

The background of the cover is a photograph of a rustic wooden fence. A large, round, orange pumpkin with a short, curved stem sits on a horizontal wooden plank. To its right, a long, yellow, bumpy squash with a long, thin, curved stem leans against the fence. The background behind the fence is a soft-focus green landscape with some small orange flowers.

the stew

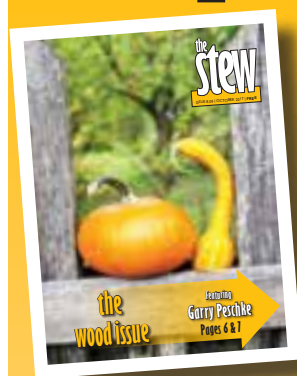
ISSUE 8.09 | OCTOBER 2017 | FREE

the
wood issue

Featuring
Garry Peschke
Pages 6 & 7

we speak

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On the Cover:

Whether you're referring to something in 'the woods,' being 'out of the woods,' types of wood, wood by-products or wooden carvings; wood is here, there and everywhere! Come with us as we explore wood in all its forms.

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Turning 'wood' into 'would'

BY CRAIG SMITH

I've been having an incredible brain block when it comes to this month's theme 'wood.' Maybe it's because I have gone back to school and my brain is starting to fill up with analytical items and my right (creative) brain just doesn't want to do any work. It could also be the time that I have spent in the last few months on projects in my capacity as a City Councillor. I know these are all excuses so I decided to put my creative side into overdrive and just think and dwell on the word 'wood.'

After about ten minutes, everything I thought about or looked at, I saw wood. The next session of my degree took place at the Wood Innovation Building in Prince George. Everywhere you looked was wood; the only thing not made of wood were the urinals and toilets, and to be honest, I half expected them to be. The Municipality conference I was just at was where it happened next. Not only was there wood everywhere, but

there were discussions about wood, meetings about wood, trade show booths and conferences about wood. Everywhere I went during that week was one reference to wood after another. Community forests, annual allowable cut, forest ministers and staff, wildfire mitigation, cogeneration plants and the softwood lumber agreement, all references to wood everywhere I looked and went. One of the lunches I attended was sponsored by Wood Works BC, and they gave us a piece of wood (A cedar BBQ board) as a gift. That night, I went to a pre-season Canucks game with a few of my colleagues. None of the big names were there, but it was entertaining – thank you to Ashley from United Way for the tickets. A few minutes into the game, one of the players broke his stick in half when taking a slapshot. This happens occasionally with the new polycarbonate sticks, but I don't ever remember a stick breaking in the middle of the shaft when they were all made of wood.

I knew that after my meditation on wood I had triggered something in my brain that caused me to see that item everywhere. It's the same

as when you buy a new (or new to you) vehicle that you think you haven't seen

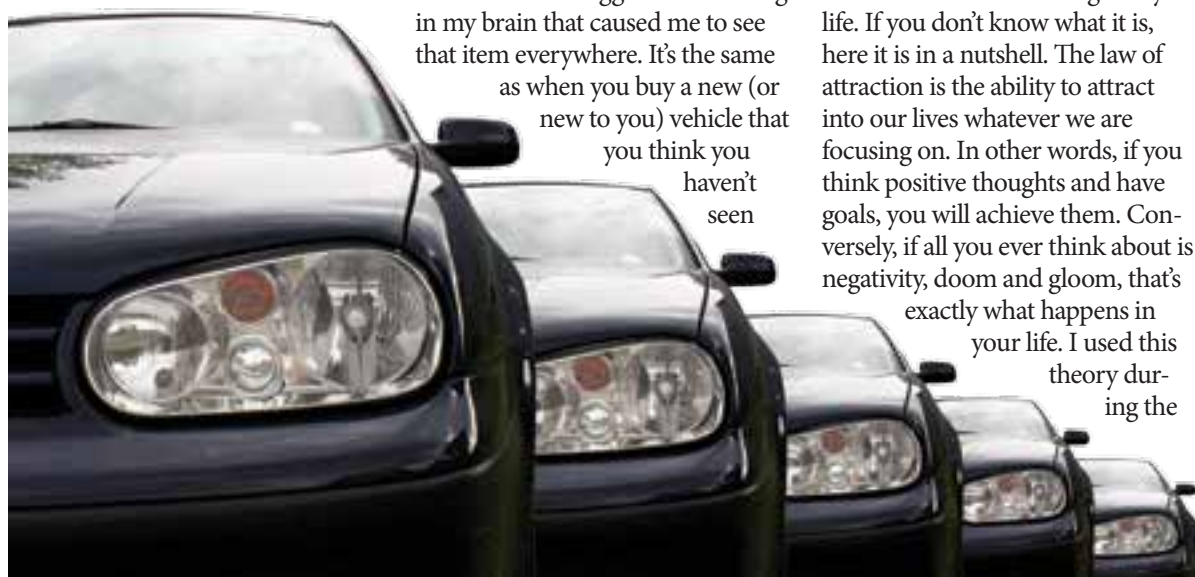
very often, and then after the purchase, everywhere you go you see the same vehicle. I've had this happen to me more than once, so I asked my trusty Google Home to tell me what it's called. Google found it based on my description – it's called the 'Baader-Meinhof Phenomenon,' 'recency illusion,' or 'frequency illusion.' The dictionary definition says the phenomena is named after a terrorist group from the 1970s that kept popping up in the news, giving the illusion that they were the only one at that time. Most times this phenomenon happens on its own without any help from you. Normally it has something to do with a certain condition or state, such as owning something new or a state of being, such as pregnancy, or wearing a cast because of a broken limb. Suddenly everyone you meet either is pregnant or wearing a cast. My wife and I also feel this is linked to the "law of attraction," which anyone that has read or heard of "The Secret" knows about.

I have felt for a long time that the law of attraction changed my life. If you don't know what it is, here it is in a nutshell. The law of attraction is the ability to attract into our lives whatever we are focusing on. In other words, if you think positive thoughts and have goals, you will achieve them. Conversely, if all you ever think about is negativity, doom and gloom, that's exactly what happens in your life. I used this theory during the

meditation process when I concentrated on the word 'wood.' In life it works as well but you have to be willing to open yourself up to receiving what you are attracting with actions. In other words, you can't just think positively and it all happens for you. You are attracting things that will make your life positive, but you must also do something about it. You must take action, as you can't be both lazy and successful. When you put the law of attraction into play, you also start to notice things that work with your goals appearing around you with increasing frequency. How you talk to yourself has more impact than most people realize. If you start your day or week thinking it is going to suck... guess what, it will. If you start everyday with positive affirmations and have specific goals, you will move closer to achieving them every day. That is the law of attraction.

One way I've used this law to great success is by using a photograph of an item that you desire. Place that picture where you will see it every day and eventually you will have that item. Try it... it works. Try it with something small to start with and get bigger as you become a more and more positive person. Your brain will see the picture and will subconsciously start helping you change things in your life to help you achieve that goal.

I've taken this month's theme from a search for 'wood' to a search for 'would,' meaning how would or could I change the direction my life is heading. With the unprecedented summer, a lot of people I've spoken to have done some serious soul searching and have started to re-evaluate their lives. This month I challenge you to look within and create some goals as to what you want to attract into your life. Using these tools, turn your wishes into achievements.





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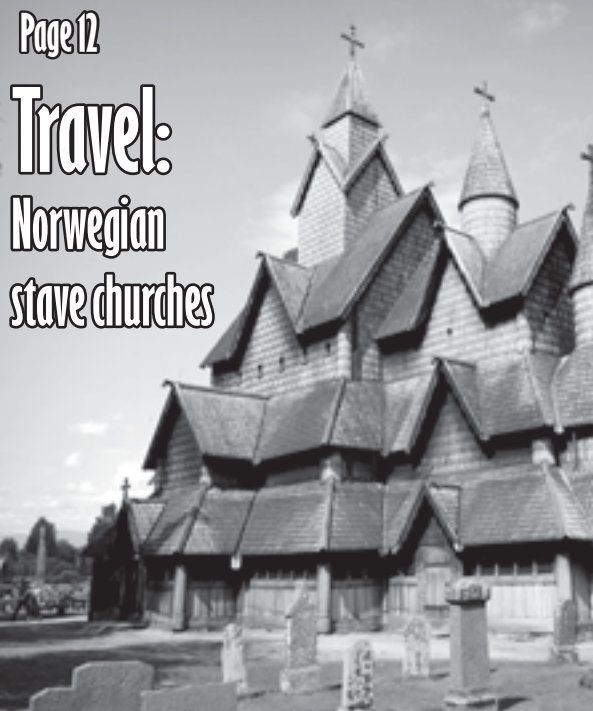
ingredients

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Featured Artist
Garry Peschke

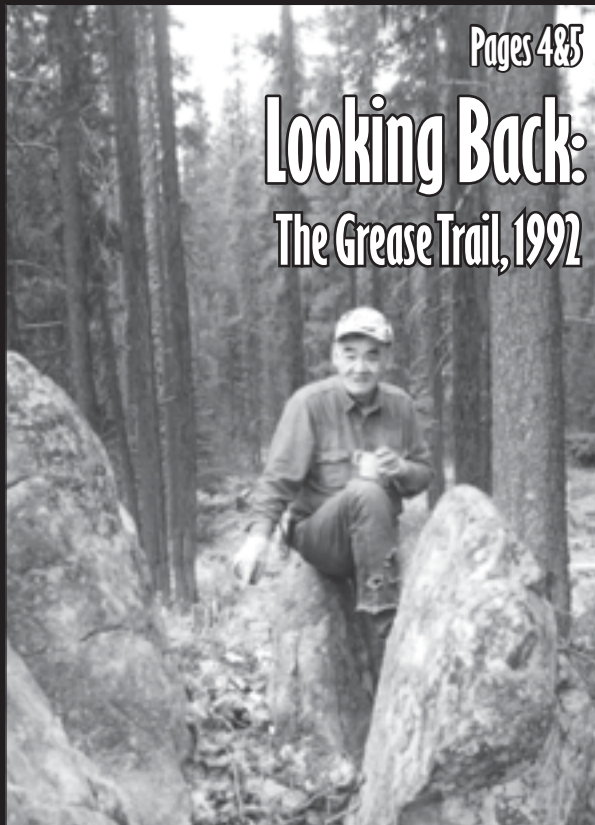
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Travel:
Norwegian
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Looking Back:
The Grease Trail, 1992



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Food For Thought
What would you do with wood?



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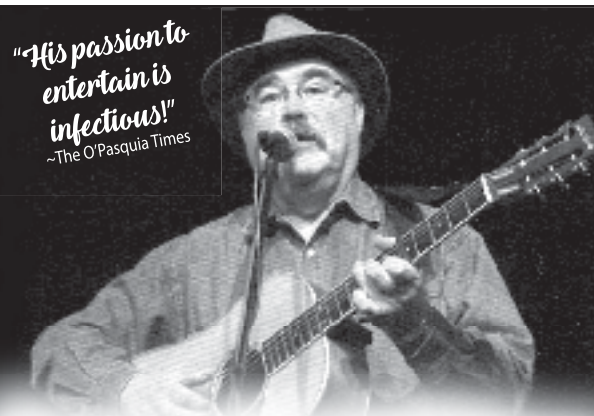
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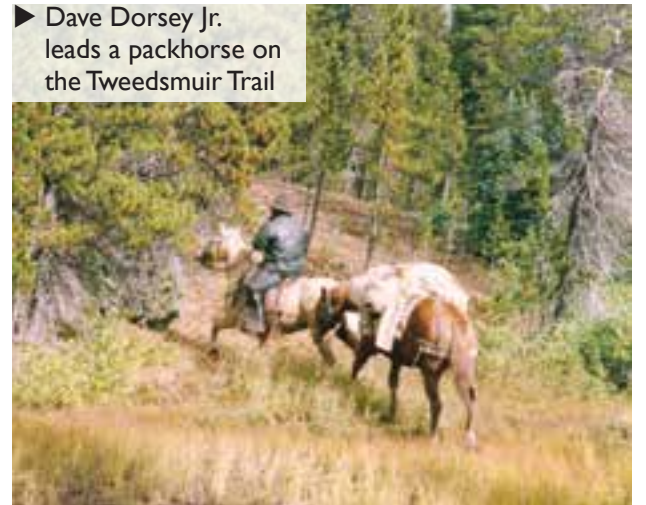
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"There are good ships and wood ships, ships that sail the sea, but the best ships are friendships, may they always be!" ~Irish proverb

The Grease Trail, 1992



In 1990, I was asked by Ulkatcho Chief Jimmy Stillas to write a series of books on Ulkatcho history and culture. The purpose of the books was to pass on the wisdom and knowledge of the elders to the generations who weren't born yet. Jimmy never lived to see the fruits of his dream because he died in a freak snow machine accident that November. But Jimmy's inspiration remains strong today. Our first

book, 'Ulkatchot'en: The People of Ulkatcho, published in 1991, is a 28-page booklet illustrated by talented artist Ronald Cahoose. It presents an introduction to Ulkatcho history and traditions practised on the western edge of the Chilcotin Plateau. Traditionally the Ulkatcho people were Dakelh or Southern Carrier, with Ulkatcho Village and its Culla Culla potlatching house located on the Dakelh-

Nuxalk Grease Trail, about 60km north of present day Anahim Lake and 160km from the coast. Because of Ulkatcho's proximity to the neighbouring Tsilhqot'in and Nuxalk communities, intermarriage between these nations was natural. In fact, the Nazko and Lhoosk'uz Dakelh referred to the Ulkatchot'en people as Nechowt'en, which means Dakelh people mixed with Tsilhqot'in.

In 1992, we started researching our second book Ulkatcho Stories of the Grease Trail. Leona Toney and I hired guide-outfitters David "Hoss" Dorsey and Joyce Dorsey to take us along the Grease Trail from the top of the Bella Coola hill to Ulkatcho Village by horseback. Elder Henry Jack joined us as our cultural interpreter and informant – we got to experience the Grease Trail and the Rainbow Mountains through Henry's eyes.

Henry was born in 1929 and grew up along the Grease Trail between Tanya Lakes and the Dean River. He had a story along every twist of the trail. As we traversed the open subalpine of the Rainbow Mountains, Henry described his family's numerous trips along the Grease Trail to Bella Coola. "After haying time, all the Ulkatcho people would leave home and head to Bella Coola," he

told us. "The Ulkatcho Johnny family, Captain Harry, Charlie West, Old Alexie; they would all go down to dig spuds." He said his family would go too, but first they would hunt caribou in the Rainbow Mountains and make lots of dried meat for the winter. "My dad would take all that dried meat to our house at Squinas Lake where we lived along the Grease Trail. Then we'd go down to Bella Coola too and dig spuds by hand and pick apples, pears and cherries." He said there were apple orchards and potato fields all the way from Canoe Crossing Bridge to Hagensborg. "Day after day, we'd be digging spuds; forking up each side of the row. One guy came behind and put the spuds in a sack. Another guy came behind and tied up all the sacks and put them together in piles, two or three sacks in one place. If you filled up three 100-pound sacks, they'd give you one sack free."

Henry said on the way to Bella Coola everybody had their own horse to ride. "In the fall coming back, we were all on foot. All the saddle horses were packing apples, carrots and spuds. We all walked back." He said going up the steep mountain trail following Burnt Bridge Creek, the kids would hang on to the horse's tails. "Going across a little creek we'd jump on behind the pack, then get off on the other side." At Mackenzie Pass, the high point along the Grease Trail through the Rainbow Mountains, Hoss and Joyce took us to a gravel scree at the base of a volcanic cone. There was a mist of rain that day and once my eyes got accustomed to the light, I suddenly noticed tiny sparkles coming from the gravel. One of the ancient resources in this country during pre-contact times was obsidian used for making knife blades and arrowheads. The old-timers knew about

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"Love weighs the hull down with its weight. But the wood is tired and the wood is old." ~Indigo Girls, The Wood Song

► Jamos Jack's house at Squinas Lake



► Leona Toney & Joyce Dorsey get ready to break camp



► Dave Dorsey Jr. & Henry Jack hook up rigging



► Tweedsmuir Trail



...continued from page 4

the quarries where big chunks of this volcanic glass could be found.

On the mountaintop where we stood, only marble-sized pieces sat in the gravel but it was a hint of the rich potential that existed in this country. Obsidian from Anahim Lake was traded as far away as the prairies on the far side of the Rocky Mountains.

The winding trail down Mackenzie Pass took us down to the picturesque Mackenzie Valley. Everything in this vicinity has Alexander Mackenzie's 'brand' on it. Mackenzie Mountain and the Alexander Mackenzie Heritage Trail are other examples, because this was the route that Mackenzie took in 1793 from Montreal to the Pacific Ocean.

In the scenic bowl at the base of the pass, a small log cabin sits nestled in the trees. It's called Rainbow Cabin on the map, but Joyce and Hoss referred to it as the Tommy Walker Cabin. It was Tommy Walker who constructed it in the 1930s using abruptly tapered logs that grow there in the alpine. The trees are short in height, wide at the butt and skinny at the top, but can be fashioned into a comfortable refuge in the wilderness. We'll say more about Tommy Walker, who also built Tweedsmuir Lodge, in a future issue of The Stew Magazine.

A day's horse ride from Tommy Walker Cabin takes you to Tanya

Lakes. Henry said this was his family's trapping area. When he was growing up in the 1930s, Tanya Lakes was a thriving gathering site for the Dakelh, Tsilhqot'in and Nuxalk. Several Ulkatcho families had smokehouses there to process the fish that were caught in the river.

Henry took us to a split rock behind one of the smokehouses. The elders told him this was a mass grave where so many people had died from an epidemic that they couldn't be buried.

Further down the Grease Trail toward the Dean River, Henry showed us the homestead where he grew up with his father and mother, Jamos and Emma Jack, and siblings John, Patrick, Minnie and Benny. Abandoned for more than 40 years, the shake roof was falling in. "When I was a kid I used to climb that tree right there," he said, pointing to a twisty pine full of big branches growing right beside the Grease Trail.

His family also had a house at Ulkatcho Village, about 30km east along the Grease Trail. "Every Sunday we went to Ulkatcho Village to go to the store. Sunday was the only day the storekeeper was home."

Henry talked of trapping with his grandfather Baptist Stillas when he was a young boy. "One time I went with him and we followed the Dean River all the way to Salmon

► Henry points to the mass grave



House. It was four days down the river, then up the mountain by Tanya Lakes. We came out by Squinas Lake. When we got to the Dean River I wondered how we were going to get across. My grandpa cut some dry logs and took some dry sticks, and tied them all together with a rope. Old Stillas behind, and me up front, we paddled across the river. My grandpa used to camp all winter, trapping."

Henry took us to his grandfather's old cabin further up the trail at Stillas Lake. The roof, covered with sawn lumber planks, was still intact. Henry got off his horse and sat on the

old bench beside the front door and rolled himself a smoke. "Them old people had trails all over the place," he said.

► Jamos Jack smokehouse, Squinas Lake



► Old Stillas cabin



► Henry Jack at Stillas cabin



"People lived all over. Every five or six miles there would be another lake and a family would live there."

Henry's stories and those of other elders can be found in the pages of Ulkatcho Stories of the Grease Trail.



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flavour of the month

“I ain’t too good at choppin’ wood, but my daddy said I should.” ~The Show Ponies, Choppin’ Wood



flavour of the month

"If I had Maggie in the wood, I'd keep her there till morning." ~The Chieftans, Maggie in the Woods



Featuring Garry Peschke of Cariboo Wood Shop

BY CRAIG SMITH

One of the best kept 'wood' secrets in the Cariboo lies halfway between Williams Lake and Quesnel in a long-time business called the Cariboo Wood Shop. The owners Linda and Garry Peschke have had this business for over 11 and a half years and split the duties between the manufacturing side and the retail side evenly. Linda looks after the retail end and Garry runs and does most of the manufacturing.

Garry was born in New Westminster, BC,

and lived there until his parents moved to Prince George when he was in grade 5. Throughout his school years, he went from Prince George, to Likely, to Hope, and finally to Sardis where he finished high school. As his father was a logger, they went where the work was. After high school, he did his machinist pre-apprenticeship at BCIT, then went to work at a machine shop in Vernon. After a year and a half, he moved down to the coast for a year and then to Invermere. Looking for a change, he went

to work as a forest ranger working for the forest service in Enderby, then to Lytton and finally Merritt, where was promoted to Assistant Ranger.

Garry's career took a different turn after about four years, when he decided to get into long haul truck driving and logging, which he did for over 19 years. In his driving downtime, he did mill work. During this time, he was living in Kelowna and also owned a Sign Washers franchise for about four years – his territory covered the Okanagan and

Kootney regions.

Getting tired of the long trips away from his family, Garry wanted something a little closer to home and started working as a contractor for a company called Pentar Homes in Kelowna, where he was tasked with projects such as prep work for concrete and general clean up at job sites. This kept him busy for the next 14 years.

Because of health reasons he needed to slow down and started looking for a semi-retirement business. Garry and his wife Linda (married in

1987) found an ad for the Cariboo Wood Shop online, and after 6 months of talking to the former owners, Kevin and Brenda Bourdon, they bought it. After a couple weeks of training, Garry and Linda were on their own – not much of a stretch with Garry's extensive experience in the wood and machining business.

Their little shop manufactures pretty well everything you can imagine if its made from wood – from entertainment centres, to beds, to tables, chairs and caskets. Garry

says most of his work is customer driven, but he does have time for some inspired projects. When not creating with wood, he is known to get his hands dirty working on old cars and loves to attend car shows.

If you have an extra few minutes on your drive between Williams Lake and Quesnel, stop to browse through their gift shop 10 minutes north of McLeese Lake, and maybe take home a piece of their famous fudge, or one of the many wood projects in their showroom.

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De-mystifying credit vs debit

Liquid Assets

By Adele McLearn



Making the best choice between using a credit card, debit card, or cash can sometimes be confusing so let's talk about the pros and cons of each.

Credit cards may offer reward benefits whereby you can receive free gifts, gift cards, etc. They also have the potential of building your credit score if you pay on time and never go

over your limit. The higher your credit score, the lower your interest rate may be, and you are usually more easily accepted for loans or credit increases. It's also a great idea to be able to pay off your credit card in full at the end of each month. If you do not overspend and allow for purchases within your budget, you should be able to do this. Credit

cards tend to have greater security against fraud than your debit card.

Debit cards use money you already have which helps you to control your spending. One disadvantage of using your credit card over your debit card is that you can allow yourself to overspend – you are basically spending money that you don't have yet. This can get out of control quite quickly. Before you know it, you have increased your debt load to a potentially

higher level than your budget allows, which in turn lowers your credit score. It's a bit of a vicious cycle once you are on the credit card track of overspending and making minimum payments. The interest charged on your credit card can also put you over your credit limit.

Cash versus debit cards: try taking the amount of cash out of your account for certain items for the month or pay period rather than using your debit card for purchases. When you are using cash, you tend to not want to spend as much – especially when you see your cash disappearing out of your wallet. When you use a debit card, you have no mental idea of how much your bank account is being reduced... until you look at your account balance and wonder where all of your money has gone! Stop swiping and see how much money you save!



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South Broadway LIQUOR STORE

Cheers, everyone! Welcome to the new article presented by South Broadway Liquor Store – we hope to cultivate your interest in craft beers and ciders, wines, unique spirits, or whatever wets your whistle. We aim to educate you about what is going on in the Province with craft beers, wines and more. We invite you to check out what's happening in our store and welcome you to chat with our staff about products that interest you. Cheers!



Craft Brewery of the Month: Dageraad Brewing

A humble brewery started from college student Ben Coli's fascination with Belgium beers and their fruity, spicy, and complex flavors, Dageraad brewery proudly produces some of the finest craft beers BC has to offer. After visiting the Dageraadplaats and drinking the legendary beers of Belgium, he tried his hand at home brewing and started on a path towards what is now a modest yet exceptional brewery in Burnaby BC. If you're ready for some brews that are diverse, complex and full of depth, try Dageraad brewing. It's like a trip to Belgium without even needing a passport. Try their Blonde IPA. It's a Burnabarian/Belgian style India Pale Ale and stands up to bold flavors like curries and spicy food.

Winery of the Month: Serendipity Winery

In the heart of the Naramata Bench in the Okanagan Valley, nestled in the rolling hills, sits Splendid Winery. After a vacation in the Okanagan valley and falling in love with the vineyard, Judy Kingston and her team are not only cultivating wine of exceptional quality but also an atmosphere that is comfortable and relaxed. Their attention to detail when it comes to the terrain of the wine becomes apparent when you sip and notice the diversity and complexity of the flavors they've layered in. Their wines are award winning and rightly so. Try their Pinot Noir this fall which is a full-bodied red wine with notes of strawberries, coconut, mushrooms and vanilla. This wine is versatile as it pairs well with both desserts and savory dishes. Try it with a Charcuterie tray or even crème brulee!



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

~Robert Frost

Is TV becoming obsolete?



BY RICHARD BUTTERS, ADVENTURE GAMES

Television used to be the main source of fun, information and advertising. Phones

had not been developed, and there wasn't the Internet, so a TV was something a whole family would enjoy every day. What about now? Has television become outdated? With

the rapid growth of the smartphone industry and the Internet, television seems to be unable to follow them. Not because of the technical level, as TVs have become better than ever,

but because of practicality and how fast we reach information.

When we want to see what the news is, we just take our smartphones, open an app, and that is it – fast and easy. The same goes when we want to watch our favorite shows or movies. There are plenty of websites and applications that allow us to watch them with no advertisements. We can do it whenever we want, and don't have to wait for a movie to be shown on TV. Laptops and phones are also portable, which means we can watch movies or listen to music wherever we go rather than do it strictly at home. On the other hand, TVs are good for spending family time. It is always nice to have a family night when whole family sit and watch their favorite

movie and eat popcorn.

Television, itself, has improved a lot since its discovery at the end of 19th Century. From a small, heavy wooden box to a big, flat LED panel. Our grandparents watched news, sports or movies in black and white, and we have the privilege of having high definition screens that provide us the best possible viewing experience. Mobile devices have also made incredible leaps in technology over the past ten years; now we can pack over two million pixels into a five and a half inch screen.

Television providers have been having a lot of trouble keeping up with online services, as well. Viewership on television continues to drop at a rate of about 4% every year, while streaming services are growing at unprecedented rates. Television forces you to

pay high premiums for the channels you want, while also packing in as much advertising as they can get away with. This has severely turned away many younger watchers, who expect paid services to be ad-free, while free viewing services are expected to have ads.

Televisions will, for a while to come, still be very common in households all over the world, but the increase in technology of mobile devices combined with the abundance of online viewing, will only decrease the number of TVs you see in the average home. It's only a matter of time before television providers will be forced to overhaul the way they approach their revenue, or they will be left in the dust by Netflix, Twitch, and the other millions of online streaming services that are available.

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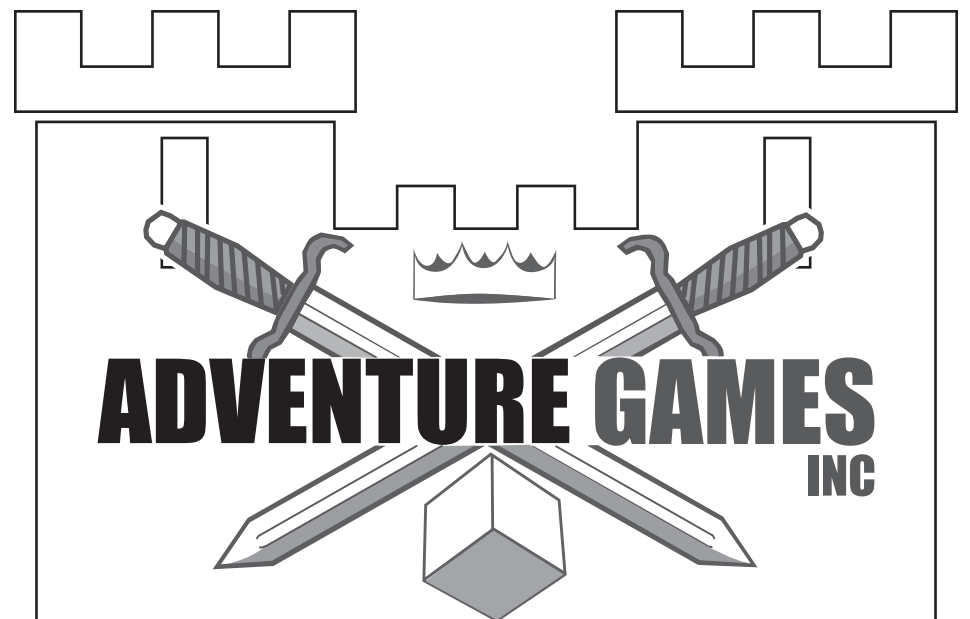
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MAGIC Fridays at 5pm

WARHAMMER/TABLETOP GAMES
Saturdays, all day

MAGIC Sunday mornings at 10am

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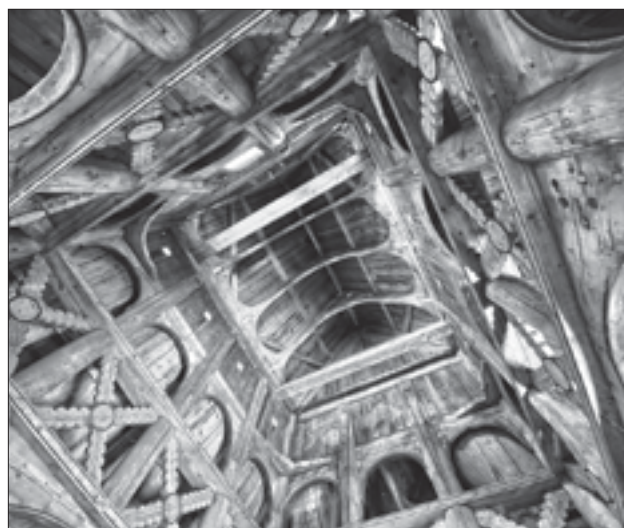
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do

"I once had a girl. Or should I say, she once had me? She showed me her room. 'Isn't it good, Norwegian wood?'" ~ The Beatles, Norwegian Wood (This Bird Has Flown)

Norwegian stave churches



Many years ago in Saskatchewan, my young Norwegian cousin from a farming community near Oslo came to explore Canada and visit our family. His name was Touk, which in Norwegian was pronounced "touque," which caused many giggles amongst us silly youngsters. He, in turn, took our amusement in good humour. Touk was amazed at Saskatchewan's pristine air, as opposed to the environ-

mentally heavy air where he lived. At that time, there were no environmental standards in Norway, or anywhere for that matter.

Touk was always interested in the architecture of Canada and we, in turn, of the structures of the Vikings, which we talked about extensively – the beautifully carved ships, hewn from trees and decorated with Viking symbols, and wooden churches of Norway which

were constructed without masonry or nails. Touk told us that there were churches still standing in Norway that were hundreds of years old and I wondered how on earth this could be possible! I only recently discovered that they are called "stave" churches, and have existed as part of the Norwegian Christian culture since Medieval times.

During 1000 AD, the population of Europe increased greatly. Vikings began to build ships and sail to many parts of this European world to explore, conquer and raid. With the establishment of Christianity in Norway around 1100 AD, there was a cultural shift from the Pagan ways to Christianity. The conversion began around 1000 AD when the Vikings explored and raided Ireland, Britain and Frankish Kingdoms. This brought them in touch with Christianity.

In fact, Haakon the Good had grown up in England where he was introduced to Christian beliefs and religion. He was opposed by the Pagan leaders in Norway and gave up the idea of converting Norway to Christianity. As well, Christian missionaries from the Anglo-Saxon world tried to convert the Norsemen without much success. It wasn't until the

reign of Norwegian Kings Olaf I and Olaf II that Christianity became the prevalent religion. I can only imagine that it was through much opposition and rebellion that this conversion was made possible. It was the Christians that built the churches or other holy sites at places that had been sacred under the Norse Pagan religion. There was a meeting between the new European Christian culture and the old Pagan beliefs of Norway that gave rise to waves of new ideas which made a considerable impression on the Norwegian culture.

It was during this time, around the 12th and 13th Centuries, that the stave churches made of wood without the use of nails were constructed in Norway to express their Christian way of life. During that period, approximately 1,300 stave churches were constructed; masterpieces of craftsmanship. Stave construction is one of the most elaborate, extraordinary and outstanding technologically advanced architecture of that High Medieval age.

The stave churches were set on sills (stone foundations) upon which the staves (poles) and planks were set to prevent rotting of the wood. The stave walls were constructed with vertical planks that had their

bases embedded in grooves in the sill-beam, and their tops were connected or grooved into the wall-plate (top pole). At each corner, an upright post, or stave, connected the sill-plate to the wall-plate. Therefore, the walls were built of a solid framework of bottom sill-plate, wall-plate and two corner posts (staves). The sills were filled with vertical planks, and the four walls formed a foundation for the horizontal frame upon which the whole church sits. The wall-plates form a corresponding horizontal frame at the top. The general design seems to have external wooden "gallery" walls, shingles and finials (small ornate carvings to top gables, steeples, etc.) to finish the construction.

There are many variations of the stave churches. Some have single or multiple naves (entrances or aisles) and chancel (areas around the front altar) that form a rectangle; others have a chancel that is narrower than the nave. Some of the stave churches were constructed to give them the appearance of a pagoda-like structure. The doors of these churches were decorated from top-to-bottom with vine-like surges – intricate carvings that entwine dragon-like animals of Viking design. There are dragon heads on roofs, as well as crosses and bells, which makes me think that the construction was done by the blending of Pagan and Christian motifs, or a crossover from one to the other. More significant is that everything was made of wood; the planks and posts were joined by dovetailing, pegs and wedges.

There is folklore and some circumstantial evidence (just not enough though) that stave churches were built upon old worship sites of the Norse. Of course, the building of these churches stopped when the "black death" from the plague, famines and dire poverty became prevalent in Europe. Many of these Churches collapsed from lack of care, however; surprisingly there are 28 stave churches still standing in Norway today.

The most famous church (and by the way, the one that Touk told us about) is the Borgund Stave Church. Built in the late 1100s AD. Now, that's a long time for a building to remain intact and standing. It is sometimes referred to as the triple-nave stave church because of the three layers of construction which took many, many years to complete. The bottom of the Borgund Stave Church rests on a stone foundation. The poles (staves) rise from ground sills, each one notched and grooved along the sides so that they lock into each other. Each nave is done in layers of pole (stave) wall construction, which leads to the steeple. The ceiling is built of 'scissor beams', made with logs in a X-shape; narrow at the top and a broader bottom. Originally, the roof was covered with boards running lengthwise on the outside, but later on, was replaced by shingles. The stately Borgund Stave Church was dedicated to Saint Andrew and is exceptionally well-preserved. There are several runic writings (Norse/Viking alphabet) on the walls of this church.

Another stave church, The Urnes has been designated a UNESCO World Heritage Site. It is one of the oldest (built around 1130 AD) stave churches in Norway, built in the traditional Roman Cathedral style, but exclusively of wood. This church incorporates many of the elements of Viking Pagan tradition, and is known to have been modified from a Pagan worship site.

Oddly enough, there is a replica of the Hopperstad Stave Church in Moorhead, MN. The church is at the Hjemkomst Center on the bank of the Red River, and it was built between 1996 and 2001 on the same site as the Hjemkomst Viking Ship. It is a visual masterpiece in modern times.

If the stave churches of Norway peak your interest, please contact us at ALL-WAYS Travel. Let us take you on a journey that will last a lifetime.

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play

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~Albert Einstein

WILLIAMS LAKE & AREA

October 1 CIHL

Hockey, Stampeders vs Terrace River Kings, \$5 adult tickets, Memorial Complex 1:30pm

October 1,8,15,22,29

Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

October 1,8,15,22,29

Sunday Game Night, Adventure Games 83C 2nd Ave S, 6pm

October 1,8,15,22,29

Family Skating, Sundays 2:45-4:15pm, Cariboo Memorial Complex

October 2 FREE Seniors Bingo & Refreshments, upper level Boitanio Mall 1pm

October 2 Quintet Plus adult mixed choir fall startup, new members invited to try this session free, St. Peter's Anglican 549

Carson 6:30-8pm, info: 250-392-5671

October 2,16,23,30

Square Dancing, Mondays until Dec. 4, Arts Centre 90-4th Ave N. 7pm, info: Dana 250-392-3066

October 2,16,23,30

Drink & Draw, Mondays until Dec. 11, bring your art supplies and join us for a coffee, Denny's Restaurant 6pm, info: Realm of Toys

October 3,10,17,24,31

Duplicate Bridge Club, everyone welcome, Seniors Activity Centre side door, Tuesdays 7pm

October 3,10,17,24,31

Story Time & puppet show, Tuesdays until Dec. 12, free, Library 10:30am

October 4,11,18,25

Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), youth 12-18, Legion lower hall 6:15-9pm, www.3064rmrangcadets.org

October 4,11,18,25

Preschool Skate, Wednesdays 9-11:30am, Cariboo Memorial Complex

October 4,11,18,25

Adult Skate, Wednesdays noon-1pm, Cariboo Memorial Complex

October 4,11,18,25

Drop In HulaHoop Workshop, Wednesdays 7pm, Arts Centre 90-4th Ave N

October 5,12,19,26 55+

Drop In Hockey, Thursdays 10am-11:30, Memorial Complex

October 5,12,19,26

Drop In Hockey, Thursdays noon-1pm, Cariboo Memorial Complex

October 5,12,19,26

Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, Anglican Church, 7:30-9pm

October 5,12,19,26

Pokemon Thursdays, Adventure Games 3:45pm

October 6 Final Farmers' Market of the season, local food & artisans, customer appreciation day, Boitanio Park 9am-2pm

October 6-28

Station House presents; "Cariboo Piecemakers: A Common Thread" (both galleries) quilts and more quilts!, Station House Gallery Mon-Sat 10am-5pm, always free admission

October 6,13,20,27

Friday Night Magic, Adventure Games 83C 2nd Ave S, 5pm

October 6,13,20,27

Adult Skate, Fridays 11am-noon, Cariboo Memorial Complex

October 6,13,20,27

Drop In Hockey, Fridays noon-1pm, Cariboo Memorial Complex

October 6,13,20,27

Friday Night Drop-In Co-Ed Soccer, WL Secondary 7-9pm, info: williamslake-soccer.com

October 7,14,21,28

Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, Saturdays all day

October 7,14,21,28

Public Skate, Saturdays 1-2:30pm, Cariboo Memorial Complex

October 14 CIHL

Hockey, Stampeders vs Rupert Rampage, Memorial Complex 7:30pm

October 14 Business

Excellence Awards, tickets: Chamber of Commerce

October 14 Discover

Wellness Health Fair & Market, exhibitors, presentations, food, door prizes, keynote speaker 1pm, \$5 adults, children 12 and under free, Memorial Complex 10am-4pm, info: Jennifer 250-255-2449

October 14 First

Responders Appreciation BBQ, children's activities,

live music, Chemo RV 150 Mile House 4pm

October 14 Fall Market at Kinikinik, local artisans, Redstone 11am-4pm

October 15 CIHL

Hockey, Stampeders vs Kitimat Ice Demons, Memorial Complex 1:30pm

October 15 Harvest

Run, Walk or Bike, Memorial Complex 11am

October 15 Stephen

Hardy Palmer, live music: folk, gospel, roots, blues, ragtime, St. Andrews United Church, 1000 Huckvale Pl. 2pm, tickets/info: 250-398-6745

October 15 Bikers

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

October 16 Good Food

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

October 19 WL Writers'

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

October 19 Beer-o-logy

Craft Beer Fest, WL Golf & Country Club 6:30-9pm, tickets: South Broadway Liquor

October 21 Royal Purple

Craft & Garage Sale, Elks Hall 9am-3pm, info: 250-392-48736

October 24-25 Crystal

Man Show & Sale, Hobbit House, Tues 1-7pm, Wed 9am-2pm

October 25-26 Studio

Theatre presents "The Woman In Black," tickets: Open Book and Kit & Kaboodle

October 26 Chamber of

Commerce AGM, election, Signal Point 11:45am-1pm, reservations: 250-392-5025 visitors@telus.net

October 27 Pumpkin Carving & Charity BBQ, costumes welcome, pumpkins supplied, bring carving tools, Cariboo GM 370 S Mackenzie, 6pm

October 27 Death Eaters

Halloween Party, ages 19+, music by 961 Entertainment, costume prizes, Potato House fundraiser, 49 Borland St. 9pm-2am, tickets: \$15 in advance/door

October 28 Super

Smash Bros Wii U 1v1, Adventure Games 4pm

October 28 CIHL

Hockey, Stampeders vs Quesnel Kangaroos, Halloween game, Memorial Complex 7:30pm

October 28 Adventures

in Childcare, Early Years Conference featuring Appetite to Play, Child Development Centre, pre-register/info: 250-392-4118

October 28 Royal

Purple Garage/Craft Sale, info: Sharon 250-392-4873

October 28 Eastern

Star Tea & Market, St. Andrews United Church, info: Marg 250-398-5225

October 28-29 Haunted

House, Boys and Girls Club 7-9pm, info: Linda 250-392-5730

October 29 Lazy Laker

Dog Days, dog show, Elks Hall 1pm, pre-register: \$25 Sea Cadets Hall 83 1st Ave S. 12-3pm, info: Shawna 250-267-7468

October 29-Nov1

BC Barrel Racing Finals, Stampede Grounds

October 31 Little

Wizards Halloween Party, Potato House 49 Borland St. noon-6pm

October 31 Halloween

Fireworks & Bonfire, Stampede Grounds 7:45-9pm

November 10 Corb

Lund Solo, live music, Memorial Complex 7pm, tickets: Margetts Meats

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QUESNEL & AREA

October 1 Annual Women's Fall Challenge, family event, Dragon Lake boat launch 8:30am-noon, info: www.qwfc.wordpress.com

October 2,9,16,23,30 Karaoke with DJ KC, The Occidental, Mondays 7pm

October 3,10,17,24,31 Karaoke with Robb Hess, Tuesdays at The Occidental 7-11pm

October 4 QLA presents: Stephen Fearing, live music, Chuck Mobley Theatre 7:30pm, info: 250-747-2207 www.wlqla.ca

October 4,18 Long Table Grocery Pop-Up Market, local ranchers and food products, Kwik Kleen 678 Doherty 3-6pm

October 6 Burlesque Ever After, fairy tales of magic, scandals & mystery told by the Foxxie Follies, The Occidental 9pm, tickets: \$20 or \$25 for reserved seating

October 7-8 Annual Tillicum Society Pow Wow, dancing the Red Road, traditional music, crafts, food, vendors, Youth Soccer Bldg noon-3pm, info: Dina 250-992-8347

October 7 Giant Pumpkin Weigh-In/Festival, Helen Dixon Ctr 8:30am-1pm

October 7 Art Gallery presents Cyndi Cassidy's show "Circles" opening reception, 1-3pm

October 7-Nov4 Art Gallery presents Cyndi Cassidy's show "Circles" drawings, photos, digital and fibre arts

October 13 Compassion Gorilla, live music at Occidental, tickets: \$10

October 13 Friends of the Library Annual Book Sale, Library 410 Kinchant St 10am-4pm

October 14 Last Market of the summer, local

produce, baking & crafts, live music, Helen Dixon Centre, 8:30am-1pm

October 14 Frenzy, live music at The Occidental 8pm, no cover charge

October 14 CIHL Hockey, Kangaroos vs Kitimat Ice Demons, West Fraser Center 7:30pm

October 14 Fall Small Business Fair, The Lodge 10am-4pm

October 15 CIHL Hockey, Kangaroos vs Rupert Rampage, West Fraser Center 1pm

October 21 Open Season Pub Night fundraising for Hope Air, Cariboo Hotel 5-9pm

October 21 QLA presents: Silver Screen Scoundrels, multimedia show combining music with silent films and comedy, info: 250-747-2207 www.wlqla.ca

October 21 Business Excellence Awards, Seniors Centre 6-11pm, tickets: Chamber of Commerce

October 26 Farmer The Band, live music at The Occidental

October 28 Halloween with live music of High Society & special guests Foxxie Follies burlesque, costume prizes, The Occidental 9pm, tickets: \$20/advance \$25/door

October 28 Nightmare on Front Street, Cariboo Hotel 254 Front St. 7pm

October 28-29 Fright Night at the Claymine Trails, get your scream on, Bouchie Lake Hall

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

October 31 Ghostly Halloween Town Tour, spooky activities, house of horror, fireworks, Barkerville 3-10pm, info: www.barkerville.ca

100 MILE HOUSE & AREA

October 1 Heffley Creek Gun Club FREE Family Fun Day, young and old invited to try rifle, pistol, cowboy action & black powder, guns & ammo provided, gun range and the end of Sullivan Valley Road 10am-2pm, info: Deb 250-578-7525

October 1-14 Parkside Art Gallery Presents Katie Kidwell "The Little Bird That Flies"

October 1,8,15,22,29 Alcoholics Anonymous, Sundays 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

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

October 2,16,23,30 Alanon, Mondays 7pm Health Centre (hospital rear entrance) info: 250-395-2532

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

October 3,10,17,24,31 Alanon Drop-In, Health Ctr (rear of hospital) 1-2pm, info: 250-395-7676

October 3,10,17,24,31 Alcoholics Anonymous, United Church 8pm

October 3,10,17,24,31 HUGS help us get slim, Tuesdays 6:30pm, 6300 N. Green Lake Rd, info: Charlotte 250-456-7504 or Pat 250-456-2491

October 3,10,17,24,31 Carpet Bowling Club, Tuesdays 1-4pm, Interlakes Hall, info: Kitty 250-593-4780

October 3,10,17,24,31 Co-Ed Drop-In Volleyball, Tuesdays 7-9pm, Peter Skene Ogden gym, info: Kersti 250-395-1353

October 3,17 Photo Group, 1st & 3rd Tuesday of the month, Bridge Lake School, info: Larry 250-593-4362

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

October 5,12,19,26 Full Contact Stick Fighting, Thursday evenings in Lac la Hache, www.coillmohr.com

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

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

October 5,12,19,26 Alcoholics Anonymous, Thursdays 7:30pm, 108 Community Centre

October 6 KIJHL hockey, Wranglers vs Kamloops Storm, South Cariboo Rec Ctr 7pm

October 6,13,20,27 Crib Night, Forest Grove Legion Fridays 8pm

October 7,14,21,28 Meat Draw, Forest Grove Legion Saturdays 4:30-6pm

October 7,14,21,28 Alcoholics Anonymous fireside family group, Saturdays United Church 8pm, info: 250-791-1937

October 11 Live music: Kris and the Blues Machines, Parkside Art Gallery 401 Cedar Ave 7-10pm, tickets \$10

October 11 Compassionate Friends, bereaved parents support group, 2nd Wednesday of the month, BJ's Donuts 7:15pm, 250-395-4417

October 13 KIJHL hockey, Wranglers vs Osoyoos Coyotes, South Cariboo Rec Ctr 7pm

October 14 KIJHL hockey, Wranglers vs Princeton Posse, South Cariboo Rec Ctr 7pm

October 14 Paranormal Investigation Adventure, 108 Historical Museum 9pm, tickets: \$20/tour, reservations: heritagesite108@gmail.com or Museum office

October 14 Harvest Sale-A-Bration, craft fair, local produce, concession, admission by donation, Heffley Creek Hall 9am-2pm, info: Deb 250-578-7525

October 21 KIJHL hockey, Wranglers vs North Okanagan Knights, South Cariboo Rec Ctr 7pm

October 21-Nov11 Parkside Art Gallery presents Claudia Ring & Trish Chung: Fibre Art

October 27 KIJHL hockey, Wranglers vs Kamloops Storm, South Cariboo Rec Ctr 7pm

October 28 Halloween Dance Party #11, prizes, 50/50 draw, snack, Community Hall, doors 6pm, tickets: \$25 Donex or Work n Play

October 28 Halloween Party, prizes, munchies, live music: Hard Buck Band, Iron Horse Pub, Lone Butte \$20

October 28 KIJHL hockey, Wranglers vs Chase Heat, South Cariboo Rec Ctr 7pm

October 31 Cottage Prayer Meeting, info: 250-395-3743

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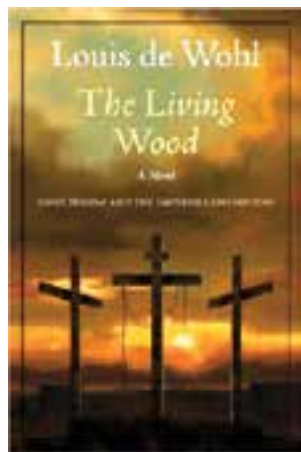
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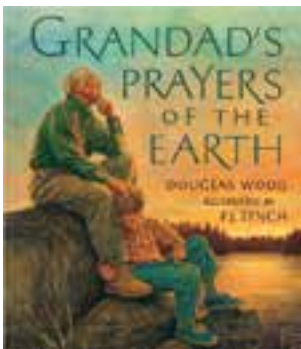
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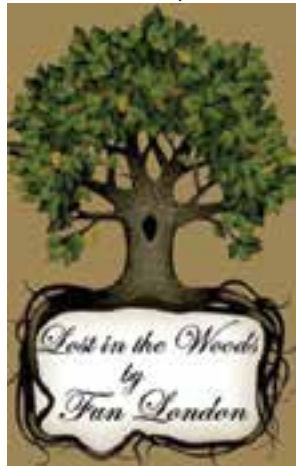
The Living Wood:
A Novel about Saint Helena and the Emperor Constantine, by Louis de Wohl

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Grandad's Prayers of the Earth, by Douglas Wood, P.J. Lynch
“Wood conveys a sense of something larger in the world, and gives voice to the human longing to understand.” ~Kirkus Reviews
Grandad is the boy's best friend. Being with

a prayer is often its own answer.” Douglas Wood, author of *Old Turtle*, has written a wise and moving story for all ages, beautifully illustrated by the acclaimed P.J. Lynch.



Lost in the Woods, by Fun London (ebook)
As a child, I had the unfortunate opportunity to experience the sudden loss of a parent. I know first hand what kind of a trauma this can be and how hard it is for a child to understand and to readjust to the new circumstances. I remem-

ber spending a great deal of time out in the woods, trying to lose myself in nature.



The Death Panel: Murder, Mayhem, and Madness, by Tom Piccirilli, Scott Nicholson, John Everson, Simon Wood (ebook)
Featuring 13 stories from authors of crime, suspense, and horror. Sadistic serial killers, German war criminals, cops and zombies, the mob and monsters, detectives and were-creatures, all rolled up into one roller coaster ride of an anthology.

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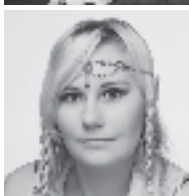
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do



Crafty kids



When you're an only child growing up on a farm in the middle of nowhere, you find interesting ways to entertain yourself.

During the summer with both parents working I'd go behind the house and try to discover my inner outdoorsman.

That never lasted long as I'd quickly realize I am much more the comfy 'indoorsman' with a blanket and hot chocolate, but I still had to find ways to keep busy indoors.

One thing you're never lacking on acreage are random pieces of

wood. An end piece from a patched roof, a whole board that was too short for a shed wall, or a rotten piece that was pulled off a deck. I'd go through the scrap wood pile and see what was clean and still useable.

I'd bring these dusted-off chunks of wood inside and get out my paints, then see what sort of signs I could build (apparently, I was twenty years too early for this latest design trend) and then hang them up around the property.

Recently, the Potato House let me relive this. Every Monday afternoon during the Art Walk, anyone was welcome to head over to the heritage site and grab a slab of wood panelling, then

paint it up. These mini murals will be auctioned off online in October with the funds going to the Food Bank and McLeese Lake Volunteer Fire Department (shameless plug over).

The last Monday I painted there, a group of boisterous kidlets showed up with their mom to cooperate on making their own mural. I think my favourite line from that evening was, "Mom! Make him stop covering my tornado!"

But all four kids had their heads down, as paint and palettes flew over their wood canvas. They enjoyed working on their sections, sometimes fighting for their territory, and ended up with a colourful mural showing their favourite destructive parts of nature.

It was nice seeing a family take part in an activity I used to enjoy as a bored kid on a farm, and it was such a simple craft. If you know that you and the kids are going to be stuck indoors for a bit, take a boo around your yard and see what's there for simple, convenient canvases. A rock, piece of trim, or leftover wood siding – just make sure any nails have been removed or hammered flat. Grab some paint, and you've got yourself a quick and easy project.

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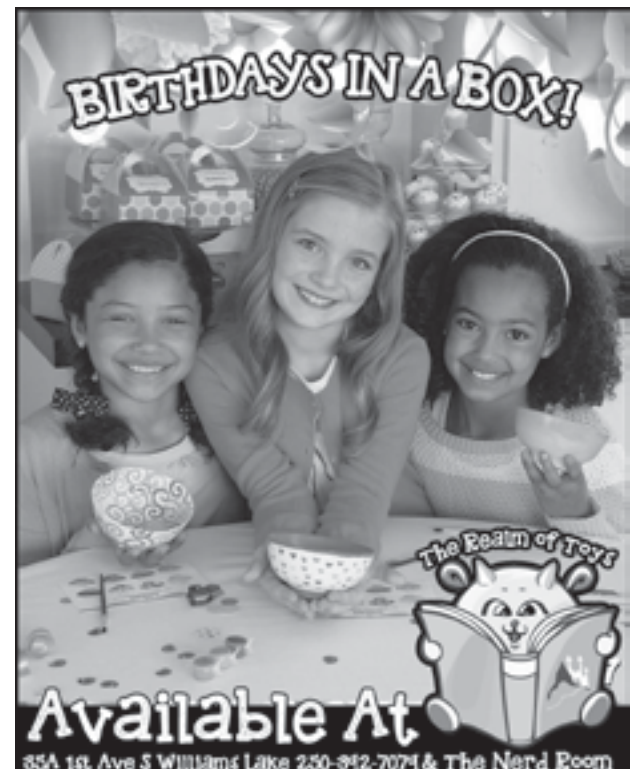
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"Chop your own wood and it will warm you twice." ~Henry Ford

do Creative possibilities

SUBMITTED BY EVA NAVROT, WOMEN'S COUNSELLOR

Wood – wood is here, wood is there, wood is everywhere!

My position at Women's Contact Society has changed recently and that means the focus of my write ups will also change. I am now in the position of Women's Counsellor part of the "Stopping the Violence" program. So I started thinking about healthy relationships and how I could talk about wood in that context. Then it came to me... wooden rings! Wooden jewellery, rings in particular have become very popular and each type of wood has a special meaning.

Rings themselves symbolize many things;

throughout history they have symbolized everything from devotion, fidelity and eternity to the representation of deities. Today the most popular use of a ring is to symbolize the denotation of love in engagements, weddings, anniversaries and other special days (like the love day in February). Ancient Egyptians wove papyrus, rushes and reeds into narrow bands to be worn around the finger to symbolize eternity. Well enough about rings – let's get back to wood. While researching the types of wood people use for rings, I found that many individuals specifically choose certain types of wood mindful of the mythical or spiritual properties. I will just briefly touch on a few.

Birch gives the essence of truth; it is considered a giving tree. Ash promotes good health and peace of mind. Walnut teaches clarity and focus – how best to use our intelligence. Cherry helps clear the pain of the heart – tree of the heart. Pine is the tree of peace. Oak is one of the most sacred trees –

kingship, wisdom, power and protection. Beech holds the power of creativity. Willow is a tree of emotion – love and intuition. Spruce holds great knowledge and healing – especially in relation to disease. Maple is somewhat rebellious and tough but also very giving of self to benefit others. Olive:

offers insight, inspiration, and aids communication. Juniper: powers of protection, strength, healing, health peace and love.

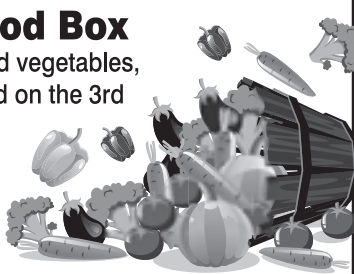
There are so many more but these seem to be the most often used for jewellery, maybe because of what they stand for or maybe because they are easy to access.

There are many creative people in the world that are open to trying creative processes with

just about any medium. There is jewellery made from bits of recycled skate boards, furniture and flooring made from pine beetle wood, furniture made from pallets, and livestock bedding made from wood shavings. These methods are ingenious and respectful of what is available to work with, so we need never cut down a tree just to make a ring or a bracelet. The materials await us in so many forms that our own creativity is all that stops us or moves us forward in the process of wood creations. Enjoy the wood!

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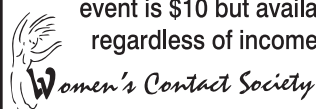


Adventures in Child Care

Saturday, October 28 is the Early Years Conference at the Child Development Centre. For more info: **250-392-4118** or email a.campbell@womenscontact.org.

Breaking the Silence

Hosted by the Committee for Action Against Sexual Violence, **Nov. 3-4** (Fri. 6-8pm, Sat. 8:30am-4:30pm) at TRU Williams Lake. Cost for the 2-day event is \$10 but available to everyone regardless of income. Call to register **250-392-4118**.



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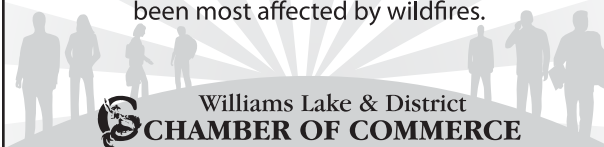
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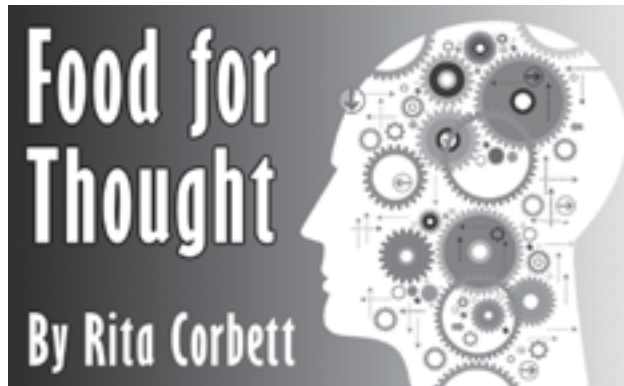
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do

*"Nothing is more beautiful than the loveliness of the woods before sunrise."
~George Washington Carver*

What would you do with wood?



While researching the characteristics of trees, logs, and bark, a few sayings had me completely lost. For example, "How much wood would a woodchuck chuck...?" What does that mean?! Some years back, my husband and I sought out a cabinet maker. There were many to choose from, but one artisan softly caressed a new piece of wood as he spoke. How could we not choose this man who loved wood? Wood is incredible! The

possibilities are endless! Charles de Leusse observed that wood can be used for a casket or a roof. Cradle or cathedral – wood can be sculpted into furniture, burned to warm a home, or carved into the Nina, Pinta, and Santa Maria. The same limitless options exist with people – anything's possible. And both wood and people are greater than the sum of their parts. One can whittle a whistle for joy or fashion a hockey stick



for a win. Even a book is more than ink and dried wood pulp – it is communication. Violins and pianos are more than wire and blocks of wood – they become speakers for the soul. And in an instant, a human's \$2.97 mineral worth can suddenly become the love of your life. My experience with wood is limited, other

than the occasional splinter. I do recall falling on my brother's balsa-wood airplane model in the days before pre-cut parts, and there was once a call from my mother-in-law who had put a large, dense piece of mahogany in the fire, and the intense heat nearly burned the house down. Then there's bamboo.

In equatorial Africa, those creaking clumps were the favourite hideout of snakes. I once saw a large black snake hanging around the bamboo at the edge of our back yard, so I ran with pigtails flying to Daddy, who fired at the reptile. Down came one live snake, two dead snakes, and the skin from a 4th. But we now have bamboo dishes and sheets – times have changed. Can humans change, too? Only by altering their thinking. What will we do with all we have been given? When challenged, will we choose anger or understanding, forgiveness or a grudge? "A chip on the shoulder is a sure sign of wood higher up," says B. Young. Time to prune a few of my thoughts, I suspect... Wood and people can be supportive, or become weapons. Axes and

saws can build pencils or catapults, cudgels or a stairway to heaven. What are we creating? We have drifted into different times, and now rarely hold a book in our hands, having replaced pages with pixels. Could we rediscover simpler times and better moments? And quit texting people in the same room? "Sawn, seasoned and finished, wood lays bare the hidden beauty of its heart," said Donald Peattie. That is true for people too. If we can't look back on our lives and see character, generosity, hope and compassion, we may have missed the forest for the trees. Someday we will take our final ride – a trip in a wood-framed carrier. Will we leave a trail of beauty behind us, and the world better than we found it? Will the splendor of our hearts be revealed? Knock on wood.

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"Let's take our hearts for a walk in the woods and listen to the magic whispers of old trees." ~Unknown

To love or to profit is the question



Several days ago, a client asked my opinion about hardwood floors: are they worth the investment? The answer, unfortunately, isn't an easy one. To me, the answer is best approached from two points of view. The first, we'll call the "buyers/seller's-make money-return on investment" point of view. The second, we'll label the "OMG, I love my house, there's no better place on earth" point of view. Both are important considerations, and should be given equal thought. So, let's have a look at what I

mean.

The BSMMROI point of view is tricky. Our gut reaction to whether or not wood floors are worth it, is "heck yeah! No doubt about it!" But, is this response correct? The answer: Maybe, maybe not, and it depends.

A bunch of Realtors, builders, and designers participated in several recent studies, including one by the National Wood Flooring Association, another by Remodelling Magazine, and one by the National Association of Realtors. The studies described the

following results, "Yes, wood floors make homes easier to sell, sell for more money, and generally sell faster." However, according to investigators who dissected the methods used for determining such "facts," the findings failed to support the claim. In short, there's no actual data that supports wood floors as super money-making investments.

That said, home resale value appears to depend on a variety of things. For example: context. For consumers in our community, a hardwood floor might make things more valuable. The wow-factor of seeing such kicks up our feeling of "value." Yet, in Vancouver, hardwood might be seen in a different light. Laminate might be seen as the wiser choice.

Conclusion? From the BSMMROI point of view, it's really hard to say if in-

vesting in a hardwood floor is worth it.

On the other side, the OMGILMHTNBPOE point of view gives a pretty clear answer; the act of décor for décor sake. In other words, doing something to your home for no other purpose than it makes you enjoy living there more. This point of view shuns the "do for profit" ideal, and instead dons the perspec-

tive of doing for the sake of "I like it and feel good in it." So, when a person asks themselves whether they should invest in wood floors, this perspective provides an easy answer: spend your money on what makes you happy while living there, not on what will bring you the fattest after-sale profit.

After hearing my two-pronged approach to determining whether to invest his money in hardwood floors, my client chewed

his fingernail thoughtfully, bit off a nub of skin, spit it out, then said, "good point." Two weeks later, he decided to put in hard wood floors. They look great. His choice for one simple reason: he liked it.

So, the moral of this piece is kind of simple: when it comes to investing in things for resale, think fundamentals: kitchens and bathrooms (more on this later). For everything else, do what makes you feel great!

Art Gecko

Showing at the Gecko Tree from now until October 26 are the lovely acrylic paintings of local artist Debra Weir. Debra's work can also be seen at Shoppers Drug Mart in the 2017 Williams Lake Artwalk.

Showing from Friday, October 27th until Saturday, December 2nd: Christina Mary, Spirit

Calling.

Christina set out from Haida Gwaii in the 1990's to embark on a fulltime career as an artist in the Cariboo. Self taught, she built up a body of work in clay, jewelry, and sculpture, the thread of willow weaving through it all. Christina Mary creates baskets, live sculpture and teaches basket weaving. Nature

and the human form have always inspired Christina Mary, and that is evident in her latest work of oil and wax paintings, *Spirit Calling* is an exhibition that explores what's in the psyche. Looking below the surface, face to face with essence and truth.

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"A house is made of wood and stone, but only love can make a home." ~Unknown

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Photography 101

By Craig Smith

Imagine, if you will, a dry dusty day in Yosemite National Park in the Sierra Nevada Mountain Range, Northern California, in 1920. Now imagine hauling a 14lb camera and a 40lb tripod with about 30lbs of glass negatives, up the side of a mountain to get that perfect shot. This was a typical day for the father of what we call the "Zone System" of black and white exposure, Ansel Adams. You may not have heard his name but I will just about guarantee that you have seen his work somewhere. It might be on the wall of your Doctor or Dentist's office, in a government building, or a corporate head office, but once you know his work, it stands out.

Why I bring up one of the most influential black and white photographers in our wood issue, is that most of the gear he used in the 1920s-1950s was made almost entirely out of wood. The early cameras, because of the way images were created and the resolution, used very large negatives. In the early days before enlargers, the size of the camera was the size of the print. If you wanted an 8"x10" photo, you used an

8x10 camera, the same for 5x7s and 4x5s. That's why those sizes are what we consider 'standard' photo sizes, and the industry isn't about to change those to metric anytime soon. As these cameras were very heavy, holding them while taking a photo was out of the question. A light tripod was also out of the question, so a heavy wooden one, similar to what surveyors still use, was needed.

My career as a photographer started with heavy cameras but nowhere near what Adams had to haul around. Cameras went from the wood, metal and glass of the early 20th Century, to metal and glass when I started in the 80s. Now you will find most cameras, except for the more expensive models, are made of plastic and polycarbonate with the smallest amount of metal involved in their production. To this day I still have problems taking pictures with a light camera.

Now with digital photography, you only have



to carry one camera to get all the sizes of images that used to require multiple cameras. The difference between cameras is now resolution, and the type and size of sensor. Resolution is expressed in megapixels. For a standard 8x10 print, the largest resolution needed for a 300ppi (that's pixels per inch) good quality print is a 7.2 megapixel sensor. Anything larger is only going to be needed if you are creating images that you are going to want larger than an 8x10. There are a few different types of sensors; the most common are CCD

and CMOS. You will not really have a choice in which one you have in your camera, other than the brand of camera you choose. The last choice you have for your digital film is the physical size of the sensor. There are two sizes of sensors and they are an FX and a DX sensor. The FX or what we call a full frame sensor is the larger of the two and is about the same size as a 35mm negative. You do have to match up lenses to sensors, so make sure that if you have a DX camera, buy DX lenses.

Until next time, happy shooting.

FORMERLY KENDRA'S FIRST AID

UMS

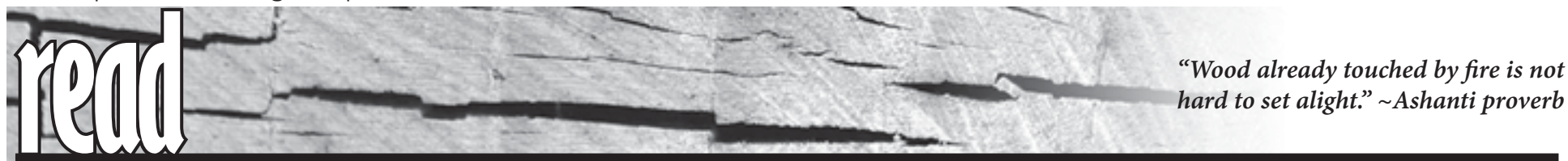
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"Wood already touched by fire is not hard to set alight." ~Ashanti proverb

The Key



Tasty Tidbits

By Paige Reinelt

...a short story continued from September's Stew Magazine

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

After several minutes, I can feel myself drifting off, and I pray for the best, but there is nothing.

I wake the next morning with a start, clutching at my chest. My fingers grasp nothing and I'm immediately upset. Turning over to my right, I look at my alarm clock, it's 6:45am. Tears spring to my eyes as I do my best to hold them back. I lie back down and stare at the ceiling.

"This sucks," I say out loud to no one.

Eventually I realize that I am not going back to sleep. Sighing, I sit up and swing my legs over the side of my bed and take a deep breath. My eyes search the room again, hoping that maybe I missed the key the first ten times that I looked for it. As

I climb out of bed and make my way into the bathroom, I keep searching. The girl in the mirror stares back at me and she looks rough – older than she really is – and the reflection bothers me. Who is this girl? My hair has become ragged and dull, and my skin is pale. What is going on with me?

As I wash my face and start to brush my teeth, I think back to the walk that we took yesterday. Maybe I should go back to the trails and see if Jayleen dropped it somewhere. She said that she had put it on her nightstand, but what if it was in her pocket, and then somewhere in the woods it fell out?

Just the thought made my eyes light up. I got dressed quickly and headed toward the front door.

"Lucy?" Jayleen calls from the kitchen. I stop in the hallway, "Yeah?"

"Where are you off to?" She asks me.

"I thought I would go back to the beach and try to find that trail."

"What for?" Jayleen is leaning against the wall, with a cup of coffee in her hands, and offers me some. I shake my head.

"I was hoping maybe you were wrong and you dropped the key instead," I say, scratching the back of my neck.

She starts nodding her head, "I'm almost positive that I left it on my nightstand." Jayleen takes a sip of her coffee. "But go ahead and look if it will put your mind at ease. You want me to come?"

I shake my head again, "I'm fine. It will be good for me to get some fresh air."

"Okay," she says. "Have fun, and I'll keep searching here."

"Thanks," I tell her, and head out the front door.

The beach is not very far, and before I know it, I am stepping off the concrete and onto the sandy beach. Large waves are hitting the shore and I can't help but remember my past dreams, and Chris. Those dreams felt as real as the wet sand between my toes as I walk along the shore. The water splashes my ankles as I make my way toward the trail that Jayleen and I were on only the day before.

I can see the woods up ahead, and the trail that leads into it. As I approach, I gaze at the trees before me. What looked like a jungle only yesterday, looks more like a forest. The trees are big and tall, and I find myself gazing towards the top. As I stare at the sky, my feet trip over a fallen log that wasn't there yesterday.

"You're here to look for the necklace, Lucy," I tell myself. "That means look down." I giggle to myself and look downwards.

My eyes search the ground as I continue along the path. An hour passes, and then two. I find myself

searching the woods and the trail for longer than necessary. It is very clear that the necklace isn't here.

I hang my head and admit defeat as I begin to head home. What am I going to tell Mary? I am almost afraid to go in and tell her that the key is lost.

Several hours later, I am getting ready for bed and there is a knock at my door.

"Everything okay?" Jayleen asks from the doorway. "Did you find it?"

I shake my head. "I don't know how to tell Mary."

"Maybe you don't have to," She says. "Why does she have to know?"

"I don't know."

"Okay, well goodnight Luc."

I nod my head and climb into bed.

The next morning, I slowly get ready for work, wondering if Jayleen is right. Do I have to tell Mary that the key is gone?

About an hour later I walk into the store and Mary comes rushing to the front door to greet me.

"Lucy! How are you dear? Did you have a good weekend?"

I nod. "What would you like me to do today?"

"Believe it or not, the jewellery cases need to be cleaned!"

"Okay," I smile at her and then head toward the cases.

As I moved closer, the same decorative tree that held the necklace when I first got there came into sight. And hanging on it, was my skeleton key.

To be continued...

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- Oct 16 National Clean Out Your Virtual Desktop Day
- Oct 17 Wear Something Gaudy Day
- Oct 18 Chocolate Cupcake Day
- Oct 21 Count your Buttons Day
- Oct 22 Caps Lock Day
- Oct 23 Mole Day
- Oct 24 Bologna Day
- Oct 25 Sourest Day
- Oct 26 Howl at the Moon Day and Night
- Oct 28 International Observe the Moon Night
- Oct 29 Internet Day
- Oct 31 Magic Day

eat

What's old is new again; Kasseler



Out of the Fridge

By Brice O'Neill

Recently a new trend emerged from the larger cities, a resurgence of food that only Chefs knew about. We learned about them in school, old world French food; things like 'Galantine,' which is meat or fish poached and served cold, coated in aspic. So, think about bits of meat and other things suspended in a clear jello. Weird I know, but it was a method of preservation and it looked pretty. 'Ballotine'

is a boned leg of poultry stuffed with forcemeat. 'Terrine' is something akin to meatloaf but served cold or room temperature. There were many other weird and wonderful ancient foods we made (some were even edible). It was exciting to me to make these foods as I had grown up in Williams Lake and had never seen anything like them. I was used to making food in a small town where sole poached

in butter seemed too fancy and was impossible to sell.

This became evident when designing the menu for New World, when for the first time in my career, I had to look at a menu using "demographics." I've always been a fan of trying to honor the history of the old-world food, in a "NEW WORLD" but to do so, we had to look at what people in a small town want, while taking into consideration the overall demand for stuff cooked in a deep fryer. There are no old-school French recipes that are cooked in a deep fryer.

A couple of years ago I was on Facebook and saw some pictures from a friend who lives in a big city – meat, cheese, various spreads, crackers, bread and pickles all on a wood plank – "Charcuterie" which I thought was a great idea and a great way to honour the past. He seemed quite smitten by this fancy new dish and I got a chuckle from his post thinking about how something so old is now new.

When he came back to our small town, I asked him about what was happening in restaurants in the city. With glee, he told me about this great new trend where the fancier restaurants now have giant wood ovens as the cen-

terpiece of the restaurant. You even get to watch them put in the food and on different days it could be different woods for different flavours. They were also using wood bowls and planks as serving vessels. Wood is no longer just for smoking.

Shortly after that I went out and bought a bunch of wood cutting boards to use as plates, because Sue told me in no uncertain terms that building fire in front of our counter was not going to happen (she is such a kill joy). I've made quite a few charcuterie trays presented on those boards, and every time I send one from the kitchen I imagine the ghosts of the old French Cooks wink at me.

Ever had a **Kasseler**? It's a salt-cured pork loin or pork chop, which is smoked. There are a few ways to make it but this is my favorite. First soak the pork in a salt brine for anywhere between 24 and 48 hours. Dry it well, then smoke it for about 3-ish hours using alder or beech wood chips. Once the pork is smoked, wrap and refrigerate it over night. Sauté that bad boy up with some butter to bring to temperature, and serve with braised cabbage and potatoes. Then invite me over to eat them. Easy eh?

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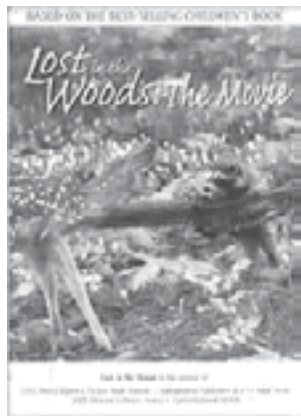
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'Woods' of fame & fable



Lost in the Woods: The Movie, (short, family) IMDb rating 7.8

Acclaimed nature photographers Carl Sams II and Jean Stoick combine live-action footage of animals in their natural environments with still nature photographs from the original text to tell the story of an elderly box turtle named Shirley and a slightly befuddled raccoon named Fernando Hernandez, and their efforts to know the origins and history of a small, vulnerable newborn fawn whom they find sleeping in the brush nearby.



This Property Is Condemned, (drama, romance) IMDb rating 7.1

Director: Sydney Pollack, Cast: Natalie Wood, Robert Redford, Charles Bronson Natalie Wood and Robert Redford star in this drama, based on a play by Tennessee Williams. During the midst of the Great Depression, teenager Willie Starr tells a recent story of her family in Dodson, Mississippi, and the now condemned building that was the family boarding house where she still lives by herself. A railroad official, Owen Legate comes to Dodson, Mississippi to shut down

much of the town's railway (town's main income). Owen unexpectedly finds love with Dodson's flirt and main attraction, Alva Starr. Alva and Owen then try to escape Alva's mother's (Hazel) clutches and the town's revenge.



The Cabin in the Woods, (horror) IMDb rating 7.0

Director: Drew Goddard, Cast: Kristen Connolly, Chris Hemsworth, Anna Hutchison

Five friends go for a break at a remote cabin, where they get more than they bargained for, discovering the truth behind the cabin in the woods.

Ghosts of Mississippi, (drama, history) IMDb rating 6.7

Director: Rob Reiner, Cast: Alec Baldwin, Whoopi Goldberg, James Woods

This is a long-awaited film telling the story of the trials of Medgar Evers' killer. Medgar Evers (James Pickens, Jr.) was a black civil-



rights activist in Mississippi who was shot and killed in 1963. Despite very persuasive evidence that Byron De La Beckwith (James Woods) was indeed his killer, the all-white juries hearing his case at that time acquitted him (he was tried twice). In this film, with the aid of Ever's widow Myrlie (Whoopi Goldberg), Bobby DeLaughter (Alec Baldwin), a young lawyer, gathers enough new evidence to bring Beckwith in for a third trial. Woods' performance as a wise-cracking bigot is one of the film's highlights.



The Watcher in the Woods, (family, horror, mys-

tery) IMDb rating 6.4

Directors: John Hough, Vincent McEveety, Cast: Bette Davis, Lynn-Holly Johnson, Kyle Richards

When a family moves to a country home, the young girls experience strange happenings that have a link to an occult event years past.



A Walk in the Woods, (adventure, biography, comedy) IMDb rating 6.3

Director: Ken Kwapis, Cast: Robert Redford, Nick Nolte, Emma Thompson

After spending two decades in England, Bill Bryson returns to the U.S., where he decides the best way to connect with his homeland is



to hike the Appalachian Trail with one of his oldest friends.

Into the Woods, (adventure, comedy, drama) IMDb rating 6.0

Director: Rob Marshall, Cast: Anna Kendrick, Meryl Streep, Chris Pine

A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree.



The Woods, (horror, mystery, thriller) IMDb rating 5.7

Director: Lucky McKee, Cast: Agnes Bruckner, Patricia Clarkson, Bruce Campbell

Heather (Agnes Bruckner) is a teenage girl whose father (Bruce Campbell) and mother take little interest in her. Heather's parents enroll her in a private boarding school for girls located deep in a remote forest. She notices that slowly but surely the other students at the school have been vanishing, and there seems to be a mysterious force in the nearby woods which has been claiming the lives of the young women.

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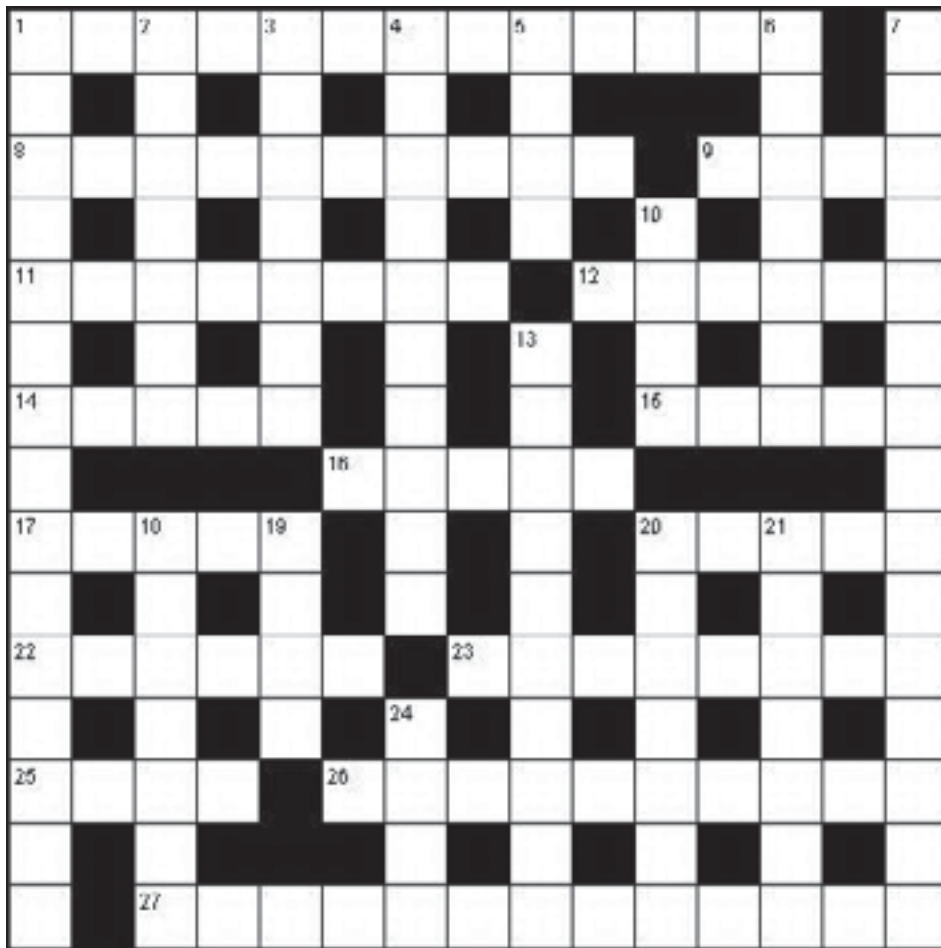
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X-Word Puzzle

ACROSS

- 1 See 7
8 Marxist speaking of modern fruit (10)
9 Something of Shane Warne's encore (4)
11 See 7
12 Funny business with McBain in my grasp (6)
14 Material Chaney linked to the Five Boroughs (5)
15 Race comically needing a starter that's majestic (5)
16 Muscle-woman's replaced by one intellectual (5)
17 Blessed 16 with vowel shift (5)
20 Sailor against wearing spectacles from the



beginning (2,3)

22 See 7

23 Cater for Germany en-

tering with fifty minutes of the hour gone (6,2)

25 Amanda's Shakespear-

ean 15 (4)

26 Hoeness's quiet scheme when entering

races – some bloomer! (5,5)

27 "Who shall have a fishie on -----" (Miles away, I let Delia Smith loose!) (1,6,6)

DOWN

1 Oddly got on Ribble bus twice, tragically wrecking airy ambitions? (8,7)

2 US government supporter supplied another 25 (7)

3 Alumni gathering for holy matrimony 9? (7)

4 Dress up twice in Western Australia (5,5)

5 Stubbs's student splitting bone (4)

6 The St Petersburg Palace: unknown and cold (7)

7,13,21,24,1ac,10,

11,22 Tut-tut, thus a no joy era, OK? Or, "A sad world here." "Gorblimey! Why

be sad?" (The Life of 17) (6,4,2,3,6,4,2,5,4,

6,3,4,4,8,6)

10 See 7

13 See 7

18 Eisenhower's veto on a Tokyo flower arrangement (7)

19 Number Ten abbreviated memo (4)

20 Terence's brothers maybe lead one behind the tavern (7)

21 See 7

24 See 7



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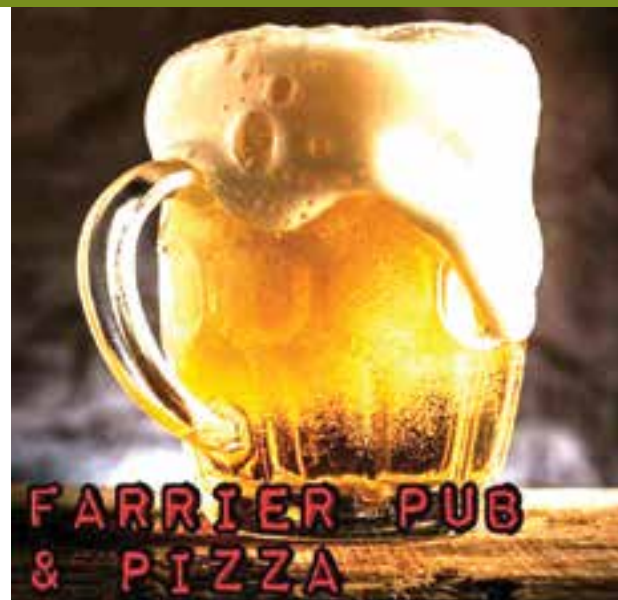
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