



# the stew

ISSUE 8.08 | SEPTEMBER 2017 | FREE

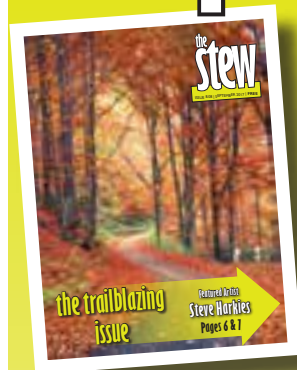
## the trailblazing issue

Featured Artist  
**Steve Harkies**  
Pages 6 & 7



# we speak

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## On the Cover:

Fall colours blaze red and orange on this trail in the woods.

Whether you're talking trails, blazing, or trailblazing, it's all featured in the September issue of The Stew.

## Advertising Information:

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# It's all about passion

BY CRAIG SMITH

When I came up with the list of themes for the year we decided August was going to be 'trails.' If you haven't figured it out yet, we didn't publish in August. As some of our writers had already submitted I decided to adjust it to "trailblazing" with the summer we just went through. It wasn't so much that the trails were blazing, but more than that. It was that things were being innovated, adjusted and pioneered. Disasters always seem to bring out the trailblazers and this past month and a half they have been numerous. Before I continue with the rest of my article I would like to thank everyone who stepped up to the plate when our area needed it. There are way too many names to even think about mentioning anyone personally. I would like to thank the firefighters, the police, the emergency service personnel and the Canadian Armed forces personnel. I would like also to thank the City and CRD staff and all my political colleagues who showed great leadership during these couple months. I would like to send out a huge thank you to the hundreds of volunteers who showed what service above self really means. Last but not least, I would like to thank the surrounding communities for opening their doors to us when we were told to evacuate.

My wife and I come from a long line of trailblazers. My wife is a direct descendant of Sir Alexander Mackenzie. She proves time and time again that she isn't afraid to go anywhere and try anything. I'm half Scottish and

half Swedish; both are countries that are known for their explorers. I know that I've gotten my lust for new experiences from my ancestors. If you go back in the history of the Cariboo, a lot of the names that keep popping up are Scottish. Mackenzie, Fraser, and Rae are the most famous ones but there have been many more.

If it wasn't for trailblazers we would still be living in caves shivering. It was those innovators that discovered fire, created tools, and started the trail to where we are today. So, what does it mean to be a trailblazer? Not only are you bucking the system and trying something new but it also means that you don't give up until that practise is now considered normal. Many men and women that are now considered trailblazers were not at the time they were innovating. For a lot of them it wasn't until after their death that what they did or created was considered normal or accepted.

What are the qualities of a trailblazer? I find these are the same qualities of an entrepreneur. The qualities that I've always thought were the top two are fearlessness and passion. On the home screen of my phone are the words of an entrepreneur I admire named Gary Varnerchuk, and it says, "Fear is not an option when you are an entrepreneur." A tiny bit of fear is not a bad thing but it's the passion to do something that overrides what fear is left. Think of all the things that would not have been discovered or done if those trailblazers gave in to their fears. Passion is a huge one. Without



passion, there is no drive to get things done. Our next couple of qualities are determination and confidence. Both are needed to be trailblazers as well as part of trailblazing is to create the norm. If you aren't confident no one is going to do what you did. No one will be following in your footsteps. You must be disciplined and driven to be both plus open minded and creative. You must think constantly out of the box but be disciplined enough to follow it through to completion. The last couple qualities that I see in entrepreneurs, and keep in mind this list is not definitive, are that they have a vision and are extremely goal oriented. If you don't have a vision and goals, things only get done by accident. I know they have been used as examples many times, but how many restaurants did Colonel Saunders try to sell his recipe to before getting the first (yes, 1,009), how many different ways did Edison try to create a light bulb (10,000), how many

prototype vacuums did James Dyson create (5,126) and how many times was Sylvester Stallone rejected for his script *Rocky* (1,500)?

If these trailblazers didn't have the vision, goal, drive, determination and passion, none of these events would have happened. I believe anyone can be a trailblazer. Yes, there are some qualities that certain people are born with that makes things easier but a lot is learned behavior. I don't believe it has anything to do with where you are from or how you were brought up, otherwise you wouldn't see people coming from nothing succeed. I'm sure some of it has to do with being able to access the right side of your brain as much as you access the left. All the qualities that I've talked about are mostly controlled by that side. Having said that, get in touch with your right brain, play some music, draw, read travel a different route and break out of your routine and who knows, you might be the next trailblazer.



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# ingredients

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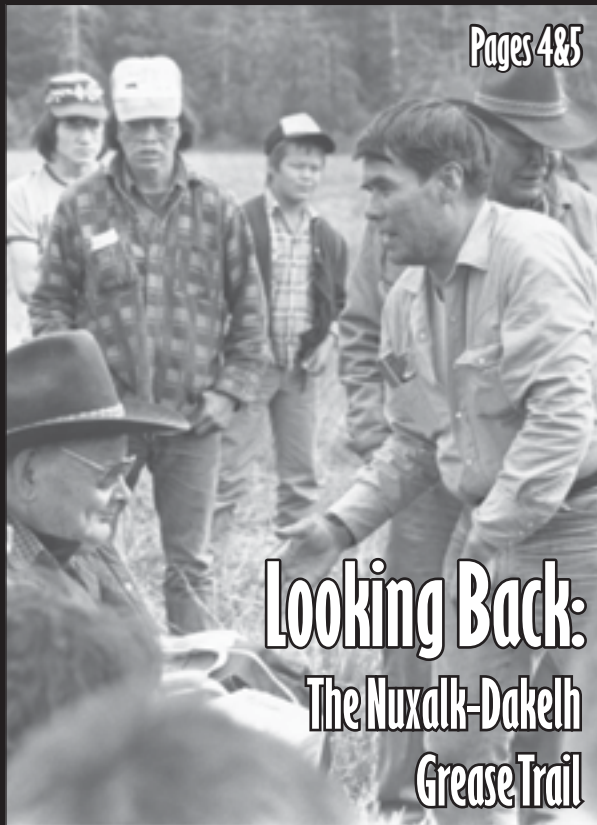
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Pages 6&7



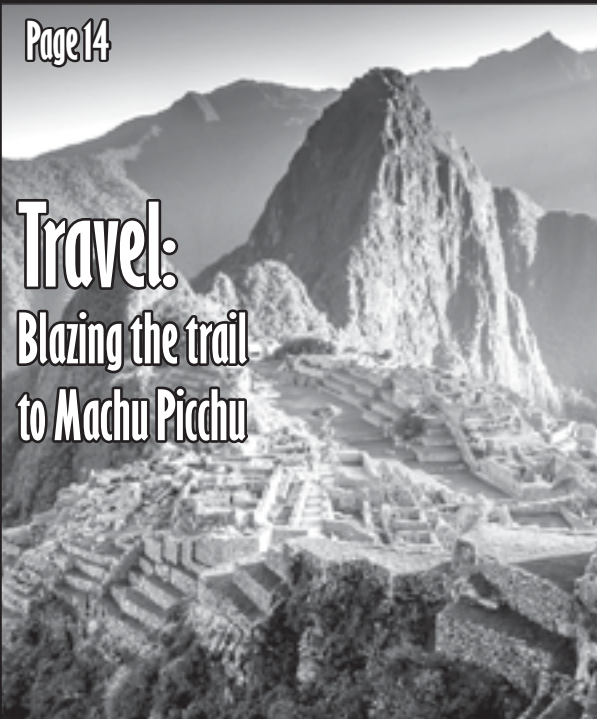
**Featured Artist  
Steve Harkies**

Pages 4&5



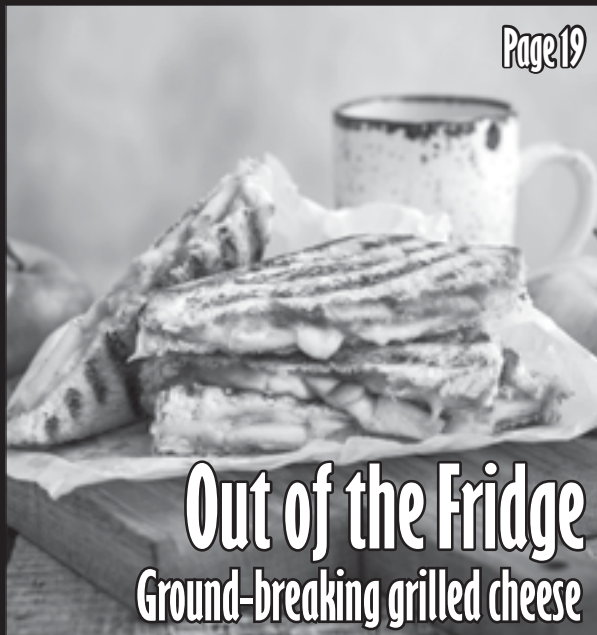
**Looking Back:  
The Nuxalk-Dakelh  
Grease Trail**

Page 14

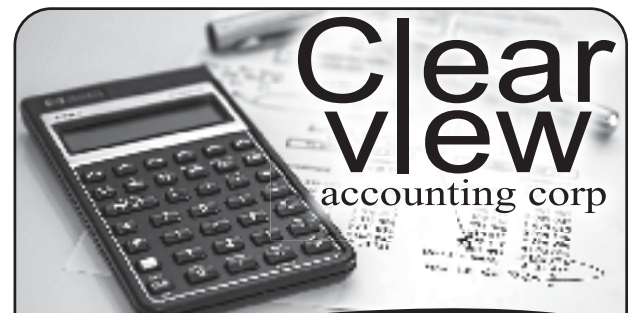


**Travel:  
Blazing the trail  
to Machu Picchu**

Page 19



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*"The choices we make are ultimately our responsibility." ~Eleanor Roosevelt*

1987 ▶



...continued from page 4

year's supply of fish.

In the late 1970s, huge interest was sparked in the grease trail by Halle Flygare and John Woodworth to popularize Mackenzie's route through Dakelh and Nuxalk territory. Using Mackenzie's diary, they surveyed and started cutting out sections of the trail that had fallen into disuse. In 1982, an agreement was struck between the Provincial and Federal governments to officially designate the trail as the Alexander Mackenzie Grease Trail.

Controversy arose when the word "Grease" was dropped from the official name in 1983, calling it the Alexander Mackenzie Heritage Trail. The term "grease" commemorating the trail's historic use in the trade of oolichan oil by the indigenous inhabitants was considered offensive to some of the trail committee.

Chief Stanley Boyd, leader of the Nazko community at the time, said it was the Dakelh people living alongside the trail who kept it open. "It was our trail and we used it to get from one settlement to another. We should have had decision-making input into naming and managing this trail," he insisted.

One purpose for the Tanya Lakes gathering of 1987 was to establish indigenous sovereignty over the grease trail. Another was to revive the old custom of gathering in this special place. "We were afraid of losing the culture of our trail," Chief Stillas told me. "We used the land five miles on either side of

the trail. Tanya Lakes was used as a gathering place as far back as I remember."

The year before, in 1986, Sandy Brunton, a Quesnel probation officer, organized a trailride for youth from Nazko and Lhoosk'uz (Kluskus) to follow the grease trail all the way to the Bella Coola Valley.

In 1987, a similar week-long trek brought youth from Nazko and Kloosk'uz to Tanya Lakes. This time there were hundreds of people at the gathering site to greet them.

Chief Jimmy Stillas flew me into the gathering to document it for the local media. The event had garnered provincial attention. A reporter and photographer from the Vancouver Sun joined us as well.

I wedged myself into a De Havilland Beaver floatplane with elders from Bella Coola and Anahim Lake. As we circled the gathering site I could see hundreds of horses staked in the meadow below. Many Ulkatcho community members had ridden into the site by horseback from Anahim Lake and from their small ranches further down the Dean River.

On a rise of ground above the meadow a virtual tent city had been pitched.

The main preoccupation was catching the spawning spring salmon that had arrived in the river a kilometer or two below the camp. Elders were showing youth how to fashion spear hooks out of broken hay fork tines, and attach them to long

spearfishing poles by a length of stout cord.

These spears were designed so the hook dislodged from the pole once it struck the fish, and hung down suspended by the cord. It was an ancient custom designed and perfected over millennia, preserved by the cultural knowledge of the elders.

Gatherings, like the one at Tanya Lakes, were the classrooms where firsthand knowledge was passed from one generation to the next. Jimmy Stillas said the gatherings allowed people to eat together, socialize and communicate with one another. Games were played, stories were told, and songs were sung.

I was struck by the wildness of the place. Grizzly bear tracks were embedded in the trail that followed the river to the prolific fishing sites. It was pointed out to me how the grizzlies always walked in the same footprints as they made their way through the thick underbrush, and these tracks were worn down into small pockets. It was spine-chilling to be in that place.

Our sheer numbers of two hundred souls occupying the site assured us that the large carnivores would give us a wide berth, but their presence could be felt everywhere.

After a day's wait, the convoy of trail riders arrived from Nazko and Lhoosk'uz. They had travelled in four wagons for a week from Nazko to the Dean River, where they abandoned their wagons and continued the journey with packhorses along the



▶ Minnie Sill



more rugged trail.

Legendary Nuxalk grizzly bear hunter and guide, Clayton Mack, was flown to the gathering from Bella Coola. He had been felled by a stroke a few years earlier, but that didn't deter him from venturing into the wild in his wheelchair. He was a committed storyteller, transferring knowledge and customs to emerging generations.

I was awed by the cultural knowledge embodied by members of the Ulkatcho community so comfortable camping in the wild.

Pat Sill, flanked by a couple of his sons, shoed his horses using a pointed rock for an anvil and a campfire for a forge. His



▶ Chantyman leads the way from Nazko

wife Minnie Sill and her mother Mary Joe Cahoose, sliced freshly caught salmon to feed the hungry throng and to hang in the smokehouse to dry.

To the Ulkatcho, Lhoosk'uz and Nazko people, this is what the Nuxalk Dakelh Grease Trail was all about. It was the main corridor through the heartland of their country. Over the next half dozen years I would be shown more insights of this vanishing way of life in the throes of significant change. Before he died in 1990, Chief Jimmy Stillas commissioned me to write down the stories and history of his people to preserve the knowledge and culture for future generations.



▶ Pat Sill



▶ Susan & Beverly



Kevin Church



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# flavour of the month

*“Don’t be intimidated by what you don’t know.” ~Sara Blakely*





# flavour of the month



## Feature Artist, Steve Harkies

BY CRAIG SMITH

Anyone who has lived in Williams Lake for any length of time is familiar with our Feature Artist's work. Steve Harkies was born in Vancouver but at 5 years old, his parents relocated to Williams Lake. After graduating in the Lake City, Steve was off to UBC to study which eventually led him to a BSc in math and a Masters in business. In between year three and four, Steve decided to take some time off, and

after taking a Fine Arts class, spent a couple years on Quadra Island before returning to UBC to complete his education. His love for that area had him returning time after time for over ten years before he returned in 2000 to settle in Williams Lake.

Steve had been playing competitive squash around the Province, as well as coaching, and wanted to bring that to Williams Lake. He went into partnership with Bo Basra, the owner of Gold's Gym, to build squash

courts at the gym which is now Concrete Fitness. After Bo passed away in 2002, Steve continued the partnership with Bo's wife Seema.

In 2007, Steve decided it was time to do something new and started working at the Cariboo Chilcotin Coast Tourism Association and continued there until 2010. At the CCCTA he did a lot of design work which fit nicely with his art. The association was a great vehicle to network with companies and some

became clients of his consulting business.

In 2008, Steve and his partner of 13 years, Emily Sonntag, decided to buy a property they now call Juniper Trails. It's a 3-guestroom (or 4 if he gives up his art studio!) Bed and Breakfast on the way to Chimney Lake. In 2011, they were ready for business after having done the renovations themselves when they had the available time.

Steve looks after the B&B full time which gives him time to create his art

and pick up marketing projects in the slow season. One of his long-time market-

ing clients is a freight boat company that also acts as a cruise ship. It's a different way of travelling, but they have been Steve's client since 2010 and he tells me they are very busy.

Steve's mediums are mainly acrylic, pencil and watercolours, and he is most well known for his pencil portraiture. When using acrylic on canvas, he favours bright bold colours and heavy outlines

inspired by VanGogh's impressionistic style. His watercolours range from landscapes to cartoons, and when hiking, Steve will stop to paint whenever inspiration strikes. Lately he has been working on a series of paintings involving trails, and has begun adding things into his paintings inspired by comic art, such as talk bubbles and one liners. Steve sees mountains, oceans, and a lot more art in his future.





*"Trail blazing is an art-form. It is how we find paths through what before was wilderness." ~Lucy H. Pearce*

# Welcome to the future



A couple years ago, I saw the launch of a product from Amazon called the 'Amazon Echo.' You call its voice interface 'Alexa,' and she is billed as an intelligent personal digital assistant. She is basically a grown-up version of 'Siri' for all you Apple people, but she can do so much more. Depending on the apps you have installed and how digitally connected your house is, her talents are many. She can dim your lights, turn on your TV, lock your doors,

control the temperature in your house, set your coffee to brew when you wake up, add things to your schedule, play music the list goes on and on. For a tech geek like me, this would be nirvana, but alas it was not meant to be; Alexa is not coming to Canada, at least not for the foreseeable future. Even if I found a way to smuggle this 'illegal alien' into my country, most of her functionality wouldn't work and I would just have a pretty expensive

speaker. Disappointedly, I watched the tech blogs and the news, waiting for Amazon to release it. I've searched for answers as to why they won't release the product north of the wall (insert Game of Thrones reference), but not one spokesperson has given any kind of definitive answer. Is it a language thing (i.e. English and French)? It doesn't seem so, as they have already released versions in a lot of European countries speaking other languages. I then started looking for hacks, and there are many. A lot of them involve having US accounts for Netflix, Spotify, iTunes, etc. That still doesn't allow you to shop on Amazon unless you have a physical US address. "Ok," I said to myself, "patience, it will happen, they can't keep this away from us forever. I mean come on, Canada

was an early adopter of bank cards... long before they became popular in the south.

Fast forward three years. I had just finished my first week (they call it hell week) of My Masters in Business at UNBC and was about to head home. Why not stop at a tech store and see if there is anything there I don't actually own yet. As I'm walking around browsing, saying, "Got it, got it, got it..." I stopped in front of a display with spotlights shining on it. I am pretty sure the spotlights were in my mind, but what do I see? An Amazon echo? No... it was the competition - the Google Home. First I thought, "holy crap, holy crap, holy crap!" Then I stopped. I needed more info. A salesperson came over and gave me the basics but I still needed more info. I thanked him for his time and walked into the next aisle, dug out my smart phone and did



some research. I wanted to know if this was the real deal or just a scaled down version built to appease the Wildlings (another Game of Thrones reference). Lo and behold, it was a Canadian version exactly the same as they have down south. Before you could say "Winter is coming," I had my bank card out, and the box was in my car for the long ride home.

I've had Google Home for a couple weeks now, and as a geek, I haven't

been this excited since I bought my first digital camera. We talk to each other every day and Alexa begins my day telling me the weather and my appointments. My wife was rolling her eyes at first, but now I've heard her say "Hey Google, play me some relaxation music," and my Google Home does it. I will probably automate the house slowly as I don't want to scare her too much. Until next month, welcome to the future.



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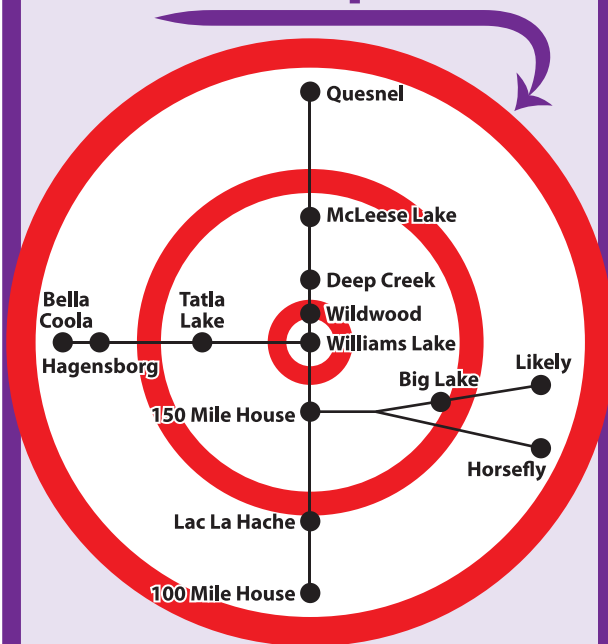




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## Stargazing

### Photography 101

By Craig Smith

It has been many months since there has been room in The Stew for me to write an article about my passion for well over 40 years; photography. With this month's theme being 'blazing trails,' I thought I would explain how to photograph star trails. If you have read any of my previous articles we can break photographic exposure down to three parts. They are the aperture setting, the shutter setting and the ISO or light sensitivity setting. All three must be adjusted in order to take pictures of things in the dark. Photography does not work the same as your eye does. Your film or digital film collects light as long as it is exposed to light no matter how little light there is.

In order to photograph stars, we need to start with the ISO or sensitivity. My suggestion is as high as you want but a

good range is 600-800 iso. The higher you go the more noise there is but there are filters in Photoshop that will reduce and almost eliminate excessive noise. When we are dealing with low light situations there really is no exact science so there is some experimentation involved.

The next part of the exposure triangle is the aperture setting or the part that controls the hole in the lens. The smaller the number the larger the hole. More light is let in at these numbers but the star trails will be fatter. At the larger numbers, the trails get thinner but it takes longer to expose it properly.

The third part and last part of our exposure triangle is the shutter speed or how fast the door opens and closes. This will be the main control and the setting that you adjust the most. As



the shutter speed will be longer than what is able to be hand held a sturdy tripod is going to be a must. I suggest starting at 2-3 minutes and adjust from there.

Some of the most amazing star pictures I have seen have used exposures upwards of three to four hours. In order to get the long exposure images, you are going to need a controller that allows you to use the bulb or B setting. The way that setting works is the controller allows you to set the times or keep the shutter open as long as you hold down the shutter button.

I would highly suggest that you use the raw file setting as that allows you the greatest flexibility when you do the post production.

Depending on how you want your composition to look depends on where you aim your camera. If you centre your lens on the north star the other stars will spin around it. Aiming it elsewhere will give you arcs.

One last thought is that all this is best on moonless nights, so be prepared to work in the dark, have fun and until next time happy shooting.

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**WE ARE DEEPLY THANKFUL** to all the Firefighters, CRD, RCMP and Military Personnel who have protected our community during the BC wildfires. We would also like to extend a heartfelt thank you to the contractors, ranchers, loggers, businesses and individuals who provided meals and support to our community during these challenging times. So many of you have contributed, extended yourselves, provided protection to homes, ranches and livestock – without you we would have faced a much more serious situation.

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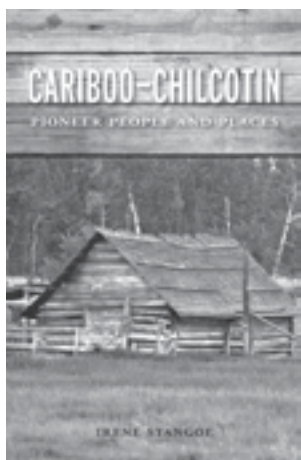
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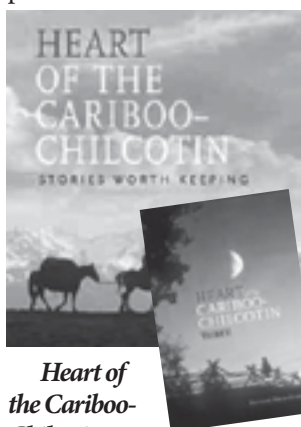
"We treat our people like royalty. If you honor and serve the people who work for you, they will honor and serve you." ~Mary Kay Ash

# Cariboo-Chilcotin pioneer stories



**Cariboo-Chilcotin: Pioneer People and Places**, by Irene Stangoe

Drawn from historical files and the memories of those who were there, these are stories of pioneer days in Williams Lake, Dog Creek, Likely, Soda Creek, Horsefly, Riske Creek, 150 Mile and other areas of the central Cariboo-Chilcotin. Included are current and historical photos.

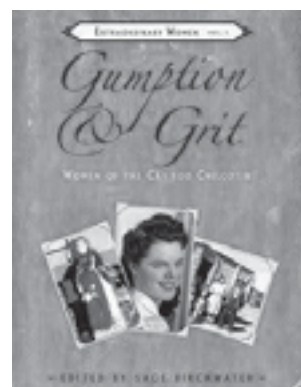


**Heart of the Cariboo-Chilcotin: Stories Worth Keeping**, edited by Diana Wilson

The spirited stories in

*Heart of the Cariboo-Chilcotin* (and its sequel *Heart Of The Cariboo-Chilcotin: Three*) capture the severity and grace of the distinct pioneer culture that resides in British Columbia's rugged Interior. The writers in this volume come from different periods, places and occupations, each bringing a unique voice that adds to the diversity of the whole.

Occasionally shocking and always entertaining, these people stories celebrate and preserve the Cariboo-Chilcotin way of life.



**Gumption & Grit: Women Of The Cariboo Chilcotin**, edited by Sage Birchwater

A collection of tales of hardship, faith, adversity, endurance and accomplishment; these women were mothers, trappers, schoolteachers, outfitters, ranchers and homesteaders. These stories are heartfelt and honest, and will resonate with the experiences of all women of this land.



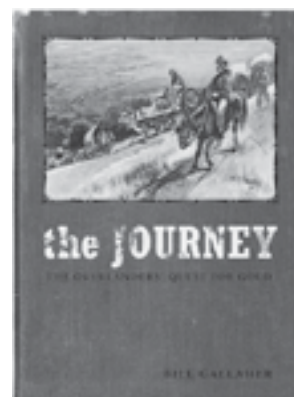
**Women Of Brave Mettle: More Stories From The Cariboo**, by Diana French

In this much-anticipated second volume in the Extraordinary Women Anthology series, Diana French follows up on *Gumption and Grit* with more stories of the vibrant mosaic that is the Cariboo Chilcotin. The area has more than its share of remarkable women, from educators to rodeo stars, doctors to playwrights, administrators to environmentalists, artists to politicians.



**The Chronicles Of Canada: Volume VI - Pioneers of the North and West**, edited by George M. Wrong & H. H. Langton

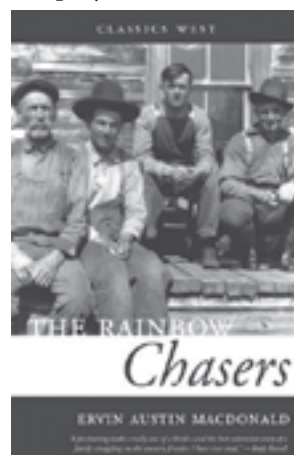
Volume VI of *The Chronicles* is divided into multiple parts focussing on northern and western Canada, including a section entitled Cariboo Trail: A Chronicle of the Gold-Fields of British Columbia.



**The Journey: The Overlanders' Quest for Gold**, by Bill Gallaher

His bestselling novel *The Journey* follows a group of three adventurous Overlanders—two young men and one remarkable woman—as they travel west in 1862, from the Manitoba prairies to the goldfields of the Cariboo.

With his gift for storytelling, Gallaher brings this intriguing era to the page as he vividly recounts the overland trek of the often-unruly company.



**The Rainbow Chasers**, by Ervin Austin MacDonald

This first-hand account of a Canadian pioneer tells the story of a hard-won wilderness home and of the self-sufficient father and brothers who built it. Their tale of wanderlust begins in 1839 in Bytown, Ontario (later called Ottawa), but the prairie disagreed with the mountain man in Archie, who dreamed

of the Cariboo. Thus, he and his teenage sons embarked on a pack journey across the Rockies via the Yellowhead Pass — without map or compass, and using make-shift rafts to cross rivers — in search of the special site that would become their home: Lac des Roches in the Bridge Lake area of the Cariboo.



**I Am Full Moon: Stories of a Ninth Daughter**, by Lily Hoy Price

In this lyrical memoir, the author writes with moving detail about her childhood and adolescence in a large Chinese Canadian family in the Cariboo country of northern B.C.

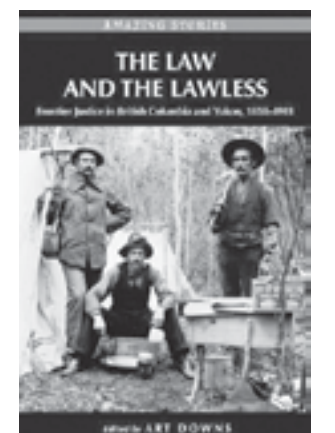
Filled with love, confusion, family celebrations and family tragedies, these stories open a window on an era long past.



**Trails to Gold, Pioneer Inns of the Gold Rush British Columbia**, by Branwen C. Patenaude

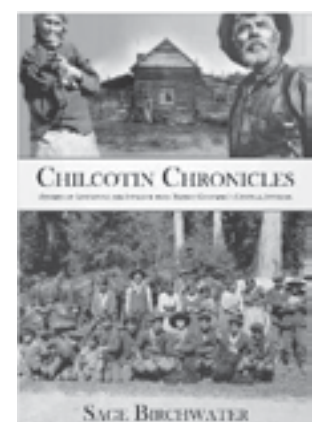
The earliest inns or roadhouses were little more than log cabins, where the

innkeepers slept on the bar to guard the gold and the liquor, but they were the heart of all social life, and their stories, full of personal anecdotes and family tales, have the authentic feel of the frontier.



**The Law and the Lawless: Frontier Justice in British Columbia and Yukon, 1858-1911**, by Art Downs

Gold rush fever brought a flood of people lured by the promise of easy riches. A provincial police force of intrepid lawmen patrolled vast regions, living in rugged conditions and bringing their prisoners to courtrooms that were often hundreds of kilometers away, or meting out frontier justice.



**Chilcotin Chronicles: Stories of Adventure and Intrigue from British Columbia's Central Interior**, by Sage Birchwater

Birchwater's newest book offers readers a unique perspective of the region, which he describes as "a history told with Indigenous people sitting at the table."

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*"Make heroes out of the employees who personify what you want to see in the organization." ~Anita Roddick*



## A game changer

BY RICHARD BUTTERS,  
ADVENTURE GAMES

You need capital to start a business. How do you get the funds to

buy inventory, launch a marketing campaign, and set up shop? In the last few centuries, businesses have nearly always relied on their immediate

networks. Funders may include an uncle, a noble, or a local bank. There are few alternatives for those without a big pile of cash. Things started to

change a few years ago. Entrepreneurs and artists started to receive funding in small amounts from a great number of people often outside of their network. Instead of getting one large loan from a bank officer, entrepreneurs solicit the funding directly from the public, in large part from people whom they do not know. As a result, you may see something like 1,000 people giving \$30 each instead of a \$30,000 loan from a single bank officer. This is called 'crowdfunding.'

Projects are typically funded on crowdfunding platforms, the two most popular being Indiegogo and Kickstarter. Each platform operates by different rules. Some allow you to keep all the money you raise, while

others will only give you the money if your project is fully funded; some are predominantly focused on creative projects and business ideas, while others are more suited for personal ventures.

Many board games these days are funded via crowdfunding, including some of the most well known, such as Settlers of Catan and Exploding Kittens, the latter of which raised over \$8M. The system has allowed many smaller groups of game developers to develop games with more niche audiences, due to them not needing financial backing from a parent company or bank.

There is also fair criticism of this business model, however. Some think the ease of raising funding leads to a lower

overall quality of projects, and an oversaturation of new products with little to no reasonable market for sales. While this is very apparent for some genres of crowdfunded projects, we on the traditional games side of the fence generally find most successfully funded projects meet our standards. Many of the games in our store originate from Kickstarter specifically, and we attentively watch new ones to see what cool new games we can try to bring in. Regardless of its criticisms, the platform has been extremely successful – for content creators, consumers, and the crowdfunding platforms themselves. We can expect to see this model supported for many years to come, and I for one look forward to it.

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### WEEKLY EVENTS

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**MAGIC** Fridays at 5pm

**WARHAMMER/TABLETOP GAMES**  
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# Basements to conventions



Let's talk a minute about volunteering.

I often see people saying they want to see more events, parties, groups, celebrations and what have you. The majority of these things happen when people volunteer their time and effort to see it happen.

If you find yourself constantly saying "I wish there was..." then think what you can do to make it reality.

When I was still living in the city, I was much younger and wanted to meet more nerds with similar interests to mine. I was painfully shy and had a hard time meeting people or discussing my interests. I couldn't find any groups that aligned with what I wanted, so I made one.

We started with posters in hallways and on bulletin boards. It didn't take long to find fellow nerds that wanted to

see the group grow, and thankfully many of these people had skills they could use to contribute. One was toying with web design, one had a hosting service for his own passions, and before long we were online and reaching out to the rest of the city.

There are a lot of excuses out there for why we can't spearhead these things. They're usually "I don't have time" or "I'm too young" or "I don't know where to start."

That nerdy group I mentioned earlier? I was barely a teenager when I started that. I used what I had available to me: some pens and a school printer. If we wanted to purchase something we held bake sales and used the funds from that to buy prizes for raffles. By the time I moved away from Kelowna, we had grown from a few kids in my friend's basement, to renting space for a convention.



Facebook and YouTube didn't exist yet, though they were right around the corner. Now with social media at our fingertips, it can take as little as a lunchbreak to pull up Facebook or any other platform and punch out a group or event page.

The girl that was toying with web design? She's now a full-time Designer for Disney. The friend hosting his projects on his own servers? He's now a well-known tech in Kelowna that has his fin-

gers in so many organizations it's mind blowing.

If you're willing to reach out and get things going, you develop all sorts of connections that can help you grow as a person, and possibly push you to develop new skills. That doesn't come with an age requirement.

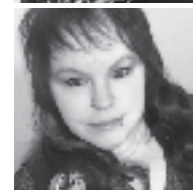
If you want to see something happen, think of what you can do to make it a reality. You might be surprised what you learn along the way and who you meet.



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do

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." ~Margaret Mead*

# Blazing the trail to Machu Picchu



Explorer Hiram Bingham was exploring the region when he came across the Lost City on the advice of the local people. He was invited to explore the Inca ruins at Choqqueira in the Apurimac Valley. However, upon heading to the Machu Picchu ruins, he organized an expedition in search of the site in 1911. Locals led him to the site via the Urbamba River. Being a true Historian, he brought the site to international attention in 1912 and he organized expeditions to do major clearing and excavation. In 1981, Peru named Machu Picchu a "Historic Sanctuary" because of the ruins and many different types of flora and fauna in the mountainous countryside. In 1983, Machu Picchu was declared a World Heritage Site, describing it as being a masterpiece of architecture attributed to the Inca civilization.

Machu Picchu is certainly in a remote region in a rocky countryside, approximately 2,500 meters above sea level. It is located in the Urubamba Province of Peru; and is only about 80 kilometers northwest of Cuzco where the Urubamba River rushes down the mountainside.

Those lucky enough to have visited the ruins will quickly realize the ingenuity of the Incan people. This is a fascinating civilization which no longer exists – a sophisticated society, yet it came to ruin – why?

This ingenious civilization created nearly 40,000



thousand kilometers of trails to connect their vast Empire, which reached from Quito in Ecuador to east of Mendoza in Argentina. The City of Cuzco, Peru lay in the heart of this massive civilization. The trail to Machu Picchu consists of an 82km trek from Cuzco through the mountain trail to the ruins of Machu Picchu. A 4-day, mountainous climb to reach the ruins. It is recommended that one spends at least 2 days in Cuzco to become acclimatized to the 4200m altitude. This 4-day trek can be hiked year round except February, when the trail is groomed and maintenance is performed. The months of April to October are the most comfortable to walk the Inca Trail.

There is a shorter, 2-day version of this classic trek, beginning further along the Vilcanota River Valley and closer to Machu Picchu. It is also a challenging trek so you would have to be in reasonable physical shape.

Another alternative route is a 7-day trek to

Machu Picchu. It is of course, more challenging and only recommended by the experienced trekkers and physically fit. This trek begins at Mallapata, spending about 3 days at the foot of the Salkantay Mountains. On the fourth day, the trek joins with the classic trail. This is a spectacular trek involving the view of the snow-capped mountains and the Inca Ruins at Machu Picchu. There are many, many tourist companies that offer these excursions on their itineraries.

The Peruvian Government struggles between the economic benefits of tourism and the physical burden of tourism on the ruins. In the 1990s, the Government gave permission to construct a cable car to the site. Many people protested this construction because they feared the destruction of the ruins. In the 1980s, the Government permitted helicopters to transport tourists to the site, but in the 1990s, they rescinded these rides.

Tourist deaths, injuries,

altitude sickness, floods, land and rock slides, and hiking accidents have created numerous difficulties for authorities. Notwithstanding; and in my opinion, there are some tourists (not many) that will push to the extremes when on a trek. UNESCO is considering making Machu Picchu one of the "World Heritage Sites in Danger."

Please ask us if you are interested in trekking up the mountains to Machu Picchu. We have maps of the great trails and we can set you up for a visit.

As a note on blazing trails, I want to blaze an extreme thank you to all our firefighters, peacekeepers, officials of Williams Lake, the CRD, the Red Cross, the cities and towns who took in evacuees, and all those who stayed behind to help in this desperate wildfire situation. And to anyone I may have missed, THANK YOU. For me personally, I'd like to thank the Sandman Inn in Prince George. Your kindness will not soon be forgotten.

What a summer we in the Cariboo-Chilcotin have had with wildfires, and from what I have heard, the wildfires still continue in some areas of the region – stay strong! My biggest and best news was that my area is no longer on evacuation alert. When I was asked to write on 'blazing trails' it made sense to me. How many of us in the Chilcotin-Cariboo Region have witnessed blazing trails recently? Quite honestly, I can't remember a time in my life when I was so panicked. It is bad enough just being evacuated but some people have lost homes, and my heart is heavy for them.

Speaking of trails, an amazing "trail" destination are the Inca trails in north-western Peru surrounding Machu Picchu. It is often referred to as "the Lost City of the Incas." It is believed that it is linked to the Inca civilization where it has been either a 15th Century royal estate of Pachacuti, or

a sacred religious site for the religious Inca leaders. The "Lost City" was abandoned about a century later when the Spanish Conquistadors overran the Province.

No one really knows why the Spanish did not pillage Machu Picchu. History does not give evidence of what may have happened to the inhabitants during the time of its glory. It is suggested that they died of a small pox epidemic introduced by travellers; and Machu Picchu had been overgrown by jungle at the time of Spanish Invasion. At the time of the Spanish conquest they missed the site, so it was relatively untouched at the time of discovery.

Centuries later, a German businessman Augusto Berns discovered Machu Picchu in 1867. Historical evidence shows that he plundered this beautiful Lost City.

About 50 years later, the American Historian and

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# Play

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



# play

*Due to the ongoing wildfire situation in the Cariboo, many events have been cancelled or dates changed. Every effort has been made to ensure this month's event information is correct, but we apologize for any changes we may have missed.*

## WILLIAMS LAKE & AREA

**September 1-30** "Korene Kidd: Anne of Green Gables" costumer/artist fills both galleries with her costumes from Lucy Maud Montgomery's classic tale, accompanied by invited artists; Station House Gallery, Mon-Sat 10am-5pm

**September 1,8,15,22,29** Farmers' Market, local food & artisans, new vendors welcome, Boitanio Park 9am-2pm

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

**September 1,8,15,22,29** Adult Skate, 11am-noon, Cariboo Memorial Complex

**September 1,8,15,22,29** Drop In Hockey, noon-1pm, Cariboo Memorial Complex

**September 1,8,15,22,29** Friday Night Drop-In Co-Ed Soccer, WL Secondary 7-9pm, info: williamslake-soccer.com

**September 2** Play-erunknown's Battlegrounds Tournament, bring your own PC, Adventure Games 4pm

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

**September 2,9,16,23,30** Public Skate, 1-2:30pm, Cariboo Memorial Complex

**September 3,10** McLeese Lake Farmers Market, 6561 Hwy 97 N McLeese Lake BC, 9am-1pm

**September 3,10,17,24** Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

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

**September 3,10,17,24** Family Skating, 2:45-4:15pm, Cariboo Memorial Complex

**September 5,12,19,26** Duplicate Bridge Club, everyone welcome, Seniors Activity Centre side door, 7pm

**September 6,13,20,27** Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), offers youth 12-18 the chance to gain new skills and meet new friends, 6:15-9pm, lower Legion, info: www.3064rmrangcadets.org

**September 6,13,20,27** Preschool Skate, 9-11:30am, Cariboo Memorial Complex

**September 6,13,20,27** Adult Skate, noon-1pm, Cariboo Memorial Complex

**September 6,13,20,27** Drop In Hulahoop Workshop, Arts Centre 90-4th Ave N, 7pm

**September 7,14,21,28** 55+ Drop In Hockey, 10am-11:30, Cariboo Memorial Complex

**September 7,14,21,28** Drop In Hockey, noon-1pm, Cariboo Memorial Complex

**September 28** Just For Fun ladies singing group fall session begins, new members welcome, supported by Women's Contact Society and Angelkeys Music Studio, Anglican Church, 7:30-9pm

**September 7,14,21,28** Pokemon Thursdays, Adventure Games 83C 2nd Ave S, 3:45pm

**September 7** Garden Club meeting, keynote speakers, networking, sharing of expertise and resources, 7pm, Arts Centre 90-4th Ave N

**September 8-30** ArtWalk, free walking tour: pick up your booklet at the WLCBIA or participating businesses, then walk the walk, check out the art, & collect stamps to be entered in a prize draw

**September 9** Green Jacket Golf Tournament, lunch, golf & prizes, Fireman Fairways Chimney Lake BC, tee off 10:30am, info: 250-392-3985

**September 10** Show & Shine & Farmers Market, Community Hall McLeese Lake, 11am-3pm

**September 13,20,27** Gadzukes ukulele group, fall startup, Arts & Culture Ctr, 90 4th Ave N, 10am, info: 250-392-7215

**September 14** Retired Teachers Fall Into Fall Breakfast, Ramada 9:30am, info: 250-392-7215

**September 15-17** Save the Salmon Pow-Wow, Fri. warm up 7pm, Sat. Grand Entries 12-7pm, Sun. 11am, Xatsull Heritage Village, info: 250-989-2323 ext. 104

**September 16** Points Championship WL Forestry/NAPA Street Stocks, Bone Stocks & Pro-Minis, Thunder Mountain Speedway, qualifying 5pm, racing 6pm

**September 17** Registration deadline for Sept 29 - Oct 1 Healing Pathway Phase One Workshop, presented by St. Andrew's United Church Healing Ministry & the Healing Pathway Society, info/registration: 250-398-6745 or office.uc\_wmslk@shaw.ca

**September 17** Terry Fox Run for Williams Lake has been cancelled for 2017, donate: www.terryfox.org

**September 17** Lazy Laker Days Dog Show, Navy League/Sea Cadets fundraiser, Elks Hall 1pm, info: 250-267-7468

**September 17** Cariboo Towing Day of Destruction, hit-to-pass, smoke show, king of the hill, Thunder Mountain Speedway, qualifying noon, racing 1pm

**September 17** Bikers Against Child Abuse (B.A.C.A.) public meeting, Big Brothers Big Sisters 200-369 Oliver St. 1pm, info: 778-412-9323

**September 18** Good Food Box distribution day, Elks Hall 1-3pm, purchase your box prior to distribution: \$15, 250-392-4118

**September 21** WL Writers' Group meeting 6pm, Art Centre 90-4th Ave N, new members welcome, info: levpur@shaw.ca

**September 23** Etsy Made in Williams Lake popup market, showcasing local artisans, Longhouse 10am-4pm

**September 23** Punky Lake Wilderness Fundraiser, apples, cocktails & prizes, Signal Point Pioneer Room 7pm, tickets: 778-412-9536

**September 24** Eastern Star Day, have a DQ treat to support the Child Development Ctr, Dairy Queen 1218 Broadway Ave 11am-4pm

**September 24** Kidney Walk, support kidney research, Boitanio Park 9am

**September 25** Quintet Plus adult mixed choir, new members welcome, St. Peters Anglican Church 549 Carson, 6:30-8pm

**September 28** Chamber of Commerce Luncheon, Preparing for the Sale of Your Business w/Venture Connect, info: Community Futures 250-392-3626 or Chamber 250-392-5025

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**September 29** Special speaker Darrell Dennis, honoring residential school survivors, Lake City Sec Carson Campus 7pm

**September 29-Oct1** Healing Pathway Phase 1 Workshop, presented by St. Andrew's United Church Healing Ministry & the Healing Pathway Society, basic concepts of healing hands within the Christian tradition, Friday 7-9:30pm, Saturday 9am-5:30pm, Sunday 1-5pm, register by Sept 17: 250-398-6745 or [office.uc\\_wmslk@shaw.ca](mailto:office.uc_wmslk@shaw.ca)

**September 30** Orange Shirt Day, free event honoring residential school survivors, all welcome, Boitanio Park

## QUESNEL & AREA

**September 1,2** Mamehood: Bursting into Light, live theatre production, Sunset Theatre 8-11pm

**September 1** Live music, Exile: Canadian hip hop, The Occidental 228 Front St. 8-10pm, tickets: advance \$15, door \$20

**September 3** Barkerville's Williams Creek Sports Day, family games & activities, 8am-6pm, Barkerville BC, info: [www.barkerville.ca](http://www.barkerville.ca)

**September 4,11,18,25** Karaoke Tuesdays with DJ KC, The Occidental, 7pm

**September 6** Live music, Tiger Moon: Okanagan folk band, The Occidental 228 Front St. 8-10pm, tickets: advance \$15, door \$20

**September 6,20** Long Table Grocery Pop-Up Market, local food, 687 Doherty, biweekly 3-6pm

**September 8** Leaves in the Wind Opening Reception, sculptor Anna Ashcroft & painter Joan Ramsey Harker, Art Gallery 7-9pm

**September 8** Foxxie Follies, burlesque/cabaret/vaudeville dance troupe, Occidental 228 Front St

**September 8,9** Exploration Series 2&3, live theatre production, Sunset Theatre 8-11pm

**September 8-10** Barkerville Cowboy & Drover Jubilee, celebrate BC's rich cowboy heritage goldrush style, singing competition, Theatre Royal, kick off party etc, Barkerville BC 10am, info: [www.barkerville.ca](http://www.barkerville.ca)

**September 8-30** Leaves in the Wind exhibition, sculptor Anna Ashcroft & painter Joan Ramsey Harker, Art Gallery

**September 9** RCMA Open Mic season opener, runs every first Saturday till June, Occidental 228 Front St 6:30-9:30pm, tickets: door \$5, family \$15

**September 10** 11th Annual BBBSQ Golf for Kids Sake, golf, steak dinner & prizes, Richbar Golf & Gardens, 1-6pm, register: 250-992-7257

**September 14** Live music, A Night on the Town: Sundown Spell & OccyJuiceBox band, Occidental 288 Front St 7-11pm

**September 14-27** Barkerville historical site admission by donation

**September 16**, The Amazing Race (to rebuild Barkerville), fun fundraising event, prizes, teams of 4-6 people, Barkerville BC 2:30-4:30pm

**September 16** Fall Fair, Alex Fraser Park, 9am-4pm

**September 17** Terry Fox Run, 2.5km or 5km, walk/bike/wheelchair/stroller/rollerblade, dogs on leash welcome, LeBourdais Park, 9am-11:30

**September 19** Sunset Cabaret, live theatre production, Sunset Theatre, doors 7:30pm, show 8pm

**September 22-24** Out of Time E4: A New Hoop, time travelling steam-punk whodunit weekend, Barkerville BC, info: [www.barkerville.ca](http://www.barkerville.ca)

**September 23** Free Swim, Arts & Rec Ctr 1-3pm

**September 27** Trivia Challenge 2017, Literacy fundraiser, \$500 cash prize to the winning team, The Occidental 7-9:30pm

**September 29-30** Bouchie Lake Harvest Fair, relish tasting, apple press demos & more, 11am-4pm

**September 30** PET FAIR & Parade, Bouchie Lake Harvest Festival, Bouchie Lake Country Store 10am-1pm

**September 30** Touch a Truck, fun for kids of all ages, Child Devel Ctr 11am-2pm

## 100 MILE HOUSE & AREA

**September 1,8** Farmer's Market, locally made and grown items, entertainment, Downtown at 3rd & Birch, 9am-2pm

**September 1,8,15,22,29** Crib Night, Forest Grove Legion 8pm

**September 2** Interlakes Farmers' Market, final market of the season, Service Centre, 10am-2pm

**September 2,9** Heritage Market, farmers'/flea market, 108 Mile Heritage Site, 10am-3pm

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

**September 2,9,16,23,30** Alcoholics Anon fireside family group, United Church 8pm, 250-791-1937

**September 3** South Cariboo Summer Festival, free family event, food vendors, beer garden, show & shine, entertainment, Centennial Park 11am-9pm

**September 3,10,17,24** Alcoholics Anonymous, 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

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

**September 5,12,19,26** Alcoholics Anonymous, United Church 8pm

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

**September 5,12,19,26** Carpet Bowling Club, 1-4pm, Interlakes Hall, info: Kitty 250-593-4780

**September 5,12,19,26** Co-Ed Drop-In Volleyball, 7-9pm, Peter Skene Ogden gym

**September 5,19** Photo Group, Bridge Lake School, info: Larry 250-593-4362

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

**September 7,14,21,28** TOPS Club, take off pounds sensibly, 6:30pm, United Church

**September 7,14,21,28** Royal Canadian Army Cadets, 18:30-22:30, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

**September 7,14,21,28** Alcoholics Anonymous, 7:30pm, 108 Community Centre

**September 9** Paranormal Investigation Adventure, 108 Historical Museum, 9pm-midnight, tickets: \$20/tour, reservations: [heritagesite108@gmail.com](mailto:heritagesite108@gmail.com) or at Museum office

**September 9** Lone Butte Rocks, outdoor craft & flea market, entertainment, Lone Butte Hall 10am-3pm

**September 11,18,25** Bingo, doors 6pm, starts 7pm, super star 8:30pm, Community Hall

**September 11,18,25** Alanon, 7pm Health Centre (hospital rear entrance) info: 250-395-2532

**September 11,18,25** Women's Drop-In Volleyball, 9:30am, Lone Butte Hall

**September 6,11,13,18,20,25,27** Mommy & Me Class, ages 2-5 10-11:30am, 108 Riding Stables

**September 13** Compassionate Friends, bereaved parents support group, BJ's Donuts 7:15pm

**September 15-Oct14** Parkside Art Gallery Presents Katie Kidwell "The Little Bird That Flies"

**September 17** Terry Fox Run, 10km/5km/1km, walk/bike/wheelchair/stroller, dogs on leash and horses welcome, South Cariboo Visitor Ctr, Airport Rd, 9:30-1pm

**September 23** 18th Annual South Cariboo Garlic Festival, vendors, food, kids activities & entertainment, north of Lac la Hache

**September 26** Cottage Prayer Meeting, 6715 Hwy 97, 7:30-8:30pm, info: 250-395-3743

**Sept 29-Oct1** 1st Annual Cari-boo Paracon, (Paranormal Convention), schedule & registration info: Cari-Boo Paracon on Facebook

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"I wake up every morning and think to myself, 'How far can I push the company forward in the next 24 hours?' ~Leah Busque

# Ground-breaking grilled cheese

## Out of the Fridge

By Brice O'Neill



Of all the amazing things being a chef has given me, being able to create is my favorite. Sure, the wealth, fame, that children idolize me, men respect my profession and always wonder if maybe someday they too could be manly enough to do it, and how women want me to cook for them. Yes, that's great, but the freedom of creativity that flows from food will never be topped. There are no other occupations that have been around since before recorded history, that allow the ability to create things never before seen. Being a chef has also allowed me to be a trailblazer of sorts. During the start up of New World, we were looking for inspiration from other trailblazers across North America. We even went so far as to visit Las Vegas for the World Tea Expo to find the best and greatest. We were also fortunate

enough to find an amazing, world class, award winning coffee expert. Mike Yung came with a gold medal pedigree and helped to design and create the coffee bar that we have today.

The food, however was 'my baby'. How do I take a coffee shop idea and create a menu brave enough to be leading edge, but fit with the Williams Lake culture? This is where being a trailblazer was key. At one point along the journey I even made an oatmeal wrap... yeah seriously, oatmeal, in a wrap. Do you know why it's not on the menu anymore? Because people wanted it, it was difficult to execute and I was all by myself in the kitchen. I'm good, but not that good.

Needless to say, the menu evolved by trial and error and continues to evolve including things like the Glory Bowl, which was spun off



another trailblazer, White Water Cooks from Ymir, B.C. We tried to blaze a new trail by offering diners, but found it difficult to work 16 hours a day, six days a week and stay upright.

Which brings me to another sad tale. The food industry is undergoing a massive shift, and not for the better I would say. Due to years of a lack of interest from new trailblazers, it is suffering from a phenomenon I call 'corporate-itis'. Soon all we will have is corporate franchises; no new ground being broken. You will be eating the same food no matter what city you go to. You want fries with that?

The cost of what we call 'brick and mortar' has already pushed many talented Chefs into food trucks and the general lack of Chefs in the industry, combined with the franchise invasion is fast creating the demise of our ability to create new and innovative dishes. How exciting can opening bags and dumping them on the plate be for a new cook?

I'd like to give a shout out to the trailblazers that came before us. First and foremost, Crystal Baba from the Gecko Tree who really went out on a limb to create something special for the Williams Lake market. Second would be Jose Santo and Cameron

Dagnaue who together created the original Joey's Grill menu. There was a lot of trailblazing new ideas brought to Williams Lake from these two. Kim Judd would be another trailblazer who has introduced some extremely innovative, fun food into our market, including the first food truck. Last but certainly not least are the Hamels, whose vision, far ahead of its time, created one of the most extraordinary restaurants, the Laughing Loon. This was with the help of Chefs like Roberta (the only female Executive Chef in Williams Lake at the time), Walter, Gus and Pat. They created a ground

breaking, amazing dining experience which inspired my culinary career. At one time, it was the go-to place in town.

For trailblazing recipes, I'd love to give you my pecan tart recipe, but as discussed in prior issues, I'd have to... never mind. Here's a trailblazer which has been a hit for us, and is new to many people; a **cheddar and apple grilled sandwich**. Prepare grill cheese and just add thin slices of peeled apple. Make sure you use a good aged cheddar and REAL butter, a sweet apple (we like Spartan). Prepare as usual, you know how. Easy eh?

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*"I just love bossy women. I could be around them all day. To me, bossy is not a pejorative term at all. It means somebody's passionate and engaged and ambitious and doesn't mind leading." ~Amy Poehler*



## Bright stars and coping with crisis

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

During the last month or so of upheaval in the community due to wildfires, evacuations and alerts there have been many trailblazers that I have seen. So many community members, individuals from other communities, and way too many innovative people, leaders and bright stars in our midst to name. During a crisis, many people will come together to help and support

in so many ways. I had the honour of working at the Resiliency Centre for a few days, and saw so many people working together and more than willing to help in any way possible. Our community is rich with individuals that show their caring in many ways; endless hours of work to help others and to make a difficult situation just a bit more bearable.

I found some helpful information on how to help children and youth cope through a natural disaster that I would like to share with you.

### Helping younger children, ages 0-5:

- Provide concrete explanations, for example; "The wind broke a tree branch, and it fell on an electric line. That is why the lights don't work."
- Let them know that there are good people helping, encourage them to help if they can, or send thank you letters to those that helped. Also, if you are making donations include the little ones so that they have a sense of helping and being a part of the bigger picture solution.
- Expect a return to

younger behaviours; typically these behaviours can include crying, whimpering, trembling and clinging. They may also show younger behaviours such as thumb sucking, bed wetting and fear of darkness. Let them know this is okay.

### Helping older children, ages 6-11:

- Ask them what they understand and how they feel about it; fears are often based on misinformation.
- Allow them to ask questions, but try not to focus on it too long; focus on the present

instead. It's okay to say if you don't know.

- Try to keep a regular routine with activities meals and bedtime and allow kids to play with friends. Routine can be very reassuring.
- Allow them to make decisions and feel in control; it is even important to give them choices on what to wear, eat, etc.
- Allow them to cry or be angry; you may also notice withdrawal, disruptive behaviour, or inability to pay attention. Nightmares, irrational fears or outbursts of anger are also common

after trauma. Let them know it's normal to feel upset.

- Be honest with your feelings so they know its ok to express theirs and spend extra time with them. Tell them it can take time to overcome loss or trauma.

Most of the above information comes from [www.cmha.bc.ca](http://www.cmha.bc.ca) you can go on that website for more info on this and many other mental health topics.

I hope this was helpful and that things are back to manageable for all of us as the fall approaches, be safe and be kind to one another!

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*Women's Contact Society*

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do

*"Leadership is a series of behaviors rather than a role for heroes." ~Margaret J. Wheatley*

## THE STEW MAGAZINE'S Monthly MIX



### HOLIDAYS OF SEPTEMBER

- 2 International Bacon Day
- 2 VJ Day, WWII
- 4 Labor Day First Monday of month
- 5 Be Late for Something Day
- 6 Fight Procrastination Day
- 8 International Literacy Day
- 9 Teddy Bear Day
- 10 Grandparent's Day
- 11 9/11 Remembrance
- 12 Chocolate Milk Shake Day
- 12 National Video Games Day
- 13 Positive Thinking Day
- 15 Felt Hat Day
- 16 Step Family Day
- 16 Mexican Independence Day
- 16 Working Parents Day
- 17 National Apple Dumpling Day
- 17 National Women's Friendship Day
- 17 Wife Appreciation Day
- 19 International Talk Like A Pirate Day
- 20 National Pepperoni Pizza Day
- 21 International Peace Day
- 22 Autumn Equinox - Fall begins!
- 22 Business Women's Day
- 22 Hobbit Day
- 22 Native American Day
- 23 Oktoberfest begins in Germany
- 25 National Comic Book Day
- 28 Ask a Stupid Question Day (one of my favorite days)

## With apologies along the way!

### Food for Thought

By Rita Corbett



First, I must apologize to the clever folk who invent those inspiring quips we live by. Sadly, I can't remember who said most of them! But though guilty I am grateful, Mr. & Ms. Anonymous, as some of those quotes will be found here.

Life doesn't evolve as much from our origins as from us asking ourselves, "Where am I going?" No matter the tenacity, getting on a train for Toronto when someone needs to visit Vancouver will never get them there. (I will spare you the number of times I have said such things to my children!)

When I pause to consider a chosen direction, reality reminds me who made that choice. In what I pursue, I become my own creator. As life's patterns repeat themselves, habits become deeper, stronger and eventually inescapable. That's GREAT – if they are what we want to keep! Truly, what am I developing or extinguishing?

I may also have rights to a ruinous route, but what if others copy me?

A child's book asks, "What if Everybody Did it?" (Thank you, Ellen Javernick – and that's one less apology!) A question intrudes again: "What am I modeling?" Practice makes perfect, but practice will only perfect those things I am actually doing.

There are times it's not my itinerary that is faulty, it's just me. When contemplating Mount Everest, Edmund Hillary maintained "it is not the mountains we must conquer, but ourselves."

"The Calf Path" by S.W. Foss illustrates the weighty outcome of forging blindly along. An excerpt: "One day, through the primeval wood, a calf walked home, as good calves should; but made a trail all bent askew, a crooked trail as all calves do."

The trail then attracts a dog and some sheep, and finally people: "Many men wound in and out, and dodged, and turned, and bent about; and uttered words of righteous wrath, because 'twas such a crooked path."



Centuries went by. The trail turned into lanes then roads and finally a city thoroughfare. "They follow in the beaten track, and out and in, and forth and back. For men are prone to go it blind, along the calf-paths of the mind."

There looms a fork in my road, and my values will determine what I reap both now, and in life's eventual harvest. Interruptions may surprise us, but final success depends

on our ability to evaluate, then flex and alter plans. And happily, we aren't finished yet.

When my route seems to be supplying only headaches, it could be time to reach for tablets of aspirin or stone, or just catch some fresh air. I think it was Raymond Inmon who said, "Angels whisper to a man when he goes for a walk." Time for me to make some tracks, and apologize when needed along the way.

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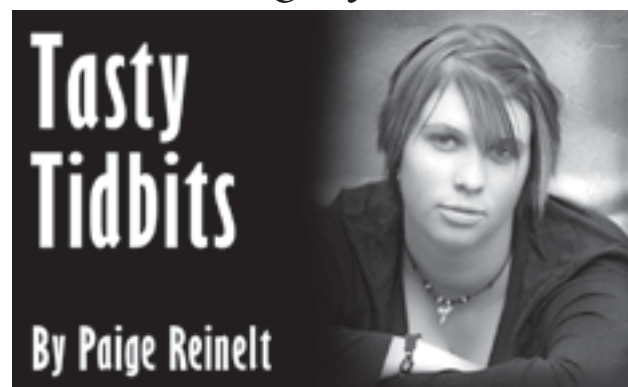


read

*"I just wish there was more media that was trailblazing and independent. ~Matt Drudge*

# The key

A double-length feature!



...Continued from the July Issue of The Stew Magazine

"Why don't I try the necklace?" Jayleen suggests. "I could wear it when I go to bed tonight and see if I get the same dreams that you do?"

My fingers immediately grab the key around my neck, feeling the contours. It isn't a bad idea, but I am unsure if I am willing to give it up. I reach for the clasp and undo it, letting the key fall into my open palm. It is warm in my grip.

Jayleen reaches her hand forward, and I become even more reluctant to give it up.

"I promise I won't wreck it," She tells me, smiling.

I nod, and hand over the necklace. I hope that she goes through the same thing, so that I can stop feeling like I'm crazy, but at the same time I want to hold onto this alternate world that seems my own.

"It's going to be okay, Lucy," Jayleen takes another sip of coffee and gets off my bed. "Do you work today?"

I shake my head, "No I have the weekend off."

"Did you want to go

do something today?" Jayleen asks. "We can go to the beach."

I smile at her, "The beach, hey? Where on Earth did you get an idea like that?"

"Oh, I don't know." She smiles back at me. "The idea just came to me."

A small giggle escapes my throat, "Okay, give me half an hour."

She nods and leaves the room.

I take a deep breath and pinch the bridge of my nose. The weight from the necklace is no longer around my neck, but the area feels heavier than before. I throw the blanket off my feet and swing them over to the side of the bed. A small throbbing begins in the ball of my foot and I bring it up to my lap to rub it, and notice that the heel of my foot is dirty. My eyes go to the foot of the bed and I move the blanket off to the side. Small grains of what looks like sand are spread out over the sheet, and I brush them away.

"Hmm," I say out loud, and then with sarcasm; "...Because that isn't weird."

I try my best to not think about the strange things that seem to be happening around me,



and to just try and relax.

\*\*\*

I rub my shoulders, and almost wishing that I brought a light sweater. The sun is out, but the wind nips at my arms.

"You okay?" Jayleen asks, keeping up the pace with me along the shore.

"Yep," I tell her. "Just a little windy."

"Kind of weird, hey?" She agrees. "You wouldn't think that it would be windy. There isn't a cloud in the sky."

We walk in silence for a few minutes. The sand feels good underneath my toes, and I clutch my sandals in my hand as the wind gets a little stronger. The waves are crashing and the water is creeping up on us.

"Hey, look," Jayleen

points in front of us.

I look ahead to where she is pointing and I notice trees. My brow frowns in confusion.

"I didn't know we had a jungle here on the beach," I say.

"I don't think that we've ever been this far before," Jayleen points out.

I nod, "Yeah, I guess not."

"Should we keep going?"

I look over at Jayleen, her eyes sparkle with excitement. I shrug my shoulders and keep walking.

"What if we get lost?" I ask her.

"Awe, come on!" She giggles. "It will be an adventure."

We approach the trees with caution, I shield my eyes from the sun. Jayleen walks ahead of me.

"Hey, look!" Jayleen points out. "There is a trail here, Lucy."

I catch up with her and look down. There is a small but noticeable trail leading into the jungle that seems to appear out of nowhere.

"Interesting," I mutter.

"It's almost like we were meant to find it," she says in a devious voice. "Did you have any dreams about this?"

I shake my head at her. "No, not yet anyway."

Jayleen flips her head upside down and starts to gather her hair in a bun. When she stands up again, I notice that she isn't wearing the skeleton key.

"Where's the necklace?" I ask her, feeling panic spread throughout my body.

"Oh," she says, grabbing at her throat. "Don't worry, it's at home, safe and sound."

"Oh, okay," I stutter.

"Are you okay?"

Jayleen asks me, putting her hand on my shoulder. "You seem a little panicked."

"No, no it's okay," I tell her. "Let's see where the trail leads us."

Jayleen smiles, and starts off ahead of me. I look down, watching my feet as they walk the trail.

"Where do you think it will lead," her voice says in front of me.

"I don't know."

We walk for about an hour.

"Hey look!" Jayleen exclaims. "It leads us to a parking lot."

"Interesting," I say.

"Wait," she says stopping in her tracks. "Isn't that my car?"

I look ahead and there in a very empty parking lot, is Jayleen's blue Toyota corolla.

"Crazy," I shrugged, heading towards it. "So the trail leads us back to the parking lot."

"Well, that kind of sucks," Jayleen walks beside me. "I was hoping for more of an adventure. Maybe with your necklace, I'll get one tonight."

She winks at me.

\*\*\*

Later that night, I sit on my bed, putting lotion on my hands, and try not to focus on the empty feeling that lingers around my neck. There is a small knock on my door.

"Lucy?" Jayleen opens the door.

"What's up?"

"Did you take the necklace back?" She asks.

I shake my head.

"Don't you have it?"

"It was on my dresser this morning, but now it's gone."

"It's gone?" Panic creeps inside my body. "I don't get it, what do you mean it's gone?"

Jayleen shakes her head, "I don't know what happened to it. I put it on the dresser so I could remember to wear it to bed tonight, and it's not there." She leans up against my door frame. "I thought that maybe you changed your mind and took it back."

"That's not funny," I search her face for a hint of a smile, something to indicate that she was just jerking me around and had the necklace after all.

"I wish that I was joking Luce, but I'm not."

Jayleen turns around, heading out of my bedroom and I follow her into hers. She looks around her bed, while I search around the dresser. Her room is relatively clean, so searching for something, even just a necklace wasn't difficult. I did my best to stay calm, but my heart dropped into my stomach and my mind began racing.

"That is so weird," Jayleen says, looking around halfheartedly.

After a few minutes of glancing around her room, Jayleen sits down on her bed, grabs her brush from her night table and begins to brush her hair.

"You're done looking?" I ask her, still searching around the dresser.

I open her top drawer, and move my hands quickly through her socks and other clothes.

"Get your hands off my underwear!" She giggles, continuing to brush her hair.

"I'm sorry," I close the drawer. "I just really want to find my necklace."

"I'm sure that it will pop up somewhere."

I look over at my roommate, doing my best not to let my anger build up and spill over in her

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# read

*"The only safe ship in a storm is leadership." ~Faye Wattleton*

...continued from page 22

direction. She lost something that was mine, even though I clearly told her how much it meant to me.

Jayleen put down her hairbrush and stared intently at me. "It's just a key, Lucy."

Closing my eyes, I pinch the bridge of my nose and take a deep breath.

"It's my key, Jayleen." I open my eyes and stare at her. "My key, and you have it for how long, and it's already gone?"

"I didn't lose it on purpose!" She says, becoming defensive.

"I never said you did!" My voice rises. "But that still doesn't change the fact that it's gone!"

"What is so special about this key, anyway?"

"What?" I glare at her. Didn't I already explain this to her?

Jayleen gets up, moves over to her closet and

starts to dig through it. My heart begins to rise up into my throat – maybe she was joking after all, and she did hide it on me.

When she emerges, I realize that she is not holding my necklace, but instead a book. She flips through it for a few seconds before stopping and moving her finger along the page.

"Skeleton Key: A key with nearly the whole substance of the bit filed away so that it may open various locks."

Crossing my arms across my chest, I lean back against her dresser, "Are you seriously educating me on the definition of a skeleton key?"

I do my best not to smile, but when she starts giggling, I start to laugh with her.

"I just decided to give you the definition, and yes maybe to slightly

educate you."

I uncross my arms and go sit on her bed. "I know what a skeleton key is, mine is just special."

"How?"

"The dreams," I scratch the back of my neck.

"You don't know for sure that the necklace brought up those dreams," she says, sitting back down next to me. "I think maybe it's just a coincidence."

I nod, even though in my heart I know for sure that it is the key that has brought me those dreams. And in an instant, I am afraid to go to sleep without it.

Jayleen looks at the alarm clock sitting next to her bed, it reads 11:24 pm. "Look, it's late. Why don't you go to bed, see if you continue your dreams, and if not, we will keep looking tomorrow."

I nod weakly, and get up to go to my own bedroom.

"It'll be okay, Lucy." Jayleen smiles at me. "I promise."

I went to my bedroom, changed into my pajamas, and crawl into my bed. My eyes searched my bedroom quickly. The floor which only held my pants from the day was spotless otherwise. Nothing lies on my dresser, and as I look around, I notice how plain my room really is.

I pray that I am able to continue my dreams, for they hold answers I didn't realize I needed to know. My head is pounding and I shut my eyes. I never realized how much these dreams meant to me and how much I longed for the escape that they bring me.

After several minutes, I felt myself drifting off and prayed for the best.

But there is nothing.

*To be continued in the next issue of The Stew...*

## Art Gecko

September features the pottery of Christy Richardson.

Christy was drawn to artistic design through drawing, painting, and clay work while in high school and pursued a degree in art education at UBC. After a move from the Lower Mainland nearly 40 years ago, she knew the Cariboo was home. She taught high school for a number of years in Williams Lake and raised a family in Miocene. Now retired, Christy and her husband spend part of the year in Arizona. She has a studio there and at their Rose Lake home, where she makes both functional and sculptural work with stoneware clay.

Christy is an active participant in the Cariboo Potters' Guild and her passion for clay takes her from sculptural hand-building, to the magic of glaze chemistry, to the quiet meditation of centring on the potters' wheel. The versatile nature of clay with its plasticity and strength has seemingly endless possibilities that encourage a constant evolution of artistic style.

The work in this show is a contemplation and celebration of Christy's love of the ponds and lakes of the Cariboo and the intricate textures and patterns of nature in her garden and the surrounding woodland. She is exploring engobes or colour-stained clays as a painting and decorating medium. The platters are both decorative and functional, not meant to be left hanging on a wall.

The Gecko Tree Cafe invites you to check out their monthly art show and sale. Contact Beatrix Linde, Gecko Curator (250-440-5759) if you're interested in showing your work.



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do

*"Philosophy is not best expressed in words; it is expressed in the choices one makes." ~Eleanor Roosevelt*

# Insurance tips for the fire zone



To all the Firefighters and Fire Departments from other areas, volunteers, RCMP, Red Cross, City employees, Army, Ranchers, Loggers, First Nations people, Samaritan's Purse – along with those who worked so closely with these people...

A very heartfelt  
**THANK YOU.**

From the start of the fires, to the clean up afterward for families who have lost their homes, we appreciate all your hard

work.

From a financial point of view, I don't think that anyone can calculate what these fires have and will continue to do to our economy in Williams Lake and surrounding areas. The financial loss to our businesses has not yet been realized.

One thought that someone shared with me is now that we are home and insurance claims are beginning to be paid, please remember to shop at our local merchants



for the products that you need to replace due to the fires. The businesses in our area have had their usual summer sales basically reduced to nothing. When we consider how many events have been cancelled in our City and the economic impact of this on our local merchants, there could be many businesses in a negative financial situa-

tion.

Let's band together and ensure that we support them to help reduce their loss of income from all of us being evacuated, as well as all of the tourist dollars that have been wiped out for this year.

Another item that you may want to address is contacting your Insurance Broker regarding your car insurance as well as your

house insurance. There is a thought that now that the Alert has been lifted, that it is business as usual regarding these 2 insurance items. I would strongly recommend that if you are purchasing a home or a new vehicle, please contact your Broker as well as ICBC or your insurance carrier to find out the truth as to what coverages are being

sold and what are not. The decisions being made by ICBC and the insurance carriers changes from day to day and they are the people to go to in order to get the facts.

This is the time that we must come together as a community to help each other through the economic, health and emotional strife that so many are going through.



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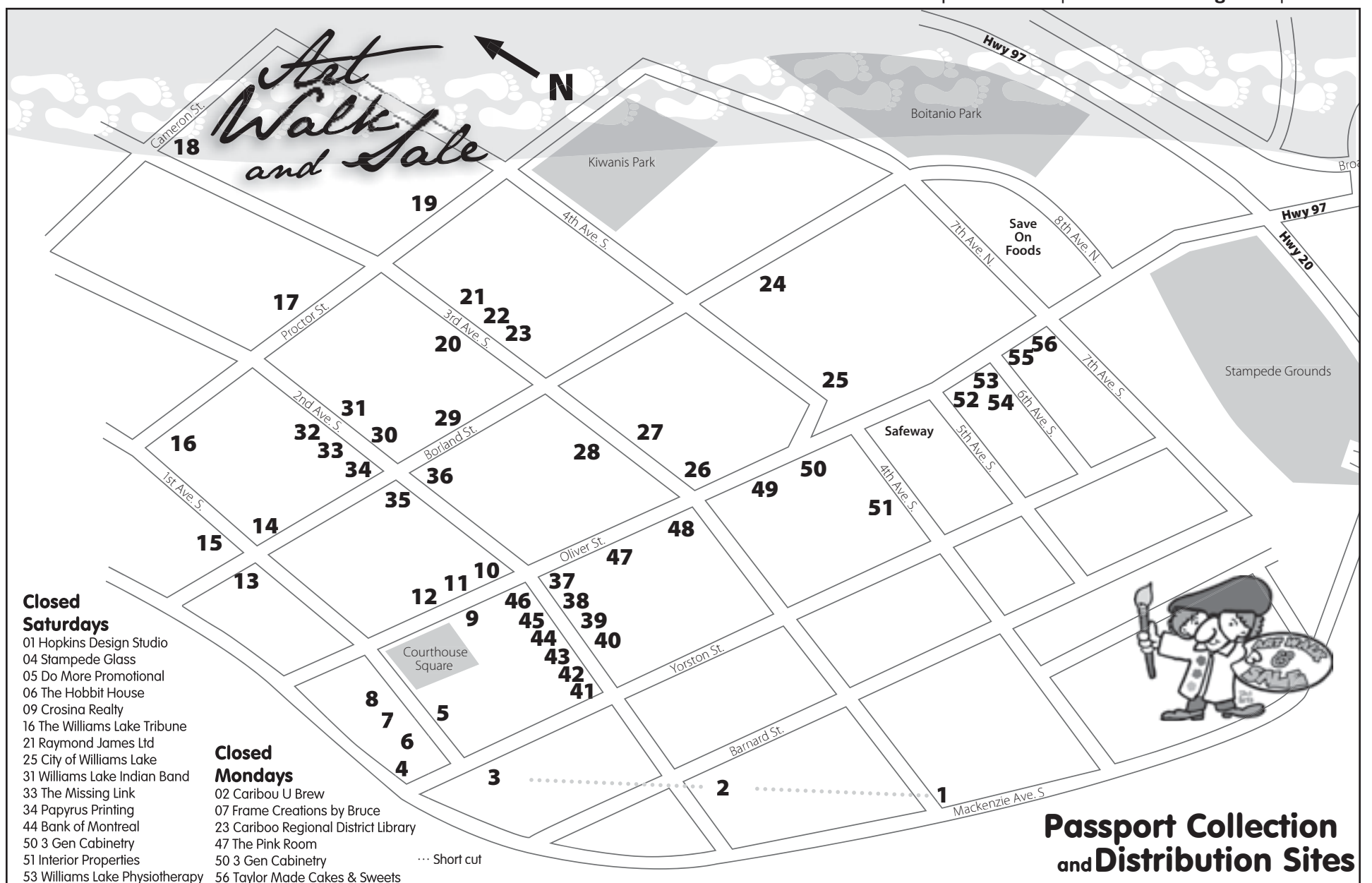
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- |  |  |   |   |
|--|--|---|---|
| 1. Hopkins Design Studio<br>ARTIST: <b>DJ Mostert</b>      | 15. Cariboo Dental Clinic<br>ARTIST: <b>Audrey Dye</b>                     | 29. The Guitar Cellar<br>ARTIST: <b>Lynda Sawyer</b>          | 43. Bloom 'n' Gifts<br>ARTIST: <b>Debbie Lloyd</b>                    |
| 2. Caribou U Brew<br>ARTIST: <b>Christy Richardson</b>     | 16. The Williams Lake Tribune<br>ARTIST: <b>Ice Fire Artifacts</b>         | 30. Lo's Florist<br>ARTIST: <b>Judy Prevost</b>               | 44. Bank of Montreal<br>ARTIST: <b>Lewis Evans</b>                    |
| 3. Lake City Glass<br>ARTIST: <b>Ken Sheen</b>             | 17. Rona<br>ARTIST: <b>Chris Hornby</b>                                    | 31. Williams Lake Indian Band<br>ARTIST: <b>Lynda Bachman</b> | 45. Sandtronic Business Systems Ltd<br>ARTIST: <b>Nicole Rouselle</b> |
| 4. Stampede Glass<br>ARTIST: <b>Maureen LeBourdais</b>     | 18. Johnston Meier Insurance<br>ARTIST: <b>Collectible Quilts</b>          | 32. Zone 4<br>ARTIST: <b>Shirley Pascas</b>                   | 46. Hub International<br>ARTIST: <b>Colleen Kielman</b>               |
| 5. Do More Promotional<br>ARTIST: <b>Maeghan Watkinson</b> | 19. Williams Lake Optometry<br>ARTIST: <b>Rustic Fence Photography</b>     | 33. The Missing Link<br>ARTIST: <b>Rider Cheyne</b>           | 47. The Pink Room<br>ARTIST: <b>Cherri Carrier</b>                    |
| 6. The Hobbit House<br>ARTIST: <b>Bill Fell</b>            | 20. Williams Lake & District Credit Union<br>ARTIST: <b>Marg Robertson</b> | 34. Papyrus Printing<br>ARTIST: <b>Michelle Beaudry</b>       | 48. Lavender Lingerie<br>ARTIST: <b>Gladys Wheatley</b>               |
| 7. Frame Creations by Bruce<br>ARTIST: <b>George Boyce</b> | 21. Raymond James Ltd<br>ARTIST: <b>Jane Perry</b>                         | 35. Laketown Furnishings<br>ARTIST: <b>Anne Kohut</b>         | 49. All-Ways Travel<br>ARTIST: <b>Heidi Redl</b>                      |
| 8. The Realm of Toys<br>ARTIST: <b>Lynn Capling</b>        | 22. The Bean Counter<br>ARTIST: <b>Steve Harkies</b>                       | 36. End Of The Roll<br>ARTIST: <b>Donnie Johnston</b>         | 50. 3 Gen Cabinetry<br>ARTIST: <b>Bruce Charbonneau</b>               |
| 9. Crosina Realty<br>ARTIST: <b>Reta Seibert</b>           | 23. Cariboo Regional District Library<br>ARTIST: <b>Eleanor Friesen</b>    | 37. Shoppers Drug Mart<br>ARTIST: <b>Debra Weir</b>           | 51. Interior Properties<br>ARTIST: <b>Susan Colgate</b>               |
| 10. BFF Fashions<br>ARTIST: <b>Jim Savage Arts</b>         | 24. Alley Katz Bistro<br>ARTIST: <b>Victoria Scott</b>                     | 38. Mulberry Lane Gift Studio<br>ARTIST: <b>Wilf Wright</b>   | 52. United Floors<br>ARTIST: <b>Bobbie Crane</b>                      |
| 11. Woodland Jewellers<br>ARTIST: <b>Geoff Bourdon</b>     | 25. City of Williams Lake<br>ARTIST: <b>Theeresa Tanner</b>                | 39. 4 Sure Bistro<br>ARTIST: <b>Marlene Pegg</b>              | 53. Williams Lake Physiotherapy<br>ARTIST: <b>Pat Taylor</b>          |
| 12. Walk-Rite Shoes<br>ARTIST: <b>Cat Prevette</b>         | 26. Ibea's Quilting & Crafts Galore Ltd<br>ARTIST: <b>Mareike Moore</b>    | 40. Just Because<br>ARTIST: <b>Lesley Lloyd</b>               | 54. Western Financial Group<br>ARTIST: <b>Keith Prestone</b>          |
| 13. The Potato House<br>ARTIST: <b>Mini Mural Project</b>  | 27. CJ's Southwestern Grill<br>ARTIST: <b>Shelby Philpotts</b>             | 41. Kit and Kaboodle<br>ARTIST: <b>Beatrix Linde</b>          | 55. Lake City Automall<br>ARTIST: <b>Sonia Cornwall</b>               |
| 14. Q-Tax<br>ARTIST: <b>Angie Holdal</b>                   | 28. Sta-Well Health Foods<br>ARTIST: <b>Cariboo Art Society</b>            | 42. Adventure Games Inc<br>ARTIST: <b>Dwayne Davis</b>        | 56. Taylor Made Cakes & Sweets<br>ARTIST: <b>Diane Lavoie</b>         |



do

"I felt like I was trailblazing. And that's what I did."  
~Stanley Clarke

# Gwen Pharis Ringwood



BY HELENA MORGAN,  
WL STUDIO THEATRE

When we think about "trailblazing" our minds perhaps wander to the image of a rugged cowboy who rides off in to the great wilderness, builds a log cabin with his bare hands and maybe even fights a cougar or five. We have this idea of "trailblazing" that many of us have grown up with over our communities' vast pioneer history, but it's not the only example. I'm sure many of you are aware that our Studio Theatre Society was founded by one of Canada's most celebrated playwrights, Gwen Pharis Ringwood. But for those of you that don't know, here's a small taste of the history of our beloved Studio Theatre and the woman who made it happen.

Gwen Pharis Ringwood was born in Washington in 1910 and graduated with honours from the University of Alberta with an English Degree. In Banff in 1935, she wrote her first play, *The Dragons of Kent* and

in 1938, Ringwood wrote her chilling one-act, *Still Stands the House*. Ringwood moved periodically between Canada and the United States until 1953 when she settled here in good ol' Williams Lake with her husband, Dr. Ringwood. It was here she spent her time initiating Community Theatre through her "coffeehouse" evenings and teaching at the Cariboo Indian School located in the Saint Joseph's Mission. It was during these years when the Cariboo players began making their permanent mark as the Studio Theatre Society that we know and love today. In 1968, her husband retired and they bought a large parcel of land in the Chimney Lake area. Ringwood used her experiences of teaching and witnessing the discrimination against the Indigenous people for the backdrop of many of her later plays, such as *The Lodge* (1975).

Despite incurable cancer, in her final days, Ringwood worked tirelessly to gather up all of



her works for the University of Alberta (where they reside to this day). She passed away in Williams Lake in 1984, and the city honoured her memory though opening the Gwen Pharis Ringwood Theatre (now referred to as the Studio Theatre) and in 2001, when the City opened the Gwen Pharis Ringwood Stage in Boitanio Park. Even today we honour her amazing legacy through participation in events such as Performances in the Park and various Studio Theatre Productions.

Last season, Ringwoods' daughter Sophia Schneider directed her mothers' play *The Lodge*, which was an adventure in many social issues surrounding the relationship between the Indigenous people and Western settlers.

So please, be a trailblazer in whatever wild and wonderful talent you may have – whether it's writing plays or being able to eat an entire bag of potato chips in under 3 minutes. Whatever your talent may be, let it shine for the world to see.

## Writers' Showcase

Short Stories by  
the Williams Lake  
Writer's Group

# July 7, 2017

POEM BY LINDA PURJUE

A single cloud,  
coal-dust dark,  
Grumbled and spat  
As it meandered across the sky  
Spewing spears and forks and tridents  
Of pure, hot energy,  
Leaving behind it a trail  
Of instant danger and horror,  
Igniting instant semi-organized panic,  
Creating instant abandoned ghost-towns and  
villages and countryside.  
It advanced without a thought or care  
For the disruption of lives,  
two-legged,  
four-legged,  
or rooted in the soil,  
Generating massive billowing, roiling, furious  
clouds,  
White and black and brown  
So thick they appeared solid enough to walk on,  
Like granite boulders along a river's edge,  
So thick they blocked out the light of the sun  
As it sent down its scorching heat  
To desiccate the land  
To tinder that explodes into flame  
At the thought of an ember.

And the people leave  
Forced from their homes by the darkling cloud's  
ruthless fierceness,  
Cramming entire lives into trucks and cars and  
hastily gathered trailers  
Scrambling to save  
panic driven horses and dogs,  
and dreams,  
Weeping at the impossibility of saving  
Every moment of their lives,  
Every living thing surrounding their lives  
Through the brown, ash-laden morning sky  
The sun rises dusky-red,  
Gleaming like the embers of the destruction below.

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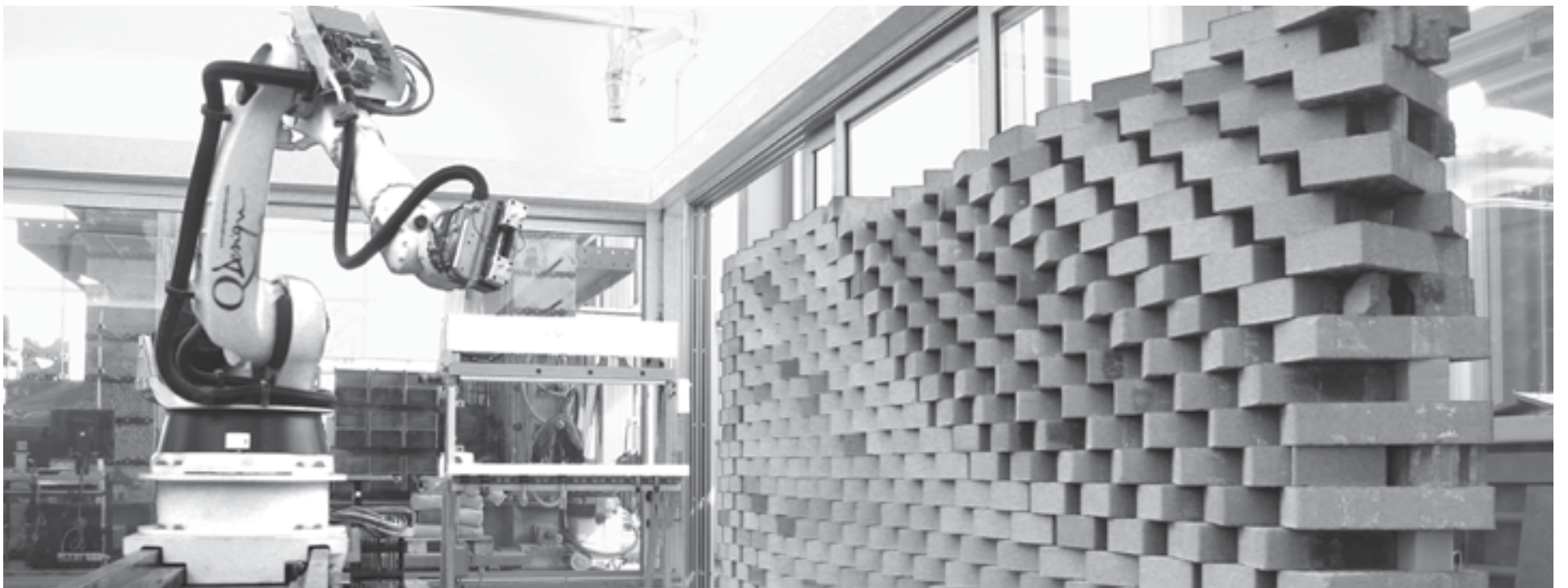
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do

*"Trailblazing is an art-form. It is how we find paths through what before was wilderness." ~Lucy H. Pearce*



## Innovation in Real Estate



Whenever someone mentions the term "blazing a trail", you likely think of someone cutting into a new area. If you live in the Cariboo, maybe it's mountain bikers breaking a new course through thick bush out west. Or, maybe you picture a hiker hiking their way through uncharted territory. For me, the term takes me on a journey outside the realm of here and now and into

the context of innovations that have power to change the course of human society. As a Realtor and real estate investor, I spend much time thinking of these more expansive concepts. So, for me, the idea of blazing a trail gets me asking: what are some of the trailblazing ideas shifting and churning within the realm of real estate and real estate investing? After a bit of research, I discovered a

few nifty thought-poppers that appear to be blazing a new way of "doing real estate."

For example, most people have considered buying a property then renting it out. It's a great investment strategy! The problem is buying a rental property has a high financial barrier of entry, so not everyone has the resources to buy and rent. What's more, landlording is stressful! Anyone who's ever had to evict a tenant knows that particular pain-point. Well, thanks to crowdfunding, a term referring to the practice of gathering small chunks of money from various friends, family, and individuals for funding big ventures – us normals with financial limits can invest our money into a rental property,

receive monthly income proportionate to our investment, and never have to heave a landlord's hoe. Unlike a Real Estate Investment Trust (REIT), which typically requires a minimum of \$5000 to get started, a person can invest in a crowdfunded project for as little as \$50 a month. No, you won't be able to retire on the monthly income, but when you compare the percent returns to what you might receive merely saving your money in a bank, you'd be pleasantly surprised. Small growth leads to big growth.

Now, since you might find no interest in investing (excuse the pun), perhaps you might be keen to learn of an innovative change of perception that's happening in housing and construction?

Ever notice how words change their meaning over time? Cool, for example, used to mean cold. Now it means hot, good, great. Well, in real estate, one term that seems to be shifting meaning is "factory-built home". For years, the term denoted a not-always-desirable, but "affordable" way of living. According to industry research, housing shortages, construction-labor shortages, and savvy 3-D printing technology are slowly transforming the term's meaning because of the demand for high-value, top-quality, quickly-produced, and chic consumer-designed homes within the ever-increasing urban and rural areas. Upscale factory-made homes built by robots and printers

appear to be growing in popularity. It's a trend that might take many of us a while to catch on to, but as these beautifully-designed homes increasingly roll off the assembly line, our willingness to adapt might mimic the confusion to clarity process we underwent adopting Facebook into our daily lives.

Crowdfunding and the re-imagining of an old concept are just two of the ways innovation is shaping the face of real estate. If you'd like to know more, I encourage you to check out the impact of IoT, Zillow, and AI. For now, thanks for reading. May you blaze new trails in your own life, and have a fantastic month!

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*"You have to look at leadership through the eyes of the followers and you have to live the message. What I have learned is that people become motivated when you guide them to the source of their own power." ~Anita Roddick*

# Ground-breaking movies



Check out some of the most trailblazing films in the history of cinema.



**The Cabinet of Dr. Caligari** (1920), IMDb rating 8.1/10

Hypnotist Dr. Caligari uses a somnambulist, Cesare, to commit murders.

This film "drew worldwide attention to the artistic merit of German cinema and had a major influence on international films, particularly in the genres of horror and film noir."

**Battleship Potemkin** (1925), IMDb rating 8/10

In the midst of the Russian Revolution of 1905, the crew of the battleship Potemkin mutiny against the brutal, tyrannical regime of the vessel's



officers. The resulting street demonstration in Odessa brings on a police massacre.

"One of film history's most celebrated scenes is the massacre on the Odessa Steps, which introduced concepts of film editing and montage to cinema."



**The Jazz Singer** (1927), IMDb rating 6.8/10

The son of a Jewish Cantor must defy the

traditions of his religious father in order to pursue his dream of becoming a jazz singer.

"The first feature-length motion picture with synchronized dialogue sequences, *The Jazz Singer's* release heralded the commercial ascendance of the 'talkies' and the decline of the silent film era."



**The Passion of Joan of Arc** (1928), IMDb rating 8.2/10

In 1431, Jeanne d'Arc is placed on trial for charges of heresy. The ecclesiastical jurists attempt to force Jeanne to recant her claims of holy visions.

"Renée Falconett's performance, which has often been hailed as one of the finest in cinematic history, is widely considered a landmark of screen acting."

**Snow White and the Seven Dwarfs** (1937), IMDb rating 7.6/10

Snow White, pursued by a jealous queen, hides with the Dwarfs; the queen soon learns of this and prepares to feed her a poison apple.

"The first full-length cel animated feature film and the first feature-length animated musical film."



**The Wizard of Oz** (1939), IMDb rating 8.1/10

Dorothy Gale is swept away from a farm in Kansas to a magical land of Oz in a tornado and embarks on a quest with her new friends to see the Wizard who can help her return home in Kansas and help her friends as well.

"Notable for its use of technicolor, fantasy design, musical songs, and unusual character costumes, *The Wizard of Oz* has become an icon of popular culture."

**Citizen Kane** (1941), IMDb rating 8.4/10

Following the death of a publishing tycoon, news reporters scramble to discover the meaning of his final utterance.

*Citizen Kane* is "particularly praised for its



cinematography, editing, music, and narrative structure, which were innovative for its time of release."



**Psycho** (1960), IMDb rating 8.5/10

A Phoenix secretary embezzles \$40,000 from her employer's client, goes on the run, and checks into a remote motel run by a young man under the domination of his mother.

*Psycho* "set a new level of acceptability for cinematic violence, and deviant behavior in American films, and is widely considered to be a landmark in the thriller, horror, suspense, mystery, and crime genres."

**2001: A Space Odyssey** (1968), IMDb rating 8.3/10

Humanity finds a mysterious, obviously artificial object bur-



ied beneath the Lunar surface and, with the intelligent computer H.A.L. 9000, sets off on a quest.

"Noted for its scientifically accurate depiction of space flight, pioneering special effects, ambiguous imagery, *2001: A Space Odyssey* uses sound and minimal dialogue in place of traditional narrative techniques."



**Pulp Fiction** (1994), IMDb rating 8.9/10

The lives of two mob hit men, a boxer, a gangster's wife, and a pair of diner bandits intertwine in four tales of violence and redemption.

"Its self-reflexivity, unconventional structure, and extensive use of homage and pastiche have led *Pulp Fiction* to be described as a prime example of post-modern filmmaking and a watershed of cinema."

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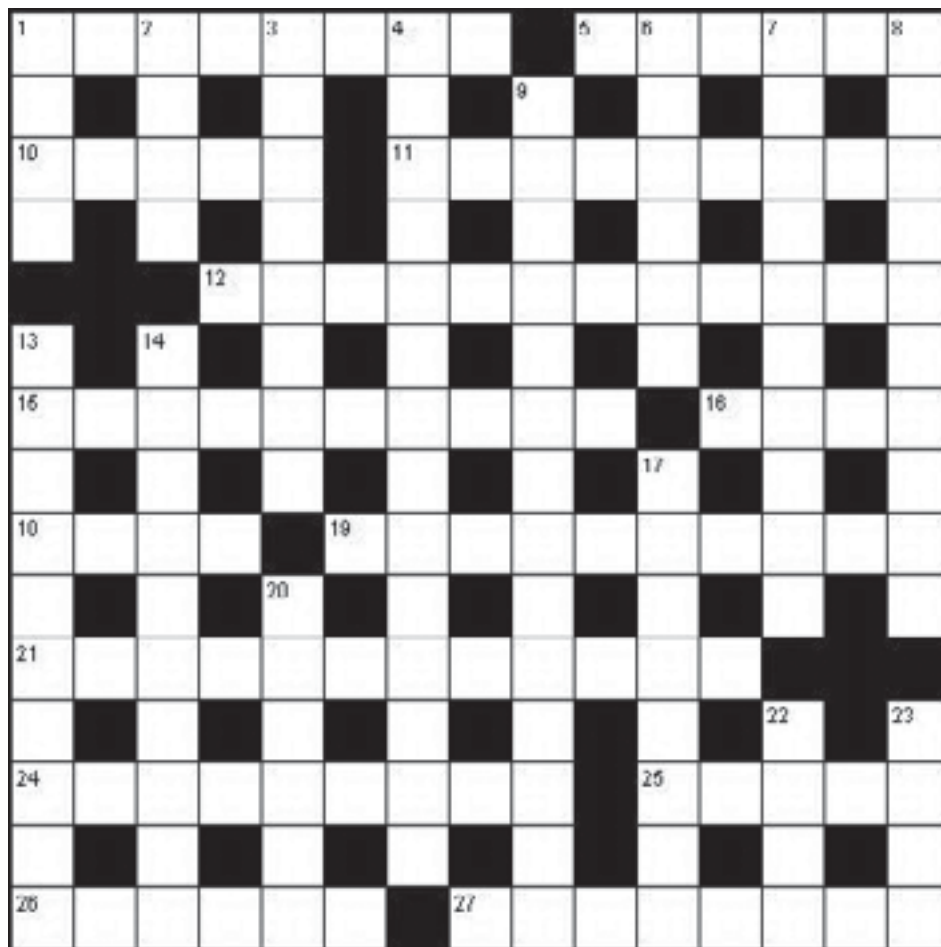
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This month's crossword is brought to you  
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# X-Word Puzzle

## 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)

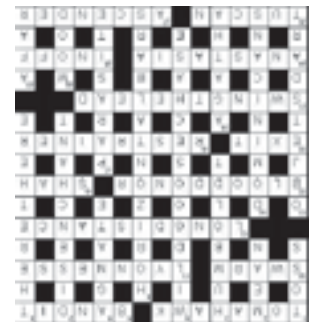
14 Some islanders operating system that includes baby prison (10)

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)



# Brides & Belles

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The "Water" necklace is part of the Elements Collection.

**Sterling Silver with 10k Yellow Gold and Sky Blue Topaz**

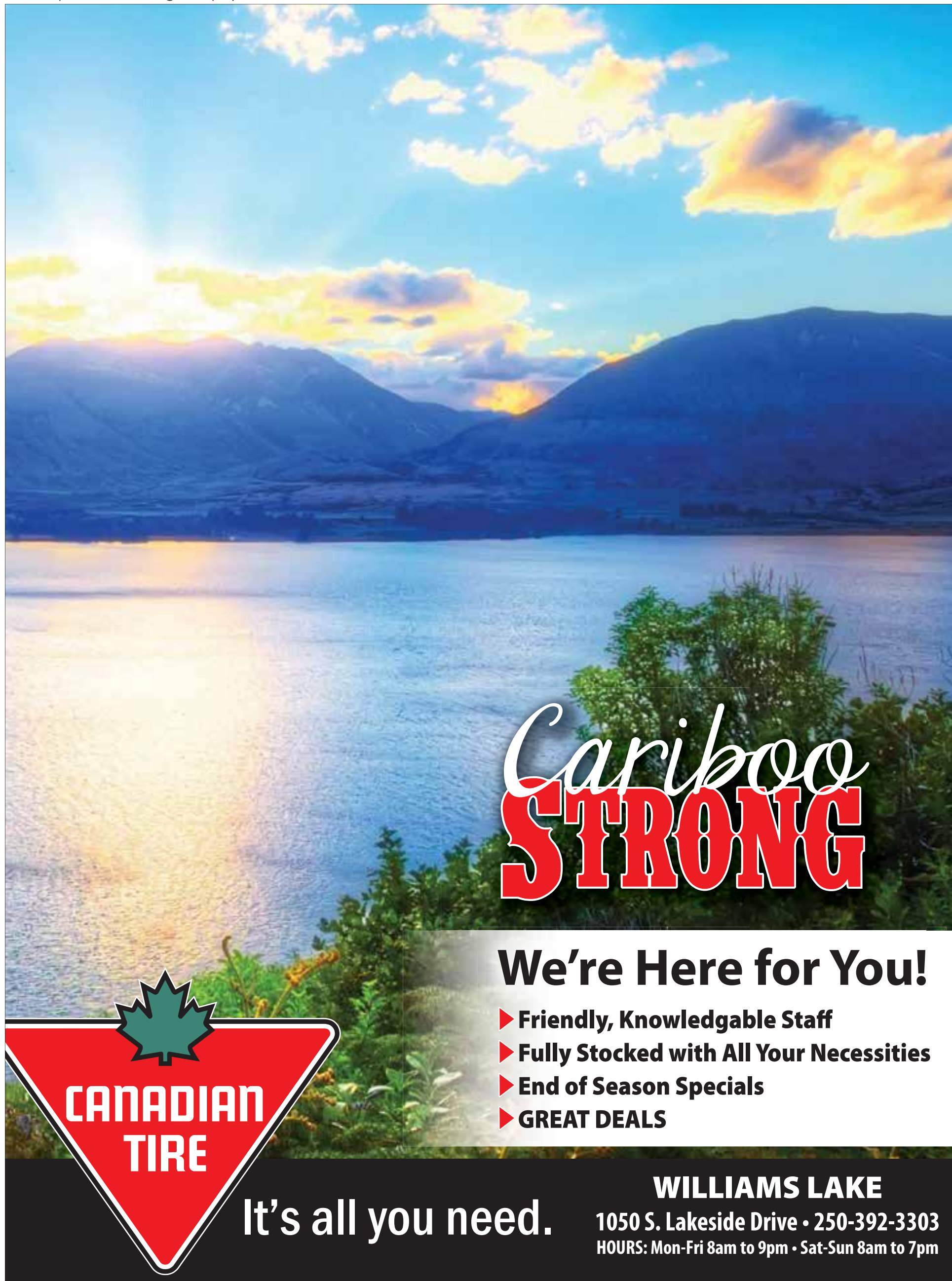
Wear this necklace to symbolize purity and wisdom. Look deep into still waters to see what intrigue and mysteries they hold.

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