

A vibrant photograph of a tropical drink on a yellow towel by a pool. The drink is in a tall glass, filled with a pinkish-red liquid, garnished with a lime wedge and a pink straw. A yellow paper flower is attached to the straw. In the foreground, there is a lime wedge and a pink flower. The background is a clear blue swimming pool.

the stew

ISSUE 9.06 | JUNE 2018 | FREE

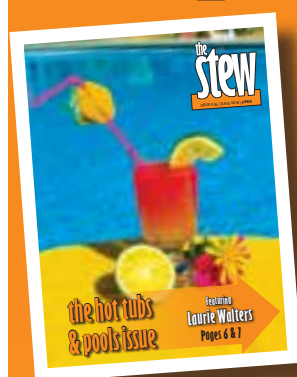
the hot tubs & pools issue

Featuring
Laurie Walters
Pages 6 & 7

we speak



We want to hear from you!
Email craig@thestew.ca



On the Cover:

Summers by the pool, relaxing evenings in the hot tub, pools of light and shadow, tide pools, playing pool, and many more creative interpretations of this month's theme are explored by The Stew writers.

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

Research before you travel

BY CRAIG SMITH

This month's theme, Pools and Hot Tubs, is a subject very dear to my heart. My earliest memories of pools go back to when I was 8. At that time, I was living in Kitimat and Alcan had just built an Olympic size pool for the residents of the city. I started taking swimming lessons and literally took to it like a fish to water. I went through the red cross lessons so fast that when I hit the life guard stage, I had to wait three years before I was old enough to be one. The most ironic thing about that whole time frame was that my younger brother spent the first three sets of lessons sitting on the side of the pool refusing to get in the water. Fast forward to present day, the same guy does triathlons on a regular basis. During that time period I was also in the swim club. I never did really well at it but got a lot of third place ribbons.

Most recently pools have come into my life for a couple of weeks. I just returned from a two-week trip to Egypt. Something that I actually never thought I would do and the closest I thought I would get to a pyramid would be pictures or The Luxor in Las Vegas. When my wife expressed an interest in going there I immediately went to the Government of Canada's website just to see how the country of Egypt sat on the list of places to visit. The government website shows it as a country not to visit unless absolutely necessary. I thought that was the end of it. My wife's disappointment was more than obvious as the explorer blood runs deep in her. This is going to

be a little bit of a plug for our travel agent but that's OK. I stopped in at All-Ways Travel and had a chat with Toni Linde about the safety of the country of the pharaohs. She did some research and basically said its safe if you are with a reputable tour company which she found for us very quickly. It was with a little apprehension that I told my wife the news and that if she really wanted to go I would be OK with it.

A couple of months later we are on a plane heading to the middle east. I tried to stay away from most of the news of the area other than making sure there was no all-out war. I am not an overly careful guy but I like to make sure my risks are always calculated, I mean I was in the military, ride a motorcycle and am in business so I must like risk to a certain degree, but there's also another person involved and I've always been a kind of a protector.

As much as Egypt was in a little state of flux it did have a revolution in 2011 and a forcible removal of another government in 2014. When we landed I felt my apprehension rise a little as I felt the blast of the 40 plus degree Celsius weather hit me. We walked down the ramp to meet a well-dressed Egyptian man holding a small sign that said Mr. and Mrs. Smith and our tour company's name. He proceeded to guide us through all the lines for our visa, customs and luggage. Once we had gone through all the hurdles with security, police and military all carrying at a minimum a pistol and a machine gun we headed outside. We were handed off to another young Egyptian man whose name was Eslam. "Call me



"Sam" I will be your guide while you are in Egypt and this is your driver Victor". Little did we know that our guide and driver would be "our" guide and driver. All our tours through Egypt would be a one on one with these two guys other than our river cruise on the Nile. Sam would meet us every morning, make sure there was food for the day and take us out to our ride which was a very roomy passenger van with our driver Victor. He was very knowledgeable about all things Egyptian and for his age was not stumped by any of my questions. Once we got to the hotel on our first night we had to go through metal detectors and have a physical pat down that became a daily part of our routine. One of the English-speaking guests from Edmonton called it his daily massage and after the first day it felt normal. It didn't matter where you went there were lots of police and military, metal detectors, frisking and bomb sniffing dogs. After the first initial shock of it happening everywhere it actually made me feel a lot more secure in our tours.

I have to say it was one of the most amazing experiences of my

life and it proves a huge point not to believe the media or all the social media hype. We saw no reason to not visit this amazing country. Not one second was spent worrying about our safety. The religious differences made no difference. Sam was a Muslim and Victor was a Christian and they were friends and co-workers and the only heated debate I heard revolved around Soccer or Football as they called it.

During this trip, we actually had a pool at the hotel and one on the riverboat and because of the heat they were both like hot tubs and didn't hardly get used.

The main point of my article this month is that most things the media and social media are reporting are blown way out of proportion! My advice is to do your research with a travel agent and not believe everything you hear or see in the media. If the idea of seeing the Pyramids intrigues you go visit Toni at All-Ways and she will hook you up with the same amazing tour company, it was actually cheaper than taking the Rocky Mountaineer from Vancouver to Banff.

HDS

Hopkins Design

Create Your **Outdoor Living Space** with **Exterior Solar Shades**, **Exterior Upholstery & Decorative Fabrics**

Ask the Experts!

Authorized Dealer For: **Hunter Douglas**

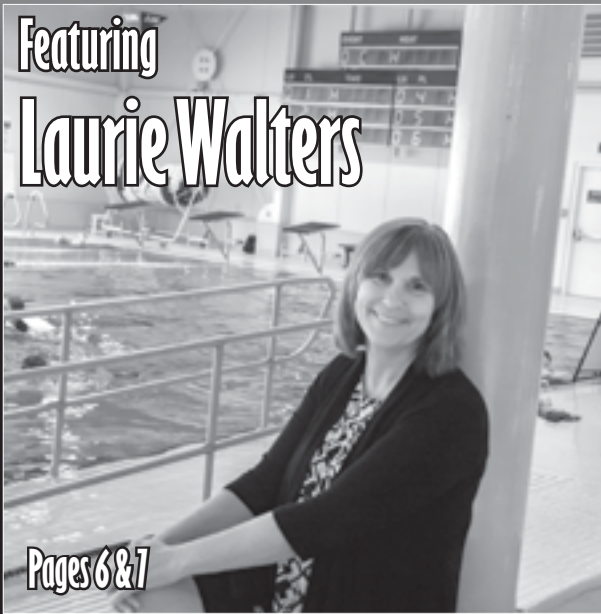
CONSULT + SUPPLY + INSTALL

www.hdsflooring.com • email hopkinsdesignstudio@yahoo.ca • 262A 3rd Avenue South, Williams Lake

250-392-2621

ingredients

Featuring Laurie Walters



Pages 6&7

Page 16



Performances in the Park returns

Behind the Curtain:

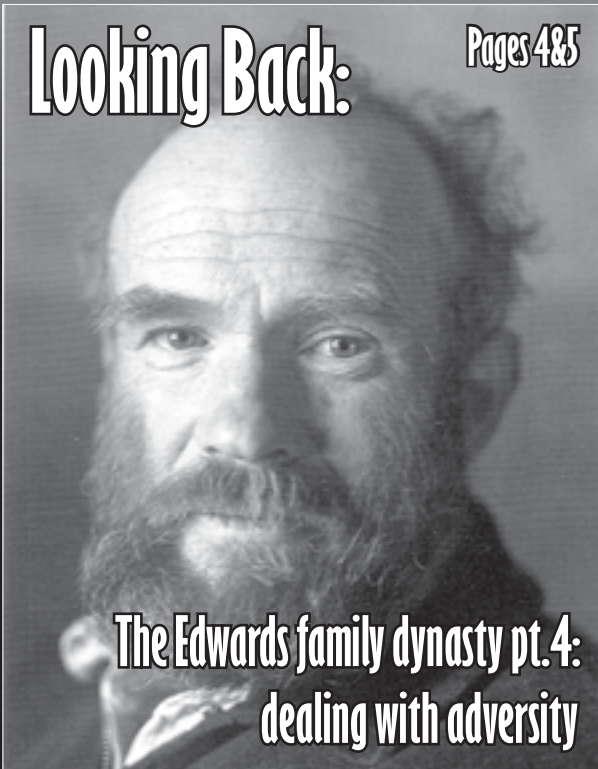
Pools of light

Page 22



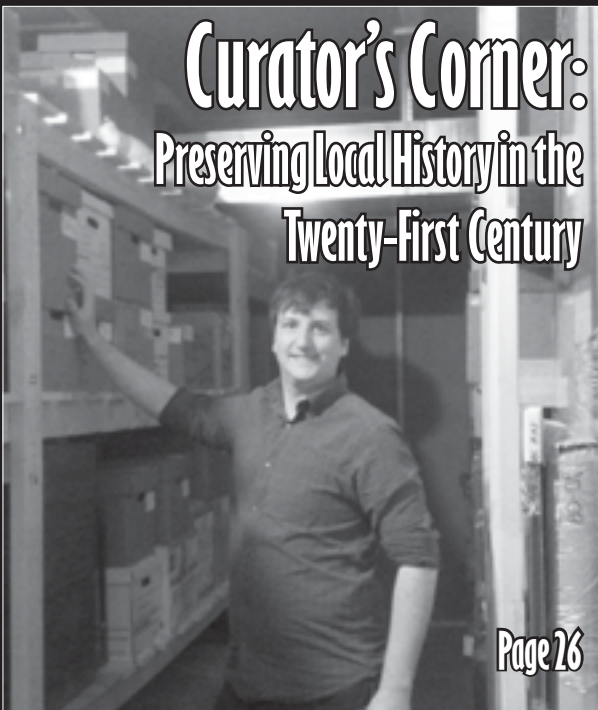
Looking Back:

Pages 4&5



The Edwards family dynasty pt.4: dealing with adversity

Curator's Corner: Preserving Local History in the Twenty-First Century



Page 26



CARIBOO-CHILCOTIN FUNERAL SERVICES

*Serving the entire Cariboo-Chilcotin and
Central Coast with dignity and respect.*

Traditional Funeral & Cremation Services Custom Bronze and Granite Monuments

Operators of Serenity Gardens & Five Rivers
Crematorium located at the Williams Lake Cemetery

"The Little Chapel on the Corner"

180 Comer Street, Williams Lake

250-392-3234

Toll Free: 1-844-392-3234 • Email: info@ccfuneral.ca

www.cariboochilcotin.ca

ALL WEST FREIGHT LTD.

- **Local delivery**
- **West** to Bella Coola & all points in between,
Mondays, Tuesdays, Thursdays & Fridays
- **South** to 100 Mile House and area daily

Ship with the Best!

250-392-6542

Toll Free: 1-855-392-6542

Fax: 250-392-1821 Williams Lake



CARIBOO

Quality

CLEANERS

- **Drycleaning, Linen & Laundry Services**
(Open Mon-Fri 1-6pm)
- **Laundromat**
(Open Daily 8am-7pm)
- **Coverall, garment & mat rentals**
- **Alterations & Repairs**

**We Clean
WEDDING
DRESSES!**

250-398-7768
397 Oliver Street
Williams Lake

Gigantic Rodeo

SIDEWALK SALE

June 29-30 & July 2

Local People
Supporting
Local Needs

*The
Recycle
Bin*

Formerly
The Salt Jar

REUSE • RECYCLE • REGIFT

250-398-2636 #1-25 4th Ave. S., Williams Lake

THE STATION HOUSE GALLERY

with
Joan & Ed Oliver
present;

JUNE 8-30:

Dorothy: Home and Away

(main gallery) Local artist, **Dorothy Ingalls**,
shows seven decades of multimedia works, many
that document our area's history, and

The Enchanted Forest

(upper gallery) **Al-Lisa McKay** takes a multimedia
journey through an enchanted forest of dreams.

Always FREE Admission!

OPEN Monday-Saturday 10-5 in the historic train
station at the foot of Oliver Street, Williams Lake

**NEW
WORLD
CAFÉ**



**Congratulations
2018
Grads!**

718-412-5282

72 Oliver St., Williams Lake • www.NewWorldCoffee.ca

hear

The Edwards family dynasty pt.4: dealing with adversity

Looking Back

By Sage Birchwater



When the stock market crashed on Wall Street in New York City on October 29, 1929, this global economic meltdown was so severe that this day became known as Black Tuesday. It marked the start of the Great Depression that would endure for a dozen years and affect all Western industrialized countries.

In Bella Coola Valley where money was scarce anyway, the world's financial downturn was somewhat muted. For the Edwards family living more isolated at Lonesome Lake, the woes of

Wall Street were so far from their world they hardly paid attention to it.

In the summer of 1929 they had a bountiful harvest in their garden. Ethel Edwards had preserved 500 jars of vegetables, fruit and meat and stored them in the root cellar beneath their log house. Also filling the larder was 100-pounds of cooking onions and six sacks of potatoes.

In late October Ralph was in the garden digging the last of their spuds when he heard five-year-old Stanley yelling from the house. He didn't pay

much attention to it at first because Stanley was always yelling about something.

Then Ralph noticed a big column of smoke rising from where the house stood in a big clump of birch trees. He dropped his fork and ran. As he approached he could hear bullets exploding and ricocheting in all directions from his loaded rifles inside the house.

The place was an inferno when he got there. Ralph kicked in the front door and was met by a wall of flame. Ethel and the children were safely distanced in the field on the opposite side of the house. Before she retreated with the children, Ethel threw an armful of blankets and the family cashbox outside. Everything else, including the year's supply of food carefully preserved for the winter, clothes, bedding, tools and their marvelous library of books Ralph had been collecting since his

arrival 17 years earlier, were destroyed.

The sound of sealers popping and the aroma of vegetables and meat cooking only served to increase the family's hunger pangs. "It drew our attention to the fact that we were stuck in the wilderness without food, clothing or defense against wild animals," Ralph wrote in his 1979 memoir.

When Ethel asked what they were going to do next, Ralph responded that they still had spuds and root crops in the garden and a fatted calf in the pasture. Within an hour he slaughtered the calf and they feasted on veal and potatoes served around the ashes of their dream home.

The children were five years, three years, and six months old when they moved into the small 10-by-14-foot, dirt-floor trap cabin Ralph had constructed in 1913 with Frank Ratcliff.

Fortunately they had a

cache of blankets and old clothing at their stop-over cabin at Stillwater Lake which Ralph retrieved the next day. Then at first light on the following day he headed out to Atnarko to place a food order over the phone to Bella Coola. Store owner Andy Christensen generously extended them credit.

When his order of food and supplies arrived by team and wagon the next day at Atnarko, Ralph was overwhelmed by the kindness of his Bella Coola neighbours. Word got out about their plight and people responded quickly. Despite the economic crunch gripping the world, people in the valley pooled their resources and donated \$100 cash along with blankets, clothing and household items for the destitute family.

Ralph loaded his two packhorses Ginty and Blue with the urgently needed food and supplies and

headed for home. One gift he received was a new suit marked "from a good friend". He never discovered who that good friend was, but the donor knew his size.

Ralph's father also sent him \$100 and two hunters who Ralph had guided in the wilderness, sent a generous supply of books. Books were particularly meaningful as tools of education for the children and as sources of knowledge to survive in the bush.

"We were all voracious readers," Ralph wrote in his memoir. "The books sent by the hunters were a God-send in the long hours we would be spending in the little trappers cabin."

The winter of 1929-30 continued to hand out its challenges. In January Ralph had a near-death encounter with his Holstein bull when he headed out to bring the cattle home from winter grazing up the Atnarko River.

The Northern Shuswap Tribal Council invites **everyone** to



Indigenous Peoples Day Parade & Park Celebrations Thurs. June 21st



PARADE Starts at 10am

Elks Hall, down 1st Ave & Oliver St.
to Boitanio Park, Williams Lake

BOITANIO PARK

11am to 3:30pm

Tons of family fun!

Games, Face Painting,
Lahal Games,
Food & Craft Vendors

3rd Annual
**BANNOCK
BELLY
COMPETITION**
Noon to 2pm



SEE YOU THERE!

Book your vendor booth at no cost! Register your parade entry!



Canadian
Heritage

Patrimoine
canadien

Call 250-392-7361 or email: csc@nstq.org

Extended Stampede Casino Hours

Thurs. June 28	10:30am-12:30am
Fri. June 29	10:30am-12:30am
Sat. June 30	10:30am-12:30am
Sun. July 1	10:30am-12:30am

**LOOK FOR
CASH COW
IN JUNE**

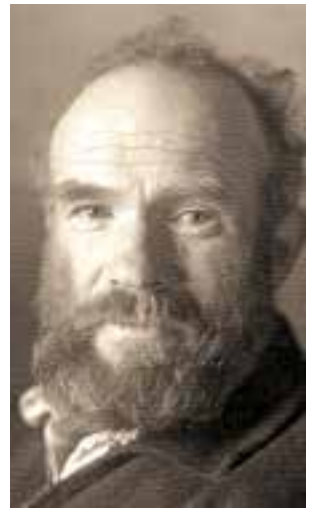
The Pint
Restaurant • Lounge
Patio NOW OPEN!

Open Daily
at 10:30am

250.398.5554
1640 S. Broadway, Williams Lake
www.signalpointgaming.com

Know your limit, play within it. **GameSense** **19+**

hear



...continued from page 4

The three-year-old bull took exception to having a rope placed over his horns and attacked Ralph with a vengeance that left him bruised and bleeding with an assortment of broken ribs.

Ralph was forced to shoot his valuable breeding bull which the family could ill-afford to replace as he staggered to the nearest trapline cabin to recover. He arrived home late the next day without his herd of bovines and managed to survive thanks to Ethel's nursing and knowledge of backwoods medicine techniques. On top of that she had three small children to look after in their cramped living quarters along with all the chores required on the homestead, and she took it all in stride.

It took Ralph months to recover. After a week of Ethel's treatment he was strong enough to trek up the valley to bring their milk cow and calf home, but trouble still had a few more surprises awaiting them. One night during a big windstorm, two big trees toppled onto the barn, collapsing the roof and

bulging out the log sides of the structure.

Ralph wondered what else could go wrong, and didn't have to wait long to find out. When he picked up his fur cheque at the post office in the spring, he was devastated to discover that the prices had fallen to a tenth of their previous value. Mink, the staple of their family income, normally brought \$20 to \$30 apiece. Now they now only yielded three dollars or less.

"The Great Depression has finally reached Lonesome Lake," Ralph mused in his memoir. "There was no escaping its insidious grasp."

During the winter Ralph and Ethel picked out a new spot to rebuild their house. Then Ralph realized that the half-finished chicken house he started building before the fire would make an adequate family dwelling. It was a solid 10-by-24-foot structure, and it would mean moving out of the cramped trap cabin much sooner.

He pitched the idea to Ethel and she agreed. So the chickens remained where



they were and the partially completed henhouse was redesigned for the family. It was only supposed to be a temporary shelter until their planned new house got built. But that never happened. They remained in the chicken house the rest of their lives, adding on to it as needed.

Their new quarters was still unfinished when they moved in at the end of March, but it was a welcome reprieve after enduring six months in the rustic trap cabin. The barn was repaired and Ralph fashioned new furniture out of birch wood to replace the tables and chairs that got burned up in the fire.

As the family embraced

a new growing season, Ethel began canning vegetables, meat and salmon in brand new sealers brought in from Bella Coola. This time a root cellar was constructed away from the house to thwart any further losses of their food supply should fire occur again.

The boys were getting old enough to lend a hand in the fields and by the fall of 1930, six-year-old Stanley was ready for school. The nearest school was a two-day journey away so Ralph and Ethel educated them at home.

They used their kids' natural curiosity to propel their learning. When their questions stumped their parents, Ralph would send



for more and more books to rebuild the library that had been destroyed by the fire.

Book learning was dull compared to the rigors of daily outdoor life so to help them organize a structured system of lessons the Edwards enrolled the children in the public correspondence program as well.

Ralph cleverly introduced practical mathematical problems around the homestead for the children to figure out to bring the book-learning alive. How many board feet of lumber would be needed for the new barn? How many logs would be required for the new bull pen? As the kids got older, so did the school problems. Like figuring out the mathematical aspects of setting up a new generator,

or how many horsepower would be required to lift a stump ten feet high.

Ralph also got books on mineralogy and set up a homemade chemical laboratory so Stanley and John could make acid tests of rocks, or manufacture tanning extract from hemlock bark.

The growing collection of high school and university text books served to educate Ethel and Ralph as much as it did the children. Soon their curiosity pushed them into another frontier of learning: how to build an airplane in the wilderness and learn to fly.

Next month read how the Edwards family became aviation pioneers.

- **Bakery Department**
Fresh hamburger & hot dog buns, baking for every occasion
- **Floral Department**
In-town delivery
1-888-391-9759
- **Meat Department**
Full serve, custom cuts, now offering Sterling Beef
- **Produce Department**
Fresh produce, best quality
- Collect and earn Airmiles
- Enjoy custom drinks from our Starbucks Barristas



SAFEWAY
~ PROUDLY CANADIAN ~

250-398-6851
451 Oliver St.
Williams Lake

Join us for the 92nd Annual
Williams Lake Stampede

More Ways To Save Than Ever Before

Morelli Chertkow LLP
LAWYERS

Kevin Church Coral Atchison

Reach out to us.
We can help.

- Family Law & Divorce
- Employment Law
- Estate Litigation
- Personal Injury Law
- Civil Litigation
- Commercial Litigation

Your BC Interior law firm. Assisting families, individuals, and businesses since 1911.

Williams Lake | Kamloops | Merritt | Ashcroft

250-398-7326
morellichertkow.com

flavour of the month



flavour of the month



Featuring Laurie Walters

BY CRAIG SMITH

I had the honour of interviewing one of my City Council colleagues that I feel like I have known forever (or at least back to the 80's). Laurie Walters was born in the lower mainland but at the age of twelve her family decided to move to the Cariboo and she's been here ever since. Wanting a change of lifestyle Laurie's parents bought Morehead Lake Resort near Likely sight unseen and they ran it all through Laurie's teenage years. She lived in the dorms for high school and recalls working at

the Alston Theatre as the "flashlight girl" when she was 15. After graduating from Columneetza she worked as a file clerk for a short time before enrolling in the accounting program at Cariboo College and then worked at Elfstrom Smith for a few years. During this time, she came to realize she wasn't a numbers person. She married her high school sweetheart Todd. They started their family all while she was working for the BC Buildings Corporation. Laurie was always looking for a challenge and worked at various firms over the years. She was

the marketing coordinator for Boitanio Mall and sales and marketing for Cariboo Radio. From there Laurie started L Walters Marketing, Advertising and Consulting which she had for over seven years and during that time she created the Art Walk in Williams Lake and Merritt. Art Walk continues in Williams Lake to this day after Laurie sold the concept to the Downtown Business Improvement Association. She also organized four years of trade shows and participated in a few theatre productions as well. Looking for a new challenge, Laurie worked

for the Cariboo Chilcotin Coast Tourist Association for four years then went to work for ESP Consulting as an employment councillor, a job which her daughter currently holds. She contracted with TRU as an essential skills trainer having earlier decided to get her teaching diploma. Her next contract was and is with the Central Interior Rural Division of Family Practice where she currently works with recruitment and retention of doctors.

Theatre has been one of Laurie's passions for over thirty-five years now having acted in over 20 stage productions and directed six. Her first play was a festival play called Broken Pieces in which she was

on stage at only 15 years old. Her next was the main role of Anne in "The Diary of Anne Frank". She has directed some big name plays including 12 Angry Men and One Flew over the Cuckoo's Nest. I even acted opposite her in the play "Who's life is it Anyway's" which won multiple awards and showed me Laurie's dedication to the craft as her performance every night was emotionally draining for her and her audience.

Laurie is also an extremely dedicated civil servant sitting on City Council for ten years now in her third term, which is something she had wanted to do for a long time. She has chaired the recreation portfolio and sat on count-

less art committees. Laurie has always brought her passion for the art community to her role as councillor. Unfortunately, Laurie has decided that she would like to take things a little easier and spend more time with family including her three grandchildren and has announced that she will not be running for a fourth term. As I said on my Facebook page we may not have always agreed on some issues, but we always respected each others' points of view and I will miss sitting beside her if I am fortunate enough to be re elected. I wish her luck in all her future endeavours and as she says right now the future is wide open.



**DOWN
TOWN** Colourful
Cariboo
Culture.
WILLIAMS LAKE

4 DIRECTIONS Festival

Music | Food | Contests | More



June 30, 2018 | 12:00pm - 5:00pm

**4 BLOCKS
+
EXCITING
THEMES**

**Family Friendly Fun.
Colourful Cariboo Culture.**
Join the excitement after the Parade

do

Should young people buy life insurance?

Liquid Assets

By Adele McLearn

I hear many young people (millennials as they are called these days) make the statement that because they have no children or debts, they have no reason to purchase life insurance.

One fact that may be considered is that these two factors could change – the question is when?

There are several reasons why a millennial may want to consider purchasing life insurance now – before any of the above life changing events

happen – they are healthy now (hopefully!)

If someone has a medical condition or a lifestyle that would cause them to be declined for insurance or if they are accepted, may be rated – meaning that they will pay a much higher price than someone who does not have a medical condition or a less than positive lifestyle.

What does lifestyle have to do with buying insurance?

If someone has quite a number of speed-



ing tickets or has used unprescribed/recreational drugs, their lifestyle is one that is considered a much higher risk to the insurance company. The higher the risk factor, the greater the chance of being declined for coverage or charged a much higher rate for premiums.

MIB – Medical Investi-

gation Bureau...

Just as your Credit Bureau looks and keep record of your spending patterns – which determines your credit score – which determines who will loan you money and how much they will charge you – the MIB keeps track of your medical history. For example,

if you apply for life insurance and are declined, there is a record of this decline in the MIB.

What does this mean to you? If you apply for life insurance anywhere else after you have been declined or rated, every place you apply to will see this in your MIB record.

The best time for a

young person to buy life insurance is when they are healthy, have a healthy lifestyle and it is so much less for cost than compared to someone who is over 40. As you age, the cost for life insurance increases with each passing year.

Why not guarantee your insurability now?

Realtor Spotlight

Meet Court Smith
OWNER/BROKER
Direct 250-302-1176

Call Court if you have any questions regarding the new rule changes coming soon to Real Estate. Learn how these new rule changes will affect you!



Sutton

Cariboo Realty

Call any of our Real Estate Professionals today!

232B 3rd Avenue N., Williams Lake
Office 250-392-5959 • Fax 250-392-5511

Adele McLearn, CHS Independent Broker

Financial Planning For Your Future

☑ RRSP • RESP • RRIF • TFSA

☑ Mortgage Insurance

☑ Life, Disability & Critical Illness Insurance

☑ Group / Individual Health Benefit Plans

☑ Travel Insurance

Ask the Experts!

250-392-6448

1-866-398-7386 • admacfin@telus.net
299C North 2nd Avenue, Williams Lake



Wade Beaulieu

Shannon

Amy

Peggy Maas

Rebecca Valentine

OUR COMMERCIAL & FARM TEAM

Are happy to offer their expertise to assist you with your business or farm insurance!

Check Out Our Williams Lake Facebook Page
For Insurance Recommendations & Tips



Johnston Meier Insurance Agencies Group

250-398-9033 | 1-888-696-1855 | www.jmins.com

Corner of 3rd & Cameron next to Fabricland, 280D 3rd Ave. N., Williams Lake

do

"The flute was an alternative to being a small fish in an increasingly bigger pool filled with a number of great guitar players." ~Ian Anderson



Relax and Exercise

BY ALEXIS FORSEILLE,
COMMUNITY
FUTURES CARIBOO
CHILCOTIN

People often venture into self-employment for the freedom of being their own boss, setting their own work hours, and to work in a business they love. Often, how-

ever, the freedom comes with more stressors as the new entrepreneur is the sole decision maker for their company. It is important for entrepreneurs to remember to take care of themselves just as much as they take care of their business. Scheduling time for both relaxation and exercise

is essential for entrepreneurs' self-care.

Remembering to schedule in time for relaxation can be difficult for any business owner, manager or executive staff member. The need to be constantly informed of all business matters can consume the majority of the day if you

let it. It is important to find something that will allow you to take your mind off the business and work schedules. Even if it is only for a short amount of time, it will allow you to re-charge your mind. This will better prepare you for future stressors that may lie ahead.

Relaxing can look different for everyone. While some like to cuddle up on the couch with a good book, others would prefer to binge-watch a Netflix series. There is an endless list of activities that could allow you to unwind; meditating, journaling, painting, drawing, practicing breathing and muscle relaxation exercises, going to the spa, having a conversation with your friends and family, unplugging from your emails and cell phone for an evening, enjoying an evening in

a hot-tub, or going to bed earlier than usual. As with all things in life, there is a healthy balance of relaxation time that is required and the amount of movement everyone requires.

As the business owner, your health is your company's health. Exercise, therefore, is essential to maintaining your health and productivity. It is recommended that adults accumulate at least 150 minutes of exercise per week. Only 15% of Canadian adults are currently meeting this expectation. For those who work outdoors, you are most likely already experiencing the benefits of being more active throughout the day. However, for those sitting often and indoors, it's a good idea to remember to move and breathe in some fresh air. Moving more often during the day or

planning to exercise for at least 10 minutes at a time, can improve your overall wellness. Simply walking around for 5 minutes per hour can save your body from unnecessary stiffness, and rejuvenate your brain to allow for more concentration and increased problem solving capabilities. We are fortunate to live in a community that offers a wide range of outdoor experiences that easily give us the exercise after work hours. Going swimming at the pool or lake, going hiking, biking, jogging, kayaking, horseback riding, playing tennis or going for a brisk walk has the power to pick up your mood after a busy day.

Overall, small business owners and employees can greatly benefit themselves and the company by scheduling time to relax and exercise.

Selling Your Business?

The **PASS** Program Can Help!

Planning A Successful Succession

PASS is designed to assist business owners in the Cariboo-Chilcotin communities of BC to prepare for a successful business succession.

PASS provides:

- Mentoring
- Detailed succession planning workbook
- Financial incentive of up to \$3,000

**Community
Futures** Cariboo
Chilcotin



Planning A Successful
Succession is funded in
part by the Province of BC

250-392-3626

266 Oliver St, Williams Lake • www.cfdccariboo.com

Digitize Your Memories It's as easy as 1-2-3!

- 1** Bring us all your favorite photos
- 2** We'll scan them in high resolution
- 3** Receive a disc of digital photos for emailing, social media, printing, etc.

Shoe Box Sale \$249.99 plus tax

Sale price includes a standard size **shoebox full of photos or slides**, to be scanned in **high resolution JPG** format and saved to a DVD for you. Photo retouching NOT included.

250-392-3814

288 2nd Avenue North, Williams Lake
(Next to CP Electronics)

about face
Photography

FORMERLY KENDRA'S FIRST AID

• Mobile Treatment Centers

Paramedics, EMRs,
OFA Advanced

• Drug & Alcohol Testing

- DOT Certified
- Mobile Collector
(Urine, Saliva, Breath Alcohol,
Hair & DNA)

• Construction Safety Officers (CSO)

• Safe Certified



BE PREPARED!
We Have a Wide
Assortment of First
Aid Kits & Supplies

• Retail Medical Supplies
& Safety Wear

• Mask Fit Testing
Qualitative

Unlimited Medical Services

250-392-9300 • Kendra Syme, Owner • www.unlimitedmedicalsolutions.com 
65 1st Ave. S., Williams Lake • Cell 250-392-0053 • admin@unlimitedmedicalsolutions.com



do “No pool for you!” Here’s why



As a Realtor, it’s hard to avoid writing straight-forward on the topic of hot tubs and pools. Clients will ask whether they should invest in either. My answer is almost always the same: NO! Of course, my hardline position raises questions. My reasons are simple. To make my point, I typically ask clients several questions:

One, do you live in Texas, Nevada, Mexico, California or anywhere even remotely close to

the equator? The answer: of course not. Then why would you want to jump into a liquid-filled tub of chemically castrated water in an area that has so few months of heat, and is surrounded by some of the best lakes and rivers in the world? In our area, pools make little sense.

Two, how much money do you have? Let’s face it, pools and hot tubs cost lots! Installing an inground pool can run you around \$50,000. An above-ground pool costs

less, but when you add in chemicals, costs still outweigh potential benefits. Hot tubs, when used for health purposes can be a decent investment, but for the most part don’t end up being used enough to justify the outlay. Also, pools require extra insurance. Codifying your entire property to safety standards takes money and time. Consider too the cost of and effort of winterizing the thing, or the enormous bill for heating it?

Three, why a pool? What’s your motivation for it? Are you looking to show off? Or is your desire from a social-bonding relationship-building motive? If it’s the latter, then I can somewhat see the reasoning. But many people buy simply for the purpose of boasting, “I have a pool! Yay me!”

If you’re doing it for the wrong reasons, then like any big ego-based purchase, it seems unwise.

Four, do you enjoy extra work? Maintaining a pool requires a lot. When I was younger, I rented a room from a family with a pool. I volunteered to keep the pool clean. OMG! It was a ton of work! If you’re not prepared to take proper care of a pool, then you’re asking for problems. If you’re prepared to care, then you’re asking for a lot of work.

Five, when you plan to sell, are you okay to wait longer than average? Pools always seem like such a selling feature. And, they are: in California, Arizona, Thailand, Guatemala, or Texas. In Williams Lake, however, not so much. Some lucky sellers will have a home



plus pool value package that will sell quickly. Others, however, will wait and wait. So, if you’re okay with an asset that is slow to turn to liquid (no pun intended), then get a pool. If you’re not, then don’t. Even hot tubs are not as valuable a feature as many expect. This is especially true if it’s neglected or not properly winterized.

Don’t get me wrong, I do enjoy the occasional dip. However, when it comes down to it, the expense of time, money,

and peace-of-mind outweigh any nibble of benefit that may come from owning either a hot tub or pool. Instead, I recommend spending your resources on getting outside and enjoying one of the gazillion nearby lakes. If you desire to spend some money, then buy a boat. They’re less hassle, and just as cool as the liquid alternative. So, in the immortal words of Seinfeld’s Soup Nazi, “No pool for you!” See you next month!

Receive a custom essential oil blend with each healing private session

MeMa's
wellness & healing

Your Wealth begins with Your Health

**Forensic Healing™
Natural Therapist**

Improve the way you feel and live and address these conditions:

- Stress
- Chronic Pain
- Emotional
- Low Energy
- Nightmares
- Overwhelm
- Weight Issues
- & more

Mobile Throughout the Cariboo

Call or text for an appointment or more info:
778-267-0373

or email: memaswellness@gmail.com

Ask About Group Sessions!

SOUTH 2ND
Deli

Serving Dancing Goat Coffee
DANCING GOAT COFFEE CO.

CATERING For All Occasions

Check out our NEW section
SPOT OF TEA
Wide selection of loose leaf tea

Great Coffee & Great Atmosphere

- ▶ Sandwiches Made Fresh
- ▶ Daily Lunch Special
- ▶ Homemade Soups & Salads
- ▶ Baked Goodies
Carrot cake, muffins, cookies & bars
- ▶ In a Hurry? We have a Grab 'N Go Section!
Salads, Fresh Fruit, Wraps, Protein Packs
- ▶ Deli Meats
Beef Jerky, Pepperoni, Landjaegers
- ▶ Retail Section
Gourmet Tea, European Treats, Licorice & more!

OPEN Monday to Friday 8am-4:30pm, Saturday 9am-4pm
83G South 2nd Avenue, Hodgson Place Mall, Williams Lake, BC

250-392-5629

THE STEW MAGAZINE

crew



Craig Smith
Publisher & Sales Manager
craig@thestew.ca



Joan Oliver
Advertising and Sales
sales@thestew.ca



Renée Lozeau
Ad Design, Layout & Prepress



Brice O'Neill
Out of the Fridge



Sage Birchwater
Looking Back



Jazmyn Douillard
Pint Sized



Michael Jones
Home Cooking

Alexis Forseille
Business

Adele McLearn
Liquid Assets

Williams Lake Writer's Group
Writers' Showcase

Williams Lake Studio Theatre
Behind the Curtain

THE STEW Magazine is an independently owned and operated monthly arts, entertainment, recreation and leisure magazine published in the Cariboo. All information contained in this magazine was correct to the best of our knowledge at press time. Opinions expressed by contributors are not necessarily those of The Stew or its employees. The Stew's advertising customers assume sole responsibility for correctness of their advertising – we require approval in writing of each ad before it is published. Please note that while most articles submitted will be used, we can not guarantee that an article will appear in the Stew, or in any specific issue. We reserve the right to refuse any advertising or editorial submission which we believe to be inconsistent with the philosophy of this publication. Articles will be selected for inclusion by the editor based on content and available space, and may be edited for spelling, grammar, content or length as needed. All content of this publication is © The Stew Magazine 2016, unless otherwise specified.

read

Poolside reading

Check out this month's selection of 'pool'-themed books!

McElligot's Pool, by Dr. Seuss

Imagination runs wild in this Caldecott Honor-winning tale featuring Dr. Seuss's inimitable voice and hysterical illustrations. The first Seuss title to feature full-color art on every other page, this adventurous picture book tells of Marco-who first imagined an extraordinary parade in And to Think That I Saw It on Mulberry Street-as he daydreams of all the possibilities that await him while he fishes in McElligot's Pool. Optimistic and exciting, this tale is the perfect bait, and readers young and old will be hooked on this fish-tastic favorite.

Peppa Goes Swimming (Peppa Pig), by Scholastic

An all-new storybook featuring Peppa -- a lovable, slightly bossy little piggy! Peppa and George are going swimming, but George is a bit scared. How will

Mummy and Daddy pig ever convince him to get in the pool?

The Pool of Two Moons: Witches of Eileanan Book 2 (Witches of Eileanan), by Kate Forsyth

It has been 16 years since the Day of Reckoning, when magic and witchcraft were outlawed throughout all of Eileanan. And though rumors say that she is dead, the Arch-Sorceress Meghan of the Beasts still lives. Traveling with her are the true heir to the throne and the red-haired warrior Iseult. Their fates are woven together in a quest to bring magic back to the land. As Eileanan nears its darkest hour, Meghan must gather rebel forces to move upon the city of Luscere. There, the Righ lies near death, and his Queen, Maya the Ensorceller, and her babe stand to inherit his power. To end Maya's brutal reign and bring magic out of the shadows, what was broken must be brought together: twin sisters who

"I'm talking 'bout Angel, beauty of the pool hall."
~Rancid (*Beauty of the Pool Hall*)



have never met, three parts of an enchanted key, and the winged man with the powers of the lost Lodestar.

Play Your Best Pool, by Philip B. Capelle

Phil Capelle is the author of 8 top selling instructional books. He has been a columnist for Pool & Billiard Magazine for 10 years and is the founder of Billiards Press, the leading publisher of high quality pool instruction.

A Still Forest Pool: The Insight Meditation of Achaan Chah (Quest Book), by Achaan Chah

Achaan Chah spent many years walking and meditating in the forest monastery of Wat Ba Pong, engaging in the uncomplicated and disciplined Buddhist practice called dhudanga. A Still Forest Pool reflects the quiet, intensive, and joyous practice of the forest monks of Thailand. Achaan Chah's humble words, compiled by two Westerners who are former ordained monks, awaken the spirit of inquiry, wonderment, understanding, and deep inner peace. Attachment, according to Achaan Chah, causes all suffering. Understanding the impermanent, insecure, and selfless nature of life is the message he offers for human happiness and realization. To vividly grasp the meaning of

attachment leads us to a new place of practice – the path of balance, the Middle Path.

Carpool Tunnel Syndrome: Motherhood as Shuttle Diplomacy, by Judy Gruen

Everyone has heard of Carpal Tunnel Syndrome, that painful malady from too much repetitive motion. But how many have heard of its poor cousin, CARPOOL TUNNEL SYNDROME? The only known cure for parents driven to distraction by all their parenting duties is to read this wonderfully funny new book by Judy Gruen, a mother of four who knows there are no atheists driving over potholes when short passengers are dangling body parts out the rear window. Carpool Tunnel Syndrome takes a clever look at life with kids: the culinary creativity needed to satisfy "discriminating" palates; the politics of carpool; and the author's attempt to provide her kids with low-maintenance pet fish, only to discover the small aquatic creatures have the average life span of a soufflé. Carpool Tunnel Syndrome may not absolve parents from 3:15 carpool duty, but it will make the drive a lot more fun. Take our advice: read two chapters and call us in the morning.

Congratulations 2018 Grads!

Soups • Paninis • Wraps
Home Made Goodies
Specialty Coffees & Teas

...Made with Love! ♥

BeanCounterBistro@gmail.com **250-305-2326**
180B 3rd Ave. N., Williams Lake, next to the Library

National
Car and Truck Rental

Getting you where you need to go!

1-800-CAR-RENT (1-800-227-7368)
WWW.NATIONALCAR.CA

Williams Lake
DOWNTOWN / AIRPORT
250-392-2976

THE HEELER SHOE REPAIR
'Let me Heel your Sole'

Birkenstocks • Mens & Ladies Dress Shoes
Cowboy Boots • Workboots

Recycle and refurbish your old shoes

Call Tiffany 250-305-4187
Drop off at The Hobbit House, 71 1st Ave S., Williams Lake

Williams Lake
Acupuncture & Herbs Clinic

Grace
Y.H. Koo,
R.TCM.P

Treating the Following Disorders:

- Headache • Eye • Ear • Nose • Throat • Respiratory
- Circulatory • Gynecological/Genitourinary
- Emotional • Psychological • Addiction
- Gastrointestinal • Musculoskeletal • Neurological
- Immune Disorders • Weight Control

#203-143 4th Ave. S., Williams Lake (Yorston Medical Bldg) **778-412-0153**
www.williamslakeacupuncture.com

Art Gecko

SHOWING FROM TUESDAY, JUNE 5TH UNTIL SATURDAY, JUNE 30TH, "JOYFUL UNISON: GRANDFATHER & GRANDDAUGHTER"

The intention of this show is to combine the creative energies of two generations and highlight each artist's voice with its own unique style and perspective.

Keith Prestone and Jaida Goeson have teamed up to create acrylic paintings that feature both artists on the same canvas. This is their first foray into this relatively (pun intended) uncharted territory that should prove to be an interesting and unusual visual journey for the viewing public. There will also be individual pieces from each artist.

Keith Prestone has more recently moved back to his family farm near Quesnel and re-devoted himself to a more consistent creative lifestyle. Investigating various ways to explore and express the natural forms and depths around us, Prestone also believes art should spark conversation, speak to you and take you places. He enjoys using a variety of techniques, substrates and mediums in a layered style that tends toward large-scale work.

He has studied at Northern Lights College with Laine Dahlen and expanded his knowledge with various classes and group art shows.

Keith has a background in commercial logo and graphic design. His creative endeavours include snow and ice carving at various events in the Northwest and sand sculpting (team events). Ongoing acrylic, watercolour painting and sculpture are the building blocks for his creative future.

Currently Keith has a solo acrylic show entitled "Reflections of the Bowron Lake Chain" on tour. He intends to push forward into the Lower Mainland as well as Northern regions of BC, Yukon with shows.

Jaida Goeson is 11 years old and currently lives with her family in Abbotsford. Jaida has always loved both her Grandfather and art. Often painting trees, beaches and abstract scenes including script.

Miss Goeson has taken art classes on an ongoing basis. When Jaida was attending an art class at the Blue Heron Reserve, one teacher renewed her interest in creative endeavors.

Most recently Jaida has enjoyed cartooning, sketching and painting, and is excited to be teaming up with her Grandfather in this new adventure.

do



Water snakes

When you're a kid and looking forward to summer and the pool opening, generally the only long, brightly coloured things you think of floating around the water are pool noodles.

But not if you grew up in the farming community of the Okanagan. We had summers that averaged over 30 degrees and it wasn't unusual to watch the tumbleweeds roll by 24/7. This meant we desperately needed ways to keep from cooking ourselves alive, and thankfully one of them was our pool.

But when you live in the outskirts of town in

a desert like area – while trying to farm – you come across some interesting challenges. Such as reptiles that also want to cool down.

Now don't get me wrong. I'm a huge gecko lover and even frogs can be cute if they don't take me by surprise while leaping off a tree, but anything that is likely to bite me just isn't my definition of an ideal pool mate.

It wasn't unusual to be lounging through the pool when you come eye to eye with a snake relaxing on the water with you. I may not have been a strong swimmer, but I'll be damned if I wasn't a

Pint-Sized

By Jazmyn Douillard



fast one!

Checking before jumping to make sure you weren't going to land on a snake swimming by became common practice. You would think the raucous caused by a bunch of kids would generally make them want to stay away, but the broiling hot 33 degree weather meant they would brave whatever hooligans would be

sharing the water with them just so they could enjoy a reprieve from the heat.

To this day, unless we're at an indoor pool, I scan the surrounding area for anything slithering along under foot. Catch me a gecko, cool, catch me a snake outside, not so cool. I'll stick to pool noodles, thanks!



Real Food for Real People Since 1999

Welcome to the world famous Williams Lake Stampede!

Friendly Cariboo service for over 19 years!

250-398-8983

OPEN Tues to Fri, 7:30am to 4pm & Sat 9am-3pm
54 Mackenzie Avenue North, Williams Lake



BBOP BALLS!

The Realm of Toys

354 1st Ave S Williams Lake 250-392-7074 & The Nerd Room

shop Better! Shop At

Better Life

- Fun Toys
- Fine China
- Asian Arts
- Unique Gifts
- Cool T-Shirts
- High Quality Tea
- Fancy Knives & Swords
- Beautiful Tops & Dresses

OPEN: Mon.-Sat. 10am to 4pm

250-392-5153

160B Oliver Street, Williams Lake
Across from Crosina Realty

GRAND OPENING

Sat. June 9 9am-3pm

W061-F-Thin

**DUSK TO DAWN
LIGHTING**



\$11.95



GREASE GUN - 500



Buy 5
or more
\$27.49 ea.

\$29.95



**COLOR
FLEECE**
10 LB. BAGS

FL10BG
2lb - 25lb BAGS AVAILABLE

\$8.66

**DUSK TO DAWN
LIGHTING**



\$29.75

JFW080-F



D069203



\$895.99

42"
ROLLER
CABINET
12 DRAWERS



GREASE GUN - 586-B
2 BATTERIES INCLUDED



\$289.00



D069204



\$552.99

42" TOP
CHEST 8
DRAWERS

**DUSK TO DAWN
LIGHTING**

ULB-288 - 50" LED LIGHT BAR



\$249.00

Includes
Wiring
Harness
& Black
Covers

**Enter Your
Name For
Hourly Draws!**

**Hamburgers
& Hot Dogs
11am-2pm**

**Lots Of
In-Store
Specials**

Dynamic

All Brand Parts Ltd.

250-392-4668

Special pricing available June 9, 2018 only.



665A North Mackenzie Ave. Williams Lake



Performances in the Park returns



BY ANGELA SOMMER

From **July 5th to August 23rd 2018**, the Gwen Ringwood Theatre in Boitanio Park will light up each Thursday evening with awesome musical performances from 6-8pm, along with food vendors, face painting and children activi-

ties. Arty the Artwalker and ArtWalk 2018 will be part of the event beginning August 9th.

Performances in the Park is a true community event. It is presented by the Central Cariboo Arts and Culture Society in partnership with the City of Williams Lake and the Cariboo Regional

District, and is supported and sponsored by business and media partners.

Each concert night sees between 500 and 600 spectators, rain or shine, who bring their lawn chairs and blankets or umbrellas and tarps (we are tough in the Cariboo), to enjoy the summer evenings and

fantastic acts by talented local, national and international performers. Despite last years' fires, we set up five out of eight times.

The team behind Performances in the Park gets into high gear in November to assure a fun-packed, family-friendly series the following sum-

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

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

Our 2018 Gold Sponsors for Performances in the Park are Lake City Ford, Collision and Auto Glass, United Concrete and Gravel and the West Fraser Truckers.

Silver sponsors are the Rotary Club Williams Lake, Williams Lake Optometry, Monster Industries Ltd. and PMT Chartered Professional Accountants LLP.

Bronze sponsors are Chaps Fix Auto, Arty the Artwalker, Johnston Meier Insurance, Atlantic Power, Retirement Concepts, West Fraser Mills, Tolko Industries, Investor's Group and Love Williams Lake.

The Goat / Cariboo Country radio stations are proud radio sponsors, the Williams Lake Tribune provides weekly updates, the Stew Magazine and The Green Gazette will feature articles and a schedule that can be put up on the fridge. Caribooradio.com will update online.

Come out and enjoy the great music, fun atmosphere, tasty local food from Taylor Make Cakes and Sweets, Cody's Bannock and the Fennel Cup and children's activities by the Community Arts Council on Thursday nights in July and August. Don't forget to bring your friends!



Performances in the Park

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

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

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

2018 Performance Schedule

July 5 One Below *with* Miss White Spider

July 12 Kym Gouchie & Northern Lights *with* Colin Easthope

July 19 Samson's Delilah *with* Sarah Beattie

July 26 Melody Maker *with* Laura Kelsey

Aug 2 This Way North *with* The Alkemist

Aug 9 Madeline Tasquin & Sarabande *with* Katie Nicol

Aug 16 Red Monkey Black King *with* High Quadra Ramblers

Aug 23 Borderband *with* Bernadette Ducharme

Gold Sponsors



Silver Sponsors



Bronze Sponsors



Media Sponsors



For more information, visit facebook.com/performancesinthepark



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

play

WILLIAMS LAKE & AREA

June 1,8,15,22,29 Friday Night Magic, Adventure Games 5:30pm

June 1,8,15,22,29 Farmers Market, Kiwanis Park 9am-2pm

June 1,8,15,22,29 Live music Fridays, CJs Southwestern Grill 36-3rd Ave, 5-8pm

June 1 Boxing weigh-in, CJs Southwestern Grill 6pm

June 1 Esket Rodeo Club Dinner & Dance, Ramada Convention Ctr

June 1-3 Annual Big Lake Fishing Derby, registration Friday @ Community Hall, derby Saturday 6am-8pm & Sunday 6am-4pm, dance Saturday 8pm live music Run Home Jack

June 2 Junk in the Trunk, flea market, 9am-2pm Tourism Discovery Ctr parking lot

June 2 100 in 1 Day, free community festival, giveaways, weed pull, bike wash, live performances 1-4pm, native flower garden 10am-noon @ Potato House

June 2 Race for Kids 4th annual "Amazing Race" style Boys & Girls Club fundraiser, Herb Gardiner Park 10am-noon, register: www.bgcwillamslake.com/race-for-kids/

June 2 Teofista Boxing Series Unfinished Business, featuring Stuart McLellan, Memorial Complex 7:30pm, tickets: www.teofista.com

June 2-3 SPCA Garage Sale, Bond Lake Rd 10am

June 2,9,16,23,30 Warhammer/Tabletop Games, Saturdays all day, Adventure Games 83C-2nd Ave S

June 2,9,16,23,30 Magic Standard Showdown, Saturdays 12pm, Adventure Games 83C-2nd Ave S

June 3 Garden Club Meeting, Arts Centre 90 4th Ave N 7pm, info: Pat/Deb 250-392-2769

June 3 National Tourism Week Wrap Up BBQ, Tourism Discovery Ctr 12:30-4pm

June 3,10,17,24 Magic Sunday Draft, Adventure Games 83C-2nd Ave S, 12pm

June 3,10,17,24 Board Game Night, Sundays 5pm, Adventure Games

June 4 The Three Vultures of North America, free, Scout Island Nature Ctr 7pm, info: 250-398-8532

June 4 All Nations Spring Classic, 5/10km walk/run, Boitanio Park 9am-noon, info: 250-392-3918

June 5,12,19,26 Ladies' Ride, all ability levels welcome, XC/DH mountain biking, Tuesdays rain or shine, Red Shred's 6pm

June 5 The Legend of George Jones featuring Duane Steele, Gibraltar Room, Memorial Complex 7pm, tickets: Margett's Meats

June 5 Death Café, discuss what death can teach us about life, free event, Hobbit House 5:30-7:30pm

June 5,12,19,26 Story Time for Preschoolers with puppet show, free, Tuesdays, Library 10:30am

June 5,12,19,26 Fitness in the Park, free, Tuesdays weather dependent, Gwen Ringwood Stage, Boitanio Park 6-7pm, info: Memorial Complex

June 6 Visit a Tide Pool, free, Scout Island Nature Ctr 7pm, info: 250-398-8532

June 7 Heart & Stroke Foundation Big Bike Ride, Memorial Complex/Save On Foods 10am-noon, info: Trisha 250-372-3938 www.bigbike.ca

June 7 Gymkhana, Eagle View Equestrian Ctr 7pm

June 8 Lake City Secondary School Grade 12 Graduation, Memorial Complex 6:30pm

June 8-30 Station House Gallery presents: (main) Dorothy Ingalls "Dorothy; Home and Away," and (upper) Al-Lisa Mckay "The Enchanted Forest"

June 8-10 Plato Island Resort & Marina Fishing Derby, chili/bun, prizes, Quesnel Lake, register: 1-888-620-0037

June 8 Garden Gig, live music: Origami Army, by donation, Potato House 6-9pm

June 9 Magic Battlebond Launch Event, Adventure Games 83C-2nd Ave S, 5pm

June 9 Grad Parade, Downtown to Memorial Complex

June 9 Thunder Mountain Speedway Regular Points Race, qualifying 5pm, racing 6pm, info: www.thundermountainspeedway.ca

June 14 Live music: Zonnis, Victoria alt-folk duo, no cover, Anvil Pub, Horsefly 7:30-10:30pm

June 15 Pops In The Park, music for youth fundraiser, local bands/choirs/youth musicians, Rotary BBQ, Gwen Ringwood Theatre Boitanio Park 5pm

June 15-17 34th Annual Fathers' Day Pow Wow, Chief Will-Yum Campground, Fri 5pm, Sat 1&7pm, Sun noon, breakfast Sat/Sun, feast Sat 5pm, Lehal Tourney Fri 5pm, no drugs/alcohol permitted

June 16 Boston Pizza 2 Man Golf Tournament, WL Golf & Tennis Club, noon

June 16-17 Stampede Warm Up Barrel Racing, Sat 1pm, Sun 10am, Stampede Grounds

June 17 Live music: Strickly Blue Grass, every 3rd Sunday of the month, Alley Katz noon-3pm

June 17 Horsefly Fathers' Day pancake breakfast & garage sale, Fire Dept 3055 Boswell St 9am-noon

June 18 18th Annual BC Family Fishing Weekend, free events geared to beginners, mobility impaired & handicapped eg spin casting, fly fishing, lunch, Biffs Ponds 2710 Dog Creek Rd, info: Wayne 250-392-7460

June 21 Indigenous Peoples' Day, parade Downtown 10am, Boitanio Park activities 11am-3:30pm, bannock competition noon-2pm

June 21 Barrel Racing, Eagle View Equestrian 7pm

June 22-29 Xeni Gwet'in Youth Wagon Ride, Nemiah Valley

June 23 ALS Walk in the Park, Boitanio Park 10am-1pm, info: 250-392-5087

June 23 WL Golf Club Two Lady Classic, info: 250-392-6026

June 23 BC Archery Association Championships, Sportsman Club on Bond Lake Rd

June 24-28 Anaham's First Nation Ride, free group bike/horse ride to the WL Stampede Grounds, noon

June 24-30 Tsilhqot'in 14th Annual Stampede Horse/Bike Ride, begins 10am, arrives @ WL Stampede Grounds 5pm

June 29-July 2 92nd Annual Williams Lake Stampede, Fri. family day <12 free, Let 'R' Buck Saloon: Karen Lee Baton/Garrett Gregory 9pm-2am & other artists during the day, www.willamslakestampede.com

June 29 Stampede Steak Out, WL Rotary Club, breakfast 7-11am, steak dinner 5-8pm, Safeway parking lot

June 30 WL Rotary Club Stampede Steak Out, breakfast 7-11am, steak dinner 5-8pm, Safeway parking lot

June 30 Royal Canadian Legion Indoor Breakfast, 385 Barnard St 7-11am

June 30 Daybreak Rotary's Stampede Parade, Downtown 10am-noon, info: <http://stampedeparade.com>

June 30 4 Directions Festival, activities, flea market, live performers, 2nd Ave & Oliver St Downtown 12-5pm

June 30-July 1 Stampede Rugby Tournament, free admission, 711 Ottoman Dr Rugby Fields 9am-5pm

June 30 Thunder Mountain Speedway Special Event, hit to pass, smoke show, tug of war, king of the hill, 5pm

June 30-July 2 Knights of Columbus Pancake Breakfast, Save On Foods 7-11:30am

June 30-July 1 Bella Coola Rodeo, fair grounds, info: www.bellacoola.ca/portfolio/annual-bella-coola-rodeo/

July 1 Stampede Steak Out, WL Rotary Club, breakfast 7-11am, steak dinner 5-8pm, Safeway parking lot

July 2 Stampede Steak Out 2018, WL Rotary Club, breakfast only, Safeway parking lot 7-11am



NEW!

MeditationRings®, using the concept of ancient Tibetan Prayer Wheels, are designed with outer bands that spin around the ring. This is said to bring the wearer good luck and fortune, and a sense of serenity and peace.

Stack and spin – they can be worn in many different ways!

MeditationRings®
~Spin & Wish~

Woodland Jewellers
Special Gifts for Special People Since 1933

 www.WoodlandJewellers.ca • 250.392.5423 

150 Oliver Street, Williams Lake • Mon to Fri 9:30am-5:30pm, Sat 9:30am-5pm
During July & August we will be open Tuesday-Saturday for summer hours

play

Submit your events to craig@thestew.ca

QUESNEL & AREA

June 1-3 Barkerville Quilt Retreat, info: 250-394-3339

June 1 Correlieu Secondary Talent Show, 6:30-9pm

June 2 RCMA Open Mic, Occidental 6:30-9:30pm

June 2 NCCS Foam Fun Run, 10am/2pm, ages 2 up, WFraser Timber Pk

June 2 Big Brothers Big Sisters Golf for Kids Sake, 1800 Blackwater Rd 11am-3pm, register: 250-992-7257

June 2 Bids Brew & a BBQ, live auction fundraiser & dinner, College of New Caledonia 5:30pm, tickets: www.imarts.com

June 3,10,17,24 McLeese Lake Farmers Market

June 4 Disaster Proofing Your Business, free workshop, Community Futures, register: 250-992-2322

June 6 Live music: The Legend of George Jones ft. Duane Steele, Seniors Ctr 7:30pm, www.eventbrite.ca

June 8 Beach Party, Arts & Rec Ctr 1-3pm

June 8 Live music: The Chevys Rockabilly Band, Occidental

June 11,14,21 Basic Bookkeeping Workshops,

free, Community Futures, preregister: 250-992-2322

June 14 Live music: Tiger Moon, Occidental 7-9:30pm

June 16 Kids Stuff Market, The Lodge 10am-4pm

June 16 Live music: Nick Gilder & Sweeny Todd, Occidental 9-11pm

June 16 Theatre Royal Summer Show Gala, Barkerville 1-8pm, 250-994-3225

June 17 Huckleberry Daycare Fathers' Day Fishing Derby, Jack O Clubs Lake, Wells 10am-6pm

June 21 National Indigenous Peoples Day Celebration, Helen Dixon Ctr 10am-4pm, info: 250-992-8347

June 22-July 21 Art Gallery presents: Lynn Capling "Looking Up," Opening Reception June 22

June 23 The Sunset Strip Show, Occidental

June 27 Live music: The Prettys with special guests Cousin Arby, 8-11pm

June 29-July 2 The Spirit of Cariboo Cameron, Barkerville Methodist Church, info: www.barkerville.ca

June 29 Live music: Party on High Street, Zimbamoto, Occidental 9-11:30pm

June 30 Lions monthly garage sale, south end of Maple Park Mall 9am-2pm

July 1 Dominion Day Celebrations, Barkerville 8:30am-10pm

100 MILE HOUSE & AREA

June 1,8,15,22,29 Farmers' Market, Community Hall, Fridays 9am-2pm

June 1 Live music: Red Haven, CD release "Fun-house Mirror," Parkside Art Gallery, 8pm, info: www.redhavenmusic.com

June 1-16 Parkside Art Gallery presents: "The Art of Giving" 100 Mile Elementary gr. 7 students, opening reception June 1 6-8pm, open Tues-Fri 10am-4pm, Sat 10am-3pm, 401 Cedar Ave

June 2 Heritage Market, 108 Heritage Site 10am-3pm

June 2,9,16,23,30 Loon Bay Farmers' Market & Craft Fair, Saturdays, Loon Bay Resort, Sheridan Lake, Inter-lakes area 10am-3pm

June 2-3 Big Horn Archery Club Outdoor 3D Archery Shoot, 99 Mile Snowmobile Site, info: 250-397-2632

June 2 Neil Diamond Show w/Jason Scott, Forest Grove Legion 4-7pm

June 9 108 Lions Pig Roast, silent auction, dance, info: 250-644-6072

June 9 Lions Club Amazing Race, St Timothys Anglican Church 8am, register: Whimsey Gifts

June 9,23 108 Mile Ghost Tours, 108 Heritage Site 7:45pm, info: 250-791-5288

June 12 Performing Arts Society Drama Night, free, all ages welcome, PSO Secondary Cafeteria 7-9pm

June 13 Festival of the Arts 3rd Annual Celebration: Let the Music Speak, concert by donation, Martin Exeter Hall 7pm

June 16 Lac la Hache Fathers' Day Fishing Derby, prizes, auction, 8am-9pm, info: www.kokaneebaycariboo.com or 250-396-7345

June 16 Lone Butte Fish & Wildlife Assoc 35th Anniversary Family Fun Day & Open House, free hot dog/ham-burger, shooting demos, door prizes, lottery, swap meet etc, 5513 Hwy 24

June 21 Senior Resource Fair, Rec Ctr 10am-3pm

June 22-July 21 Parkside Art Gallery presents: Chris Harris "Inscapes: The Freedom Of Photographic Expression," reception June 22 6-8pm, 401 Cedar Ave

Special Occasions in Style



About Face
Limousine Services

288 2nd Ave. North
Williams Lake

250-392-3814
Find us on Facebook

The Destination for Implants, Cosmetic Dentistry and Orthodontics

Brighten your smile!

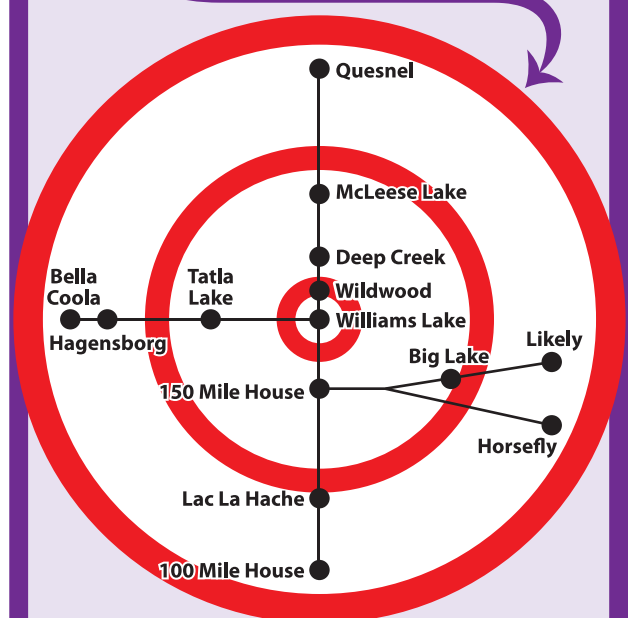
DR. RUDY WASSENAAR, DMD, MAGD, DICOI, DABOI
250-398-8411
Toll Free: 1-877-398-8411
www.williamslakessmiles.ca
249 Barnard Street, Williams Lake



Pick Up YOUR Stew!

Find out what's going on in your area – The Stew Magazine features local art, entertainment, leisure, and recreation. Pick up your copy at a participating business in your area!

Now distributed in MORE places!



Target YOUR Market!

- 2,700+ copies distributed monthly to every town shown in the map above
- Month-long advertising at reasonable rates
- Creative, effective, professional ads
- Keep advertising dollars local

the
stew
MAGAZINE

Call Joan!
250-398-7446
sales@thestew.ca



STAMPEDE IN TO YOUR LOCAL WATERING HOLE!



BILLY BOB'S

BAR & GRILL

1114 Denny Road, Williams Lake
(old Red Dog location) **778-412-9700**

JUNE DINNER SPECIAL

Steak Oscar with baked
potato & garlic toast **\$20.95**
Add a starter salad for just \$1.50



WEEKLY FOOD + DRINK SPECIALS

TUESDAY

- Beef Dip & Fries \$10.00
- Philly Cheese Steak & Fries \$10.00
- Sleeve of Pilsner \$4.00
- Jug of Pilsner \$16.00

WEDNESDAY

- 2 Appies for \$15.00
Only Select Appetizers, After 4:00pm
- Buckets of Beer ..4 Imports \$25.00
..... 4 Domestic \$20.00

THURSDAY

- Ribs & Pasta \$16.95
With garlic toast
After 5:00pm
- Wine (Red or White) Glass \$5.00
..... Half Litre \$11.00

FRIDAY

- Spicy Prawns \$12.95
With homemade potato chips
and chipotle mayo
After 5:00pm Only
- 2pc Fish & Chips \$11.95
With coleslaw
After 5:00pm Only

- Mussels \$12.95
In white wine and garlic butter
sauce with garlic toast
After 5:00pm Only

SATURDAY

- Steak Sandwich \$12.95
6oz sirloin with deep fried
mushrooms, onion rings & fries
on garlic toast
After 5:00pm Only

SUNDAY

- Loaded Burger & Fries \$8.50
- Plain Burger & Fries \$6.50
- Caesars Single \$6.50
..... Double \$8.50

For groups up to 100 we offer
**SPECIAL EVENT
CATERING**

Check out our Facebook page for
KARAOKE & EVENT INFO

Add a Starter Salad
(Tossed or Caesar)
to any food special \$1.50



In-House Specials Only, No Take-Outs, No Substitutions

do

wlchild.ca

wlchild.ca is your guide to events and services for kids under 6 and their families in the Williams Lake area.

For updates and events stay connected by following us on facebook:

wlchild.ca – Williams Lake Early Years Centre.

What's In Your Picnic Basket?

'Tis the season for outdoor adventures. Why not take the family to a favorite spot and enjoy a picnic lunch? Not sure what to pack? Here are some tasty ideas.

- Veggie wraps – easily bulked up by your favorite deli meat- a winner for everyone

- Veggie sticks – carrots, celery, cucumber, peppers, whatever your family favorites are

- Whole fruits, they travel easily and can be cut up on location

- A container of watermelon slices

- Couscous, Quinoa, or pasta salad – these yummy delights can be made into an entire meal on their own by the ad-

dition of your favorite protein.

- Treats – one must pack some treats on a picnic, cookies, or maybe a salty snack

- Beverages – ensure enough water is brought along for everyone and then add a favorite juice or beverage.

Just put juice boxes in the freezer the night before. They serve as ice packs in our cooler and then the children have the treat of a “slush box” after lunch.

2 Keys to Water Safety

1) SUPERVISION

- Ensure there is an attentive adult tuned in to the child at every moment when close to water

2) PREVENTION

- Use of a lifejacket
- Teaching children to swim – did you know the Cariboo Memorial Complex offers swimming lessons to children starting at 4 months of age. Preschool lessons are offered for children 4 months old to 6 years old and Red Cross lessons are offered from 5 years to adult.

Hot Tub Parenting Tips:

- Ensure Hot Tubs have latching covers
- If Hot Tub is located in area that children have access to, ensure there is constant supervision

- Hot tubs are NOT recommended for use by children as children can easily overheat and do so at a much more rapid pace than adults

Though not recommended children may use a family hot tub at times so keep the following in mind:

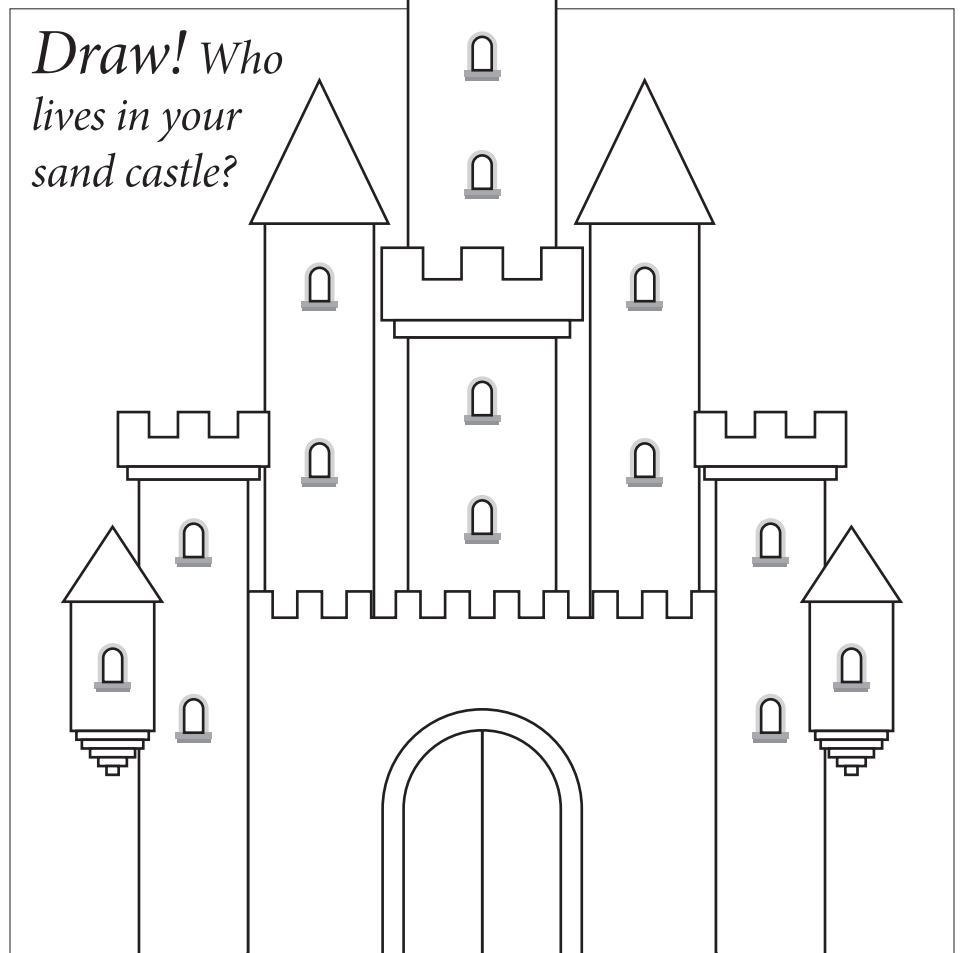
- Children cannot tolerate the same temperature as adults, if hot tub is being shared with children LOWER the temperature.

- If you are wanting to hot tub with children and have not had the time to lower the temperature, you can open the lid for a period of time before use to lower the temperature. (this is most effective during cooler months)

- Stay tuned to the child's reaction when they first come in contact with the hot tub water, watch their cues to determine if the water is perhaps still too warm for their little body.

- Children should not be in a hot tub for more than a few minutes unless the temp is regular

Draw! Who lives in your sand castle?



bathtub temperature for them.



Create a texture adventure

Mystical Moon Sand:

2 cups of cornstarch
½ cup of vegetable oil
Large mixing bowl
Glitter (optional)
Cinnamon, cocoa powder or vanilla extract (optional)
Airtight storage container

Mix cornstarch and vegetable oil together slowly in the large

mixing bowl, (it take a bit to get it all mixed together thoroughly). Once you have achieved the desired air puffed quality, you may enhance your moon sand by adding glitter, or scent ingredient. Color may also be added using a package of Kool aid powder.

Pour mixture into texture table, or large baking dish with a variety of scoops and small toys to enhance the fun. Enjoy!

Taylor Made Cakes and Sweets

Try Our Delicious 'Taylor Made' Sandwiches!

635A Oliver St. Williams Lake 778-412-2979

We make it just for you! More than Just Cakes

cariboo chilcotin child development centre association
investing in kids

- Autism Services
- Pre-Natal & Preschool
- Physiotherapy, Occupational & Speech Language Therapies
- Infant Development
- Supported Child Development & FASD Support Programs
- Youth Services
- Child, Family & Group Support

Children and youth, birth to 18 years

250-392-4481

690 2nd Ave. N., Williams Lake • www.cccdca.org

SUPPORTING AND CELEBRATING

Indigenous Peoples' Day

Thursday, June 21

Parade and Park Celebrations

Women's Contact Society **wlchild.ca**

do

Pools of light



BY SANDI ALARIC,
WL STUDIO THEATRE

A pool is usually described as a small area of still water. In theatre it is an area of the stage that is bathed in a focused light. It is that special place where something out of the ordinary is about to happen--a soliloquy, Lady Macbeth's "Out, out damned spot", an aria or solo song, "Summertime" from Porgy and Bess, or perhaps, a particularly intense love scene, Romeo

and Juliette's balcony scene. These special lighting effects create a space for a theatrical "moment" to come to life.

Theatre lighting was not always so precise. In ancient Greek and Roman theatres, lighting was created by building the outdoor stage facing east or west so that natural sunlight hit the stage and was not in the audience's eyes. No such consideration was given to the actor's eyes, but they weren't paying for the tickets. If

the play ran into the dark, torches were used to illuminate the stage.

The next major step in stage lighting did not happen until many centuries later. Theatres began to be built with large circular openings in the roofs to allow sunlight to hit the stage but torches were still used for performances after dark.

Early modern English theatres were still roofless and relied on natural light. When theatres moved indoors the need for artificial lighting became necessary. At some point in theatrical history, candlelight was introduced. Great flaming torches indoors were not very safe and a more controllable light source was needed.

When Charles II came to the throne, he brought with him many lighting advances, mostly from Italy. Larger theatres were being built, thus requiring more elaborate lighting.

Chandeliers became part of the theatre. They were placed toward the front of the house and especially over the fore stage area. Dipped candles were used in the chandeliers and required constant trimming, even during the performance. The candles also dripped wax on the actors and the audience during the performances. Imagine having hot wax dripped on you while you are watching a play not to mention an actor trying to deliver lines while being rained on by your lighting. "Waxing eloquently" would take on a whole new meaning.

It was also during this Restoration period that footlights started to be used. Candles or lamps with a reflective attachment were placed on the edge of the stage and threw the light upwards from the feet of the actors.

There was not much change in the art of light-



ing until the 1820's when gaslights came into being. A gas flame was used to heat a cylinder of quick lime, calcium oxide. At a certain temperature, quick lime begins to incandesce. By placing a reflector behind the light, the stage could be more effectively lit and directed at certain areas. This mode of stage lighting remained in usage until the 1860's, when elec-

tric lighting became the norm.

Since the eras of torches, candles and lime light, stage lighting has become as much an art form as acting itself. On rare, special occasions actors are given the opportunity to have their very own pool of light, that very still, calm area where they get to shine and be in the lime light.

- ✦ **Passport Centre**
 - ✦ Passport/PAL Photos in 5min.
 - ✦ No Appointment Required
- ✦ **Wedding Planning & Consulting**
- ✦ **Retail Decor:**
 - ✦ Birch Roses
 - ✦ Unity Candles
 - ✦ Sand Ceremony
 - ✦ Bubbles & more

Call Kimberly

250-302-9128

288 2nd Avenue North ✦ OPEN Monday-Friday 9am-5pm
Email: kweddingconsulting@outlook.com ✦ Follow us on Facebook

Your First Choice
in Hairstyling!

Time for a fresh
new look?

Come see
Kayla!

250-398-7663

83 2nd Avenue South
Williams Lake



QUALITY TAX SERVICES

Business • Personal • Farm • Rental

Your helpful, friendly Tax Experts!

250-392-6502

118E 1st Avenue North, Williams Lake • qtaxwl@shaw.ca

WILLIAMS LAKE

Physiotherapy CLINIC

- Orthopaedics Elisabeth Dürfeld, B.Sc.R. M.C.P.A. Certified in Acupuncture
- Sports Therapy Surita Gaspar, BPhysT, M.C.P.A. Certified in Dry Needling
- Acupuncture

250-398-6771

565B Oliver St, Williams Lake • wlphysio@telus.net

Woodland Tinnitus & Hearing Clinic

Better Hearing = Better Quality of Life
Let us help you enjoy life!



Personal, Friendly Service!

250-392-2922

197C Fourth Avenue South, Williams Lake

CARIBOO FIRST AID TRAINING

Committed to Training Excellence

Occupational First Aid Level 1
June 7

Transportation Endorsement
June 8

Occupational First Aid Level 3
June 11-26 (last level 3 till September!)

CUSTOM BOOKINGS ALSO AVAILABLE
Call to schedule a class for your group!

We're now a
CANADIAN RED CROSS
provider!

Contact Melanie Funk
250-296-4161
Located at the Pioneer Complex
www.CaribooFirstAid.ca

Locally owned and operated for over 20 years



*"The problem with the gene pool is that there's no lifeguard."
~David Gerrold*

Fluids pooling in the body



ALICIA FENN,
BSc. (Kin), C. Ped (C)

The pump is essentially the heart of a swimming pool's circulation system. It pulls water from the pool through the skimmer and main drain, pushes it through the filter, and returns it to the pool through the main returns. If a pump breaks you may end up with a blockage - which could lead to flooding and an accumulation of debris in the pool.

Your body also has a series of pumps in your circulatory system to en-

sure your blood is getting where it needs to go. Your heart pumps blood out to the muscles and organs in your body; the blood transports oxygen and nutrients. Once the blood has arrived on site, veins pump blood back to your heart to be re-oxygenated. The veins in your feet, ankles and legs have to work against gravity to get fluids back to the chest. Veins therefore have help from muscles and valves to assist in pushing blood upward. These helping muscles and veins can become weak or less effective, when this

happens you may end up with fluids pooling in your lower limbs. Three examples of this are: peripheral edema (or fluid retention), arise veins and spider veins. Edema can vary in how it looks for an individual but generally there is swelling, puffiness, a tight or hot sensation and/or visible lines created from socks or shoes in areas that have been restricted. Varicose veins are large, bulged veins that can throb and hurt. Spider veins are visibly blue or purple, and show from beneath the skin's surface. It is a good

idea to let your doctor know if you suffer from any of these symptoms, and create a plan of action to treat symptoms which should prevent them from worsening.

A number of things may help (i.e. changing medication or surgery) - as a more conservative measure - oftentimes compression stockings are a part of the treatment plan. Compression stockings are tighter socks that help prevent fluids from pooling and help push the fluid back to the heart. Compression stockings are available in different lengths, materials and compression levels. Humans range drastically in size, so it is important to be properly measured when ordering stockings. Measurements should be taken first thing in the morning before the swelling worsens. Compression stockings are generally prescribed by a doctor but can be purchased as an "over-the-counter" item as well. Compression stockings are also used in athletics to reduce lactic acid build up in calf muscles. Just as your pool/hot-tub sometimes needs extra support to function properly - your body does as well! Keep your blood moving and prevent problems related to fluids pooling and your legs will thank you!

Farmers' Market

NEW LOCATION!
KIWANIS PARK

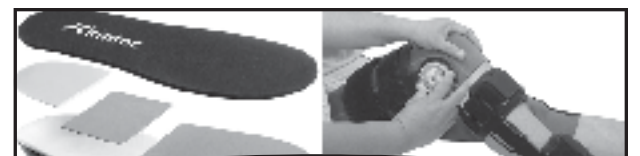
Williams Lake

FRIDAYS
until October 5th
9am-2pm



Local Food & Artisans
NEW VENDORS WELCOME

For info contact Barb
wlfm.manager@gmail.com **250-297-6553**
www.facebook.com/williamslakefarmersmarket



THE CARIBOO'S ORTHOTIC SPECIALIST

- Sports Medicine Products
- Compression Stockings
- Custom Orthotics
- Bracing Products
- Accepting Referrals & Walk-Ins



147 1st Ave. N. Williams Lake
info@caribooorthotics.com

778-412-9833

kintec
by CARIBOO ORTHOTICS

do

"Let your hook be always cast. In the pool where you least expect it, will be fish." ~Ovid



Chamber bites

SUBMITTED BY THE
WILLIAMS LAKE & DISTRICT
CHAMBER OF COMMERCE

SATURDAY, JUNE 2 is the **2nd Annual Junk in the Trunk event!** Gather your treasures and register for a spot to sell them. \$20/spot pre-registered required

1st Annual Williams Lake & District Chamber of Commerce Swing into Success Golf Tournament will be held

AUGUST 11 at the Williams Lake Golf and Tennis Club. Registration fee is \$90, includes 18 rounds of golf, dinner and prizes.

23rd Annual Williams Lake & District Chamber of Commerce Business Excellence Awards nomination forms are now available online. Nominate the businesses and individuals that you feel are pillars of the community and are deserving of these prestigious awards. Nomina-

tion deadline is **JULY 31, 2018.**

We have a Mobile Visitor Centre and would like to come to your event! Contact us if you are interested in our service.

Events are held at the Tourism Discovery Centre, unless otherwise stated, at 1660 Broadway Avenue South, Williams Lake.

For information on these events please call 250-392-5025, drop in to the Tourism Discovery Centre or check on our website at www.williams-lakechamber.com

**2 for 1
COFFEE!**

Buy one coffee, get one free at the
Tourism Discovery Centre Gift Shop
Coupon expires June 30, 2018

**Williams Lake & District
CHAMBER OF COMMERCE
& Visitor Centre**
250-392-5025 • 1-877-967-5253
1660 South Broadway, Williams Lake

CHEQUE US OUT
We Do Cheques!
☒ Manual
☒ Laser

**Tell Tale
SIGNS & PRINTING**

250-398-7446
288 2nd Ave. N.
Williams Lake
www.telltalesigns.ca

We Tint Glass!

AUTOMOTIVE

STYLE SHADE SECURITY

Commercial BUILDINGS Residential

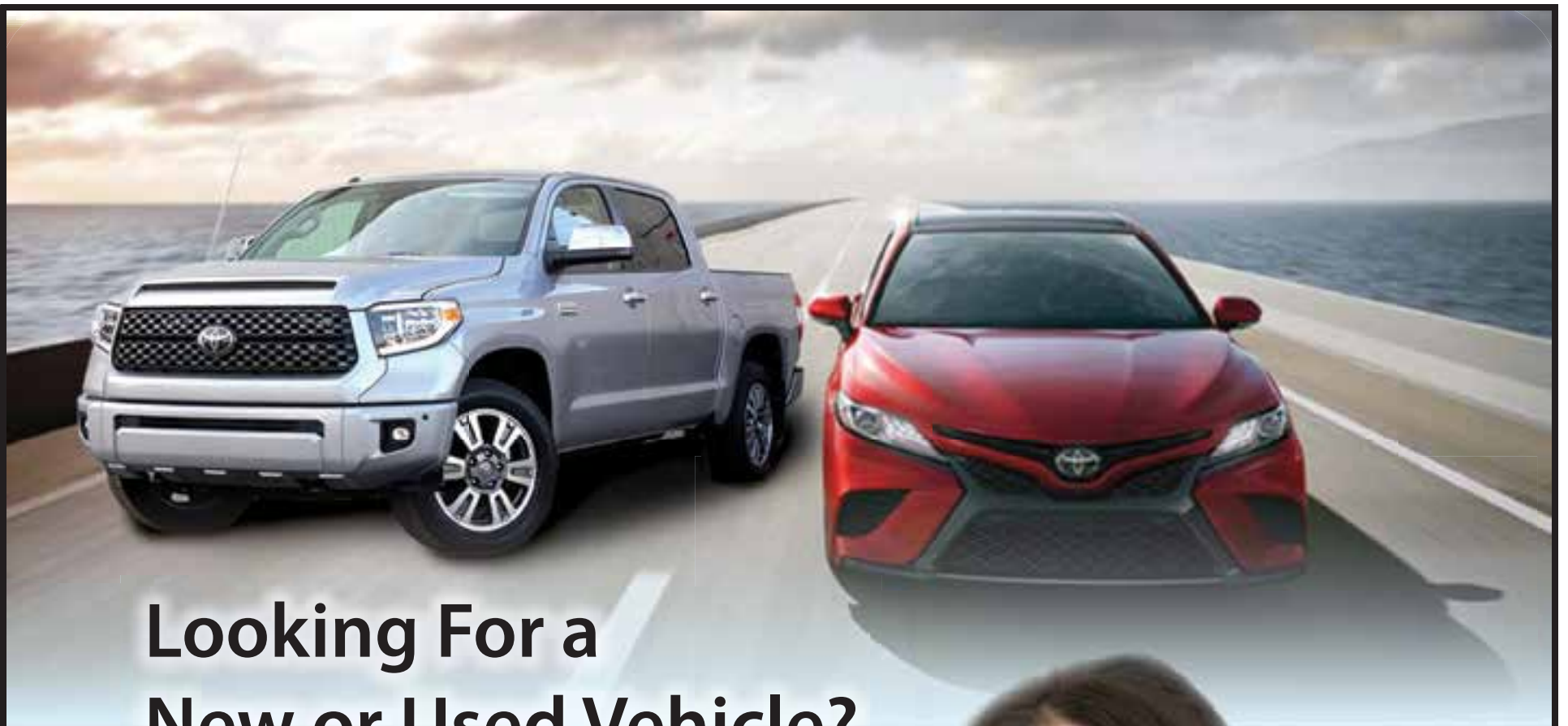
Glass Windows & Doors

REDUCED GLARE COOLER PRIVACY

- Experienced installers
- Long-lasting materials
- Variety of types, shades & colours available

**Tell Tale
SIGNS & PRINTING**

www.telltalesigns.ca • 250-398-7446
Next to CP Electronics • 288 2nd Ave. N., Williams Lake



Looking For a New or Used Vehicle? **Call Kalie!**

- **Quality**
- **Reliability**
- **Durability**
- **Excellent Inventory of
New & Used Vehicles**
- **Parts & Service for
All Makes & Models**



Kalie Cook

View our inventory at www.heartlandtoyota.ca

Home Is Where The HEART Is

HEARTLAND  **TOYOTA**

250-392-4114 • www.heartlandtoyota.ca

106 North Broadway, Williams Lake • Toll Free 1-800-668-7422 • Fax 250-392-2288

do

"How frail the human heart must be – a mirrored pool of thought." ~Sylvia Plath

Curator's corner: *Preserving Local History in the Twenty-First Century*

BY JOE BORSATO,
MUSEUM COORDINATOR

In February 2018, the Museum of the Cariboo Chilcotin established ambitious goals aimed at better preserving and caring for its vast 25,000 item collection, thereby ensuring that Cariboo and Chilcotin historical pieces, narratives, and data would not be lost. Specifically, these goals are to develop a comprehensive and detailed collections management system within the year that could act as a long term catalog of artifacts, archives, reference books, and other materials housed in the museum while also investigating its collection to turn up otherwise

lost or dissociated data about the items in the collection. Spurred by its move to the Tourism Discovery Centre (TDC) last summer and the ensuing need to keep a rigorous record of the collection, the museum has been pursuing grant opportunities and special projects relating to these goals since the start of the year. In a few short months, the museum will be using a contemporary collections management system, called Past-Perfect, to maintain its collection with greater care and resourcefulness. Without this system, the museum would be reliant on its limited Microsoft Office catalog that, while helpful, is an inefficient and outdated method of

caring for a collection. The relocation to the TDC has allowed the museum to not only focus on these goals with more motivation than before but has also enabled the museum to do so in an organized environment. The catalog, which was improved during the move in summer 2017, has since been reorganized to allow for easy access to collection items in storage and on display. With renovations planned in the coming months to make added room for museum exhibit space, the exhibitions will change and more artifacts will be placed on display, meaning that museum staff will continuously update the catalog during the organization's tenure at the TDC. In addition, using the new storage units and conservation shelving at the TDC, the museum has been able to track its collection much more



► Museum Coordinator, Joe Borsato, inspecting part of the museum's storage in preparation for cataloging and making new exhibits this summer

effectively. The improved efficacy of museum work since the move has ensured that the museum can continue to preserve and present local history with far fewer concerns about the collection falling into dissociation or disorganization. The

future of the community's history is shaped by how well its stories and heirlooms are preserved. This is especially important when, according to the Canadian Conservation Institute's recommendations, the loss of artifact data is the

most pernicious threat to museum collections. The Museum of the Cariboo Chilcotin's new system will undoubtedly help prevent this loss of information, especially now that it is in a facility that is capable of maintaining the large collection.



**ADVENTURE GAMES
INC**

GAMING CENTRE & TOY STORE

MAGIC BATTLEBOND Launch Event
Sat. June 9, 5:30pm

WEEKLY EVENTS

FRIDAY NIGHT MAGIC 5:30pm

WARHAMMER/TABLETOP GAMES
Saturdays, all day

MAGIC Standard Showdown
Saturdays 12pm

MAGIC Sunday Draft 12pm

BOARD GAME Night Sundays at 5pm

778-412-8699
83C-2nd Avenue S., Williams Lake
www.facebook.com/adventuregamesinc
Follow us on Facebook for news & events!



www.adventuregames.ca

Trustworthy & Reliable

- ☑ Full Line Mechanical Repair Shop
- ☑ Exhaust Systems
- ☑ Detailing
- ☑ Vehicle Rentals



Bring in Your Ride

We Do
Government
Inspections



Tune it up...
Spiff it up!

SHOP LOCALLY!

Lake City Automall

665 Oliver Street, Williams Lake
(diagonally across from Save-On) **250-392-2855**

Howdy & Welcome!



We Sell & Service All Makes & Models
Drop by and meet our friendly, reliable, hometown SERVICE TEAM!!



Derek Maxwell
Service Manager



Willie Sure
Service Consultant



Jacquelyn Steeb
Service Consultant



Tami Hampton
Warranty Clerk



Leo Nieuwland
Certified Grand Master Technician



Tom Pilgrim
Certified Grand Master Technician



Kelly Miller
Certified Grand Master Technician



Spencer Gilder
Technician



Adam Piccolo
Technician



Ken Harding
Technician

See you at the Daybreak Rotary's Stampede Parade Sat. June 30!

Experience the Cariboo Chevrolet Difference



RIGHT on PRICE
RIGHT on
MACKENZIE AVE





do Reflexology

BY TAMMY DORMUTH,
GUIDED HANDS

Reflexology has been around for thousands of years, with forms of it being practised all over the world and in every culture.

The oldest documentation of reflexology was found in the tomb of an Egyptian physician in pictograph form. It is well known and often reproduced in reflexology books.

What is reflexology? Reflexology is a natural healing art based on the principle that there are reflexes in the feet, hands and ears, which correspond to every part, gland, and organ of the body. Through application of pressure on these reflexes, reflexology relieves tension, improves circulation, and helps promote the natural func-

tion of the related areas of the body.

The benefits of reflexology include relaxation and release of tension, improved circulation and helps the body normalize itself naturally, without adverse side effects. Reflexologists do not diagnose, prescribe, treat for specific conditions or use machines or instruments to apply pressure.

One beautiful definition of reflexology is as follows: "Reflexology is a natural, non-invasive therapy embracing the whole concept of holistic treatment. The ears, hands and feet are microcosms of the body. By stimulating the nerve endings in the ears, hands or feet we send messages along the nerve pathways to the various organs. Thus we stimulate and communicate with the nerve network



of the body. This helps to balance the energies within the body. We are not diagnosing or treating a specific condition, we are treating an existing imbalance in the energy of the body. There are few other therapies that treat the whole body in such a gentle, non-invasive manner which have no adverse side-effects. We simply encourage the body to heal itself." This is nature's gift to mankind.

In reflexology the body is mapped onto our

ears, hand and feet in an anatomical and logical pattern. These reflexes contain the information of the whole body.

A reflex is a function of the autonomic nervous system, transmitting external or internal nerve stimulus to the central nervous system, which in turn transmits the information back to the appropriate cell, gland or organ to maintain balance or homeostasis. There are more than 7,200 nerve endings in each

of the feet, alone, which have extensive connections throughout the body, as do the hands and ears. Reflexology works on these nerve endings to help reduce stress by helping the client achieve a parasympathetic state within the nervous system, naturally re-balancing it's self-healing potential.

Our feet work very hard for us, and are under constant physical pressure and stress, due to friction and trauma. Reflexology

helps alleviate blockages that affect our nerves and muscles, as well, reflexology treatments break up deposits of toxic by-products, such as lactic and uric acid crystals caused by our bodies not releasing these metabolic by-products.

By applying pressure while using specific finger massage techniques, reflexology is able to stimulate and relax the whole body, helping one to achieve wellness and balance.



Guided Hands

Complementary Health Care

Usui Reiki Master/ Teacher
Intuitive Energy Treatment
Rac Certified Reflexologist
Emotional Freedom Technique
Hot Stone Massage
Ionic Foot Bath
Access Bars

**We welcome
shift workers**

974 McKinnon Road,
Williams Lake
(inside Intrigue Hair
Studio by Scrub ur Duds)

HOURS
 Mon-Tues 9am-4pm
 Wed-Thurs 9am-5pm
 Fridays & extended hours
 by appointment

**Distance, in person and mobile
treatments are available**

Waxing Available in June



Tammy Dormuth
250-302-8985

GRADUATION DAY Is Friday, June 8!

- Boutonnieres & Corsages
- Floral Arrangements
- Charlie's Chocolates
- Yankee Candles & more!

**Don't be disappointed,
ORDER EARLY!**

Lo's Florist

250-392-4633
1-877-588-4633
 124B 2nd Ave. North, Williams Lake
www.losflorist.com





teleflora®



Williams Lake Rotary Club

STEAKHOUSE STEAKHOUSE 2018



**Come join us for
Breakfast
and
Steak Dinner**

New Location!
Safeway Parking Lot, Williams Lake

**Friday, June 29
Saturday, June 30
Sunday, July 1**

**Breakfast 7-11am \$10.00
Steak Dinner 5-8pm \$18.00**

**Monday, July 2
Breakfast ONLY**

**Supporting our Community
through fundraising since 1964:**

Breakfast Club LCSS & Columneetza Schools
Scholarships - High school and TRU Williams Lake
Operation Red Nose - Supports Local Youth Groups
RYLA - Rotary Youth Leadership Awards
Annual improvements to Boitanio Park
Adventures in Citizenship - Send students to Ottawa
Wild Fire Project

www.wlrotary.com



South Broadway LIQUOR STORE

**EXCITING
NEWS!!**

SBL now has a
**Kegerator
rental available!**

(A mini-fridge with a tap for
serving ice cold beer from a keg!)

See us in store for details



Summer has arrived which means BBQ season and backyard get-togethers with friends and family. What goes best with backyard BBQs? ICE COLD BEER AND CIDERS!

June's Features

Left Field Cider Company

Turning a hay field into an orchard and a barn into a cider house, Left Field Cider Co. began commercial production of their handcrafted English-style cider in 2011 on their family cattle ranch at Mamette Lake just outside of Merritt, BC.

Light House Brewing Company

Numbskull Motueka Edition is a wrecklessly hoppy imperial IPA series, always brewed with the same recipe, but with a new feature hop for each edition. Vienna, pale and caramel malts produce a light bodied, hop-forward IPA, whole leaf Motueka hops are used in the third rotator, producing fresh citrus and tropical flavours!

Nightwatch Coffee Lager is a unique beer brewed by blending a classic light lager with locally-made cold brew coffee. The result is a crisp, clean lager with distinct coffee flavours such as hazelnut, cinnamon and chocolate notes on the nose and palate; perfect for day or night!



ENTER TO WIN a fishing vest and \$50 gift certificate with the purchase any Lighthouse product.



*Largest
CRAFT BEER ROOM
in Town*

778-412-2012

OPEN

Sun-Mon-Tue-Wed 9am to 10pm
Thurs-Fri-Sat 9am to 11pm



1730 South Broadway, Williams Lake (below the Laughing Loon)
Check out our new website **www.sbliquor.ca**

eat

MEN... Make an Impression!

250-392-5644
130 Oliver St. Williams Lake
Walk-Rite Shoe Store

Walk-Rite Shoes

Better at Home**Volunteers Needed...**

Friendly Visiting
Light Housekeeping
Lawn Mowing & Leaf Raking
Grocery Shopping
Minor Home Repair

**Now Accepting
New Clients...**



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

Supporting the
non-medical needs of
seniors 65 and older
in Williams Lake

Call Kimberly Futcher,
Program Coordinator

778-412-2430

Email: betterathome-wl@shaw.ca
176 4th Ave. N., Williams Lake,
Seniors Activity Centre
Office Hours: Monday-Friday 9-12

Grilled fruit**Out of the Fridge**

By Brice O'Neill



A couple of interesting things happen when an above knee amputee goes to a public swimming pool. One is the looks from people. The looks are different than when I'm wearing my prosthetic and shorts. When people see my prosthetic, the general feeling I get is that they are thinking 'Wow look at that guy go! Damn he is cool, I wonder if I could ever be as awesome as that guy' (so if I've ever walked towards you and said out of the blue "No, no you can't" with a smile you know why). Most little kids love my robot leg, and often I will engage them in conversation about how cool I am and if they work real hard they can be too. When I'm on my crutches and there is nothing coming out of the left part of my swim trunks its a bit unnerving to most people. The silence is awkward

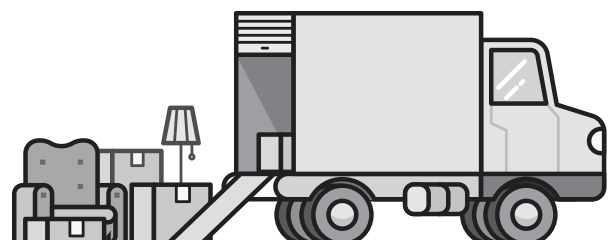
and the general feeling I get is that people are thinking, 'Wow look at that poor dude, wait... how does he swim, does he go in circles? Is it contagious, I hope it's not contagious'. It is even funnier to me, if people don't realize that the guy in water has any issues. They only realize I'm an amputee when I leave the pool after a couple of hours of swimming and playing with my daughters. They watch with great interest as I pull myself out of the pool, grab my crutches and go. One cool adventure I'm looking forward to (insert sarcasm here) is figuring out how a person with one leg, goes snorkeling in the tropics. Have you ever tried to walk across a beach on crutches? It's not easy. And from what I understand there is a fair distance between where the sand begins and were I need to get to, and then



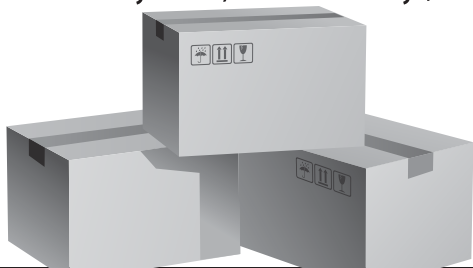
another ten to fifteen off shore to where it's deep enough to swim. And now what do I do with my crutches...cause they are not practical swim wings. Could someone please talk to my wife and convince her to drop me at Las Vegas as she continues on to Costa Rica.

I haven't really eaten food at a pool, mostly because I've never been to a pool party but I have eaten beside a lake quite often and I'll give you some ideas for food. Brochettes are a fun easy food to make and eat. As a matter of fact, anything on a stick is fun to eat and

tastes better. Try things like green and red grapes alternated with cubes of cheese. Various deli meats folded in half with cherry tomato and cheese. One really cool one is get a package of tortellini cook them then marinate over night in Italian dressing. Alternate those with slices of red onion, feta, and peppers. Another fun thing to do at the lake is grilling fruit on the BBQ. Peaches, nectarines, and other firm stone fruit grill very nicely. Try grilling watermelon, thick slices grilled for a few seconds on super high heat it will change your life. Easy eh!

**MOVING? ORGANIZING? STORAGE?**

We have sturdy boxes, 18x12x10" only \$2 each



250-398-7446

Tell-Tale Signs • 288 2nd Avenue North, Williams Lake

OLIVER & CO.

Steve
Oliver

Gregory
Mawson

Patricia
Weber

Daniel
Patterson

ICBC Claims, Personal Injury & Insurance Law
Wills & Estates • Corporate Law
Family & Collaborative Law
Contract & Property Disputes

Free consultations available for personal injury claims

Serving the Cariboo for over 35 years

250-392-2395

Suite 106, 235 Oliver Street, Williams Lake
oliverco@oliverco.ca | Fax 250-398-7423

www.oliverco.ca



Homegrown perennials
& bedding plants

Hardy trees & shrubs

Cafe & 9-hole golf course

For tee times, call
250-255-GOLF (4653)

We Have Great Gift Ideas
& Gift Certificates for Dad!

FATHER'S DAY is SUNDAY, JUNE 17



3028 Red Bluff Rd, Quesnel **250-747-2915**

Growing with the Cariboo since 1957

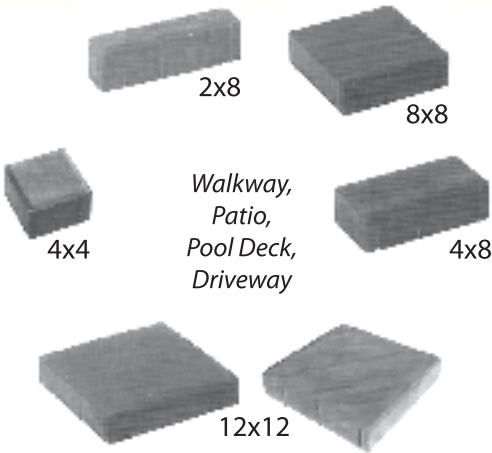
Follow us on Facebook & Twitter

NEW!

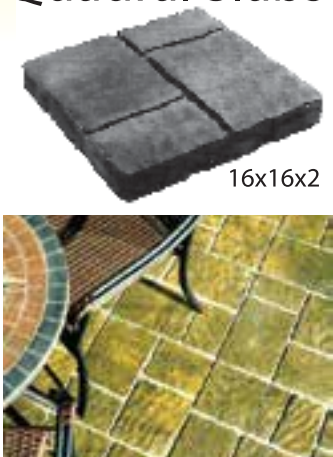


Expocrete CONCRETE PRODUCTS!

Holland Paving Stones



Quadral Slabs



Fire Pit Kits



NEW!



PRODUCTS!

Privacy Garden Fencing



Landscape Fabric Rolls



Everything you need to create your dream backyard!

- Large selection of Gravel, Bark Mulch, Topsoil and Decorative Rock
- Exposed Aggregate Planters
- Retaining Wall Blocks (Abbotsford, Barkman, Expocrete, Terraforce and Tristar Brick & Block) and a variety of Paving Stones
- Pond Supplies
- Plants, trees, shrubs, turf and synthetic grass



BLOCKS RUS

Serving Williams Lake for over 20 years



Call today for a **FREE estimate**, your guarantee is with us!

www.blocksrus.ca 152 Soda Creek Rd, Williams Lake **250-392-3646**

read

Backyard Fantasies

Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group

BY KEN GRIEVE

Summer is almost upon us. May it bring long lazy days, cold beer, and freedom from raging wild fires. It's that all too brief time of year when we, in these northern climes, park our parkas, toss our toques, and surrender our scarves to T-shirts, shorts, sunscreen, and sandals. The rumble of motorcycles and irritating cacophony of various hand tools—both electric and gas powered—assails our ears.

For those of us in an urban setting, it means retir-

ing to our backyard for that most ubiquitous of summer feasts, the backyard barbecue. Usually it conjures up a picture of the assemblage of a nuclear family plus assorted friends, neighbours, and any family members to whom we are speaking at that particular moment in time.

Often the male of the household, magnanimous in his beneficence, considers it his sacred duty to cook outdoors invoking in him some sort of primitive impulse involving the burnt offering of dead animal flesh on a

barbecue regardless whether it is powered by charcoal, propane, or natural gas. He often wears an apron with a theoretically witty expression written upon it either extolling his great skill as a cook or a reference to the sexual prowess of chefs in general or him in particular. On occasion, he turns away from his Cheffy duties, proudly surveys the scene before him, takes another pull of beer, then, contented that all is well in his universe, turns once more to the grill and inhales deeply of the carcinogenic smoke wafting its way into his lungs. It is nearly complete picture of familial bliss.

Except. Except something is missing from this picture. No offspring are screaming with delight as they cannonball their siblings. No one is floating atop an inflated animal, slathered in some form of tropical oil, in a vain attempt to turn from Canadian pasty winter white to tropical bronze god/goddess in the space of one

short afternoon.

Quite simply, this scene of backyard nirvana is missing a pool and/or hot tub. A place to cool off or to soak your weary, aching organ container.

But I have to ask myself, is there really something missing or is this just an illusion created by years and years of the media influencing my perception? Everyone is always having a great time in the pool. There's never a mention of the maintenance needed—the cleaning, the chemicals, the forcible removal from the pool of overstaying-their-welcome-neighbours.

(As an aside, my all time favourite pool fantasy takes

place in "National Lampoon's Christmas Vacation." Clark Griswold, the protagonist, is gazing out his kitchen window while washing the dishes on a snowy Chicago Xmas Eve. In his reveries, he sees a young saleswoman he'd met earlier walk out onto an imaginary diving board, seductively begin removing her imaginary bathing suit and, off camera, in his fantasy enters the pool au naturel. His facial expression is priceless.)

It would seem, as filtered through the perspective of the media, hot tubs are always infested by what I call the scantily clad "killer B's" (a bevy of beautiful bikini clad babes) and young men

whose physiques would put Adonis to shame. It makes me wonder if they're a standard feature, an available option and if supplying room and board would be an expectation after installation. Never a mention of the eye-popping hit to your electric bill or that in two year's time, it will likely sit gathering dust beside that other well-intentioned household purchase—the exercise bike.

Perhaps I'm too cynical. I do spend a lot of time at the pool and hot tub but at the local rec centre. And when I look in the mirror (without wearing my glasses of course), I swear I look very much like an aging Greek God. Enjoy your summer.

► Dog n Suds opened in Williams Lake on Stampede weekend in 1967!



Earthy • Simple • Inviting • Fresh

Take time and enjoy
Life in a Moment at...

the Rusty Bucket
Home Decor & Gifts

Come see what's new.

Wed-Sat: 10-4 (Closed on long weekends)

293 Likely Rd, (just 2km up Likely Rd), 150 Mile House • (250) 296-4157

'Dog n Suds'

FAMILY DINER • 1172 South Broadway, Williams Lake • 250-392-6161

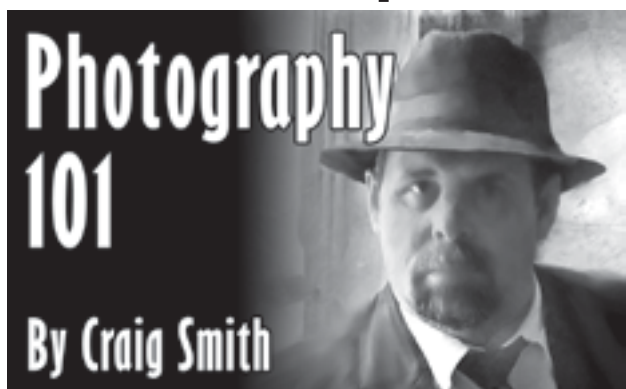
**Rock 'n' Roll Your Way
Down Memory Lane!**

Great Food • Fun Atmosphere

do

*"Your frame of reference is my swimming pool."
~Blondie (Sound Asleep)*

Back it up

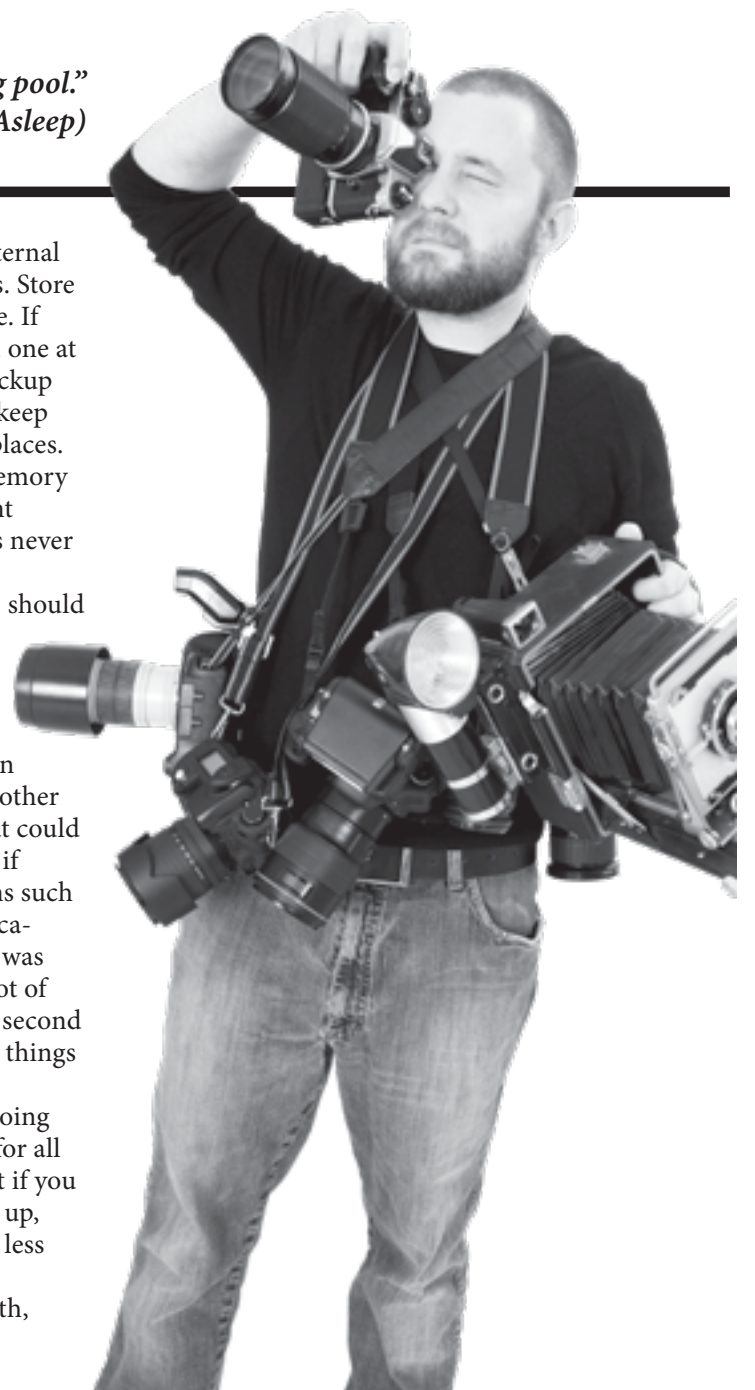


This month I wanted to talk about something near and dear to my heart and it is the one rule that should never be broken as a professional photographer. The definition of a professional photographer has changed over the last few years as it used to mean that you had gone to school, used a certain type of equipment, had gone through an apprenticeship or belonged to a professional organization. Now a days the criteria for being a professional is that you are getting paid for

your services. One of the things in my mind that makes someone a pro is that they live by the rule of backing up everything. That comes down to three categories, equipment, files and people. When you are being paid to capture someone's once in a lifetime event, backups are imperative and essential. Nothing puts you on the end of a social media storm or lawsuit faster than taking someone's money and your equipment breaking down and not having the ability to continue your

job. At a very minimum you should have at least one extra body one extra lens and one extra flash plus twice the amount of memory cards and batteries you think you will need. If you keep in mind that everything mechanical with eventually fail. If you have that attitude then when your camera does fail you won't be surprised and you'll be prepared with a second body in reserve. Many times over, I have heard about brides complaining that events got missed because the photographers camera broke down. Before your event you should double check all your equipment and memory cards and charge up all your batteries. If anything is having an issue no matter how slight, replace it. If a memory card gives you an issue even a slight one, toss it, cards are cheap. The next backup is after your event. Once you have downloaded your cards, make a sec-

ond copy to an external hard drive or discs. Store that backup off site. If you have the main one at work take your backup home, but always keep them in separate places. Never use your memory cards as permanent storage as that was never their purpose. The last backup should be for yourself. If you are taking bookings for events that will never happen again maybe have a few other pros as friends that could do the job for you if something happens such as being sick or incapacitated. When I was photographing a lot of weddings I used a second shooter to capture things that I may miss. You are never going to be able to plan for all circumstances, but if you make sure to back up, you will have a lot less issues. Until next month, happy shooting.



Town Taxi

Open 24 Hours
Charter • Deliveries • Airport Service
 Fast, Courteous Service

250-392-4151
 132 S. Mackenzie
 Williams Lake

 **ACCESSIBLE**



DRIVERS WANTED

Rock Paper Scissors

Hair • Nails • Esthetics • Makeup • Eyelashes

June Specials

GRAD EXTRAVAGANZA
 Haircuts • Nails • Waxing
10% Off

Eyelash Extensions **Only \$100**

FATHER'S DAY SPECIAL
 10% Off Dad's Haircut

All specials are only valid during June 2018

778-412-ROCK (7625)
 350 Borland, Williams Lake • scissorsbeatrock@gmail.com
 Find us on Facebook: ScissorsBeatRock

We Have **GIFT CARDS!**

Gift Certificates Available!

Try the 'no movement' Anita sports bras

Great for horseback riding, tennis, jogging, and more!

Shop Locally!

Lavender Lingerie

250-398-8268
 275 Oliver St, Williams Lake



Cariboo Envirotech Ltd.

INTEGRATED NATURAL RESOURCE CONSULTANTS

- Watershed Assessments
- Environmental Monitoring
- Aquaculture
- Research
- Stream & Lake Surveys
- Reclamation
- Silviculture
- Freshwater Commercial Fishery Management
- Registered Professional Biologists
- Since 1995

Our clients are fish, and the environment they live in!

Ph/Fx **250-790-2456**
 PO Box 174, Likely • Email carenvir@wlake.com

- Manufacturing Custom Wood Furniture & Accessories
- Cedar Chests
- Unique Gifts
- Fresh Fudge

REMEMBER DAD!
FATHER'S DAY
SUNDAY JUNE 17

 **Cariboo Wood Shop**

250-747-8397 • 1-800-986-WOOD (9663)
 10 Min. North of McLeese Lake • OPEN 7 days/week, 9am-5pm



Clearview

accounting corp

A Clear View Makes Cents
 Personal • Small Business • Corporate • Non-Profit

Income Tax • E-File

Call the Experts! **250-305-1111**
 197A 4th Avenue South, Williams Lake
 Email clearview@clearviewaccounting.ca
www.clearviewaccounting.ca

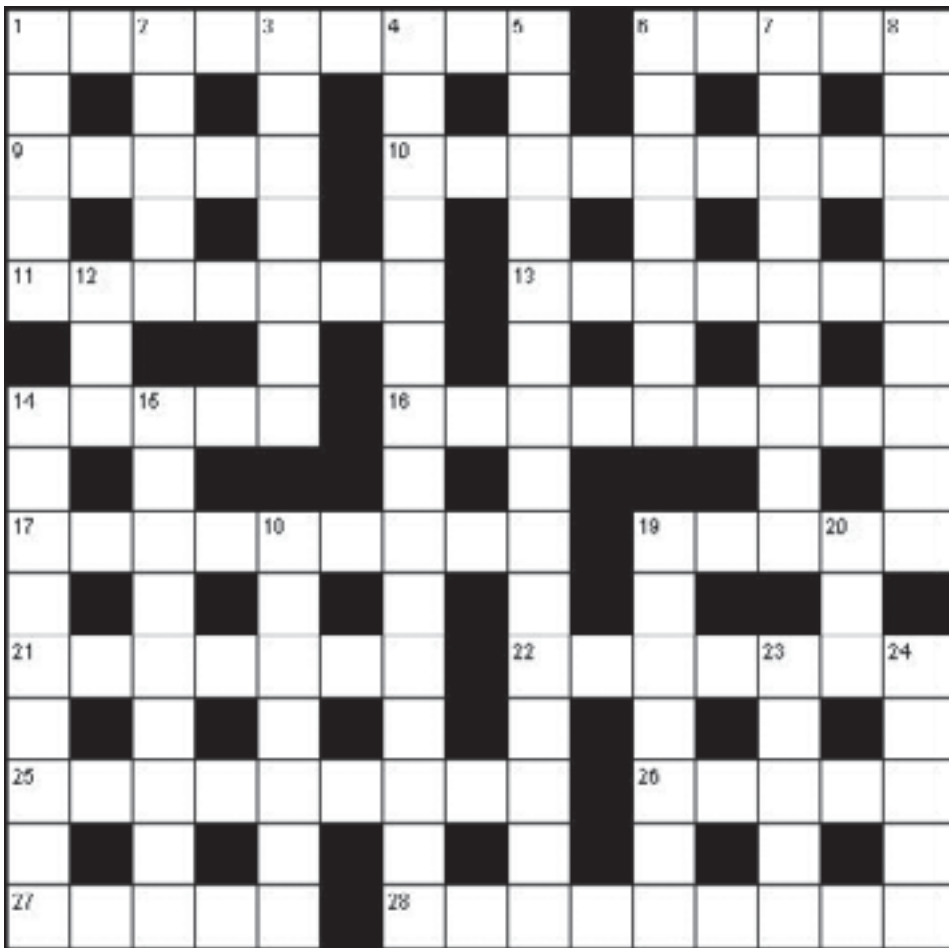
do

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

X-Word Puzzle

ACROSS

- 1 Tariff restricted under obligation (4-5)
- 6 Happen to find some havoc curtailed (5)
- 9 A bit of lowlife (5)
- 10 Coffee shop I rate badly as a place to eat (9)
- 11 Knight's cut of meat? (7)
- 13 Mailer's people found in French province (7)
- 14 Makes contact with everyone in outer Cyprus (5)
- 16 Revolutionary copy by Kelly has value reduced (9)
- 17 A French greeting is not well received (9)



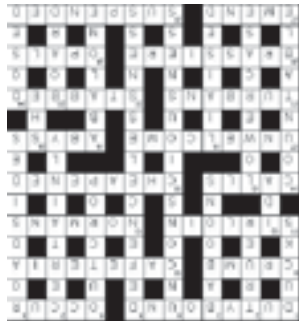
- 19 Bring donkey around by the bottomless pit (5)
- 21 Headwear is small after time in the city (7)
- 22 Impaled night-fliers returned to bed (7)

- 25 Supports 'Yes' in Spain before 'Support for Women!' (9)
- 26 Gems from works around central Bali (5)
- 27 Correct print measures 500 (5)
- 28 Stopped hanging (9)

DOWN

- 1 Crouches to avoid birds (5)
- 2 More genuine regret held in matron's heart (5)
- 3 Primates give blessing in degrees (7)
- 4 Lack of awareness of union's success on reforming (15)
- 5 Vulnerability of French barrier reduced on the cape (15)
- 6 Projection of what is not in harvest (7)
- 7 Surely I can't rely on being shaken up... (9)
- 8 ...as Rose did likewise,

- by the way? (9)
- 12 She shows trepidation at heart (3)
- 14 Nobleman's competent and can be tallied (9)
- 15 Inferior example if not capitalised (5-4)
- 18 To have maintained communication in Australia is edifying (7)
- 19 Arab wrap is on sole, a type of seafood (7)
- 20 Her subject (3)
- 23 Teach to have a black one? (5)
- 24 Administered Drug Act somewhat advisedly (5)



Treat Dad!

Father's Day Sun. June 17

Grads Eat Free!

Grad Weekend June 8-10

New at CJs!
Delicious Smoked Meats
all smoked in-house!

During JUNE:
Friday Nights 5-8pm,
Prime Rib Buffet & Live Music
Sunday Brunch 10am-2pm
Weekly Specials!

Follow Us On Facebook
Visit us at our
NEW LOCATION
36 3rd Ave. North, Williams Lake
(Corner of 3rd & Oliver)

Senior's Discount
HOURS: Tues-Thur 11:30-2,
Fri 11:30-8, Sun Brunch 10-2
250-392-4225

STEELX

FOR THE MAN
IN YOUR LIFE

Graduation and
Father's Day are
both in June

...so why not say
"Thanks Dad" or
"Congratulations"
with a beautiful
gift that shows
how much you
love him!

Special Gifts for Special People Since 1933

www.WoodlandJewellers.ca • 250.392.5423

150 Oliver Street, Williams Lake • Mon to Fri 9:30am-5:30pm, Sat 9:30am-5pm
During July & August we will be open Tuesday-Saturday for summer hours

Everything You Need For OUTDOOR LIVING

- ▶ **Camping & Fishing Supplies**
- ▶ **Patio Furniture & Barbecues**
- ▶ **Garden Centre in full bloom!**

**Don't Forget Dad
on Father's Day!**
Sun. June 17

**CANADIAN
TIRE**

It's all you need.

WILLIAMS LAKE

1050 S. Lakeside Drive • 250-392-3303

STORE HOURS: Mon-Fri 8am-9pm • Sat-Sun 8am-7pm