

The background of the entire cover is a photograph of railroad tracks receding into the distance under a vibrant orange and yellow sunset sky. The sun is a bright, glowing orb on the horizon, with wispy clouds catching the low light. The tracks are made of steel rails on wooden ties, surrounded by gravel and tall, dry grass. In the top right corner, the magazine's title 'the stew' is written in a white, bold, sans-serif font with a black outline. The word 'the' is smaller and positioned above 'stew'.

# the stew

ISSUE 9.03 | MARCH 2018 | FREE

the  
rails issue

Featuring  
**Diane Toop**  
Pages 6 & 7



# Wespeak

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## On the Cover:

Those of us who are getting a bit of cabin fever might be dreaming of riding the rails off into the sunset featured on this month's cover! Join us as we explore all kinds of 'rails' in this month's issue of The Stew.

## Advertising Information:

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

## Growing up with trains

BY CRAIG SMITH

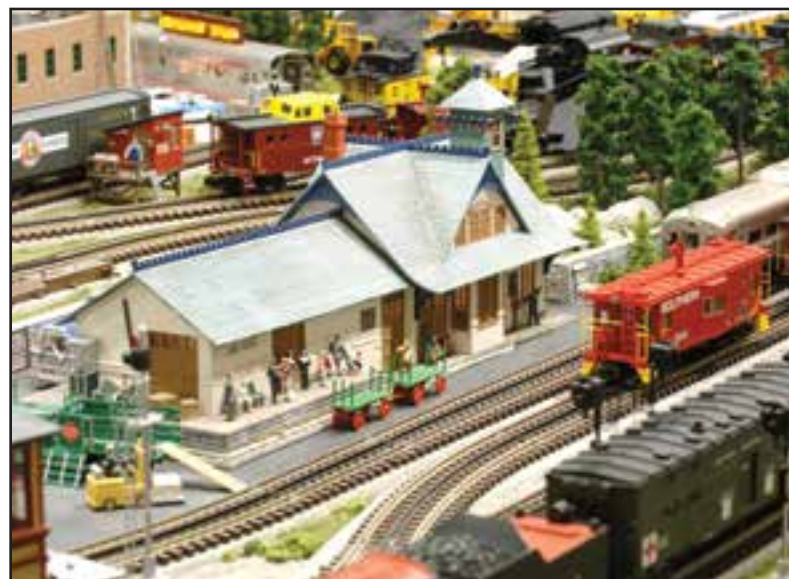
My earliest memories of one of my grandfathers was the job that he had in Salmon Arm after the war. He was a pilot during the war and when he came home he got a job putting mail on and off the train going through Salmon Arm. To this day I'm still not sure whether he worked for the railroad or Canada Post but I do know he had to be up early and he was a sound sleeper so his alarm system was very elaborate. My grandfather and grandmothers house had a huge number of things that are now in museums, and the entrance to their house was one of their display areas for artifacts. One of these that I remember vividly were surveying tools from my Grandmother's Uncle. His claim to fame was that he was a surveyor on the spiral tunnel through the Kicking Horse pass in the Rocky Mountains.

From then on, I was hooked on trains for a lot of my childhood. I had pictures of the Royal Hudson that my grandmother had taken (she was a very good amateur photographer) pinned to my wall and I started to build an elaborate model train set. I received a starter kit for a gift at 8 or 9 years old, and luckily we had a hobby shop in Salmon Arm that carried a multitude of items for the train enthusiast. My starter set was HO gauge and once you start in one size its really hard to change. I remember looking at all the N gauge thinking that I could buy twice as much stuff if my trains were that size. I always had a tough time deciding between trains and models that I could build probably until I turned 15, but then my fascination turned to

guns and tanks, and it was off to the military I went at age 18.

One railroad that is considered the oldest operational railroad goes back to 1515 where wooden carts were put on lengths of wooded rail and moved by animals. It is in Austria and although it has been restored it is still running as it originally was. You would think that was the oldest, but railroads go back to the ancient Greeks and Romans, and archeological evidence shows that railroads have existed since 600 BC. All of the railroads were designed to move something from one place to another and the majority of them found themselves in the mining industry, moving ore from the mines to the smelter or processing areas. In the late 1700s, metal was added to the tops of the wooden rails to cut down on wear and tear. These rails then changed to cast iron, but they proved problematic. In 1820, a wrought iron rail was created and in the late 1860s the rails changed to steel.

Up until 1784 trains and trams were pulled by animals. Scottish inventor James Watt created the first reciprocating engine by adapting a steam engine that was used to pump water out of mines. This new engine could power many things but wasn't powerful enough to pull a train. It was Watt's employee William Murdoch that produced a working model of a self-propelled carriage. The first working railway steam locomotive was finally built in the UK in 1804 by Richard Trevithick but it didn't go beyond being an experiment due to its weight. The first successful commercial steam engine, the Salamanca engine was built in 1812 then in 1813 Puffing Billy was created and is still in existence



making it the oldest steam engine still around. The next twenty years showed more engines more tests and trials and the first public passenger rail line was created in 1830 between Liverpool and Manchester. Electric trams were invented in 1837 but due to the power that was needed for them to run were relegated to short run jobs and not suitable for moving freight and people between cities. Steam powered locomotives dominated the railroad industry for more than a hundred years.

In the late 1800 the internal combustion engine was invented, and it wasn't long before the diesel locomotive was invented.

Switching to North America in our history of rails the first Canadian railroad was laid down in 1836 just outside of Montreal and then in Nova Scotia. In 1853 a line was established that connected Toronto and Montreal called the grand Trunk Railroad. This line was added to and joined Maine and Chicago and by 1870 was the longest railroad in the world. In 1885 the Canadian Pacific finally joined Canada's first transcontinental railway at Craigellachie BC. It took four years to build. As the race to create a rail line to the west

was happening on both sides of the border a lot of private rail lines were created but eventually the owners couldn't sustain them, and the Canadian government started taking over these lines one by one and in 1923 the government merged all these lines together to create the Canadian National Railways System.

Like my model trains, full sized trains came in various gauges. The standard gauge which is used in over half the world and all through north America is 4ft 8 1/2 inches. I had thought this was steeped in roman history and had to do with chariots but according to Snopes I'm wrong. It is by sheer coincidence that it is exactly 1/1000 of a mile or one Roman pace. I'm told it has more to do with the distance wagon wheels were apart and that has to do with how wide your horse was. I liked my explanation better as it sounded way more historical.

This has probably been way more information than what you wanted on rails but now when you see the CN engines coming through all our Cariboo towns you see a Canadian Icon that is steeped in history and has helped make this country what it is today.

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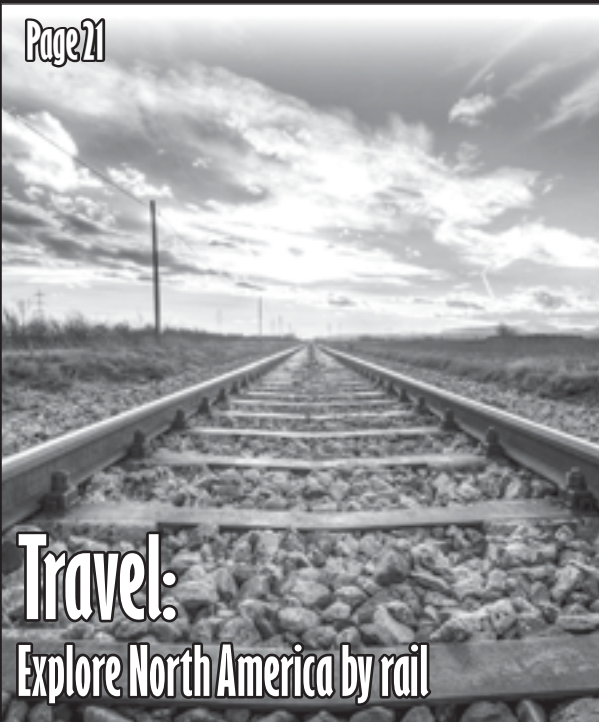
# ingredients

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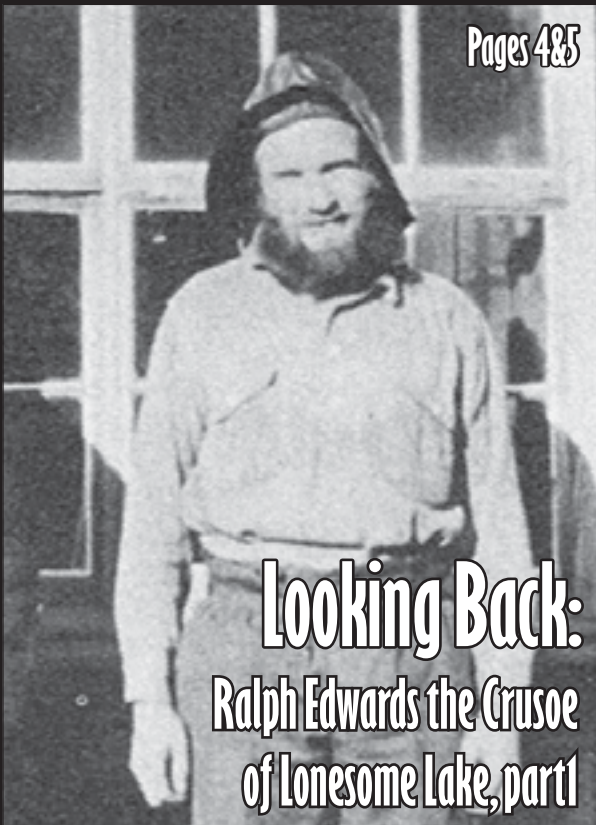
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**Travel:**  
Explore North America by rail

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**Looking Back:**  
Ralph Edwards the Crusoe  
of Lonesome Lake, part I

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**Out of the Fridge**  
Toad in the Hole



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# hear

## Ralph Edwards the Crusoe of Lonesome Lake, part I

Ralph Edwards was a household name when I first showed up in Bella Coola in 1973. The book *Crusoe of Lonesome Lake*, published in 1957 by Leland Stowe changed his reclusive life. It put Ralph, his wife Ethel, and their three kids, Stanley, John and Trudy into the public spotlight. They received a continual flow of fan mail from people curious about how they were living.

When I arrived, Ralph had been carving out a unique existence in the Coast Mountain wilds of the upper Atnarko Valley for over 60 years. One of the important contributions he and his family made was their role in preserving the survival of the Trumpeter Swans that wintered there. For another thing, Ralph and his daughter Trudy became aviation

pioneers.

North America's largest waterfowl species was on the brink of extinction from over hunting when Ralph established his pre-emption at Lonesome Lake in January 1913. Over the years he and his family started feeding them in winter. That meant packing thousands of pounds of barley over the rugged trail and across the lake into their remote hideaway. Unlike the passenger pigeon that was extinct by 1914, the trumpeter swan population rebounded thanks in large part to the Edwards family's dedication.

It could be argued that faint hopes of a railway coming to the Central Coast at Bella Coola inspired Ralph Edwards to establish his farm in such a remote location. He figured a railway to transport produce to market might

actually make farming on the shore of Lonesome Lake profitable.

But any chance of a railway coming to Bella Coola was quashed when the Grand Truck Pacific Railway between Jasper and Prince Rupert pounded its last spike in 1914, thus satisfying Canada's need for a second trans-continental rail link to the Pacific Ocean. A number of other railway routes had also been surveyed through the nearly impenetrable Coast Mountains in the late 1800s, including one following the Homathko River to Bute Inlet, and another descending the Dean River to Kimsquit on the Dean Channel. These plans were also shelved.

Ralph Edwards was born in Hot Springs, Georgia in 1891 and raised in North Carolina and Massachusetts

by various members of his family including his grandparents and uncles. His Seventh Day Adventist parents were medical missionaries and Ralph spent three years with them in India before his family moved back to the States. While his parents moved around the country getting the medical training they needed for their calling, Ralph was shunted from one family to another. In the process he learned to be self-reliant, hard working and self-educating. These attributes served him well in his wilderness pursuits.

Ralph was 21 years old when he took the coastal steamship from Vancouver to Bella Coola in August 1912. He was looking for free land to settle, but when he stepped off the boat he learned that most of the good farmland in Bella Coola Valley had already been taken by Norwegian and Seventh Day Adventist settlers. Un-



daunted, he acquired a couple of horses, loaded them with everything he owned, and started up the valley.

Most newcomers seeking land were passing through Bella Coola Valley and following the ancient grease trail route north to Ootsa Lake.

The road up the Bella Coola Valley only stretched 30 km to Firvale where a community of Seventh Day Adventists had settled. Beyond that, access was by horse trail or by foot. The Nuxalk-Dakelh Grease Trail that Alexander Mackenzie had followed in 1793 climbed Burnt Bridge Creek and crossed the Rainbow Mountains. The trail along the

Atnarko River continued east to Hotnarko Creek where it climbed the steep Precipice Trail to the Chilcotin Plateau.

Ralph decided to seek his fortunes up the Atnarko Valley.

In Firvale he met the Ratcliffs, two pairs of brothers Milo and John and their cousins Frank and Walter. All were Americans recently arrived from Oregon.

It was Frank Ratcliff who took Ralph to Lonesome Lake in October. They proceeded by foot up the steep switchback trail to Turner Lake where Hunlen Falls drops 1,300 feet into the valley. There they rafted up the lake. Then Frank



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# hear

...continued from page 4

brought Ralph to a viewpoint overlooking the seven-mile S-shaped Lonesome Lake 1,000 feet below. At that time the lake had no official name on Canadian maps. It was Ralph who is given credit for naming it.

They bushwhacked down the mountainside to where the Atnarko River flows into Lonesome Lake and that's where Ralph staked his 160-acre pre-emption he later called 'The Birches'. Two months later he got word his application was approved. On January 10, 1913, Ralph and Frank headed out to Lonesome Lake to build his cabin. The two men dragged Ralph's 600 pounds of supplies down the lake ice on a homemade sleigh.

It took them three days to do the log work for his 10-by-14-foot cabin and a bit longer to cut cedar shakes and construct the roof. Soon Ralph was able to move in and start carving out his legacy. Slowly and methodically he

felled big trees and pulled the stumps. By spring he had cleared two acres of land.

The summer of 1913 saw Ralph working on a crew stringing the new telegraph line across the Chilcotin Plateau from 150 Mile House to Bella Coola. He earned three dollars a day plus room and board.

"The job entailed stringing a single line of cold-drawn galvanized number eight wire from tree to tree," Ralph described in his 1979 memoir told to Ed Gould.

Where there were no trees, poles were dug into the ground. "Linemen topped and trimmed the trees and sideblocks were nailed onto the trees or poles and insulators were screwed onto the sideblocks," Ralph said. "Big coils of wire were put on turntables and the ends pulled over the rough ground from tree to tree."

At the end of the summer Ralph returned to Lonesome Lake to continue working on his homestead. He dug and fenced a large garden and began experimenting with fruit trees that could survive in the microclimate of the upper Atnarko Valley.

"Over the years I planted and experimented with over forty varieties of fruit trees before I found an adequate number to survive the winter," he stated.

When Canada entered the First World War in 1914 Ralph stayed focussed hacking out his homestead. When Walter Ratcliff decided to join the Canadian army, he gave Ralph his dog Whitie to look after. Ralph appreciated the canine companionship but what he really wanted was a female companion to share his wilderness paradise. He

had exchanged many letters with his childhood sweetheart Helen Cathie from North Carolina, and he

hoped one day to bring her to the home he was building.

After spending another long winter alone at Lonesome Lake, Ralph decided it was time to act on his feelings. He wrote Helen Cathie and told her he was coming to see her. Her letters had been passionate and encouraging and he wanted to tell her in person about his adventures.

But when Ralph arrived, Helen Cathie told him she wasn't cut out to be a wilderness bride. She wasn't prepared to leave her family in Sylva, North Carolina, and encouraged him to stay there.

Ralph was devastated. After a teary farewell, he continued on to Boston where he convinced his younger brother Earl and their mother Gertrude and much younger brother, Bruce, to come back to Bella Coola with him. They found a place for Gertrude and Bruce to live, and Ralph helped Earl establish his own pre-emption a few miles south of Lonesome Lake.

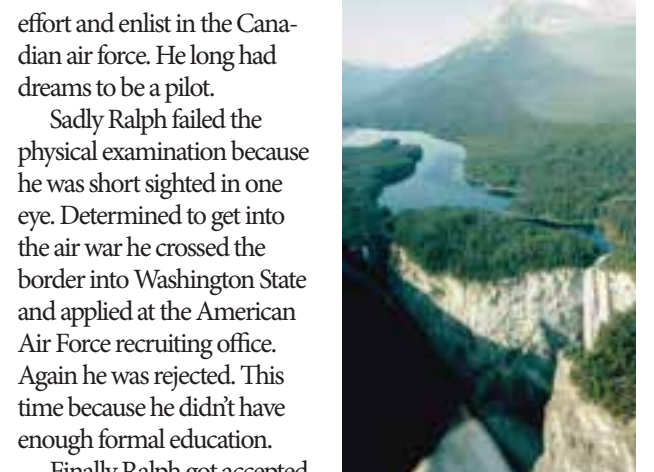
This should have been a happy time for Ralph surrounded by family, then his bubble burst when he got a letter from Helen Cathie telling him she was about to get married. Alone at the lake he was depressed and angry. Rather than brood about something he couldn't change, Ralph headed to Vancouver to join the war

*"Please now brother don't you ride this train, ride the wrong rails, live your life in vain..." ~Eric Clapton*

► Elizabeth Clayton, Sutherland, Bruce Edwards & Gertrude Edwards



► Walter Ratcliff, Earle and Ralph



effort and enlist in the Canadian air force. He long had dreams to be a pilot.

Sadly Ralph failed the physical examination because he was short sighted in one eye. Determined to get into the air war he crossed the border into Washington State and applied at the American Air Force recruiting office. Again he was rejected. This time because he didn't have enough formal education.

Finally Ralph got accepted by the US Army signal battalion as a telegrapher, and in the summer of 1917 he headed off to war in Europe. He survived the ordeal dodging bullets and dysentery. "I belied my way through mud and dead bodies to set up wireless equipment while shells burst all around me," he said. "I began to think that facing grizzly bears in British Columbia was not such a dangerous piece of work."

After the Armistice was signed declaring an end to the War To End All Wars, death still stalked the soldiers. Many died from the Spanish flu that had become a world-

wide epidemic. He was impressed when a German farm wife applied homespun medicine to save the lives of flu victims.

Ralph was discharged at Fort Lawton, Washington in 1919, and climbed aboard a train to Vancouver where he bought a suit to replace his uniform. "With some of my discharge pay I bought a new rifle and a one-way ticket to Bella Coola. It would be a long, long time before I would leave the valley again."

...Next month read how Ralph Edwards begins his Lonesome Lake legacy

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# flavour of the month



## Featuring Diane Toop, Station House Gallery

BY CRAIG SMITH

I thought that having the manager of the Station House Gallery would fit nicely with this month's theme of "rails," but I soon found out that her ties to the railroad go much deeper than that. A born and raised Williams Laker, Diane Toop's roots to the city go back a few generations. It's not everybody that is related to someone a street is named after, but Diane's relatives have two streets in the lake city.

Her maternal Grandfather came here and was a telegraph operator and her paternal grandfather was a logger. Diane and her siblings were born and raised in Williams Lake. She recalled times, during her growing up years, when she and her friends would hitch a ride in a boxcar to go to points north and south. It's something you couldn't get away with nowadays but back then it was pretty normal. Even trips to the big city when she was a kid were

done by train as it was safer and less expensive. Diane went to Cariboo College to be a medical transcriptionist. After completing her education she headed off to the big city of Vancouver, then returned after 10 years of being away. She came back to Williams Lake wanting a change and a place to raise her two children. Diane worked at various places around town until landing a job at the Station House Gallery in 1995 first as a volunteer and then in

1996 as the paid executive director.

Diane has a great love for the building that she manages which is very obvious when she talks about its rich history.

The gallery started in the train station in 1981 and was still an actual functioning station until 2002. The building will be a hundred years old next year.

In the early days, the station house was the location for community and school board meetings and was an integral

part of Williams Lake.

Diane's official position is now Executive Director and Exhibition Coordinator. Her days at the Station House are full as she does it all from taking care of the retail to grant applications and lining up artists to art classes.

For a couple of years, she did try a sideline business and ran the café at the Chimney Lake golf course in 2011 and 2012 but has since come back to the Station House full time.

Her spare time revolves around her family, her garden, her chickens and her love of baking; selling her delicious artisan bread.

Diane feels the Station House is the best kept secret in Williams Lake and urges people to take advantage of this gem in our city. It's not just for artists, it's for everyone! Pick up The Stew each month to see what's happening at the Gallery. Take time to visit Diane and enjoy the talent on display.



# flavour of the month





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do

# Stop knee pain in its tracks

BY ALICIA FENN, BSC.  
(KIN), C. PED (C), CARIBOO ORTHOTICS

Sometimes our bodies “go off the rails” in terms of health and we need to figure out how to stop the pain in its tracks before compensating for that pain causing pain in other areas. Knee pain comes in many shapes and forms, and can surface at any point in time throughout our lifespan. Examples of these include: Osgood-Schlatter disease – a common problem for children and young teens who experience a sore, bony bump below the kneecap; Patella-femoral pain syndrome – an issue that children, teens and adults can all experience which presents as pain around the knee, or deep to the knee cap (patella); middle-aged adults and

seniors can develop osteoarthritis in the knee.

Although all of these diagnoses have different mechanisms, there are numerous ways in which pain can be treated for these very different knee issues. There are stretches and exercises that can be done to target each specific knee problem for each different individual suffering from discomfort. Sometimes orthotics are recommended to support, cushion or realign the knee. A Knee brace is also a very helpful tool in achieving more stability, balance and proprioceptive benefits. Oftentimes footwear can be changed which may provide a better base of support for the knee.

No matter what the problem you are experiencing is, it is recommended to seek help instead of hoping the

symptoms disappear. Knee pain can worsen or start to affect the joints above and/or below the knee.

There are four ligaments, tendons and other soft tissues cushioning the knees so determining where the pain is surfacing from is the first step. Functional tests, palpating the sight and a gait analysis can also help in pinpointing the issue. Remember that if you have had pain for a while, the issue has been going on for just as long, if not longer than when you first felt a change. Usually there is no one quick fix in rehabbing a knee and diligence will be imperative in the long run!

There are many factors involved in requiring and maintaining healthy knees. The earlier you start treating your lower limbs well – the better they will treat you later in life! Don't hesitate to reach out if you have concerns regarding your knees and biomechanics – talk to a doctor or some related health care practitioner today!



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by CARIBOO ORTHOTICS

## Tax & RRSP season

### Liquid Assets

By Adele McLearn

#### 2017 Tax Remittance

If you owe money to the CRA (Canada Revenue Agency), you must have your tax return completed and sent by **April 30, 2018**

Interest begins to accrue from April 30th if there is an outstanding amount owing.

#### RRSP Contributions and Subsequent Receipt

RRSP ends on **March 1, 2018**. Any contributions made to an RRSP in your name (by you or your employer) must be claimed on the previous year's tax return (eg. January to March

1, 2018 contributions must be claimed on the 2017 tax return. Do not do your tax return until these receipts are sent to you. You are then permitted to carry forward to the 2018 tax year if you choose. However, you must register those receipts on the 2017 tax year remittance, otherwise, the system will not recognize them.

In the same thought, any withdrawals that you removed from your RRSP in the 2017 tax year – January through to December 31, 2017, you must wait for the receipt to be sent in order to complete your tax return.

Some of the forms that you need to ensure that your tax preparer has been given:

T4 – employer produced form from your earnings

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T5 – interest collected on savings accounts

T4RSP – withdrawals from your RRSP (cash, Home Buyer's Plan, Lifelong Learning Plan)

Disability Income receipt if you were on disability from your employer

Do not submit your tax return until you have all of the required information!

In Canada, the onus of proof is on the taxpayer to ensure that your taxes are completed correctly. CRA will only make you, the taxpayer responsible – regardless of who completes your return!

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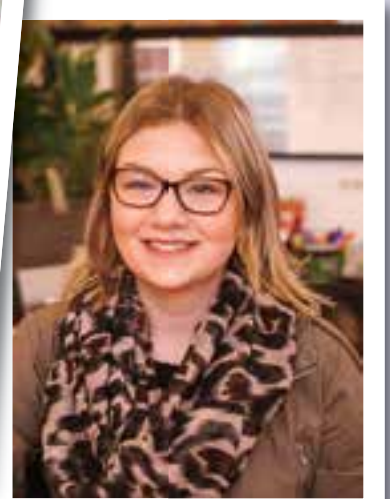
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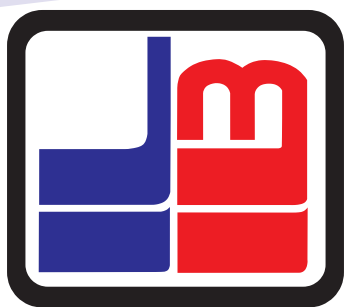
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# How to Derail a Business

BY ALEXIS FORSEILLE,  
COMMUNITY FUTURES  
CARIBOO CHILCOTIN

To keep your business running like a fine tuned train, you want to avoid any operational errors, mechanical failures or a direct collision with anything on its tracks. Just for fun, let us discuss the ways to derail any business.

An operational error in business could include anything from bad judgement calls to mismanagement of the entire organization. The easiest way to damage a business' reputation is by having a high turnover rate, and unhappy employees. The saying is true; employees don't leave bad jobs, they leave bad managers. To accomplish this, make sure the management or leadership style is negative and non-motivational throughout the business. The management should never offer advice, encouragement, or a helping hand when the employee needs it. Any conflict between the employer and the employee will help diminish the want for employees to stay with the organization. Further, an unhappy staff member will care less about their work and therefore, care less about the customers. You can recognize the

business is close to this important stage in derailment when; employees spend more time on their cell phones than talking to the customers in the store, employees act like the customer is causing a disruption in their otherwise quiet day, and the staff continually neglects to return customer inquiries in a timely manner. These are all guaranteed ways to lower the amount of returning customers and make sales plummet.

Beyond operational errors, mechanical errors can result in any business under performing. One such mechanical error includes poor marketing. To accomplish poorly marketing a business, there are a few options. The first option is to not market at all. The business might not be making money from potential new customers but it is also not spending any money. The second option is to put aside a massive marketing budget and spend it all without doing any market research to find the marketing channel that your audience will be using. An example of this would be publishing an advertisement on Snapchat that is meant to reach elders. The budget will be spent and there will be little to no sales

in return. That is when you know the derailment plans are working.

If none of the above options are causing the business to be unprofitable, it might be time to step up the game and plan for a collision. A collision can be arranged in several ways including; over spending on inventory, under quoting or under charging for jobs completed, over booking and not fully completing projects, and over expanding operations too quickly. Any of the above situations will lead to outstanding payables that quick add up and a collision with financial trouble will be on the horizon. Also be sure to avoid paying the outstanding payables for long periods of time to allow the interest to grow on each account.

There you have it, a fool proof way to successfully derail a business!

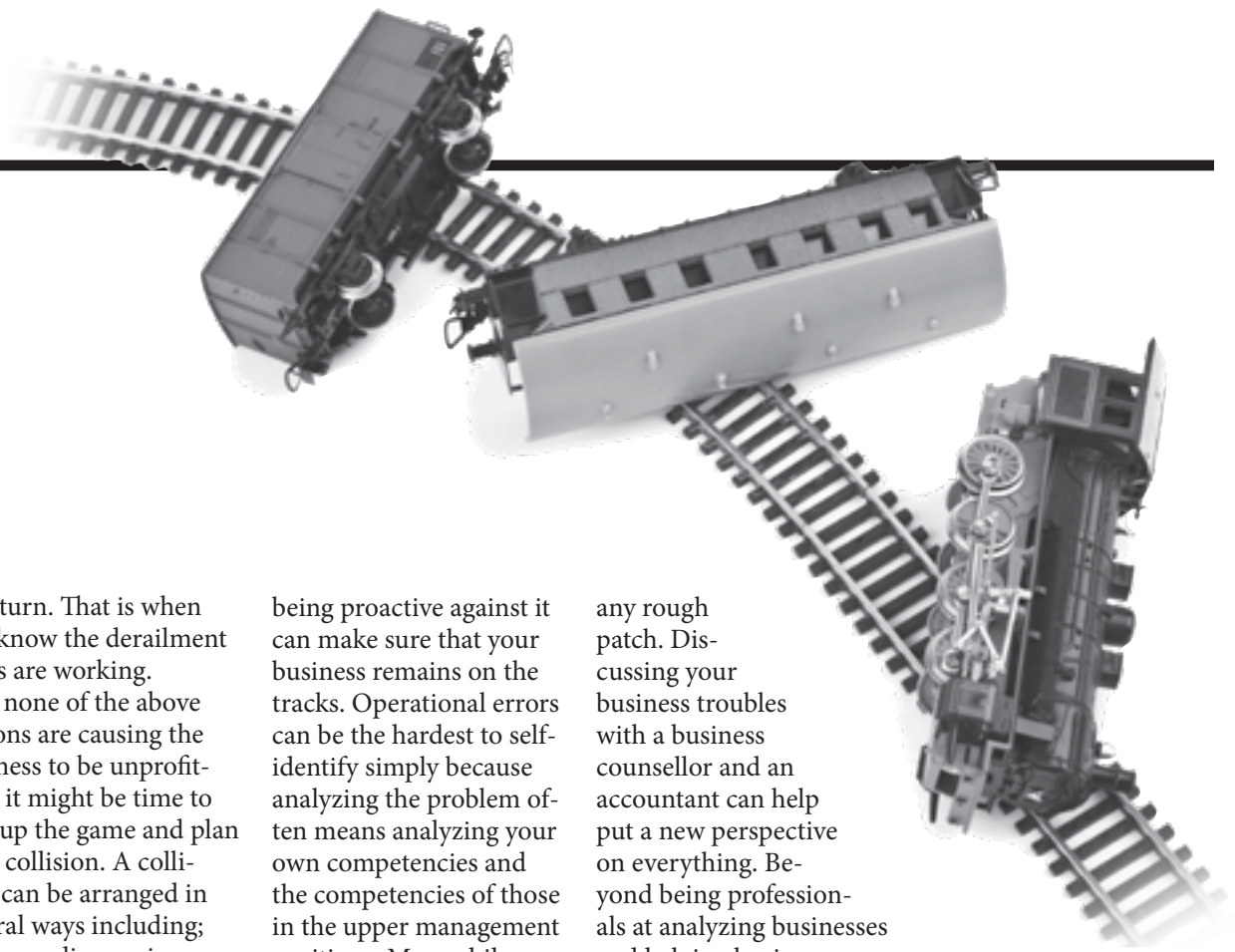
While I hope that no business owner ever follows any of the above advice to destroy a business on purpose, the situations presented are real challenges that could occur. Recognizing the potential for an upsetting event to occur and

being proactive against it can make sure that your business remains on the tracks. Operational errors can be the hardest to self-identify simply because analyzing the problem often means analyzing your own competencies and the competencies of those in the upper management positions. Meanwhile, mechanical errors or a "collision" with financial trouble can usually be determined by reviewing your books and going through data.

There are several options available to business owners to help navigate an organization through

any rough patch. Discussing your business troubles with a business counsellor and an accountant can help put a new perspective on everything. Beyond being professionals at analyzing businesses and helping business owners plan for success, they are an outside source and opinion. An unbiased outside opinion can be much more valuable and rational than trying to figure out internal problems with the management team or on your own. If you suspect your business

is having any of the above challenges, be sure to book an appointment with a business counsellor and your accountant to quickly regain control as you continue on down your tracks.



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**APRIL 6 & 7 2018**





# Do cryptocurrencies have value?



BY RICHARD BUTTERS,  
ADVENTURE GAMES

Bitcoin's price has been on a wild ride since its inception. 2017 alone saw massive gains, starting the year at under \$1,000 and, at its peak, breaking \$19,000, according to industry site CoinDesk. As bitcoin's popularity surges and its price rises and falls, more and more people are asking the same question: How does bitcoin, something that's essentially invisible and intangible, have value?

In economics, something has value if it checks the following two boxes: scarcity and utility. Scarcity just means that something has a finite supply. In the case of bitcoin, the cryptocurrency has a set cap of 21 million bitcoins. Many analysts note that this set cap makes bitcoin more desirable than other assets, even gold. That's because unlike with gold, there's no need to worry about a digital Gold Rush. A treasure trove of bitcoin won't ever be "discovered," causing the crypto's price to crash with an influx in supply. So if

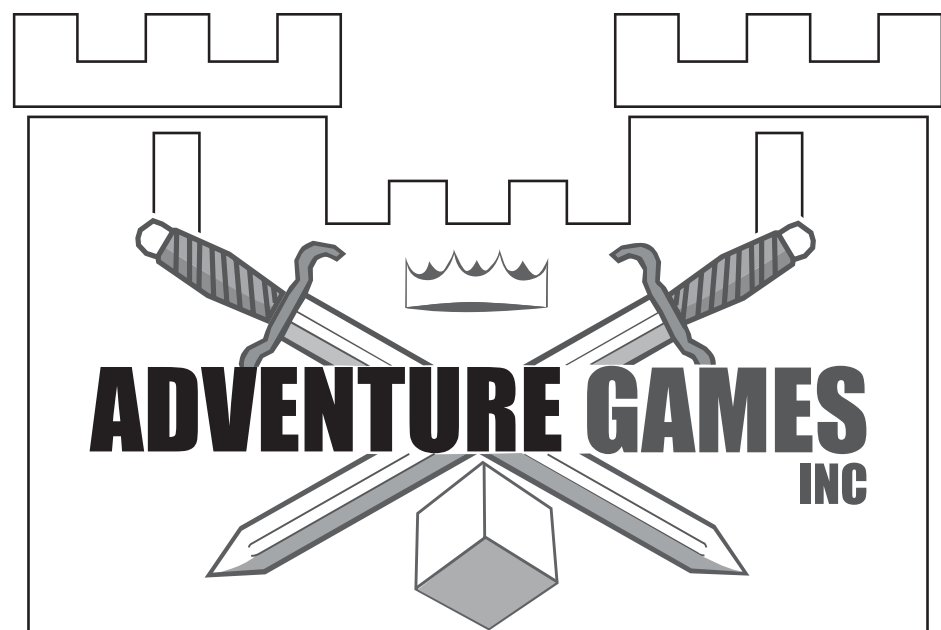
bitcoin has scarcity, what about its utility?

Many believe the cryptocurrency's utility lies in its potential to be a more efficient commodity than we already have. Proponents of bitcoin like it for a number of reasons. First, bitcoin is decentralized, meaning no government, bank or single person has control over it; it can't be toppled by corruption at the top. It's also trivially divisible, meaning you can buy a small item like a doughnut with it as easily as you can buy a house or even a mansion. And finally, the code it's built on is open source, meaning that it's available for anyone to look at, scrutinize and even modify. This means bitcoin is constantly evolving and improving. None of those uses is intrinsic, however. And that's a point bitcoin skeptics often make. It can be hard to see the digital currency as having value because you can't hold it in your hand like you can a dollar bill or gold. Anyone who thinks digital gold isn't a store value is overlooking the fact that

most businesses today are built around digital trust, including the financial system.

It's clear that some people believe bitcoin has value. And if it has value, it's hard not to wonder how much a single bitcoin could end up being worth. There are two main theories being used to calculate the potential value of one bitcoin. The first theorizes that bitcoin, which some perceive to be a better asset than gold, could end up replacing either a portion of gold or gold entirely. If it were to replace gold entirely, one bitcoin could be worth \$357,000. It's more realistic to assume bitcoin will replace 5 percent of gold within five years, making a single coin worth \$25,000.

Many people think that bitcoin is a bubble, and that's predicted on the concept that bitcoin has no value. But there's reason to believe that that just isn't true. By definition, bitcoin is scarce. And the cryptocurrency may have utility as a superior way to store and exchange wealth.



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**Play**

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



# play

## WILLIAMS LAKE & AREA

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

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

**March 2-4** Dark Times, 3 venues & 20+ performers, live music and poetry, tickets: Bean Counter, info: [www.artsonthefly.com/darktimes](http://www.artsonthefly.com/darktimes)

**March 3,10,17,24,31** Magic Standard Showdown, Adventure Games 83C 2nd Ave S, Saturdays noon

**March 3,10,17,24,31** Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, Saturdays all day

**March 3** Great Canadian Maple Event, drop in and sample all things maple, Safeway 11am-4pm

**March 3** Dark Times Poetry Workshop with Sonya Littlejohn, bring notebook, pen, water, blanket/pillow, Arts Centre 1-2:30pm

**March 4** Parade of Choirs, admission by donation

**March 4,11,18,25** Magic Sunday Draft, Adventure Games 83C 2nd Ave S, 10am

**March 4,11,18,25** Board Game Night, Adventure Games 83C 2nd Ave S, Sundays 5pm

**March 5** FREE Seniors Bingo & Refreshments, upper level Boitania Mall 1pm

**March 6,13,20,27** Story Time for Preschoolers, puppet show, free, Library, Tuesdays 10:30am

**March 6,13,20,27** Duplicate Bridge Club, everyone welcome, Seniors Activity Centre side door, Tuesdays 7pm

**March 6,13,20,27** Drink and Draw, bring your art supplies & have a coffee, Denny's, Tuesdays 6pm

**March 7-10,14-17,21-24** WL Studio Theatre presents Oscar Wilde's "The Importance of Being Earnest," directed by Becky Strickland, tickets: The Open Book

**March 7,14,21,28** Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), youth 12-18 gain new skills & meet new friends, 6:15-9pm, Legion lower hall, info: [www.3064rmrangcadets.org](http://www.3064rmrangcadets.org)

**March 8** International Women's Day celebrations & Women With Heart award presentation, 51 A 4th Ave S, info: 250-392-4118

**March 8** WL Garden Club, meets first Thursday of the month, new members welcome, Arts Centre 6:30pm, info: 250-392-2769

**March 8-31** Breastfeeding Art Expo, opening reception Mar 8 5-8pm, Station House Gallery 10am-5pm, info: [www.breastfeedingartexpo.ca](http://www.breastfeedingartexpo.ca)

**March 9** Cowboy Coffee House, Seniors Centre 7-9pm, tickets: \$12 Open Book, Margetts, Museum 250-392-7404

**March 9** Wild West Riders Steak Dinner fundraiser, door prizes, live & silent auctions, Billy Bob's Bar & Grill, doors 6pm, dinner 6pm, tickets: \$20 Econo Glass

**March 10** Harvest Angus Bull Sale, BC Livestock, stockyards on Cattle Drive, info: [www.bclivestock.bc.ca](http://www.bclivestock.bc.ca)

**March 10** Spring Into Art, entry-level workshops in seven artistic media, Arts Centre 90-4th Ave N, 10am-4pm, info/register: [www.centralcaribooarts.com/springintoart](http://www.centralcaribooarts.com/springintoart)

**March 10** Spring Dreams, scholarship & awards fundraising gala, dinner, dancing, silent/live auctions, TRU Auditorium 6pm, info: [www.tru.ca/williamslake/gala](http://www.tru.ca/williamslake/gala)

**March 15** Williams Lake Regular Sale, BC Livestock, stockyards on Cattle Drive, info: [www.bclivestock.bc.ca](http://www.bclivestock.bc.ca)

**March 15** WL Writers' Group meets third Thursday of the month 6pm, Art Centre 90-4th Ave N, new members welcome, info: [Linda.levpur@shaw.ca](mailto:Linda.levpur@shaw.ca)

**March 15** City Birthday Tea, free cake, Museum at the Tourism Discovery Centre

**March 15** Shamrock Luncheon, bake & craft sale, everyone welcome, door prizes, tickets \$8, Seniors Centre 11:30am-1pm

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

**March 18** Strickly Blue Grass, live music every 3rd Sunday, Alley Katz, info: 250-398-7368

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

**March 21** SPCA Family Fiesta Night, taco bar, games, silent auction, SPCA fundraiser, CJ's Southwestern Grill, \$25/person or \$60/family with 2 children under 10

**March 24** Spiritual Spring Cleanings Workshop, Hobbit House 10am-2:30pm, info/register: 250-392-7599 or [sharon@playingwiththeuniverse.com](mailto:sharon@playingwiththeuniverse.com)

**March 25** Crib Tournament, Seniors Activity Centre 11am-4pm

**March 27-31** 2018 Senior Male AA BC Hockey Championship, Stampeders host the Coy Cup, Memorial Complex

**March 31** 2nd Annual Easter Egg Hunt, ages 12 and under, Realm of Toys 12-4pm

**April 6-7** Big Brothers Big Sisters Bowl For Kids Sake, fundraiser helps local children, Wild Wild West theme, lanes fill fast so book your time/lane early, reservations: 250-398-8391

## QUESNEL & AREA

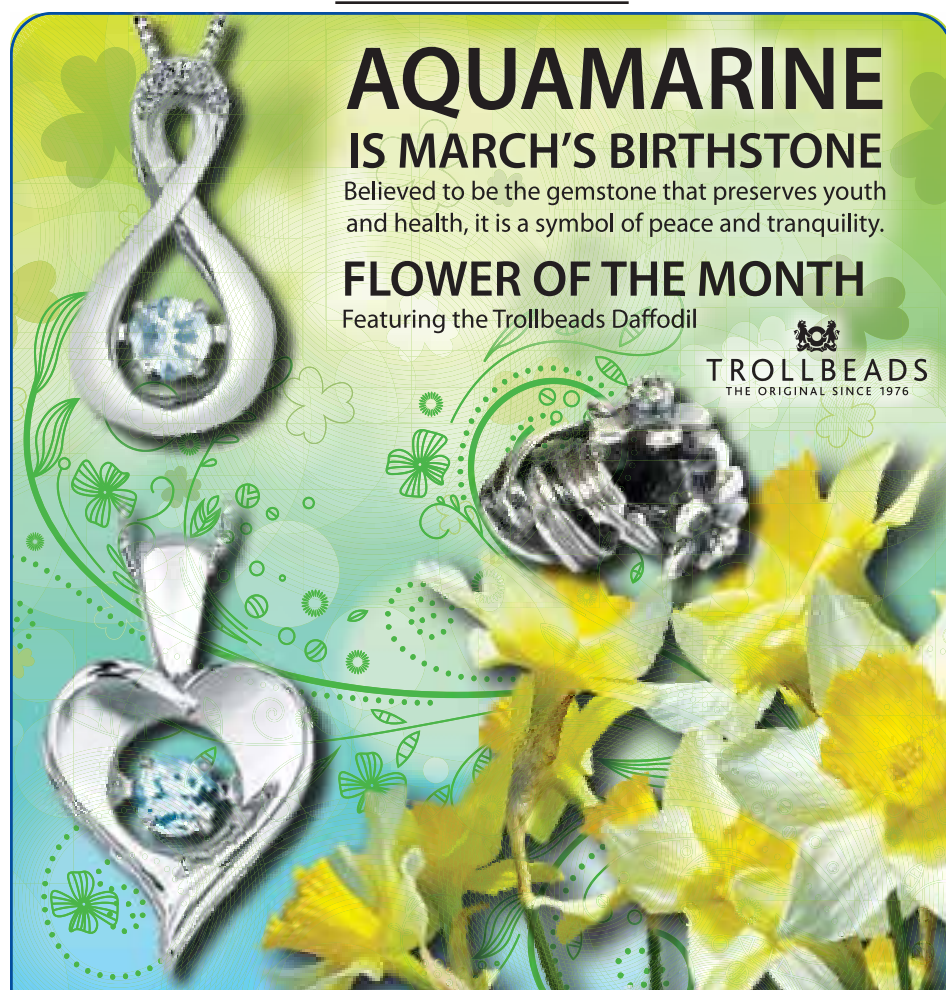
**March 1** Quesnel Live Arts presents: Phillip Chiu "Of Church and State," piano & multimedia, Chuck Mobley Theatre 7:30-10pm

**March 1** Film Club: The Other Side of Hope, Carib Theatre 6:30-8:30, info: [www.quesnefilmclub.ca](http://www.quesnefilmclub.ca)

**March 1** 4th Lawn-chair Travel Series: Heloise Dixon-Warren & Ted Traer present 1758-59 Cape Breton & St Lawrence, Bouchie Lake Hall 7-9pm

**March 2-3** Annual Dance Gala, Gold Pan City Dance 352 Anderson Dr 8am-5pm, info: 250-992-2292

**March 2** AMATA Transition House Society fundraiser, live music: Party on High Street, dinner, appies,



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# play

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games, silent/live auctions, The Occidental 228 Front St 6-11pm, advance tickets: Occidental

**March 3** Kathy Fowkes & Tiffany Jorgenson Book Launch, "Best Day Ever," prizes, coffee/cookies, Bouchie Lk Store 11am-2pm

**March 3** Live music: Alex Cuba, Epilepsy Quesnel fundraiser, Occidental 6:30pm

**March 3** RCMA Open Mic "Feeding our Kids with Music, musical youth fundraiser, all ages, The Occidental 6:30-9:30pm

**March 3** Nazko Arts & Music Fest, free admission, Nazko Valley Community Ctr 2-9pm, info: 250-249-9669 or cariboopc@xplornet.ca

**March 4** 5th Annual Mount Everest Challenge, Troll Ski Resort 7:30am-4pm

**March 5** Felted Fairy Houses class, Long Table Grocery 6-8pm, pre-register: longtablelocal@gmail.com

**March 8** Film Club: Meditation Park, Carib Theatre 6:30-8:30pm, info: 250-747-7422 or www.quesnefilmclub.ca

**March 8** 4th Lawnchair Travel Series: Joan McNaughton presents African Safari, Bouchie Lk Hall 7-9pm

**March 8** Era of Mega-fires, Seniors Centre 461 Carson Ave 6:30pm, info: 250-985-0510

**March 9-11** Live music: ABBA Forever the tribute,

with Occy Juicebox Band, 9-10th 8pm, 11th All ages 3pm, The Occidental 228 Front St, tickets: \$25 advance, \$30 door

**March 10** Discover Wellness Health Fair & Market, exhibitors, presentations, healthy food, door prizes, College of New Caledonia 10am-4pm

**March 12** Quesnel Soup: Community Crowd-Funding Event, soup dinner (byo bowl & spoon), cash bar, community improvement ideas, all ages, The Lodge 1262 Maple Heights Rd 6-9pm

**March 15** 4th Lawnchair Travel Series: Susan MacNeil presents Invictus Games in Toronto, Bouchie Lk Hall 7-9pm

**March 16** Cariboo Craft Beer Festival, Seniors Society 461 Carson, 6-10pm, advance tickets only

**March 16** Foxxie Follies, The Occidental 228 Front St 8-10pm

**March 17** Figure Skating Carnival, Twin Arenas, 8am-5pm, info: 250-992-7125

**March 17** Spring Craft & Artisan Fair, The Lodge 1262 Maple Heights Rd 10am-8pm

**March 17** Cask Night, wear green, live music after 9pm, The Occidental 228 Front St 6pm, tickets/info: 250-992-5814

**March 17** St Patricks Day Family Dance, live music: Kordaroy, dinner, concession, prizes, proceeds to annual Pow Wow, Friendship Ctr 6pm

**March 17-22** Winter Painting Residency with Peter Corbett, Island Mountain Arts, Wells, info: 1-800-442-2787 or info@imarts.com

**March 18** Seed Starting with Terri Smith, Long Table Grocery 1-4pm, pre-register: longtablelocal@gmail.com

**March 22** 4th Lawnchair Travel Series: Brenda Gardiner presents Venice/Croatia/Cinque Terra, Bouchie Lk Hall 7-9pm

**March 23** Dart Tournament, Legion 8am-5pm, info: Pat 250-747-1120

**March 24** Disaster Training for Volunteers, Barlow Creek Hall, 8:30am-5pm

**March 24** QLA presents live music: Dinah D & The Contraband Swingclub, 228 Front Street, The Occidental 228 Front St 7:30pm

**March 24** Mounted Archery Clinic, First Equestrian Horse Ranch, 2343 Reiersen Rd 9am-6pm, info/register: 250-249-5353 or bchbcnc@gmail.com

**March 24** Butter Tart Competition, West Village 12-5pm

**March 24** Shawna Caspi Live at the Bunkhouse, Pen-Y-Bryn Farm 2911 Kersley Dale Landing Rd, doors 7:30pm

**March 25** Live music: The Kerplunks, children's concert, The Occidental 228 Front St

**March 26** Purple Day for Epilepsy Awareness, show your support by purchasing purple flowers, ribbons, cookies, etc. around town

**March 26** Live music: Annie Lou, The Occidental 228 Front St

## 100 MILE HOUSE & AREA

**March 1-10** Parkside Art Gallery presents the paintings and photography of Steve & Jack Monk "Crossing Generations"

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

**March 1,8,15,22,29** Alcoholics Anonymous, Thursdays 7:30pm, 108 Community Centre

**March 2-4** Ladies Curling Bonspiel, South Cariboo Rec Ctr Curling Rink

**March 2,9,16,23** Crib Night, Forest Grove Legion Fridays 8pm

**March 3** South Cariboo Chamber of Commerce Business Excellence & Citizen of the Year Awards dinner, Iron Horse Pub & Grill, tickets: 250-395-6124

**March 3,10,17** Learn to Paint Program, Parkside Art Gallery 12:30-4:30pm, info: Bobbie Crane 250-396-7721

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

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

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

**March 4** Free Public Skate sponsored by RBC, South Cariboo Rec Ctr 1:15-2:45pm

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

**March 6,13,20,27** Community Band, all ages and experience welcome, practice Tuesdays 7pm Christ the King Lutheran 440 Horse Lk Rd, info: Dave 778-485-5560

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

**March 7,21** Log Cabin Quilters, 1st and 3rd Wednesday of each month Sept-June 9:30am-1:30pm, Interlakes Hall 7592 Hwy 24, info: 250-593-4456

**March 8** Festival of the Arts committee meeting, new members welcome, Chamber 6:30pm

**March 8** Performing Arts Society Pitch-a-Play interviews, St Timothy's Anglican basement 6:30-8:30pm, info/application: perf-arts.100milearts.com

**March 8** Parkside Art Gallery & Momentum Productions present live music: Cayla Brooke with Ingrid Mapson, doors 7pm, start 7:30pm

**March 9-10** Rotary Spring Book & Bake Sale, Community Hall, Fri 11-4, Sat 10-2, info: 250-706-9662


**March 10** Red Cross Stay Safe Course, ages 9-13, 9am-2pm

**March 16-Apr21** Parkside Art Gallery presents Ogden Students "The Group of Seven Teenagers"

**March 17** Ducks Unlimited Annual Banquet & Auction, Community Hall, doors 5:30pm, dinner 6:30pm, auction to follow, tickets: Donex, 108 Supermarket

**March 23** Parkside Art Gallery & Momentum Productions present live music: Shawna Caspi, doors 7pm, start 7:30pm

**Special Occasions in Style**



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do

# Get the wheels turning



## Pint-Sized

By Jazmyn Douillard

Have you ever had a smiling train haunt you in your nightmares? No? My guess is you've never had a toddler born during the pre-Paw Patrol era. I'd also guess that you never did the groggy-walk to the bathroom at 3am only to step on a topless roller skate that turned out to be a forgotten toy train.

Thank goodness we had a single story house, even

if a good quarter of it was dedicated to varying train tracks, mountains, river passes and station houses. I think the town the kidlet built was larger than the one we were living in.

But what to do with all the tracks, trains and trees once they've started to outgrow them?

Hah! Gotcha! They never outgrow them! You just realize you made a

mistake by buying only Thomas trains when you should've skipped right over them and gone straight to the Brio so they could keep chugging along well into their elementary years.

You'd think this would get old fast, but I'm actually grateful for it. Watching things roll helps them understand that things are 3-dimensional and it gets the wheels turning in their head. Adding in tracks and building full worlds for their train sets means they have to plan layouts and think ahead with how much track they have left.

Studies show that kids that play with trains quickly improve their spatial reasoning and tend to excel at things like math, science and ultimately helps

them do well in school.

Besides, despite how many ankle breaking trains I've stepped on over the years, they're still less deadly than Lego.

If you have a crafty family like mine, a good money saver is making the trees, people, benches and other items yourself out of things like popsicle sticks and polymer clays. All around, trains are an engaging pastime if it develops into a hobby.

They do eventually walk away from the cartoon-ier trains and go into the more realistic sets, but as much as I'm glad the Thomas days are over I'm not sure I'd have been so happy to see them go if I'd known Minecraft would be right around the corner...



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Trail Mix

**Williams Lake Writer's Group**  
Writers' Showcase

**Williams Lake Studio Theatre**  
Behind the Curtain

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*"Found it, it's gone. Now you feel it, you don't. You've gone off the rails..." ~Radiohead*



## Trainwreck!



BY HELENA MORGAN

Nothing really comes to mind when one tries to put "theatre" and this month's Stew theme "rails" together. However the term "off the rails" – being out of control and basically a trainwreck – does come to mind. And when I think of trainwrecks and theater, nothing compliments those two terms quite as nicely as William Shakespeare's "The Scottish Play" (since there are productions in

play, such as "The Importance of Being Earnest" on stage March 7-24 Wednesday to Saturday, I will not call this production by its original, unlucky name).

Essentially, the legend goes that the three witches in the plays infamous cauldron scene had cast an actual spell on the play. Probably due to being harassed by the Church and the townspeople for being witches (how did they think burning witches was going to

go for them??). Allegedly during the premier of the production, an actor had died as a result of a real dagger mistakenly being used rather than the intended prop. This had been followed by numerous mishaps and accidents on the set of the play, although I wouldn't refer to early theaters as being the safest of places, the "curse" has been to blame for these series of unfortunate events. So as time went on and superstition grew, it has become extremely taboo to mention the name of The Scottish Play inside a theater during production or rehearsal. I don't even want to mention it in a newspaper article! I would like to maintain my good standings with the theater folk.

But what happens if you do make the faux pas of mentioning the dreaded name inside a theater while a play is in process? Well, thankfully

for you and your uncultured friends, there are "cleansing rituals" that can be performed in the emergency of an M-bomb being dropped. One of these rituals includes spinning in a circle three times, spitting over ones left shoulder and reciting a tweet that Donald Trump had posted from his toilet in the middle of the night. The last one was a joke...ha-ha. Some of these rituals are more elaborate by actually leaving the building, spinning around three times while brushing oneself off and saying "the M word" three times before entering again (if they are even permitted to do so).

So there you have it, now you have the tools necessary to navigate the weird world of theater geek superstition. I hope my handy little guide will help my dear readers in future events of embarrassment because you just had to say Macbeth...Oh..

## Art Gecko

MARCH 5TH TO 31ST – CHERI CARRIER



Cheri is a mixed media artist, mixing collage and illustration and paint together to create her whimsical and impressionist portraits. Her art is a fun mixture of bright colours, whimsy and realism. Her abstract work displays her

love of paper collage and how colour can create emotion. She enjoys working in many mediums such as pencil, ink, crayon, water colours, collage but mainly acrylic. Cheri teaches art at her studio located in Delainey's Mall in Downtown Williams Lake called The Pink Room, but she has also been commissioned for pet portraits and other works. Cheri was formally trained in commercial art and design at the University of the Fraser Valley where she also studied colour theory and fine arts.

Contact Beatrix Linde at 250-440-5759 or email bringerofjoy8@gmail.com to find out how to display your own pieces at the Gecko Tree Cafe!



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*"Sailing without any sail, rolling without a rail, traveling on a mysterious trail with you..." ~Michael Johnson*

# Stress-Relieving Principles for First-Time Homebuyers



Buying a home can be difficult and stressful. With the need for so many tiny decisions, the required faith of a monk, and the endurance to withstand 40 gallons of uncertainty, the process can leave a buyer shaken like a shirt in a cyclone. For a first-time homebuyer, the process amplifies to a state of hurricane! Simply said, it's really stressful. There is, however, a way to calm the storms, to ensure you navigate safely through to the right choice for you. When searching for a home,

especially when you're new to the process, remember to R.A.I.L.

In most dictionaries, 'rail' means to criticize. In this discussion, R.A.I.L. is a critical thinking acronym that can be used as a framework for home-buying decision making. In short, each letter indicates four important principles to be thought through prior to purchasing. The first?

**Realize the Power of a Down Payment.** Lots of first time homebuyers don't see the value of

putting more than the bare minimum into a down payment. It's scary to let go of so much of what you've saved. Yet doing so is one of the best investments you can make. True, there's no 100% promise when it comes to investments. A down payment, however, is pretty darned close. The more equity you put in, the lower your payments. Also, the more equity you'll likely eventually realize upon selling.

**Second: Accept the Power of School.** When you put that down payment into a home that rests near a sought-after school, or any school for that matter, then your down payment has serious probability to grow. Locations near schools almost always result in a higher sale price than locations not close to schools.

**Third: Inspect to Negotiate.** Once your offer



is accepted on a house, it does not mean price negotiations are finished. Professional inspections can lead to undiscovered opportunities for price renegotiation. Undetected water damage, for example, can lead to savings for the buyer. Remember to use your inspection as a way to gain leverage.

**Last: Listen to your Mortgage Specialist Before Shopping.** There's nothing more frustrating than falling in love with a home only to learn you can't qualify for financing. To avoid this: see your specialist first, THEN shop around. Save yourself from that most ugly of storms.

If used, whether new

to the game or a seasoned vet, the principles behind R.A.I.L. can keep you upon solid ground during the stormiest of storms. So, do yourself a favour: commit R.A.I.L. to memory, and enjoy some respite in the process of purchasing your home. Oh, and don't forget to use a Realtor.

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### Williams Lake Trail Riders Association (WLTRA)

would like to thank all of the people of Williams Lake who have assisted with the upkeep and upgrades to our facility. The WLTRA has been a proud part of Williams Lake and its equine community for over 60 years.

This summer we painted the arena roof with the help of many people who donated to the WLTRA through the "GALLON CHALLENGE" fundraiser. The community responded with amazing results, and we extend a huge thank you to each of you who donated to this project. A huge thanks to **Glenn and Kisa Painting**, and **Ian Woods, Man About The House** for the donation of their time and equipment to the project.

Thanks to the **City of Williams Lake** and **Cariboo Regional District** for the approval of grants to fund the upgrades that have taken place to the WLTRA manure storage system.

Thanks to the **West Fraser Truckers Association** and the **Tolko Truckers Association** for the funds donated for the replacement and painting of the inner boards of the WLTRA arena.

Thanks to **Tell-Tale Signs & Printing** for the amazing new property and arena signage.

The WLTRA Board of 2018 extends a huge thank you to all, and we look forward to the possibilities that this year will bring for both Williams Lake and our Association.



eat

“... on the wire, and so are the rails of American Flyers...”  
~Rosanne Cash

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# Toad in the Hole



## Out of the Fridge

By Brice O'Neill



Rails. Sometimes the publisher gives me something strange to write about, something that's hard to relate to. I spent a few weeks trying to figure out what I was going to write, then it hit me. Cooking and rails ARE relatable! When I first started cooking in the early 90s, I worked with a guy at a family diner on the graveyard shift. He had this weird style where in the first hour or so he acted like he had gone 10 rounds in a fight. He was sluggish and seemed unmotivated. I did all the prep, set the line up, got all of our tools ready

and most nights was super excited for the bar rush. He just kind of moped around, sipping on a coffee doing his best to stay awake. Every night about a half hour before the place filled up with hungry drunk people, he would go to the staff bathroom. I remember thinking it was strange that he had to go the bathroom at pretty much the same time every night. A few minutes later he would dart on to the line looking ready to run a marathon. He would talk fast, his eyes were as big as saucers and I could see the veins in his neck pulsating with every heart beat.

It was terribly exciting as a young cook to see him so amped up and ready to cook. For the next hour he cooked like a pro, sprinting from one station to another calling tickets and plating food almost too fast to see. After that hour he would start to slow down a bit and then quickly vanish into the walk-in cooler. He'd come out after an exceptionally long time. I asked him once what he was doing in there, and he told me he put his coffee in there to cool it, so he could chug it really fast and get that crazy energy boost. I remember thinking the coffee isn't that strong. I found out from the Manager much later that the coffee isn't that strong and that's why he didn't work there anymore.

In the mid 90s, I found myself dependent on rails of a different kind. When I got my first prosthetic leg I used parallel bars in

the rehabilitation centre to practice walking. I would lean on those bars and just stand there, shaking, trying to will myself to take that first step. A first step turned into a few steps, then a few more, and before long (about 6 months of going everyday for hours at a time) I could walk between them and not need to use them. Sometimes when I am in the physio office, or at the shop where my legs are made, I see those rails and remember how much sweat I poured on the floor between them.

Recipe time! For generations my family worked for BC Rail. My grandad was a machinist and old-school British. One of his favourite things to eat is called **Toad in the Hole**, and is actually a lot more enjoyable to eat than the image you have in your head right now. Pre-heat oven to 425 degrees, brown 6 sausages in a cast iron skillet, then place in oven until cooked – about 15 minutes or so. Meanwhile, mix 3 eggs with a cup of flour and a pinch of salt; this will make a thick paste. Gradually whisk in a cup of milk until smooth, stir in some rosemary and/or thyme. Pour this mixture over the sausage and cook it all in the oven for 25 minutes. Don't open the oven door to peek or it might not puff up properly and you will have no one to blame, because I told you not to. Cool your Toad in the Hole on the counter for about 5 minutes, then cut into wedges and enjoy it with a nice warm beer. Easy eh?



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*"Is it love when I see your face on the rails?..." ~The Raincoats*



## Explore North America by rail



BY TANYA VIGEANT

We live in one of the most beautiful countries in the world, what better

way to see it than on a train? We may not have as many options as other countries in the world, but we are fortunate

enough to have a train that travels from the West Coast all the way to the East Coast.

Via Rail Canada was founded in January 1977, providing services to more than 3 million people each year.

They offer multiple classes of services; Economy class is the lead in category and if you are traveling on budget then this will be the lowest costing option. In economy you can expect to see 2 seats

side by side very similar to airplane seating but fortunately there is a little bit more room on the trains and you are able to walk around a lot more. Your next level of service would be Business Class. Business Class looks very similar to Economy Class but with a few added perks. Your seats are going to be a little comfier and more spread out to give you personal space, and of course you will get priority boarding. Via

Rail also offers various types of Cabins which are great if you plan on traveling long distances.

Have you ever driven to Alberta from B.C., wishing that you could just sit back and enjoy the scenery? Well, you can; one of my all time favourite trains in Canada is the Rocky Mountaineer. CNN Travel ranked it the 6th most beautiful and luxurious train in the whole world. Most of the trains start in Vancouver, B.C. and take you through the mesmerizing Rocky Mountains. The Rocky Mountaineer offers you 4 different packages; The Coastal Passage, Rainforest to Gold Rush, Journey through the Clouds and the First Passage to the West. Each of these packages goes through different parts of BC but all end up in the Canadian Rockies. The level of customer service is unlike anything you have ever experienced, and the

absolute rare beauty of the train in itself is breath taking. I highly recommend putting this trip on your bucket list.

One more train I would like to talk about is the Amtrak. Now that train is a handy dandy way to get from B.C. to basically anywhere you need to go in the USA. It may not be the quickest way to get around but if you have the time it's a great way to see many different places. One of the most popular routes it offers is Vancouver to Seattle. This route is excellent if you're looking for a quick getaway or even if you are catching a flight from Seattle. To top it off, the Amtrak is not overly expensive!

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read

*"Damned to roam these rusty rails..." ~The Legendary Shack Shakers*

# Rails Remembered

BY CLAUDIA SCHALM

Distant whistles draw ever near, increasing in volume. The clackety clack of steel wheels on steel track, vibrating, making the dishes rattle, and the floor beneath my feet tremble. Trains have always been a welcome part of my life and I do not remember a time without their comforting presence.

I grew up in Squamish, and it seemed trains were everywhere, coming and going.

My friends and I walked the rails to school because it was a shortcut and lots more fun. We had contests to see who could walk a rail the farthest. This was not easy and took extreme balance. Sometimes we would slip off and scrape our ankles, arriving at school with blood in our shoes.

We never complained or demanded special treatment, band aides, painkillers, sympathy. We were tough. On days off from school, we would lay pennies on the tracks, retrieving the flattened piece of metal, no longer resembling a penny. Another favourite was laying two straight pins in the form of a cross on the tracks. The weight of the train flattened and welded them together and they resembled a miniature pair of scissors.

A nearby train trestle crossed a body of water nearby. We called it a slough. My friend Ruthie and I would climb down on to the cement slabs that held the tracks in place. There we would wait patiently for the next train. We could hear it in the distance and we enjoyed the sheer terror and anticipation of being run over by a train. The sound was deafening. We dared to gaze upwards at the underbelly of the monster, as it lumbered by, dripping little bits of oil on us. Of course our parents were never told of this adventure, and it was added to a long list of others. We were free and somewhat wild.

In 1972, my husband and I purchased a piece of property in Soda Creek, and

as you may have guessed, a train ran through it. I was lovingly reintroduced to my friend "The Train". And now my children would have the opportunity to experience the wonders of the rail.

The whistle would announce the arrival and the kids would spill out into the yard, waving wildly at the engineers. The whistle was engaged once more. Two short toots, just for them. The engineers would wave and sometimes open their window. Leaning out, they would throw colouring books, crayons and candies.

Kent, Cindy, Troy and Wade never had the opportunity of meeting the engineers of the freight trains in person, but we all felt that we knew them and they were our friends.

The rail bed running through our farm was built higher than the land on either side. From this angle, the engineers would look down on us, as we looked up at them. A hill was situated close to the railway tracks and on this hill stood a tall tree. The three boys busily constructed a fort halfway up the tree. From this vantage point, they were able to look straight into the eyes of the engineer, a distance of a couple hundred feet away. The boys and their friends spent many happy hours pretending to hold up the train with their toy guns. The engineers shot back, or slouched in their seats mimicking death.

Trains delivered us to relatives and trains brought relatives to us.

Auntie Dodie came once a year, and although we picked her up at a civilized train station in Williams Lake, this was not the manner in which she departed.

When it was time to bid Auntie Dodie a fond farewell, we would help her up into the farm truck and drive around the hill with the fort on it, to a railway crossing behind the barn. After unloading her lawn chair and luggage, we would unload Auntie Dodie and place her near the tracks. I

stood in the middle of the tracks waiting. Soon the buds would round the corner and I waved frantically before jumping for cover. The Bud car would come to a screeching halt, sometimes having to back up. We, ever so gently, helped Auntie Dodie to the train. The conductor would jump out and place a step for her as he hoisted her and her luggage up and into the Bud car. They waited for her

over the tracks. This was especially true as we rounded the corner on the Deep Creek trestle and we had the sensation of flying. Arriving at our destination eight to ten hours later, we were able to disembark behind my mom and dad's house, door to door delivery.

The name of the railroad was the PGE, Pacific Great Eastern, Constructed in 1912, often called "the line from nowhere to nowhere" since it ran between Pemberton and Lillooet. In 1915 the line was extended



to be comfortably seated, and then they were on their way. She would wave to us through the window as the Buds quickly gained momentum and she was whisked out of sight.

The kids and I had a similar experience when we traveled to Squamish. I would flag down the train in the same location and in the same manner. Often we received special treatment. One of the engineers, Sonny Morrison, was a shirt-tail relative, and he would beacon us to the front of the bud car. The view from the front window of the car was frightening because the wheel base was mid car and when we rounded a corner the front would hang way

south to Squamish and North to Williams Lake, still running from "nowhere to nowhere". In 1956 the railway was expanded to include North Vancouver and Prince George. The PGE had many names attached to its initials. "Prince George Eventually", "Past God's Endurance", and "Please Go Easy", to name a few.

The good old PGE gave my children and I many hours of hospitality and service. The engineers and conductors brought an element of friendship and acceptance, taking everything in their stride. Sadly, this human element disappeared after the takeover and name change to BC

Rail in 1984.

Trains continue to whistle and shake the earth and I find strange comfort

in that. A smile lights my face as I remember the close bond we had with the trains of yesteryear.

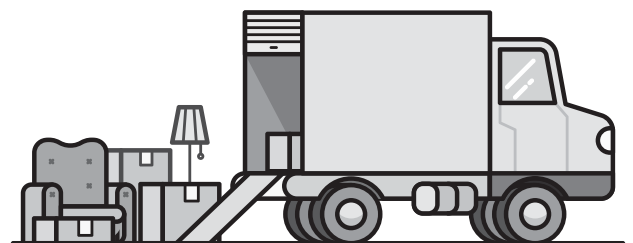
## The Divergent Path

A POEM BY LINDA PURJUE

Iron rails stretching off to the horizon,  
Straight and unbending,  
Or hugging mountains and river banks,  
Each curve rigid, unwavering;  
Tracks for great, belching beasts of machinery  
to travel on,  
Never varying from the selected path,  
Running from this place to that,  
Never seeking the divergent road.

How many lives of people  
Run the same track,  
Day after day,  
Never wavering from their course,  
Never following the divergent path,  
Never seeking anything beyond the familiar?  
Maybe they dream,  
Maybe they imagine  
A different life,  
A different step;  
Perhaps all-encompassing,  
Perhaps life enhancing,  
But they only dream,  
Never do.

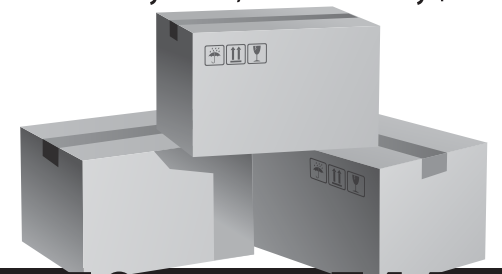
To take the divergent path,  
That enticing trail off to the side  
Of the Iron rails of everyday life,  
Can widen perception of the world,  
Can generate peace in the soul,  
Joy in oneself,  
Excitement in life,  
Can make a person so much more than  
they were  
Just following the rails.



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# Changes for Tax Filing Season

BY DENISE MESSER,  
CLEAR VIEW ACCOUNTING CORP.

• **Canada caregiver credit** – This non-refundable tax credit replaces the family caregiver credit, the credit for infirm dependants age 18 or older. It gives tax relief to eligible individuals who have a spouse, common-law partner, or a dependant, with an impairment in physical or mental functions.

• **Disability tax credit (DTC) certification** – Nurse practitioners across Canada can now certify the application form for the DTC.

• **Medical expense tax credit** – If you need medical intervention to conceive a child you may be eligible to claim certain expenses even if you do not have a medical condition. These expenses are the same as those who have a medical condition. If you had fertility-related expenses for any of the 10 previous calendar years and you have not claimed them, you can request a change to your income tax and benefit return(s) to include these eligible expenses.

• **Educator schools supply tax credit** – must be considered as an eligible educator, can claim a tax credit for eligible expenses to purchase school supplies up to amount of \$1,000.00.

• **Education Coaching amount** – You can claim \$500.00 if you are a teacher or a teaching assistant with at least 10 hours of eligible coaching activities in the year. Must be claimed provincially.

• **Tuition, education and textbook credits** – As of January 1, 2017 the federal education and textbook credits were eliminated. However, you can still carry forward unused amounts from previous years. Also, with certain conditions, you may now be able to claim the tuition amount for fees you paid to a post-secondary level. Therefore, certain tuitions still qualify.

• **Children's credits** – As of January 1, 2017 the children's art tax credit and children's fitness tax credit were eliminated Federally. But can claim provincially up to \$500.00 up to Age 16.

• **Public transit tax credit** – As of July 1, 2017, this credit was eliminated. For this tax year, you can claim the cost of eligible public transit expenses only for travel taken from January 1–June 30, 2017.

See more on these changes and other tax tips by visiting the Canada Revenue Agency at [www.canada.ca/en/revenue-agency/news/newsroom/tax/taxtips-2018.html](http://www.canada.ca/en/revenue-agency/news/newsroom/tax/taxtips-2018.html)

**Beware of Tax Scams** – Please be very vigilant when being contacted by an organization, either by telephone, mail, text messages or email. If you want to confirm if the claim is in fact legit, call the registered CRA Personal Tax Line 1-800-959-8281. The CRA does not send links and ask you to divulge personal or financial information. For more Information go to [www.cra.gc.ca/fraudprevention](http://www.cra.gc.ca/fraudprevention).

do

## Curator's corner

*By rail: merging the technological and the sublime*

JOE BORSATO,  
MUSEUM OF THE  
CARIBOO CHILCOTIN

Since 1804, when the first steam-powered locomotive carried iron by rail in southern Wales, railways have connected products and people together. The arrival of the Pacific Great Eastern to Williams Lake in 1919 brought increased economic activity and settlement to the region, igniting festivities like the annual Williams Lake Stampede. Nationally, railways connected the early Canadian provinces and territories together, allowing for increased traffic in goods and people across the country. Railways served many complex and contrary purposes, but one thing is for sure: their achievements were not solely utilitarian. As seen in travel narratives from the late nineteenth century, railway travel was characterized by a marvel, or sense of wonder, for both the technological and the sublime.

The late nineteenth century was a period of increased railway building and activity that saw many people travelling by rail not just for the first time in their lives but also for the first time in their families' history. Many people, including Agnes MacDonald, wife to Sir John A MacDon-

ald, marveled at both the technological prowess of train systems but also the sublime of the environments that the railways enabled them to experience. The sublime was a concept that emerged out of the period of literary and artistic romanticism and characterized the natural world with a sense of awe, beauty, and power. While on a train trip across Canada to the Pacific, Lady MacDonald wrote in her account "By Car and Cowcatcher" (1887), that "the 60-ton engine, by its own weight and impetus alone, glides into the pass of the Kicking Horse River, and begins a descent of 2800 ft. in twelve miles." While expressing her awe of the train's horsepower, she also expressed an awareness and respect for the natural world around her, "sunlight flashes on glaciers, into gorges, and athwart huge, towering masses of rock, crowned with magnificent tree crests that rise all round us of every size and shape." Her use of symbolism for the tree crests as regalia indicates a royal character of nature. Marveling at the power and eloquence of the train for its ability to transport large weights in rough terrain and the royalty of the natural world, MacDonald exhibits many of the attitudes first seen in early rail travelers.

rial networks across six continents at the expense of Indigenous peoples. It is also ironic that railways facilitated a greater appreciation for the natural world while also accruing a sizeable share of carbon emissions. For better or worse, railways are ultimately some of the most significant historical set pieces, which is partly why the history of the railway is so prominently displayed in the Museum of the Cariboo Chilcotin.

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# Wedding photography

## Photography 101

By Craig Smith



How do you decide to take the plunge into wedding photography? Maybe your work is on the professional side now, and your friends and family are noticing and giving you compliments. Sincere compliments are great – you'll know the insincere ones if they consist of the statement, "that's the best picture I've ever seen..." which does not in any shape or form help you to improve your craft. If the comment was, "I love the lighting" or "That pose is really flattering..." you can at least see what aspects of your photos people like. Photography

is definitely an art that is entirely subjective, but having said that, there are some basic rules that should be followed to make brides happy; such as focus, exposure and a good knowledge of poses that are flattering and appropriate.

I was reading an article in which a Vancouver bride was totally unhappy with a professional photographer's interpretation of her wedding day. She told all her friends and then totally smeared this photographer on social media, to the point that she had to close her business. The photog-

rapher sued the bridezilla and was awarded \$100,000 in damages. The moral of the story is that weddings turn normally reasonable people into complete raving lunatics sometimes.

When you are doing a pre-interview with the bride and groom, try and get a feel for the style they are looking for and judge how they are handling the stress of it all. If you get any inkling of the bride or groom turning into one of those creatures that photographers fear, walk away. The money isn't worth it and if you are doing it for family it's even worse. You have to make sure that you are not leaving them in the lurch, as I am by no means suggesting that you do this the day before the wedding. After all my years behind a camera, I can make that determination at the first meeting and sometimes it's just much easier to apologize and say you are already booked that day.

Next month I want to talk about equipment, but let's spend a little more time on some of the preparation that I would go through for any wedding I book.

After you've done an engagement session, sit down with a note pad and sketch; stretch your creativity with poses, and then judge the bride and groom's reaction to your ideas. This will give you a really good idea of what the bride and groom like. Next thing that goes on their file is a diagram of family dynamics; divorces, who gets along with who, and who can't be put in the same picture. Sometimes people forget why they are at the party and their own issues creep in. Find out if there are mobility issues with any of the subjects; scouting out a beautiful location then finding out the bride won't go there because grandpa is in a wheel chair and she wants him in most of the pictures.

Again, I will continue this topic next month as I want to make sure the bride doesn't ride you out on a rail. Until then, happy shooting.

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*"Steel rails, chasing sunshine round the bend, winding through the trees like a ribbon in the wind..." ~Alison Krauss*

# Welcome to the future



One of the things I hear constantly when it comes to tech is that a lot of consumers feel they are getting railroaded. According to the dictionary it means they feel the sense of having something forced through, either unjustly or without proper regard for those affected, clearly has its origins in analogy to the way early railroads were built, often running straight through private lands and geographic features. So, they are being directed to do and

buy things without having a say in the matter. A perfect example would be companies (no names mention) that would throttle the speed of their technology so you would get frustrated because the device would be working slower and slower so you would go out and buy the newest version.

I've not actually felt that was because I've always been an early adopter of and new tech. Sometimes it's awesome sometimes it has been a waste of money but I had to have it. Technology

stores always seemed to frustrate me because it's a lot of "got it, got it, got it... don't have it, need it, want it, here take my money." My latest acquisition because of my technology addiction was the new apple watch and the latest iPhone. The apple watch is now waterproof and has a cellular built in so you can actually make calls and surf the internet without your phone around. It was only an extra \$5 on my phone bill so I said why not. Now the odd time I really look like inspector gadget when I answer my phone on my watch. There are so many cool things about this watch that I listed off to my wife looking for her approval to buy it. She always says yes but I always feel like a little kid again during the negotiation. It's not that I have to promise to make my bed or brush my teeth but I really want her to know



I have thought about it so I'm not making an impulse purchase. (I make a lot of tech impulse purchases).

My latest toy (It's not a toy it's a business tool) is the iPhone X and am I glad I made this leap. My last phone, the 7 plus, I found was a little big. This one has the same size screen but because the screen goes almost edge to edge its smaller. This phone is also water resistant meaning you can spill something on it or drop it in water but make sure you get it out as they

(Apple) are saying it can only be submerged for 30 minutes or less. With the price of this unit I'm not sure whether I'm ready to test that. Now gone is the home button joining the headphone plug on the iPhone 7. This phone is all about swipe up swipe down and a multitude of other gestures, but the coolest thing is the facial recognition to unlock. It does take a bit of getting used to but like anything after a while it becomes second nature. By far the most impressive feature on the newest Apple of-

fering is the camera. We are way past what my first digital camera would do and some of the lighting treatments mimic what an SLR will do. The video is amazing as far as clarity and colour and with the image stabilization I'm getting comments that people are asking what type of high end rig am I shooting the videos with.

This month just so he doesn't feel like he's being railroaded I think I am going to help my 80-year-old-plus father-in-law to text on his flip phone. Welcome to the future.

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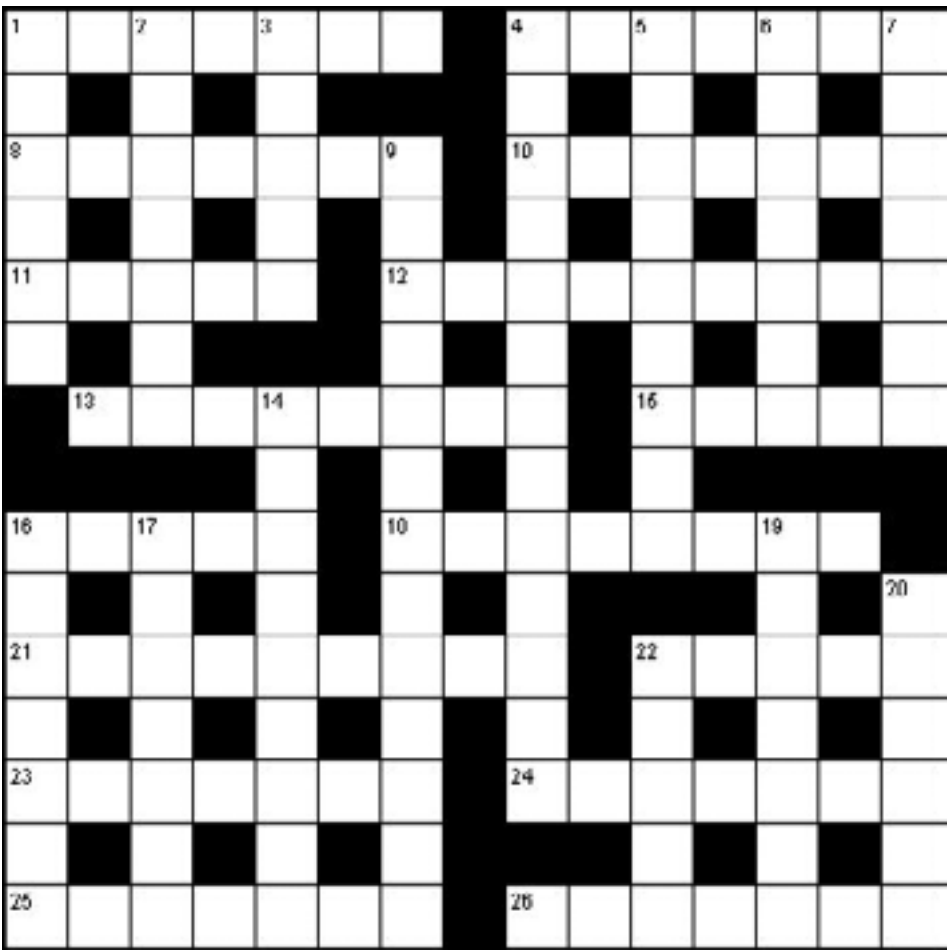


*This month's crossword is brought to you by the fine people at Bob Paterson Homes.*

# X-Word Puzzle

ACROSS

- 1 Tom gags changing hook bait (7)
- 4 Jumble sale bin for Saphist? (7)
- 8 Point to Greek letter then hit with hammer's head for carving in stone (7)
- 10 Unfortunately can't put in amount for holy place (7)
- 11 Stakes providing enclosure for antelopes (5)
- 12 I dish maps out to locate centre of vessel (9)
- 13 Deep rift against second increase, as it were (8)
- 15 Choppy South Eastern sea calms down (5)



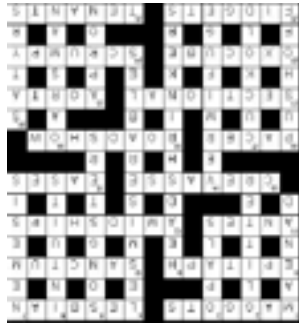
- 16 He takes steps to be number one in Public Relations (5)
- 18 Howard's gaining nothing upsetting travelling troupe (8)
- 21 Coastline is rugged in parts (9)

- 22 Stepping regularly aboard that vessel (5)
- 23 (Zero times Zero, to the power of three) Formula for making gravy (3,4)
- 24 Hesitate to pee in divine cider (7)
- 25 Fits around back of fridge but won't stay still (7)
- 26 Some insects are residents (7)

DOWN

- 1 Get AA in to mend for distraught woman (6)
- 2 Shine in Eng. Lit. term paper (7)
- 3 Albert's after an operation for stones (5)
- 4 Is blameless re misspelt novel (3,10)
- 5 Entertainers rest uneasily after tunes (9)
- 6 Has feelings for Eskimos drinking tea, say (7)
- 7 Stone me! Sister shelters

- arch-enemy (7)
- 9 Psychiatrists shared her sink sporadically (13)
- 14 Chew gum if ever necessary to get rid of tapeworm? (9)
- 16 Leave mooring and get lost! (4,3)
- 17 One with unfaithful wife is bitter about luck, first off (7)
- 19 Lars is beheaded in Arab country, he's always rowing (7)
- 20 Strays get tangled with butterfly (6)
- 22 A pinny really, only nicer. Initially it provides cover in the kitchen (5)



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