder Mountain Speedway, info: 250-398-8343

July 1 Daybreak Rotary's Stampede Parade, Downtown 11am-noon

July 1 Four Directions Festival (Street Party re-envisioned), noon-9pm Downtown, info: Downtown BIA

July 1 Stampede Racing, all class invitational, Tri-City Series race, Thunder Mountain Speedway, info: www.thundermountainspeedway.ca

QUESNEL & AREA

June 2 Frenzy Theme Party, Occidental 8:30pm

June 2 Relay for Life 2017: Flashback to the Fifties, Baker Creek, register: www.relayforlife.ca/quesnel or Debbie 250-255-8225,

June 2 Relay for Life Community Dinner, 6-9pm Baker Creek Park, tickets: \$15 at Bliss, Savalas, Pure Spice & Visitor Centre

June 2 *Luminosity* Opening Reception, works of Jolene Mackie, an acrylic painter from Kelowna, 7-9pm Art Gallery (show June 2-30)

June 3 RCMA Season Finale Open Mic Night, The Occidental 6:30pm

June 3 5th Annual A Royal Affair Dinner and Auction, The Lodge - RBI Building, 5:30-11pm, tickets: \$30 at Visitors Centre

June 3 Rumble #23, 2 Rivers Boxing, weigh-ins 4pm, medicals 5:30pm, start 7pm, #9 155 Malcolm Rd, info: wallydoern45@hotmail.com

June 3 Birds Brews and a BBQ, 5:30-10pm,

College of New Caledonia

June 3 NCCS Foam Fun Run 2017, 1-4pm, Old Dragon Lake Golf Course, Ages 18+, 5km lap with 5 foam stations & obstacles, tickets: \$40

June 9 William Kuklis with special guest JP Winslow, live music at The Occidental 8pm

June 13 Ukes of Hazard, live music at The Occidental 8pm

June 16 Live music, Staggers & Jaggs, The Occidental 9pm

June 17 Pride Parade 2017, City Hall 1pm, then to LeBourdais Park with music & vendors

June 17 Theatre Royal Summer Show Gala, www.barkerville.ca

June 21 Aboriginal Days, LeBourdais Park

June 24 No More Cries CD Release Party with special guest Blair Jewers, live music, Occidental 7pm

June 24 Lions Garage Sale, south end of Maple Park Mall, 9am-2pm

June 26 Bella Cat, live music, Occidental 7pm

June 27 Last Horse Standing, live music at The Occidental 8pm

June 28 Jack Garton, live music, Occidental 7pm

June 29 Devon Wells with guests Brocktret, live music, Occidental 7pm

June 29-July2 The Spirit of Cariboo Cameron, Barkerville veteran Dave Sayer presents daily performances at the Methodist Church, info: www.barkerville.ca

June 30-July2 Canada 150 Celebration: Step Back In Time, cowboy

poetry, blacksmith demos, campfire, archery, wagon rides, gold panning, roast pig dinner, Cottonwood House Historic Site, 9am-5pm

July 1 Dominion Day Celebrations, Barkerville

July 1 Farmers Market Canada 150 Celebrations, Helen Dixon Ctr 8:30am-1pm

July 1 Canada Day Celebrations, LeBourdais Park, noon

100 MILE HOUSE & AREA

June 1-24 Parkside Art Gallery presents Anita Edwards, Cindy Smith & Quille Farnham: *3 Wild Women and Their Art*, and Psalm 32 Transition Society: *Unchained Unmasked: Overcoming Addictions*

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

June 1,8,15,22,29 Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, info: Kevin 250-395-1181

June 1,8,15,22,29 Alcoholics Anonymous,

Thursdays 7:30pm, 108 Community Centre

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

June 3,10,17,24 Meat Draw, Forest Grove Legion Saturdays 4:30-6pm

June 3,10,17,24 Alcoholics Anonymous fireside family group, Saturdays United Church 8pm, info: 250-791-1937

June 3,10,17,24 Interlakes Farmers' Market, Service Ctr, Sat 10am-2pm

June 4,11,18,25 Alcoholics Anonymous, Sundays 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

June 5,12,19,26 Bingo, Mondays, doors 6pm, starts 7pm, superstar 8:30pm, Community Hall

June 5,12,19,26 Alanon, Mondays 7pm Health Centre (hospital rear entrance) info: 250-395-2532

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

June 6,13,20,27 Alanon Drop-In, Tues-

days 1-2pm, Community Health Ctr (rear of hospital) info: 250-395-7676

June 6,13,20,27 Alcoholics Anonymous, Tuesdays United Church 8pm

June 6,13,20,27 HUGS help us get slim, Tuesdays 6:30pm, 6300 N. Green Lake Rd, info: Charlotte 250-456-7504 or Pat 250-456-2491

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

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

June 6,20 Photo Group, 1st & 3rd Tuesday of the month, Bridge Lake School, info: Larry 250-593-4362

June 7,14,21,28 Bingo, g-ball, loonie ball & progressive, Wednesdays, doors 5:45pm, starts 7pm, Lac la Hache Hall

June 10 Child Abuse Awareness Ride, Bikers Against Child Abuse, meet group arriving from Williams Lake at Chevron 12:45pm, KSU

1:15pm, ride to Clinton for lunch, info: 778-412-9323

June 10 Paranormal Investigation Adventure, 3 hour haunting hunt, 108 Historical Museum, 9pm-midnight, tickets: \$20/tour, reservations: heritagesite108@gmail.com or at the Museum office

June 14 Compassionate Friends, bereaved parents support group, 2nd Wednesday of the month, BJ's Donuts 7:15pm, 250-395-4417

June 17 Interlakes Community Fundraiser, dinner, auction & live entertainment, Interlakes Community Ctr 5-10pm

June 17-18 Lac la Hache Father's Day Fishing Derby, info: 250-396-7345

June 27 Cottage Prayer Meeting, every last Tuesday of the month, 6715 Hwy 97 turn left at the blue Travelling Workshop sign, 7:30-8:30pm, info: 250-395-3743

June 30-July22 Parkside Art Gallery presents Jemma Van Osch & Trish Chung: *Works in Glass & Felt*

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Home: the ultimate vehicle of re-creation

BY MICHAEL JONES,
REALTOR

Home should be the ultimate vehicle of re-creation. The Canadian Lifestyle Research Institute reports Canadians spend an average of 16 hours at home per day. So, it should be one of the most significant means to the restorative ends you seek. If it's not, your home could be adding to your daily woes. To avoid this, here are some simple actions you can take to shift your home into its rightful position as a blissful palace of relaxation.

Respect the nose. According to research on the psychology of smell, the scents around us have a huge affect on our moods, our memories,

and our emotions. The practice of aromatherapy is grounded on the power of aromatics to promote physical, psychological, and spiritual well-being. In short, a huge step toward turning your home into a palace of bliss and restoration involves making conscious decisions about how your home smells. Lighting various incense concoctions, placing essential oil diffusers in key spots, adding aromatic flowers into a room are all great steps toward changing your home's olfactory energy. Be careful with big brand commercial scent products since they sometimes contain chemicals that can offset any aromatic benefit they provide.

As well, seek to

become a home-maintenance ninja. This doesn't necessarily mean branding a hammer and banging things. Rather, home-maintenance Ninjitsu can involve the simple art of uncluttering. Clutter affects our brains the same way repetitive flash stimulation can trigger a seizure. Clutter stresses our senses even when you're unaware. So go Zen and unclutter.

Home-maintenance Ninjitsu also includes using candles. Candles almost always invite the meditative. Light a candle, turn down the lights, and chill. Well placed candles can help add to a zen-like calm. They don't need to be smelly, but a variety of sizes helps create a unique and positive effect.



Home-maintenance ninjas also pay attention to colors. Like smell, colors can elicit significant psychological responses. Blues can help us focus. Greens help our memory. Reds however, can make us tense. Lighter colors often have a calming affect. Pastels, light yellows, oranges, or greens typically help our homes become a healing palace.

Other than respecting your nose and practicing

home-maintenance Ninjitsu, seek to become a history-maker. A home is a place to do so. A home is a story factory. Stories involving family and friends are among the best. Take charge of the stories that happen in your own. Keep them positive, and keep out the negative. Such positive history in your home is a great way to keep your place as an amazing vehicle of re-creation

Life is difficult. This is undeniable. So, to make life easier, we need a place where we can relieve our tensions. We need a recreation vehicle we can use to transport us to a place of peace. Our home should be that vehicle. Trying on one or more of the ideas suggested here might just help you create the kind of relaxing escape you're looking for. All the best, Michael!

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Your Canadian road trip starts here



Now that the warm weather is here, families throughout the Cariboo are sprucing up their RVs to cruise to the local lake and set up for the weekend camping adventure.

Canada's upcoming 150th Birthday is the perfect time to explore our beautiful country. With countless possibilities available at your own pace, this is the perfect 'vehicle' for relaxation and quality family time. That being said, Canada really is large and there's SO much worth seeing; it would take a month or two to visit the must-see destinations across the country. Depending on your available time, you may choose to limit your area of travel.

From the country roads of the Cariboo to the Grand Bank of Newfoundland, let's explore some of Canada's most spectacular places to go RVing. Travel north to Prince George and to the great National Park of Jasper. You will see the magnificence of the dynamic Rocky Mountains, and stop at the Ancient Forests along Highway 16 to see some of the oldest trees in Canada. From Jasper, travel to the Columbia Ice Fields to experience the Glacier Skywalk, which

features waterfalls, wildlife, fossils – and more exciting – a 1 kilometer walkway that leads to a platform, where glass is all that separates you from a 918 foot drop to the Sunwapta Valley. Then, onward to Lake Louise and Banff National Park. These areas all have RV parking for night camping stopovers.

The Alberta capital city of Calgary is a gateway to the endless golden prairies. As you leave the Mountains behind and come out into the prairies, there's an amazing contrast in landscapes. With rock formations known as Badlands in the Dinosaur Capital of the world, Drumheller houses the Royal Tyrell Museum of Paleontology with approximately 130,000 fossils from 300 different dinosaur and animal species. Leaving Drumheller you can stroll on the suspension bridge and visit the Hoodoos – unique geological formations that resemble sandstone giants.

On to Saskatchewan with its wide, open spaces and views that go on forever. Endless golden summer wheat fields are why this area is known as Canada's breadbasket. The two largest cities, Regina and

Saskatoon, are perfect to explore festivals of different cultures, sports events, small pubs and performing arts. Saskatoon is known as the Bridge City because of its seven bridge crossing leading to the downtown area. Northern Saskatchewan is a landscape of lakes, and boreal forests with many great fishing and camping spots.

Now on to the land of 10,000 lakes – Manitoba – in the eastern part of the prairie provinces. Especially beautiful are the white sandy beaches of Lake Winnipeg. The gateway to the Peace Gardens between Canada and the USA, the City offers much history, arts, culture and fine dining.

The northern part of Manitoba is the Precambrian Shield; many migrating polar bears congregate in Churchill to spend the winter during the Fall months, earning the city's reputation as the Polar Bear Capital of the world.

Ontario, "the land of shining waters," boasts hundreds of lakes scattered throughout the province. Most spectacularly, Niagara Falls.

The most populated and wealthiest of all the Canadian provinces, Ontario is home to 70 International cultures, bringing it a diverse flavour of culture, arts, cuisine. The capital city of Canada, Ottawa is very unique; it is very active but still has an aura of being a "clean" city. If you have the good fortune to visit this area, I encourage you to visit the Legislature to observe Parliament. You

might even get to see the Prime Minister!

Now on to Toronto, a city which lies on the shore of Lake Ontario and is home to over 9 million people. For the more adventurous, Toronto is a mecca of activities for everyone. Be sure to stop here and cheer on the Blue Jays baseball team.

Outside the major cities, you'll find broad expanses of farmland, the lakes of Muskoka, Algonquin Provincial Park, the stunning Thousand Islands, and the Hockley Valley leading to the Niagara Falls are worth exploring. Point Pelee on the southern most tip of Ontario is a bird-watcher's paradise.

Quebec has a unique mixture of wilderness and urban life. It exudes old-world history and European charm. Within Quebec's approximately 2,000km of land, from the USA border in the south, to the Arctic Ocean in the north, you'll find an array of chic French Canadian cities. Montreal and Quebec City overflow with a combination of history, beautiful architecture and urban world flavour.

The Laurentians, a mixture of mountainous landscapes and farmland north of Montreal, are perfect for a peaceful respite during your trip. In this area you will find old stone farmhouses, apple orchards, artisan cheese makers mixed with top rated spas and skiing Chateaus. Drive your RV through Quebec's diverse landscape of fertile land between the Canadian Shield and the

Appalachian Mountains, and the wide blankets of forests and tundra which share a million lakes and thousands of rivers. So much to see in this 'belle province'.

Lastly, you will travel through what we commonly call the Maritime provinces – namely New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland – but these provinces are anything but common.

New Brunswick is home to the Acadian culture. It was Canada's first French settlement – rich in history and culture. Home to the Bay of Fundy with the highest tides in the world, be sure to stop on the eastern coast and watch as huge waves (up to four storeys tall) come in twice a day. Migratory birds by the thousands congregate to dine on mud shrimp and sea life left behind by the waves. There are more species of whales in the bay than anywhere else in Canada. In the spring you can dine on fiddleheads and enjoy pancakes with maple syrup on them; summer means oceanside walks and sailing to view the whales and other sea life.

PEI is the smallest province and the birthplace of Canadian Confederation – the 8 Kilometer Confederation Bridge links the island to the mainland. With unusual red earth

and green rolling hills of "Anne of Green Gables" fame, PEI is home to sweet lobster, stunning beaches and golf courses.

Hop in the RV and travel through the charming province of Nova Scotia – synonymous with tall ships, succulent lobster, Celtic music and wild horses. Halifax is the capital and port city for naval ships.

Explore the many lighthouses and tiny villages, surrounded by the sounds of Gaelic music. This province is a mecca for sailing, whale-watching and scuba diving.

The extreme landscape and fierce beauty of glacially carved fjords of Newfoundland, combined with majestic, towering icebergs, quaint seaside villages, and amazing sea life make this most eastern province well worth the drive. Stop to see the 36-ton humpback whales and visit the 1,000-year-old Viking settlement, now a UNESCO World Heritage site.

With the endless stunning and interesting sightseeing possibilities available on a cross-Canada RV road trip, why not customize your experiences? Stop by and see us to investigate your own road trip for Canada's 150th birthday, and don't miss out on the sights that interest you most.



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"For my part, I travel not to go anywhere, but to go. I travel for travel's sake. The great affair is to move; to feel the needs and hitches of our life more nearly; to come down off this feather-bed of civilization, and find the globe granite underfoot and strewn with cutting flints." ~Robert Louis Stevenson

RVing fun with kids



SUBMITTED BY: EVA NAVROT, EARLY YEARS OUTREACH, WOMEN'S CONTACT SOCIETY

Anyone that has RVed with children knows that the rewards of family time and RVing are great! We live in such a rich province with so many opportunities for family fun and recreation. Camping is one of the best activities a family can do together. It's a mini-vacation, with plenty of opportunities for learning, bonding and relaxing as a family. Taking some time away from the house and all the distractions that come with it, TV, computer and cell phone can give you and your family a much-needed "reboot."

I have just recently purchased a small Boler

and am looking forward to exploring this beautiful province as much as possible. Boler are probably on the smallest end of the scale and large motor homes of up to 40 feet are on the other end of the scale. Costs can also vary, I paid \$650.00 for my Boler (fixer upper) but a new motor home can be over \$100,000.00 with all the bells and whistles. I'm guessing you are in between the two ends of that size and price scale. Regardless of what your RV choice is, let's talk about having a fun RV vacation with children.

British Columbia offers amazing camping options for every family: with seven national parks, and over 900 provincial parks and hundreds of private campgrounds and

RV parks. BC's provincial parks typically charge anywhere from \$10 a night and up, per site for car campers.

Some places to find campsite listings are; BC Parks, this is a government web site listing all the important information about camping in a BC provincial park, you can also reserve spots to avoid disappointment. Go camping BC is another site that offers tons of information.

So now that we know where we are going let's talk about the how and what of this topic.

FREE NATIONAL PARKS IN 2017

In celebration of Canada's 150th birthday on July 1st, 2017, Parks Canada is offering free

admission to national parks and national historic sites for the entire year! The parks Canada website tells you what is free and how to access.

How to pack and what to bring:

Some things are pretty standard, first aid kit, flashlight, extra clothes, bug repellent, candles, matches, emergency food, games for kids and so on. I am going to include some ideas for things you might not have on your standard list.

Bring a few packs of glow bracelets from the dollar store. Attach one to the zipper on the tent (easier to find at night), hang one from the ceiling as a night light, and put one on the site number so you can find it coming back from the washroom. You can even put them on yourselves too! Another night time light source could be inexpensive solar lights from the dollar store. They can be set up around the tent and the campsite.

Once you pack up the gear and get to the campsite, what will you do to keep yourselves busy and entertained? Here are a couple of activities that will engage your kids – and you – and make your family camping weekend something all of you will remember.

Stick Vases: Kids love to collect twigs and sticks. Make a rustic vase out of a bunch of sticks with some rubber bands and a mason jar. Collect sticks that are a little taller than your jar. Put two rubber bands around the jar and slide sticks under the rubber bands until the jar is covered. Slide the bands together and tie a pretty ribbon over them. Fill up the vase with wildflowers to dress up your camp dining area!

Nature Scavenger Hunt: Have paper bags ready with a written list of scavenger hunt items on the outside of the bag, some examples might be; a grey stone, a pine cone, a wild flower, a small piece of moss...you get the idea. Make sure to have a

prize or two at the end.

Remember to pack some games for rainy days (Xs and Os and coloring books are good for any age) and water toys

(squirt guns never lose their novelty) for hot days and most of all remember to have fun! Happy Camping.

Happy Aboriginal Day!
Wed. June 21

PLAY GROUP in the PARK

Come to Kiwanis Park at 10:00 - 12:00 each Tuesday and Thursday beginning June 15, 2017 for lots of fun activities like crafts, games, stories and more. Look for the Play Group sign. See you there!

Gigantic Rodeo SIDEWALK SALE

June 29-July 1

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read

*"A crowded camper is better than an empty castle."
~Unknown*

Marshmallows and bedtimes



My mum likes to tell me that I hated camping as a kid, but I think she's zeroed-in on one specific occasion. Namely, when my parents decided to go camping on the weekend that the Sailor Moon season finale was going to air and it would

have been the end of my 6-year-old life if I didn't find out what happened to Princess Serena and Prince Darion.

I made every excuse I could.

"Mom! The weather report says it's going to rain!"

"Mom...I think I have a fever..."

"Mom! The dog* ate something weird and now he doesn't look so good!"

*Note – the dog did not appreciate me bringing him into the argument as he was very much looking forward to the lake.

What my mother doesn't recall is how I would beg, plead and barter to go camping whenever it involved the coolest motorhome known to man!...aka, my grandparent's ancient RV dating back to prehistoric times. There was nothing better than sleeping above the steering wheel* and peering out the window at the adventure ahead.

*Another note – it is very illegal to lie on that bed while someone is driving now. Back when I did it, police were less concerned about our safety than they are now. Fond memories of dangerous things are the best. Just like lawn darts. My brother really needed that extra hole in his head and I swear it let all the hot air out.

I never understood why my dad was so against taking the motorhome anywhere. Of course, as a child I didn't notice all the swearing, screaming and kicking that was involved when trying to prep the RV so

it would actually start for a trip.

I just remembered the comfy beds, giant captain's chairs and mini-fridge full of sugary drinks I wasn't allowed to have any other time of year.

Then there was my mother's rule that was the icing on the cake: No watches while camping.

No one was allowed to know what time it was. That meant you went to bed when you were tired and you woke up when you stopped being sleepy. There was nothing I loved more than sitting around with the adults in the middle of the night listening to them tell stories and roasting marshmallows, knowing no one would tell me it was time for bed and I wouldn't miss anything.

If I wanted to, the night before we left I could stay up until sunrise. I knew I could lie down on the comfy bed and sleep the entire way home, dreaming of trees with fluffy squirrels and campfires that smelled of good food and, depending if my uncle was there or not, gasoline*.

*I really shouldn't have to say "note" anymore, and you should really know that's a bad idea.

Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

Roughing it

A SHORT STORY BY
SUSAN CARLSON



When I was growing up, my family never went camping. Farm chores, including twice daily milking of the cows, kept us pretty close to home except for an occasional day trip to visit relatives. Hardly any of my friends went camping either, except ones that were in Boy Scouts or Girls Scouts. It was something I read about in books. But after I got married, that changed.

In fact, my husband and I tented one night on our honeymoon. His older sister gave us a 5'x7' canvas tent as a wedding gift, so we thought we'd try it out as we traveled the North Shore of Lake Superior. The tent was fine, but we discovered that the air mattress we had borrowed had a serious leak, so we found other accommodations for the rest of our trip.

Over the years, as our family increased, we went to a bigger tent, and eventually our kids got tents of their own. After they were mostly grown up and gone we got an older camper which we used for a few years. To give a hint of its vintage, it was decorated in orange and avocado green and had jalousie windows. However, we found that the hassle of loading and unloading the camper with those crank-up jacks (some people call them "suicide jacks") while it teetered precariously in the air sucked some of the joy out of the added camping convenience. We went back to tenting – a light-weight nylon tent for the two of us. Big RV's didn't interest us. Too big, too expensive, not good for off-road, high fuel costs.

But recently, when we were waiting for the lights to change at an intersection, I saw a vehicle go by pulling a small teardrop shaped trailer. Hmmmm, lightweight, convenient, easy to hook up. Looked interesting. I did a little checking on-line after we got home that evening. One company had a short video to show off the features of their trailer. It showed a small kitchen including microwave, refrigerator, hookups for electronic gadgets, bathroom, plenty of sleeping space – all the comforts of home. And its special feature was an expanding section that increased the headroom and revealed windows all around, giving an outdoor view on all sides. "Makes you feel like you're actually in the forest," the ad boasted. I decided we could see a lot of forest for a lot less than the price they were asking.

People have different opinions about camping. Some people like to "rough it," others like all the bells and whistles, including satellite TV and cell phone service. Some folks enjoy the solitude of getting off the beaten path, others like RV parks and close neighbours. One of my cousins, who served as a medic in the Vietnam War, never wants to sleep in a tent again. In fact, he doesn't even like outdoor picnics. But for our family, simple, close to nature camping is the best fit.



Chamber Bites

SUBMITTED BY BETTY TURATUS

Celebrate Canada's 150 years of confederation with the Williams Lake & District Chamber of Commerce throughout the month of June. Each week the Tourism Discovery Centre will have displays of history: Canada's 150 years of Confederation & Make Canada Your 2017 Vacation Destination; Multiculturalism in our Community; Our Aboriginal Heritage; Saint Jean Baptiste and Our French-Canadian Heritage.

June 12, 5-7pm The Vintage Car Club of Canada will be at the Tourism Discovery Centre for the public to view the incredible Vintage Cars.

June 20, To Canada with Love – Mobile Pavilion will be at the Tourism Discovery Centre, come down and be photographed and be included in the ever-expanding Canadian Mosaic Project. The Canadian Mosaic will be the largest portrait ever created in Canadian history and will inspire all of Canada in 2017 with the beautiful story of us all!

June 21, 3-6pm Celebrate Aboriginal Day at the Tourism Discovery Centre after enjoying the activities at Boitanio Park. Bring the family and enjoy entertainment, storytelling, and traditional food while wandering through the Aboriginal Artisan & Business Market.

June 24, 1-6pm Celebrate Saint Jean Baptiste Day – although primarily celebrated in Quebec, for the Canada's 150 years of Confederation, the Williams Lake & District Chamber of Commerce will be honouring this French Canadian holiday.

June 27, 3-6pm Celebrate Canadian Multiculturalism Day – join us at the Tourism Discovery Centre for our rendition of Canadian Multiculturalism Day. The afternoon will be packed with activities.

July 1, 3-6pm Celebrate Canada Day – enjoy a birthday cupcake while listening to music and storytelling. Test your Canadian knowledge and play our Canadian Trivia games and activities. Come say happy birthday to Canada in style!

August 14, 1-5pm Howdy Williams Lake is back! Become a tourist in your own town! Enjoy discovering murals, sculptures, shopping, business and other places of interests while playing our Scavenger Hunt game. Enjoy a BBQ with local music, games, balloons and face painting at the Tourism Discovery Centre.

August 14-31 18 Hot Days of Summer – win prizes courtesy of our local merchants. Rediscover our City with 2 great activities!

1) Shop at local businesses, spend \$20 and enter to win prizes! Every time you shop at any business in Williams Lake bring your receipt into the Tourism Discovery Centre to enter the draw.

2) Williams Lake Scavenger Hunt, each week is a different hunt with different stores and services.



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Age is a matter of perception



BY ERIN DOMENKO

When I was interviewed for the Administration position at the Seniors Activity Centre, I had the same opinion as everyone else as to the idea of what 'Senior' meant. Boy was I wrong! We all are.

Many people picture a very elderly person, slow, grumpy, selfish, and shuffling along with their walker. I can almost bet if you do not have someone in your life or work around this age group, these are the sorts of things you are probably thinking. Ignorance is bliss.

Well, the people I have met so far are quite the opposite! I have never been more welcomed

with smiles, stories, warmth and generosity. And the energy? Everywhere! The members here make you feel like a part of a family. Watching these lovely people come together, help each other, challenge each other, still holding hands with the love of their life, makes my heart smile. I see this is a place many come to for companionship, social interaction, laughter and activities. Around here you have to be on your toes all the time, the jokes and pranks never end! I can't help but laugh out loud at least once a day.

I think it is so important for people of any age to keep up with social activities, in touch with friends and family members. It far outweighs

the feeling of loneliness, separation and maybe even depression.

I have had the pleasure of meeting and signing up new members at the Senior Activity Centre. I get excited when I see people step outside their comfort zone, join a new group, volunteer or make some new friends. I strongly agree that you never stop learning and should challenge yourself at least once a day.

Did you know that people in the 'senior' age group actually do not like to be called senior? They say they do not feel like a senior, have never called themselves a senior, and did not wish to be treated as a senior. They say society 'told' them they were seniors.

The perception of being labeled a 'senior' and the connotation that being 'treated as a senior' has a huge impact on individuals, and the relationships between volunteers, coordinators, and organizations. They say "all my life I have been an individual with preferences, strengths, and weaknesses, and I still am"

I can understand why, this word instantly changes your perception of someone. Not fair. Would 'aging adults' be better? Possibly.

So I strongly encourage you to try to omit this word when describing someone in this age category, for your own perception of them, as well as their pride, preference, strengths, capabilities, and experience.

It's not about what date is on your birth certificate, it's about how you feel, and who likes being told they are old? No one that's who! But that is what people think when they hear the word 'senior'. And who says that 50 or 65 or even 70 is old? No one knows how you feel inside, and people should not assume that just because you are older, you are incapable of having skills, feelings, knowledge, experience and strength.

Better at Home VOLUNTEERS NEEDED

Williams Lake **Better At Home** offers support services to assist seniors with simple, non-medical day-to-day tasks. Our volunteers provide:

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United Way
Better at Home is funded by the Government of British Columbia.

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Top new release movies for June



June 6: *Beauty and the Beast*

This live-action version of the classic animated tale features a beautiful young

woman who encounters a great beast and becomes his prisoner. She soon realizes that his appearance belies the sweet nature of the man he actually is, a victim of a horrible curse that threatens to keep him trapped in his beastly exterior forever. Despite their differences, the woman finds herself falling in love with the beast and fighting to save him from a life of anger and loneliness.

June 13: *The Lego Batman Movie*

In the cheeky vein of fun that made "The LEGO

Movie" an international delight, the self-appointed leading member of that cast LEGO Batman headlines in his own silver-screen undertaking: "The LEGO Batman Movie." But there are some significant changes fermenting in Gotham, and if he is to be successful in saving the city from The Joker's maniacal takeover, Batman may have to abandon the lone vigilante characteristic, attempt to work with others, and perhaps, just maybe, learn how to lighten up.

June 20: *Life*

On the International Space Station, the crew has received a biological sample from Mars to study. This sample may be the first proof of extraterrestrial life. It could completely revolutionize science – but the sample proves to be intelligent, and dangerous. Soon the astronauts are racing to save themselves, and the entire

Earth, from potentially lethal consequences. Will the alien life overcome them, or will they perish to the hazards of space?

June 27: *Power Rangers*

Five teenagers from diverse backgrounds stumble upon a cave in Angel Grove one night and discover a set of mysterious, colorful coins. Soon Jason, Kimberly, Billy, Trini, and Zack discover they have superhuman abilities. As they are testing their newfound powers, they are

contacted by a being named Zordon, who tells them they are now Power Rangers. Zordon trains them to use their new abilities to protect the Earth, but before they are fully ready, the world is attacked by the evil Rita Repulsa and her army of monsters.

Art Gecko

Brittany Murphy is the next featured artist at the Gecko Tree from May 23 until July 4.

As is common with creative types, Brittany has always had a passion for art. In her early days, a favourite subject was horses, remaining "close to her bones" throughout her life. Brittany's creativity has followed her through the peaks and valleys of life. She has dabbled in many outlets; sewing, crocheting, even achieving her diploma for graphic design, but nothing quite came close to her love for drawing. "The texture and contrast of charcoal on crisp white paper; I love it," says Brittany.

Her love of charcoal and her unexplained desire to replicate the little details has profoundly influenced her work. "I try to take people's deep love and turn it into something you can see and touch, something tangible, something you can hang on your wall."

Brittany applies her detailed focus to create stunning charcoal and ink portraiture. "Each portrait takes an immense amount of effort and time using my freehand, photo-realistic style. I believe that it is this effort that comforts people when they entrust me with their important person (or furry being). I appreciate each one of my subjects and take a great deal of satisfaction in paying attention to the small details that are often overlooked in our hectic realities."

Find Brittany's art at the Gecko Tree show and sale, or visit her at www.brittany-murphyfinearts.com.

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do

A needed make-over

Food for Thought

By Rita Corbett



Perhaps it's fortunate that I'm not the owner of one of those road-hog motor homes, though I sometimes fancy it would be like living in a doll house. That sounds enchanting, but when I need a bit of recreation, getting more stuff to take care of sounds more like a job than a holiday.

When I need a break, I want 'LESS', not more. I'm in need of real re-creation – a real make-over! I need to be refreshed, renewed, rested, relaxed,

and restored, with time enough to take a deep breath! I need rejuvenating – I need to dig myself out of rotating overloads of 'busy-ness', and experience 'the pause that refreshes' – some real recreation.

An ATV can send the wind whipping through my hair, but what about a bike ride, a glass of water, or even an old-fashioned walk? Besides being available anywhere, anytime, a walk is free!

I don't need wheels – I

have two of my own, and they could use an outing!

True confession here – a motorhome would be a grand adventure, but only because I could take along my books and a bicycle! Why do some of those lumbering bus-homes have TV? And Internet? Satellite??? A respite from bad news is needed. What I REALLY need is uninterrupted down-time – time without the phone ringing or the back door swinging – a world away from things I tend to worry about.

My favourite recreational option is one for which I am well prepared! Ever since Christmas I've been making a list of books to read this summer. Beats television every time! My imagination can transport me to China in 30 seconds, and switch to Australia or PEI in an instant, without

purchasing a ticket or gassing up a vehicle! Words can take me anywhere, and faster than the Concorde.

Recreation, real recreation, makes us new again. Social recreation can be found in forgiving.

A temporary media escape can jump-start our drowsy frontal lobes, and physical recreation can be found everywhere – by just parking further from our destinations. Taking it just one step further, resurrecting our root beliefs might plant some joy among life's tornadoes.

Summer's coming, and with it a wild selection of recreational opportunities – the absolute opposite of pointless indulgence and risky excess. Playing baseball offers more than does watching sports while imbibing stuff we want our children to avoid. Healthy, happy, funny-man Bob Hope said, "If you watch a game, it's fun. If you play it, it's recreation." Even



the temporary insanity of a family camping trip is restoring, strange as that may seem!

Now, please don't tell anyone – I'm going out to look for something today – an RV. A way to be taken away from the ordinary. I'm searching for Recreational Vehicles that will recharge me and hand me a recess from my duties. And I've found lots of them!

The best RVs won't force me to spend a for-

tune. I won't have to take out a loan, or even pump up a tire. My favourite RVs are a chair, a bit of sunshine, a tall glass of water, and a book. Re-creation, life's make-over, is available in my own back yard. And that way the only honking I will hear will be the geese on my neighbour's lawn. Send your favourite re-creation idea to LivingOutLoud@mail.com.

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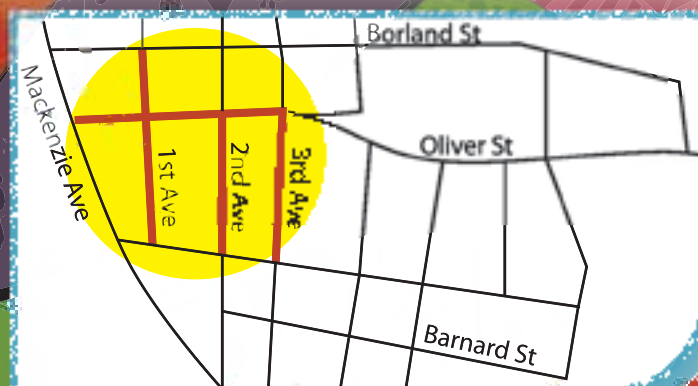
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through the streets
of Downtown!*





Four Directions Festival honours Geni Mack



BY KATE LINES, WLCBIA

Virginia Mack (Geni) is an amazing person – no two ways about it! Originally from Anaham Band, she has lived in Alberta and just recently returned to live in Williams Lake. Virginia has a way of seeing the world clearly, and she has the courage to say what she sees: “When I saw the description of the downtown July 1st festival with 4 streets being closed south of Oliver and west of 3rd...” says Virginia, “I immediately thought of people coming from north, south, east and west, from all directions, of all races and all ages, everyone coming together from Four Directions.” Virginia submitted the name “Four Directions” to the festival commit-

tee and it was chosen unanimously as the new name of “Street Party.” Four Directions Festival is a downtown celebration of our colourful Cariboo culture, made up of unique and diverse cultures, interests and individuals. The festival claims Downtown as the hub for all things Cariboo. “With 4 square blocks closed to traffic, and the festival planned from 12pm to 9pm,” says Kate from the BIA, “we are gearing up for the biggest downtown event of the year. We invite everyone to come downtown with their bikes, roller blades, skate boards and wheelchairs to explore downtown streets, alleys, shops and communities in a whole new way.” The festival will have down-

town stores turned “inside/out” (spilling into the streets), a Lehal tournament, 3 live stages, a Kidz Zone, Potato House Beer Garden, outdoor dining, multicultural tents, Chalk Art Festival, Makers Market (arts/craft vendors), street sports... and more. “Lots of space and lots of time = lots of fun.” Says Kate. “We are re-branding downtown to be inclusive, creative, and a hub for All Nations.”

When asked about her take on downtown, Virginia shares that she loves to shop local, and she has some good feedback for downtown businesses. “I want to shop downtown” she says “but it is hard to find store addresses on buildings, the numbers are hidden or are too small.” She also notes the

value of customer service and product knowledge: “When I shop and someone in the store is friendly, and they know their products, I go back there often” says Virginia.

Virginia is looking forward to Four Directions Festival and Downtown Williams Lake BIA is dreaming up ways to honour her as the person who named the festival. “We offered the winner ‘fame and fantastic festival privileges,’” says Kate. “Virginia mentioned that her father, Maxine Mack, is a member of the BC Cowboy Hall of Fame – so, I’m thinking we could crown Virginia as the queen of Four Directions – to mirror the stampede tradition. Her vision of all races coming together on Stampede weekend is an inspiring addition to the Mack family’s legacy.” Virginia, always smiling, adds “Everyone says the name is such a cool idea, and one that no one else would have thought of.” She pauses a moment and says thoughtfully: “The name ‘Street Party’ doesn’t sound that inviting – Four Directions brings us all together.”

Contact Kate at the Downtown Williams Lake BIA for more information about Four Directions Festival: info@downtownwilliamslake.com / 250-398-5717 / website: downtownwilliamslake.com / Facebook: [downtown williams lake](https://www.facebook.com/downtownwilliamslake) / Instagram: [downtown_williams_lake](https://www.instagram.com/downtown_williams_lake)

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"Now that we are retired we never get lost... We just find new places we have never seen before." ~Unknown

► *Mary's Wedding* cast members Dan Patterson (Charlie) and Tara Sprickerhoff (Mary)



Mainstage or bust!



BY KATHY
MACDONALD,
WL STUDIO THEATRE

By the time you're reading this, the Williams Lake Studio Theatre will have found out if it's won a spot in Theatre BC's annual Mainstage competition, a festival featuring the best community theatre in BC. But as I write this, the Studio Theatre is just starting the first steps toward possibly, hopefully taking one of our productions – *Problem Child* or *Mary's Wedding* – to the competition, held this year in Vernon from June 30 to July 8. And it will be a very special Mainstage as all participating shows will be plays by Canadian playwrights to celebrate our country's 150th.

Right now (for me, mid-May, gentle reader), *Problem Child* and *Mary's Wedding* are in the midst of a three-week run at the theatre in the former

Glendale School. Closing night is May 20th but not long after – May 27th to be exact – the casts and crew will pack the set into the RV (revival vehicle!) and head to Prince George's PG Playhouse to compete in the Central Interior Zone (CIZ) Festival: either the next stop before Mainstage or the end of the line. The CIZ Festival, running May 24-27, will finish on the Saturday night with an Oscars-like award ceremony, recognizing Best Actor and Actress, Best Set, Best Lighting and other marks of excellence from the festival, immediately following the performances of *Problem Child* and *Mary's Wedding*.

But it will be the crowning of Best Production that will determine which show heads on to Mainstage. And, *Problem Child* and *Mary's Wedding* have stiff competition: *Marion Bridge* will be per-

formed by Prince George's Pocket Theatre troupe on May 24th and The Kersley Players will present *Utter Intertwinglement* (written by local Kersley playwright Roy Teed) on May 25th. (And the CIZ Festival adjudicator, Lauren Brotman, will be hosting a workshop "How to Talk to Yourself so Others Listen: a monologue workshop" on May 26th). Whichever play from the CIZ Festival prevails will perform at Mainstage on July 1st at the Vernon and District Performing Arts Centre, vying for awards and recognition against plays from seven other BC community theatre clubs also presenting their productions during the week long festival.

Last year, it was Prince George's Pocket Theatre that won the distinction of going to Mainstage with its production of *Vanya And Sonia And Masha And Spike*. But the Williams Lake Studio Theatre has had the honour of bringing a number of shows to past Mainstage competitions – including *Proof*, *Sense and Sensibility* and *Looking For Normal* – and has even received awards for Best Supporting Actress, Best Supporting Actor, Best Novice Actress and Best Costumes.

But it isn't just cut-throat – aka actually quite friendly – competition

amongst those who tread the boards, and amongst those who support the treading, that Mainstage offers. Amateur actors and theatre techs get the chance to work with professionals active in "the biz." Just a sampling of the workshops available at this year's Mainstage include an acting workshop with Andrew McIlroy, a graduate of the National Theatre School of Canada, and one of Canada's most highly respected acting instructors, and "Theatre Costumes: Why, How, What?" with Lorraine Johnson Brotsky who will explore the concepts of how costumes tell a visual story and create character. There is even a 3-day Mainstage Youth Camp covering all the stages of creating a theatrical production, such as audition techniques, script analysis, character building, blocking and staging.

Not content to stop there, both Mainstage and the CIZ Festival host Coffee Critiques with the festival adjudicator the morning after each production's performance. Two valuable hours with the adjudicator for the cast and crew to gain insight on the strengths and weaknesses of their show and tips on improving their various acting and theatre tech skills. These coffee critiques are also open to the public and as someone who has had the chance to watch a play and then attend the critique the next morning, I have to say, it's utterly fascinating to watch a skilled adjudicator analyze – and tweak – the tiny bits and threads that make up a play. The free coffee and snacks are very nice too.

Visit www.theatrebc.org for more information on 2017 Mainstage, and check out the Central Interior Zone – Theatre BC Facebook page to keep updated on the annual CIZ Festival.

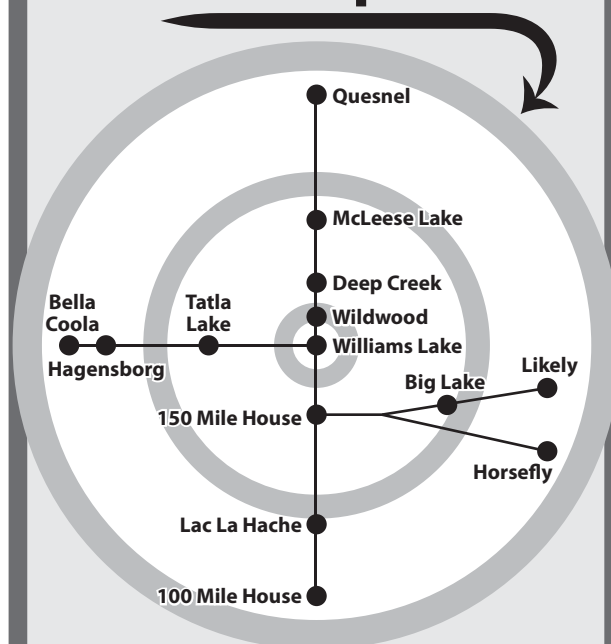
Have a great summer and watch www.wlstudiotheatre.com to find out what's on stage next season.



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"Watching the clock is not the same as watching a sunrise." ~Unknown

A two for one, from the fridge



"BRV" LASAGNE

When I was younger my family would go somewhere special to us every Summer. I remember my Mom would tell us when we would be going, and I would circle it on the calendar. I would cross off the days leading up to this special day with growing excitement. When the day finally came, the morning was spent packing and preparing for our special trip. I was always the first packed and sitting in the car excited to go. We would spend the better part of a day getting to our ultimate destination. For me, it was a small price to pay, sitting in that car for six or seven hours because I knew what was waiting for me at the end of the trip. When we arrived at my relatives place we would all say hi, hug and do all the "other family who haven't seen each other in a long-time stuff." That night was always the hardest, because I knew the next day we would be heading out to the most magical place I had ever been to. The next morning and afternoon seemed to drag on for an infinite amount of time while I thought about how awesome it was going to be to finally get there; the restaurant that made ravioli. Luscious hand made pasta pockets stuffed with meat and seasoning, covered in the most amazing tomato sauce topped with mozzarella and baked in a hot oven until the perfect hue of brown. The turmoil and strife of life as a kid all melted away as I ate the ravioli, pull-

ing each perfect pocket from its bed of sauce stretching the cheese as far as it would go before breaking. This was the thing that dreams were made of. I'm sure at this point you're thinking two things 'man this guy has some issues he should probably talk to someone about.' And 'uh...this issue is about RV as in recreational vehicle.' Well here is the thing. I have talked to someone about my issues and he told me "Just keep cooking, we are falling behind." As for RV, well, when I was told what this month's issue was about RV the first thing I thought of was looking at the bill for our dinner (weird I know but restaurants have always fascinated me) and seeing that the waiter wrote BRV meaning Baked Ravioli. That and my family always camped in tents or a camper on my dad's truck so I've never had an opportunity to spend time in an actual RV

Let's make some lasagne! Everyone has their idea of lasagne and how to make it but, they are all wrong because they are not me. Here is the right way. Cook your meat (chicken or beef or pork or moose or whatever you are using) or vegetables (peppers, carrots, spinach broccoli or whatever) then drain off the fat from the meat but save a bit like a quarter cup or so. Same goes for the juice from the vegetables. Open a can of GOOD tomatoes I use Roma tomatoes imported from Italy, drain them and reserve the liquid. Grind all the tomatoes



with an immersion blender, and season with oregano, basil, garlic powder & parsley and some of the reserved liquid. Lay down some of the sauce in the bottom of your pan and then a layer of oven ready lasagne noodles, more sauce and some meat or vegetables. Sprinkle with some shredded mozzarella another layer of noodles and sauce then dry cottage cheese and more mozzarella. Noodles, sauce, meat, cheese in that order. Sprinkle with oregano and basil then cover at 350°C for 1 hour. Remove the cover and roast at 400°C for 10 minutes to brown the cheese. Easy eh?

RECIPES THROUGH THE GENERATIONS

Cavemen/women learned what to eat and how to cook it from the people who learned the hard way what to eat and how to cook it. Their knowledge and skills were passed from one generation to the next and our species flourished. (So if you haven't thanked a cook for your existence do it today.) As a journeyman in a profession that's been around since before recorded time, I have an appreciation for the generations that preceded me. Early in my apprenticeship I was fortunate enough to work with a very skilled passionate Chef who cooked the way he was taught only a decade or so after WWII. He taught me that we must value the knowledge

of generations before us and honor them by making food with not only proper technique but passion. It was in his kitchen that I also worked with a chef who was only 7-8 years out of culinary arts school. He taught me that it is up to us to create new dishes and techniques that we can pass down to future generations. I learned a lot about not only cooking but being a man, a father, a member of a community and how every thing is funny when you are so tired you can barely stand up. My last day of school, I was given a moral obligation by the instructor Chef. He stood in front of the entire class and said, "You are all Chefs now. It is important that you hand down what you have learned to the next generation to keep our traditions alive." I've honoured this obligation at every opportunity. Since my time as an apprentice I've had the privilege of helping to guide other young cooks towards a career in restaurants and have passed the knowledge that I gained to them. One of the highlights of my career has also been teaching children to cook. A local community program in Williams Lake brings children to my restaurant, two or three at a time. I teach them basic cooking skills and how awesome a pan full of blue fire is. I have seen children that were extraordinarily shy, come out of their shells in the kitchen just sharing the amazing experience

Pops in the Park

BY SHARON HOFFMAN,
COMMUNITY ARTS COUNCIL WL

You may have seen the cool poster created by Steve Harkies, but what IS Pops in the Park?

The original plan was that the Community Arts Council of Williams Lake (CAC) would showcase the musical talents of community groups in a 'Welcome to Summer' concert. But this idea has grown tremendously. CAC is now partnering with the Boys and Girls Club of Williams Lake and Rotary. On **June 22, there will be a free concert at Boitano Park**. Donations to Boys and Girls Club of Williams Lake, however, will be gratefully accepted, and these funds will be distributed to deserving youth to help pay for music lessons. Tax receipts will be provided for donations of over \$20.

Please drop by and enjoy a concert showcasing the talents of Cariboo Gold, The Cariboo Youth Fiddlers, Quintet Plus, Synergy, WL Community Band and Lake City Grade 11-12 Band. You will also get a chance to hear and see a few of our award-winning Cariboo Festival performers. Members of Williams Lake Studio Theatre will act as our emcees.

Make an evening of it and pick up your dinner at the **Rotary BBQ, starting at around 5:30pm**. Desserts available from Taylor Made Cakes.

Don't forget your lawn chairs and blankets, sunglasses and sun hats. We've put in the order for perfect weather for the first day of summer! The Community Arts Council of WL hopes to make this Pops in the Park Concert an annual event.

that cooking is. Seeing the wonder and pride in their eyes, as they look at the finished dish, I remind them that "You made that! Be proud!"

I would love to pass down a recipe to you from my first real Chef, Deitre Frank. **Paprika Beef Goulash**. Some cut up lean beef chuck, about 2 pounds. Melt 2tbsp shortening in a skillet. Toss in one chopped onion, some garlic, the meat and stir until meat is brown. Stir in a couple

dashes of Worcestershire sauce, 2tbsp of brown sugar, salt, 2tbsp of tomato paste, 2tsp of paprika, 1/2tsp mustard powder and 1- 1/2 cups of water. Reduce the heat and cover. Cook it for a couple of hours. Blend in 2tbsp of flour with 1/4 cup of water and add to the pan to thicken (whisking vigorously). Cook for 2-3 more minutes and serve over your favorite noodle. Enjoy with Apple Brandy which was Deitre's favorite drink. Easy eh?

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The key

...Continued from
May's Stew Magazine

I am confused on what Mary means when she tells me that the skeleton key always found its way back to the shop, so I push her for an answer.

"You and your generation with all the questions," Mary quietly laughs, as she leads me to the front door.

"Why did the previous owners bring the necklace back?" I push, we walk out the door and I watch Mary lock it behind us.

"I never said that the previous owners brought it back," there is a gleam in Mary's eyes. "I said that the necklace always found its way home."

I look at her with wide

eyes. My confusion filling up my face as she continues to smile at me.

"These things happen," she tells me. "With no rhyme or reason."

I watch Mary walk to her car opening the door and then shutting it behind her. She eases it out of the parking spot and drives off into the night. Contemplating her words as I make my way home, I wonder if I will see Chris in my dreams again. The key hangs around my neck as if it had always belonged to me, the weight reminding me that it is still there.

"There you are," Jayleen's voice comes from the living room as I walk into my front door.

"Where else would I be?" I ask her, hanging up my jacket.

"I thought you were off work at 5?" She asks me.



"I was," I walk into the kitchen and open the fridge door. I grab a Smirnoff Ice and pop open the tab, taking a long swig. The burn of the alcohol feels good on my throat.

"So, where the hell have you been then?" Jayleen asks.

I look at her confused, "What do you mean?"

"Lucy," she says. "It's almost nine o'clock. I was about to go out looking for you."

I look over at the clock on the stove, and it indeed reads 8:54pm.

"Whoa," I say. "That is really weird. I swear I thought that I came right home."

Jayleen walks over to me and wraps me in a big hug. "I'm just glad that you are okay."

"Yeah," I tell her, hugging her back. "I'm okay. I'm sorry that I made you worry."

"Okay," She says, looking at me in a strange way. "I'm off to bed. Want to do something tomorrow?"

I nod, "Sure, that sounds like a plan."

I watch as Jayleen smiles, grabs my barely drank cooler, and walks down the hall to her bedroom. Leaning against

the kitchen counter I start wondering where the time has gone. It doesn't take long to get to work, and I didn't believe that I dawdled on the way home either. I debate on whether I should even have a cooler before going to bed. I don't have to work tomorrow, so I open the refrigerator door, and grab the last cooler.

The hallway is short and it takes me less than a minute to enter my room. I change out of my clothes and into a pair of pajama pants and a T-shirt. Taking a long sip from my newly opened cooler, I decide to put in a movie. Of course it is all about which one. I have too many to count. I decide quickly on Broken Arrow with John Travolta and Christian Slater. It is one of my favourites, and a good movie to take my mind off where I've been for the last four hours.

The movie had barely begun before I notice my eyelids start to get heavy. I fight against it, determined to watch the movie but before long, I lose the battle and my eyes close for the night.

"Are we there yet, Grandma?" I ask, doing my best to sit still at the

RV table.

My grandma turns around from the front seat and I smiles at me. "Almost sweetie."

"Where are we going this year?" My cousin Kayla asks. She sits across from me at the kitchen table.

"It's a campsite called Cottonwood. We have a campsite close to the lake this year." She tells us.

My cousin and I smile at each other, excited to be camping this year. Every year our parents send us to our grandparents for two weeks in the summer and every year they take us to a different campsite in the province.

"Yes," My grandpa says from the driver's seat. "And this year you guys are in your own tents. We have three different ones and you guys can pick your own."

"Aw," Kayla whines. "We don't get to sleep in the RV anymore?"

My grandma rubs her hand up and down my grandpa's arm, "Nope. You guys are teenagers, I think it's time you guys slept in your own tents. More privacy for you."

I smiled. "More privacy for us, or for them?" I whisper to Kayla.

She giggles, and takes

out her deck of cards. "Rummy?"

It only took about another hour until we arrived at Cottonwood campsite and about another ten or so minutes of my grandparents 'discussing' where our campsite actually was. As I step out into the warm air, I take a deep breath in. I love to go camping, the sights, the lake, it was all so much fun.

Kayla and I picked out our tents, set them up and changed into our bathing suits.

"Grandma, may we go to the beach?" Kayla asks.

My grandmother looks up from setting up the small camping stove on the picnic table.

"Have fun, try to be back in an hour so we can have dinner." She tells us.

We wander down the beach, taking in all of the other campers and seeing if there were any cute guys around.

Kayla nudges me on a cute guy who is heading right for us.

His smile is infectious as he approaches us, "Hello ladies, my name is Chris, how's it going?"

...Continued in July's
Stew Magazine



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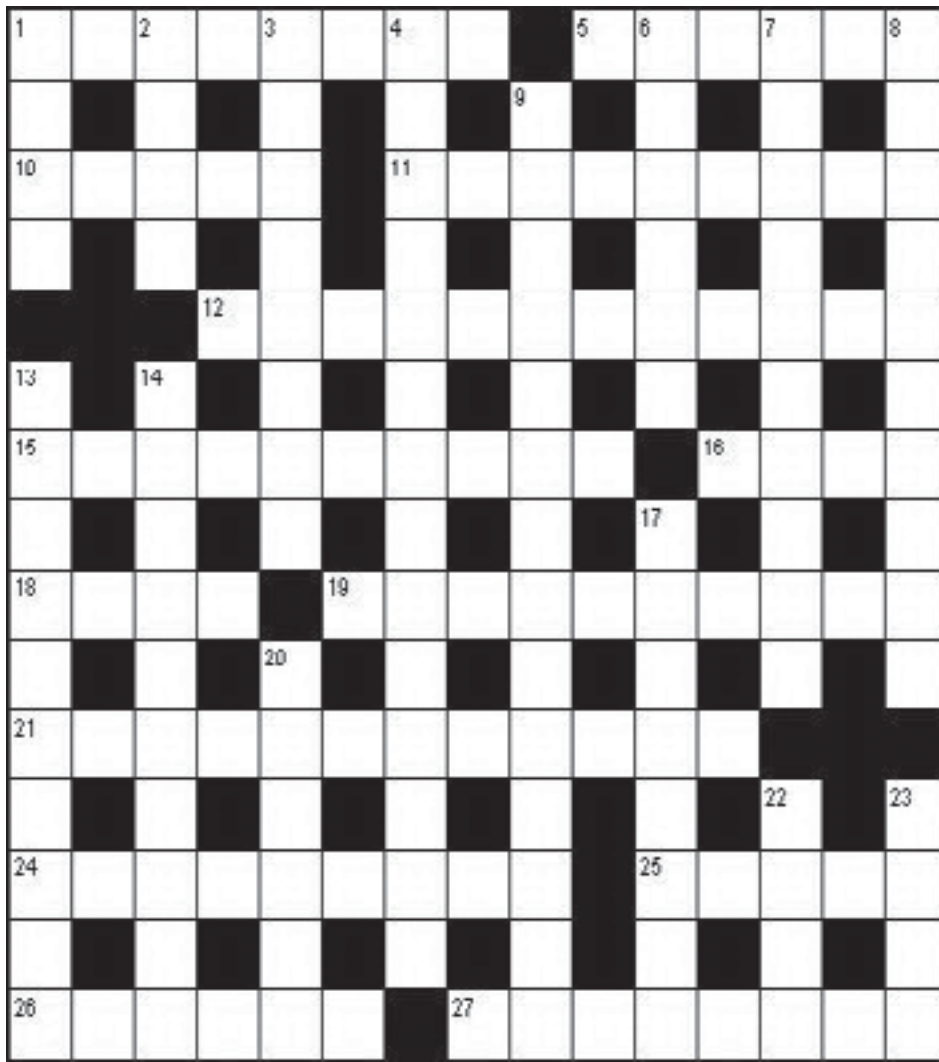
do

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

X-Word Puzzle

ACROSS

- 1 An axe for old lady to sell (8)
5 Outlaw in France said to be an outlaw (6)
10 Small battle joined by medium army (5)
11 Sunken haunt of Arthur Nelson – yes, it's at sea (9)
12 Flying in Scotland, e.g. from Stranraer to Thurso? (4-8)
15 A contributor? (5,5)
16 Old ruler has unruly head of hair (4)
18 Old one taking time to leave (4)
19 One checks the others – that's rare in dancing (10)



- 21 Working lengthwise, notice slack (5,3,4)
24 Daughter of Nicholas II has an inability to stand up (9)
25 Clumsy shot from Home & Away (2-3)
26 An Italian thus offers regular parts to survey (6)
27 Part of a letter and a person who posts it, say (8)

DOWN

- 1 The original Secret Seven, originally cast (4)
2 Handsome and somewhat cruel (4)
3 Odour, strong, thought initially to come from naturalist (8)
4 So each goes the wrong way, presumably! (4-5,5)
6 A free agent on father's side (6)
7 This can end in conflict, make one feel let down (10)
8 Never mind if article about you describes Romeo (5,5)
9 Lying down obstructs gymnastic discipline (10,4)
13 Ex-pupil sprays arrow beneath gallery exhibits (6,4)
14 Some islanders operating system that includes baby prison (10)
17 When it penetrates skin it may suck blood (8)
20 A Philistine city finished off by a woman (6)
22 Low-key disposition (4)
23 A ranch almost visible in the distance (4)



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