



the stew

ISSUE 9.07 | JULY 2018 | **FREE**

the
flag issue

Featuring
Kane Fraser
Pages 6 & 7

we speak



On the Cover:

July 1st marks the celebration of Canada's dominion so Canadian flags and flags of all sorts are the theme of the month!

Advertising Information:

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l'Unifolié

BY CRAIG SMITH

Did you know the colours of the Olympics rings were chosen so that there would be at least one colour that was in every country of the world's flags? It was created around 1912 and still hold true today. Try it, pick a country and you will see at least one of the colours which are white, black, blue, yellow, red and green. The whole idea was to bring the world closer together peaceably.

A flag is described as a piece of fabric attached to some kind of pole and has been around since mankind could make fabric and poles. There really is no first flag of any record as we could go back thousands of years before anything was recorded and due to the nature of fabric deteriorating fairly quickly I would say it is safe to assume that flags have been around since people have been wearing clothes. Before that and after as well, flags were made of other materials such as the battle standards armies used, like the Roman Legions and earlier, made out of different types of metals. The oldest documented such flag was a bronze flag from the Persian area that dates back 5,000 years.

Most of the time when we think of flags, we automatically think that they represent a nation but that is only one of the many versions or uses of flags. The word itself seems to have two origins which the dictionaries can't agree on. The first is easy, "flagge" which is middle English and meant a piece of sod and the second is a combination of "flap" to swing or sway with noise

and "fag" the end of a roll of cloth. The second sounds more plausible but I wasn't born 500 hundred years ago so most is a guess.

Every country on earth is represented by a flag as well as some groups of countries such as the European Union. There is always a story behind a country's flag; way too much information for such a small article. I would like to spend a few minutes on our flag and its history and meaning. Canada's maple leaf flag is fairly young when you compare it to a lot of the world's flags, for example the flag of Scotland which came to be in 832 AD, or the flag of Denmark that has been around since 1307. At the other end of the spectrum, the new African nation of Mauritania adopted its flag last year.

The current Canadian flag known as the Maple Leaf or l'Unifolié as it's known in French has been around since 1965. In order, the flags flown in Canada were, the St. George's Cross (England) in 1497; in 1534, the explorer Cartier, flew the Fleurs-de-Lis (France) and the Tri-Colour (France), 1621 the Scottish flag then the Union Jack (Great Britain) then in 1870 the Red Ensign became the first official flag of Canada which went through four versions. If you've ever been to Barkerville you would see this flag. It's a red flag with the Union Jack in the top left corner and in the middle is the coat of arms of Canada. After almost 100 years of debates about what our flag should look like the debate intensified in what was referred to as the Great Flag Debate of 1964. Prime Minister Pearson was the driver behind the search for a new flag. His reasoning came from his time as Secretary of State for External

Affairs for which he won a Nobel Peace Prize during the Suez Crisis in 1956 where he and the UN Secretary General brokered the deal that ended the crisis. The Egyptian government didn't like the fact that the Canadian Peace Keeping troop wore a variation of the Union Jack as the British fought for the other side. Once he became Prime Minister it was one of his missions to have a uniquely Canadian flag.

In 1964, an all-party committee was struck with the mandate to come up with Canada's new flag. After almost 5000 suggestions the maple leaf was the primary feature, but debate ensued between one and three leaves. The flag was to be neutral as to heritage, so both the Union Jack and the Fleur-de-lis were not to be incorporated in the design. It was Dr. George Stanley (not the Stanley cup Stanley) who, then dean of the Royal Military College, suggested it be like the college's flag with some distinct differences. Red on both sides with a single red leaf on white. The suggestions were narrowed down to two flags. The first had blue bars on either side with three joined red maple leaves on white and the second was what

we now call the Canadian flag. At the final vote it was unanimous as to the red maple leaf for our flag. Then after six months of debate and 308 speeches it was approved by a vote of 163 to 78 and signed off by the Queen January 28, 1965 and made official at a ceremony February 15 that same year. As far as the significance of the design, it is symmetrical so there is no left and no right. The white part is half the flag and the red is one quarter on each side. The points on the maple leaf are not significant to the number of provinces or territories which is what I was told years ago but became the design based of the least blurry flapping in the wind. The leaf is not new and has been used in one form or another to denote Canada since the 18th century.

That may or may not be more than you wanted to know about the flag that I so proudly wore on a uniform a few years ago, but now you know how much work and thought went into creating one of our national symbols. On July 1st proudly look at our flag as you are a citizen of one of the best countries on earth. Happy Canada Day!



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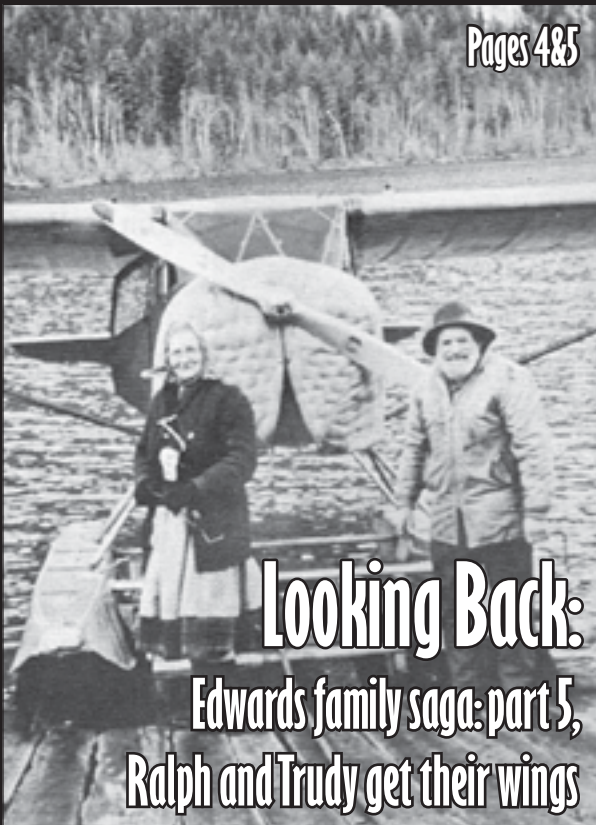
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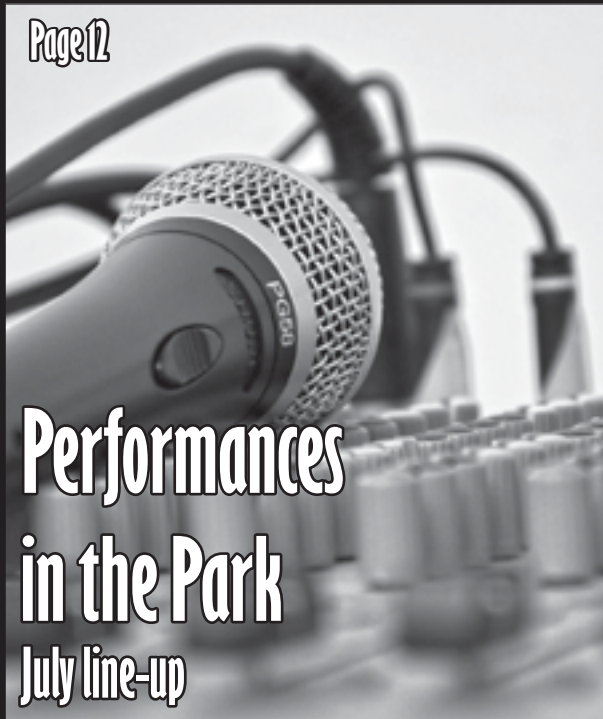
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Kane Fraser

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Gold Rush mythology

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hear

Edwards family saga: part 5, Ralph and Trudy get their wings

Though Ralph and Ethel Edwards grew up without much formal schooling, they learned to educate themselves through books and magazines fostered by their natural inquisitiveness.

Because of their isolation the three Edwards children were educated at home. They were enrolled in the public education system's correspondence program but their greater learning was derived from the extensive library of books in the Edwards household and their practical experience of growing up on the ranch. When the two boys reached eleven years old they each built their own log cabin and used them as their own personal domain and sleeping quarters.

Trudy started correspondence at eleven years old. She went through grades four and five in the first year then did one grade a year after that

until her formal schooling ended at grade nine. "I grew up with books and truly cannot remember ever being unable to read," she wrote in her 1977 memoir, *Fog Swamp*.

It was actually the queries from the children that helped expand the family's knowledge base. They acquired a set of encyclopaedias to help answer the children's questions and Ralph ordered how-to books on various subjects. Every mail day more and more books arrived.

Trudy said there were hundreds of books on the shelves at the Birches (the name for the Edwards family homestead on Lonesome Lake). "Every cent my father could spare was always spent on books."

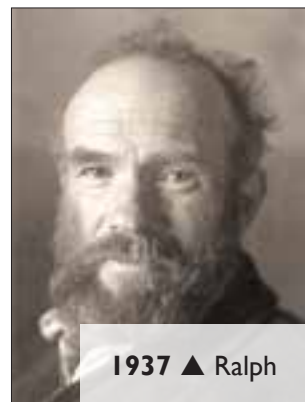
The big void in Trudy's life growing up with two brothers, was the lack of same-gender friendships. "Being the only girl for miles in every

direction, I never knew what it was like to have a close friend of my own sex," she wrote. "As my school lessons were outlined and marked in Victoria, I missed the give and take of a classroom."

Trudy had a greater affinity for farming and life on the ranch at Lonesome Lake than her two brothers. Stanley left home at 17 to seek his fortune, then two years after that John followed suit at 16. By the time she was 13 years old Trudy became Ralph and Ethel's "right hand man."

One of Trudy's chores since early childhood was feeding the Trumpeter swans that the Edwards family brought back from the brink of extinction. Later as she got older the stipend paid by the Canadian Wildlife Service became her personal source of income.

The ability of the big birds to spread their seven-



foot wingspan and take off inspired both Trudy and Ralph to become pilots. If they can do it, why can't we, they reasoned.

There was a practical reason for this as well. Every year Ralph and Trudy packed hundreds of pounds of grain with their horses to feed the swans. This meant many trips over the rugged trail from the end of the road at Atnarko. How much easier would it be to fly the grain into Lonesome Lake? There were other considerations too, like the ease of delivering farm products to customers in the surrounding area.

Buying an airplane during the Great Depression years

was out of the question, so Ralph decided to build one. He subscribed to aviation magazines and bought several books on aviation design.

He quickly realized that his ignorance of mathematics stood in his way, so he mailed away for home study books on quadratic equations, algebra, trigonometry, geometry, logarithms and everything connected to aeronautics. Soon he could understand what he was reading.

At the end of the Second World War there was a renewed interest in flying and an abundance of old airplanes and parts that were selling cheaply. Ralph bought an 80-horsepower motor and

ordered a propeller, bolts, dope, fabric and fuselage parts from Winnipeg and had them shipped by boat to Bella Coola. From the end of the road at Atnarko he transported them to Lonesome Lake with his horses.

The engine weighed 180 pounds so he built a travois and coaxed one of his faithful animals over the rugged trail, several times averting near tragedy. At the ranch Ralph set the engine up on two upright poles, filled the sump with oil, and turned the engine over. He said it ran like a new watch.

That's where the airplane motor remained for ten years



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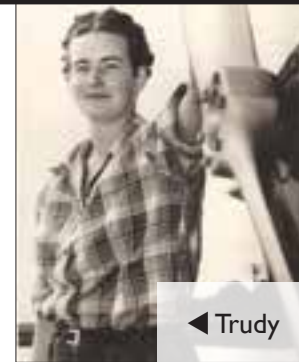
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◀ Ralph & Ethel



▶ Ralph



◀ Trudy



▶ Trudy & Ethel

...continued from page 4

as Ralph contemplated how to build a fuselage and wings around it.

It was pilot Johnny Hatch who convinced Ralph not to go ahead with building the plane. Johnny stopped in to visit after delivering a load of grain for the swans. "The Department of Transport would never let you fly your home-made plane," he advised. "Even if they did, it could take years before they would certify it."

He urged Ralph to buy a good used plane.

Ralph was no spring chicken. He turned 60 years old in 1951 and time was running out for him to get his wings.

Trudy shared her father's enthusiasm for flying and purchasing an airplane. By pooling their resources they figured they had enough. Ralph had savings from guiding and trapping, and Trudy had saved most of her income from feeding the swans.

Trudy was 24 years old when she headed off to Vancouver in April of 1953 to learn to fly and buy an airplane. This was her first trip out of the wilderness to the big city and she found the culture shock quite harrowing. Fortunately Johnny Hatch and his family opened their home to her,

and Johnny dutifully drove her to Vancouver's Sea Island airport for her flying instruction.

Trudy was a keen student and got her pilot's licence quite easily. She had amassed considerable book knowledge from reading books and magazines on aviation so she was well prepared.

That previous winter Trudy and Ralph built a hangar on the ice of Lonesome Lake next to the shore. The thirty- by forty-foot structure was designed to settle into the shallows of the lagoon at one end, and rest on the shore at the other end once the ice melted in the spring. It was a complicated engineering feat.

The goal was to end up with a level floor inside the hangar once the 40-foot sill log settled in the mud. Ralph drilled through the ice to determine the depth of the water then he built the hangar accordingly. Like many other projects on the homestead the twenty-five-foot-high hangar turned out the way it was intended and miraculously the floor was level.

While Trudy was away in Vancouver, Ralph added shakes to the roof of the hangar and constructed a sloping entrance deck for the plane.

Once Trudy got her pilot's

licence her next task was to find an appropriate aircraft. A family friend, Roy Moulton, a pilot for Pacific Western Airlines in Vancouver, flew her to Grand Coulee Dam in Washington State where a 65-horsepower Taylorcraft on floats was available.

After Trudy bought the plane for \$2,500, Roy flew the two-seater registered with the call sign CF-HEO back to Vancouver because Trudy still had to get certified to land and take off from water.

She earned her floatplane endorsement in short order and was ready to return home. She flew CF-HEO up the coast to Bella Coola, and in the afternoon of July 8th around 5 p.m. she landed the Taylorcraft at Lonesome Lake and taxied up to the newly completed hangar at the Birches.

Once back home with the plane, the Edwards family started to realize their dream of getting farm products to market. Trudy flew her father to Charlotte and Nimpo Lakes to explore the possibilities. The fish camps and lodges were eager to have fresh produce and dairy products. Then they flew out to isolated logging camps on the coast and found the same eager appetite for their wares.

In his 1979 memoir told to Ed Gould, Ralph describes his first flight with Trudy. "We flew up out of the valley and in less than forty minutes we were at Charlotte Lake where there were two big fish camps. We asked the operators if they would like us to fly in fresh vegetables every week or two. Does a duck swim? Of course they would. No luxuries like fresh produce had been available before."

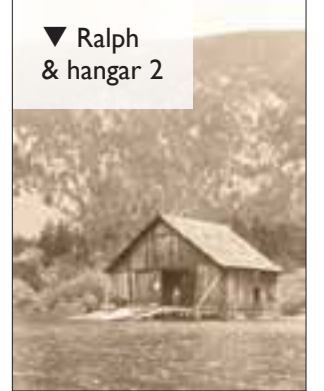
During the summer and fall of 1953 Trudy logged more than 200 hours air-freighting fresh milk, cream, butter, eggs, lettuce, radishes, tomatoes, corn, beans, carrots, potatoes, strawberries and whatever fruits were in season. Then in the spring of 1954 at 62 years old, Ralph went to Vancouver and got his pilot's licence.

It was his first visit to Vancouver since his return from the First World War in 1919. When he presented himself for a pre-flight medical exam, the doctor asked if he wasn't a bit too old to fly. Despite being nervous Ralph had the blood pressure of a 28-year-old and he passed with flying colours.

After a month of flight instruction Ralph got his licence qualifying him to fly



▼ Trudy Edwards, Turner in Taylorcraft



▼ Ralph & hangar 2



JULY 1953 ▶ Trudy on the Fraser River with CF-HEO before flying home

a seaplane. Back home he learned to operate the Taylorcraft under Trudy's careful tutelage. He spent an hour a day for weeks perfecting his landings and takeoffs, and accompanied Trudy on her flights to deliver produce to the various fish camps. Soon he was able to take flights on his own.

Sharing the use of the plane with her domineering father proved difficult for Trudy.

"I never flew her after 1958 because it became too difficult to plan the sharing of the schedule with my father," she wrote in her 1977 memoir, *Fog Swamp*.

By that time of course, Trudy had met her husband Jack Turner and was developing her own farm and ranch a few miles away from her parents' homestead.

...Next month read the conclusion of the Edwards family saga.

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flavour of the month

*"I can't tell people what
flag to fly." ~Lesley Stahl*



flavour of the month



Kane Fraser on “living the dream”

BY CRAIG SMITH

“Live the Dream” is Kane’s, and now his company’s motto. What does it mean? According to Kane, “My hope is that each and every day when you wake up, you are doing what you want to do, you allow yourself to be who you are, you have fun with everything you do in your life, and if you are not for some reason, that you recognize it and change it.”

Pretty heady stuff for a small-town boy, but Kane isn’t your typical small-town guy. He was born in Kamloops but at four, his parents moved

to Williams Lake where he attended school and graduated. The day after grad, he enrolled in a millwright apprenticeship and became a journeyman millwright, joining his dad and three brothers in the trade at age 22. He worked as a millwright for over six years until an accident kept him in hospital for six months and put him in a wheelchair. Having to change careers, Kane went to UCC in Kamloops and got a bachelor’s degree in business administration with honours, specializing in accounting. His first class was computers and

in the first session he had to ask how to turn it on... but his final grade was an A+. In his next class, human geography, he also had to do something he had never done before – make a presentation – something he now does multiple times a week. After University he worked at KPMG Accounting in Kamloops, first as a student for a year, then as an employee, and then earned his CA CPA designations. Always moving forward and not letting anything stand in his way, he became wheelchair basketball Rookie of the Year in 2003 and started

an entrepreneur club in University.

In May of 2007, Kane moved back to Williams Lake and started working at PMT Chartered Accountants – within seven months he made partner. He was put in charge of mergers and acquisitions and grew his division from 19 to 50 employees in just eight years. In February of 2014, he decided to leave and start a firm with Ryan Broughton and called it FBB Chartered Professional Accountants. FBB has offices in Prince George and Quesnel, and Kane operates the Williams Lake office, which

will have a new home as of August 1.

When he’s not working, Kane is involved with anything with wheels or tracks. In 2011 and 2014, he decided to do the Baha 1000, the world’s longest off-road race. In 2011, he completed it with Heino Seibert and in 2014, made it halfway by himself. In 2015 at the Grand Torino in Vegas, they won their class even after stopping and helping some of their fellow competitors. He is an active snowmobiler, jetboater and is currently rigging a system so he can become a motorcyclist. In 2014, he was bitten by

the auto racing bug and has been racing in two classes for the last four years. Last year he raced 13 times, but this year he’s taking it a little easier as he has some other events planned as well.

In what little spare time he has left, Kane is expanding his businesses, hunting, being a Dad and traveling. He is a very spiritual man that has a great love for his community and helping his fellow man, and he is continually looking for ways to be a good citizen.

Kane is continually searching for that checkered flag and the wheelchair is definitely not an obstacle to him “Living the Dream.”



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ment on your house, then CMHC insurance is added to your mortgage.

Mortgage insurance to protect your family if you die or become disabled is what your lender usually sells to you.

There are a few facts that you need to be aware of when agreeing to take the mortgage insurance your lender is trying to get

you to buy:

- The payout from mortgage insurance protection shrinks with your mortgage...they only cover the outstanding debt.

- You may find out when you file a claim that you may not be eligible for coverage...generally mortgage insurance from your lender is underwritten after the fact (after you have a claim). When you purchase your own life insurance, the insuring company underwrites upon application. They look at your lifestyle/health/occupation, etc. before they grant you a policy.

- You may find that your mortgage insurance cost increases if you have to renew the mortgage and



subsequently the mortgage insurance protection plan.

- Your lender, not your family, receives the payout if you should die with your mortgage insurance from the lender.

- Consider/Research purchasing your own life insurance and/or disability insurance for a mortgage, loan, any indebtedness

that you incur.

In this way, you are in the driver's seat – you decide how much you are buying – how much you are paying – who the beneficiary is along with a number of other factors.

If you are purchasing your first home, read through every form that you are signing during the purchase process. It's sometimes easy to be

overwhelmed by all of the paperwork that you sign from the purchase agreement all the way through to the meeting with the lawyer to finalize the purchase in order to move into your new home. While it's very exciting to buy your house, take the time to read through and ask all of the questions with each paper you sign.

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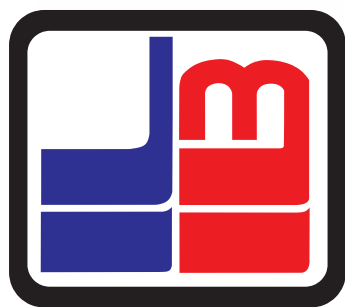
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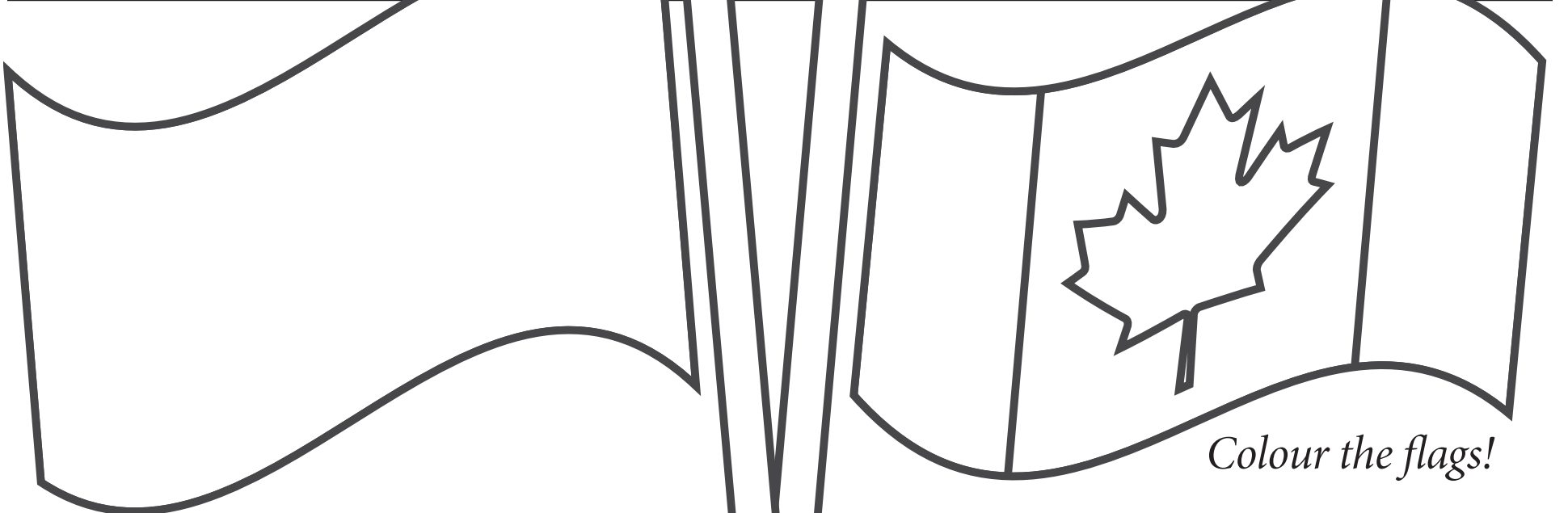


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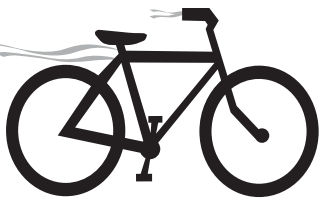
Colour the flags!

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For updates and events stay connected by following us on facebook: [wlchild.ca](https://www.facebook.com/wlchild.ca) –Williams Lake Early Years Centre.

Bicycle fun



How many times a day do we as parents hear the old, “I’m bored, there is nothing to do”? Why not spark some creativity this summer and decorate bicycles!?

Materials Needed:

1-2 rolls of streamers, some duct tape (the coloured stuff is great). Gather up the kiddos and their bicycles and let the

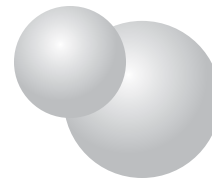
fun begin! The streamers add a fun flare to any bike, fluttering in the wind as the kids zoom around the neighbourhood or bike park. To add a sound feature, simple playing cards can be added to wheel rims for a melodious ride.

Summer's red flags

Looking forward to spending some beautiful summer days with your family enjoying the great outdoors? Perhaps embarking on a hike to a local waterfall, a picnic at the lake, a lazy day by the pool, or a fun filled afternoon at the waterpark. There are so many wonderful things for us to enjoy during the summer months. While we soak up all that summer has to offer, it is essential we keep our safety and that of our family's on the

radar. Let's be sun safe during this fabulous season! Slip on hat, Slop on some sunscreen, and Slap on some shades. Keep a watchful eye for for any signs of heat stroke or heat exhaustion.

Bubble Juice



This special bubble juice makes huge bubbles perfect for chasing on a summer's day. These bubbles are super strong!

Ingredients:

6 cups water, 1 cup corn syrup, 2 cups regular strength Joy dish soap, 1 large bubble wand. If you don't have one, pick up a butterfly net at the dollar store and remove the net!

Do you know someone who has ADHD?

Attention Deficit Hyperactivity Disorder is a neurobiological condition that affects children and adults who consistently experience challenges in executive functioning including impulsivity, hyperactivity, and distractibility. Educating ourselves about ADHD will help us to understand strength based learning

and the unique wiring of the brain . We have noticed a need for ADHD services in our community due to the increasing rate of diagnosis. The CDC is currently offering a monthly support group for families to come together to share stories and gather resources. In addition we are also offering parent training programs that have been proven successful for families when using the strategies provided. For any questions, suggestions or interest in a summer program call Meagan or Eryn at the Child Development Centre at 250-392-4481.

“If a child can't learn the way we teach, maybe we should teach the way they learn.” – Ignacio Estrada

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"It's always a thrill to wear the flag and ride for Canada in any competition, but especially the Olympics."

~Ian Millar

Performances in the Park: July line-up

SUBMITTED BY
ANGELA SOMMER

Another great summer of entertainment is coming to Williams Lake in July 2018.

Performances in the Park will start up on July 5, 2018. Come on out on Thursday nights and be entertained! From 6 to 8 pm a Children's Art Corner will entertain the little ones, food vendors and the recycling cart will make sure there is lots to do, all while fantastic music is playing at the Gwen Ringwood Theatre in Boitanio Park. You just have to come out and see who is going to be there!

The series kicks off on **July 5th** with Miss White Spider, who will take you to a land of fairy tales and dance

followed by One Below, playing eclectic high energy original music that will make you want to move your feet.

On **July 12th** you will see Colin Easthope and Tanya Gallagher whose songs represent a shoulder to lean on for everyone who's ever had their heart stomped on, or endured a long-distance relationship followed by Kim Gouchie & Northern Sky, whose inspirational music lifts the soul beyond its fettered state along the quest of creating a better world with compassion, understanding and forgiveness, reminding us that we are all in this together.

July 19th showcases Sarah Beattie, who is Inspiring, engaging, and fun followed by Samson's Delilah with

fearless, unique soul, full world roots, rock opera and folk music.

July 26th is a jam-packed night featuring Laura Kelsey, a WC-MA-nominated singer who pairs strong vocals with thoughtful poetry for a catchy set of acoustic songs followed Melody Maker a local South Cariboo Duo singing Blues - Classical Rock & Roots.

Food is available from Taylor Made Cakes and Sweets, the Fennel Cup and Cody's Bannock at the performances. Taylor Made offers sandwiches and pizza as well as cup cakes and sweets and Cody will fry up mouth-watering bannock. The recycling cart will be on site with great education and games.

The business com-

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

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

online.

Angela Sommer, the event coordinator and the CCACS with the support of the Cariboo Regional District and City of Williams Lake are thankful to all the sponsors, supporters, vendors and faithful audiences who are making this event special every summer in Williams Lake. Stay tuned for the August Line-up in the August Stew Magazine.



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



For more information, visit facebook.com/performancesinthepark

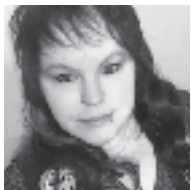
the stew MAGAZINE crew



Craig Smith
Publisher & Sales Manager
craig@thestew.ca



Joan Oliver
Advertising and Sales
sales@thestew.ca



Renée Lozeau
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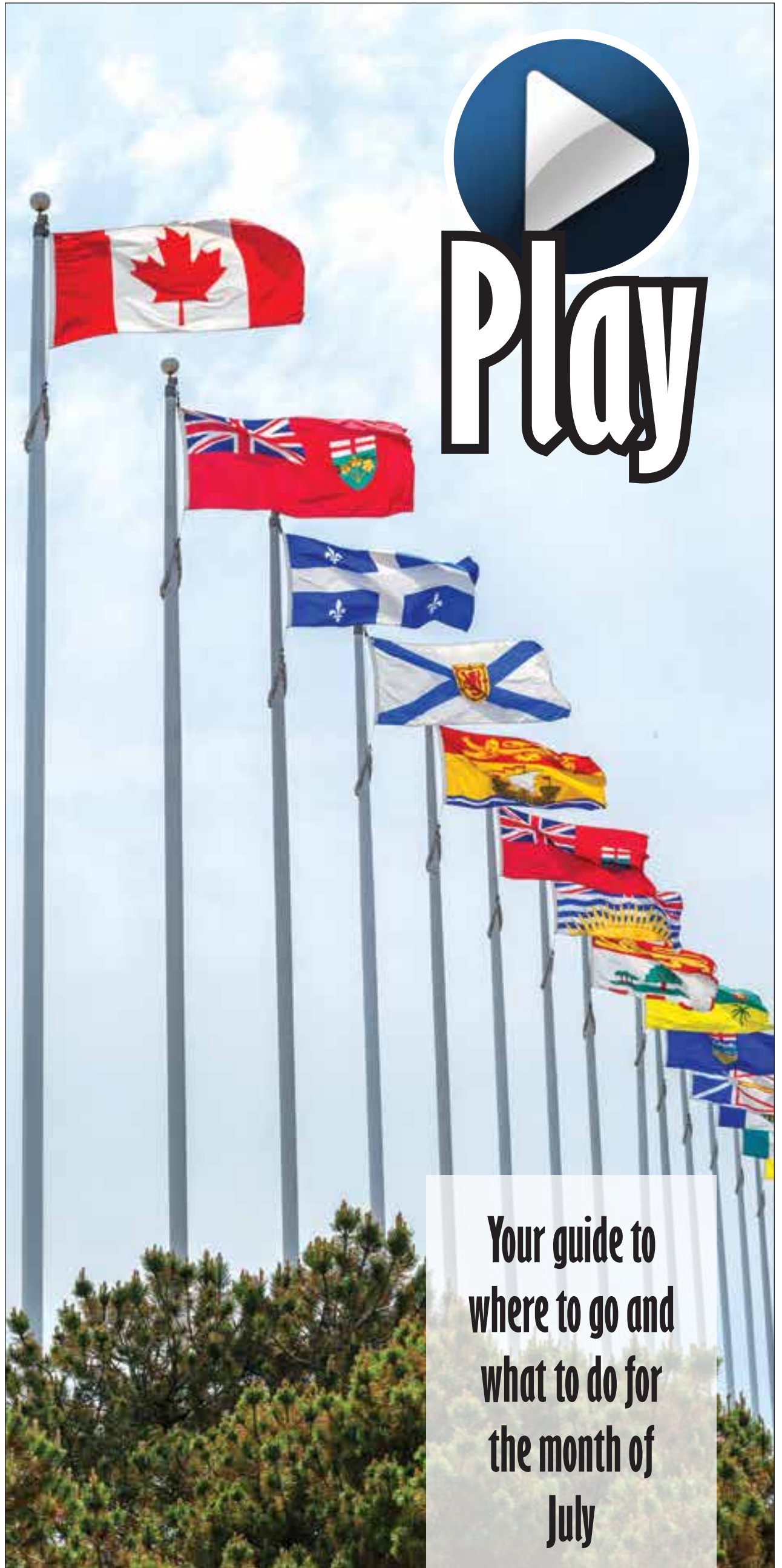
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Behind the Curtain

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

play

WILLIAMS LAKE & AREA

July 1 Cowboy Church featuring Prairie Joe from Oak Lk Manitoba with family friendly music, Stampede Grounds 9am

July 1 Annual Bella Coola Rodeo, info: www.bellacoola.ca/portfolio/annual-bella-coola-rodeo/

July 1 Canada Day Concert in the Park, live music, family activities, marketplace, Boitanio Park 11am-1pm, BMX/Skateboard Jam 11am-4pm

July 1-2 92nd Annual WL Stampede, Stampede Grounds, info: www.williamslakestampede.com

July 1-2 Stampede Rugby Tournament, mens/womens teams from around BC, free admission, 711 Ottoman Drive 9am-5pm

July 1-2 Legion Indoor Breakfast, 385 Barnard St until 11am

July 1-2 Knights of Columbus Pancake Breakfast, Save On Foods parking lot 7-11:30am

July 1,8,15,22,29 McLeese Lake Farmer's Market, Sundays, McLeese Lake BC

July 2-7 Dance in Common Summer School with Chelsea Goddard, info: danceincommon.wl@gmail.com

July 3,10,17,24,31 Fitness in the Park, free class Tuesdays all summer, Gwen Ringwood Stage Boitanio Park 6-7pm, info: 250-398-7665

July 3,5,10,12,17,19,24,26,31 Playgroup in the Park, Tuesdays/Thursdays weather permitting, Kiwanis Park 10am-noon

July 3,10,17,24,31 Ladies XC/DH Mountain Bike Ride, all abilities welcome, Tuesdays rain or shine until October, Red Shreds info: 250-398-7873

July 4,11,18,25 Mountain Bike Ride, Wednesdays rain or shine until October, Barking Spider 6pm

July 4,18 Gibraltar Mine Tour, leaves from Tourism Discover Ctr, info: 250-392-5025

July 5 Madchild featuring Rrkade, live music, all ages, CJs Southwestern Grill, doors 7pm, info: www.showpass.com/mad-childwlake

July 5 Performances in the Park, free live music summer concert series kicks off with fairy tales & dance with Miss White Spider, followed by live music with One Below, Boitanio Park, Thursdays 6-8pm

July 6 Live music: The Do Good Badlies, acoustic blues/folk/grunge, OV Pub 9pm

July 6,13,20,27 Farmer's Market, gardeners, farmers, crafters, artists & food vendors, Fridays until Oct, Kiwanis Park 9am-2pm

July 6,13,20,27 Outdoor Yoga, Fridays 8:30-10am, 293 Likely Rd 150 Mile BC, register: r.bucket@telus.net

July 6,13,20,27 Jumps and Jugs, DH mountain bike ride & social, Fridays rain or shine, Red Shreds 6pm, info: 250-398-7873

July 6-8 34th Annual Puntzi Lake Fishing Derby, Puntzi Lake BC, info: 250-481-1130

July 6-Aug31 Station House Gallery presents: (Main Gallery) Gabor Gasztonyi "Chilcotin Rodeo," and (Upper Gallery) Tiki Mulvihill "Ancestral Drift"

July 7 Annual Arts & Garden Tour, live music & fibre art, proceeds to Kidsport, 10am-4pm, tickets: The Open Book

July 7 Fairy House Workshop, The Pink Room 1-4pm, pre-register: 778-412-9449

July 7 150 Mile VFD Open House, firefighter challenge, wild fire slide show, kids games, fireman dunk tank, BBQ & fire truck tours, Firehall 150 Mile House BC 11am-2pm

July 7-8 Anahim Lake Stampede, performances 1pm, Anahim Lake BC, info: www.rodeobc.com/rodeo/anahim-lake-stampede/

July 8 4th Annual Car Show & Petting Zoo, BBQ proceeds to WL 4-H, Chuck's Auto Supply parking lot 10am-2pm, register: 9am

July 8 2018 VI Cruises classic car "Recovery Cruise" Rendezvous Picnic, classic cars and cycles plus general public welcome, Stampede Grounds 10am-2pm, info: www.2018recoverycruise.com

July 8 1st Annual Likely Show & Shine, Likely BC 10am-2pm

July 10 14th Annual European Football School, player or goalie soccer camp, Esler Soccer Fields, register/info: 250-392-1103

July 11-13 Songwriting on the River, intensive singing/songwriting workshop with Pharis Romero, Sara Jane Scouten & Marin Patenaude, Horsefly BC, pre-register: www.artsonthefly.com

July 12 Barrel Racing, Eagle View Equestrian 7pm

July 12 Performances in the Park, free live music summer concert series, Kym Gouchie & Northern Lights with Colin Easthope, Boitanio Park 6-8pm

July 13-14 Arts on the Fly, music festival, vendors, camping, Horsefly BC, info: www.artsonthefly.com

July 14 Pinot & Pine paint party, Still North Design 6-9pm, pre-register: pinotandpine@gmail.com

July 14 Onward Ranch Family Barn Dance, info/tickets: The Open Book

July 15 Strickly Blue Grass, live music every 3rd Sunday, Alley Katz Bistro

July 15 Live music & comedy: Trailer Park Boys Tyrone & Sam Losco, CJs Southwestern Grill 7-10pm, info www.showpass.com

July 15 Horsefly Garage Sale, Horsefly BC, info: 250-620-3384

July 17 Garden Gig live music series: Origami Army & friends, Potato House 6-9pm

July 19 Performances in the Park, free live music summer concert series, Samson's Delilah with Sarah Beattie, Boitanio Park 6-8pm

July 20-22 Bella Coola Music Festival, Fairgrounds Hwy 20 Bella Coola BC, info: www.bellacoolamusic.org

July 21 Horsefly VFD ATV Poker Run, pack a lunch, hot dogs/chili served at the end of the day, prizes, register 9am, departs 10am, Black Creek Rd Horsefly BC, preregister/info: 250-620-3350

July 26 Gymkhana, Eagle View Equestrian Ctr 11am

July 26 Performances in the Park, free live music summer concert series, Melody Maker with Laura Kelsey, Boitanio Park 6-8pm

July 28 Thunder Mountain Speedway Christmas in July, racing & toy drive, info: www.thundermountain-speedway.ca

July 28 Esket Rodeo, performances 1pm, slack Sat 6pm, Alkali Lake BC, info: www.rodeobc.com/rodeo/wireabcra-esket-rodeo-alkali-lake-bc/

August 2 Performances in the Park, free live music summer concert series, This Way North with The Alkemist, Boitanio Park Thursdays 6-8pm

QUESNEL & AREA

July 1 Canada Day Celebrations, entertainment, kids activities, Lebourdais Park 11am-4pm

July 1 Community BBQ, Legion 11am-2pm

July 1 Seniors' Strawberry Tea, age 60+ only, Billy Barker Showroom 308 McLean St 12:30-2:30, pre-register: 250-992-5875

July 1 Blackberry Wood and the Circus Side Show, live music, Jack O Clubs General, Wells BC 9:30pm

July 1 Dominion Day, live music, entertainment, fireworks, Barkerville BC 8am-6pm, info: www.barkerville.ca

July 1,2 The Spirit of Cariboo Cameron, Methodist Church Barkerville BC 9am-5pm

July 4 Miss Quesnel Pageant Speech & Talent Night, Correlieu Secondary 7-10pm



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July 6 Miss Quesnel Pageant, naming of ambassador team, Correlieu Secondary 7-10pm, tickets: Visitor Ctr

July 6,7 Live music: Four on the Floor, Cariboo Hotel 9:30pm

July 7 Bucket Tote Bag Class, learn how to put in a zipper, create a button hole and belt loops, R&R Sewing Ctr 10am-4pm, info: 250-992-9777

July 7 ATV Poker Run, insurance & helmets required, Deacon Creek Trails 15.1 Km up Hwy 26, 9am-5pm, info: 250-255-2240

July 7-8 Horse Schooling Show, First Equestrian Horse Ranch 2343 Reiersen Rd 9am-5pm, info: www.fehranch.com

July 7-Aug2 Island Mountain Arts Workshops: dance, song writing, music, poetry, writing, art, print-making and more, Wells BC, info: www.support-imarts.com/upcoming-workshops/

July 12 Lion King Jr Musical Theatre, Correlieu Secondary 7-9pm, tickets: Bo Peep or Museum

July 13 SPCA Freaky Friday, adoption event and open house

July 13-15 Rother Horsemanship Clinic, First Equestrian Horse Ranch 2343 Reiersen Rd 9am-5pm

July 14 SafeTALK, Crisis Ctr program for suicide prevention, age 15+, Upper Board Rm, Hospital 1-4pm, pre-register: Gail 250-925-4145

July 14 Annual Indigenous Peoples Celebration, presentations by Lhtako Dene Hoop Dancers, Xatsull First Nation and more, Barkerville BC 8:30am-10pm, info: www.barkerville.ca

July 19 Crash to Pass, Gold Pan Speedway, time trials 5pm, racing 6pm

July 19-22 Billy Barker Days, rodeo events, crash to pass & racing, contests,

activities, live entertainment, midway/amusements, laser shows, vendors, Saturday parade & more, Downtown/Lebourdais Park/Alex Fraser Park, info: www.billybarker-days.ca

July 21 Iron Street Invitational Stock Car Racing, Wescar late models, mini stock etc, Gold Pan Speedway 4pm

July 21-22 Legion Pancake Breakfast, 262 Kinchant St 7:30-11am

July 27-Aug25 Art Gallery presents Daniel Pfister "Art and Soul", opening reception 27th 7-9pm, 500 North Star Road

July 28 First Annual Food Fest, food, entertainment, demonstrations, and food product vendors, Downtown

July 29-Aug2 Jam Camp North, all ages no experience necessary, lead by professional musicians, rhythm circles, cultural/creative workshops, dancing, Cottonwood House Historic Site, info: www.jamcamp.org

July 31 RCMP Musical Ride, no dogs, Alex Fraser Park 102 Northstar Rd 1-6pm

July 31 Happee Birthdae Harry Potter!, celebrate the birthday of the chosen one, free movie showing, treats, Bear's Paw Café 12415 Barkerville Hwy Wells BC, 7pm

Aug 3-6 ArtsWells Festival of All Things Art, Wells BC, info: www.artswells.com

100 MILE HOUSE & AREA

July 1 108 Canada Day Celebrations, entertainment 10am-4pm, vendors, activities, museum tour, 108 Mile Heritage Site 10am, info: 250-791-5663

July 1 Canada Day Fishing Derby, Sulphurous Lake, 5:30am-2:30pm

July 1 Forest Grove Canada Day Celebrations, Ruth Lake Park, info: Forest Grove Legion

July 1-21 Parkside Art Gallery presents: Chris Harris "Inscapes: The Freedom Of Photographic Expression," Tues-Fri 10am-4pm, Sat 10am-3pm, 401 Cedar Ave

July 6,13,20,27 South Cariboo Farmers' Market, locally made and grown products, produce, arts & crafts etc, Community Hall, Fridays 9am-2pm

July 7 Wranglers Alumni Golf Tournament, 108 Golf Resort 10am, info: 250-644-1529

July 7 Music at the Lakes, free Service Ctr, Interlakes BC 6-7:30pm, info: 250-593-4114

July 7,14,21,28 Heritage Market, 108 Heritage Site, Saturdays 10am-3pm, info: Ingrid 250-791-5663

July 7,14,21,28 Loon Bay Craft Fair & Interlakes Farmers Market, Loon Bay Resort, Sheridan Lake BC, Saturdays 10am-3pm, info: Joan 250-593-2353

July 10 Harvest Moon empty canvas paint party, Red Coach Inn 6-8pm, info: www.emptycanvasparty.ca

July 13-15 Hot July Nights car & bike show, Centennial Park, info: www.hotjulynights.ca and www.2018recoverycruise.com

July 14 Lone Butte Rocks, Community Hall Lone Butte BC 10am-3pm, info: Natalie 250-706-9412

July 14-15 Mud Racing, Sat 2pm, Sun noon, no pets, no alcohol, cash only, 2750 Bradley Creek Rd, Forest Grove BC, info: www.nwmra.com

July 14,28 108 Mile Ghost Tours, 108 Heritage Site 7:45pm

July 19 Morning at the Lake empty canvas paint party, Ruth Lake Lodge 3-5pm, register: www.emptycanvasparty.ca

July 21-22 BCRA 27th Annual Interlakes Rodeo, pancake breakfast 8-11am, kid friendly events/entertainment, RCMP Musical Ride at rodeo half time, Rodeo Grounds Sheridan Lake BC, info: www.rodeo-obc.com/rodeo/interlakes-rodeo/

July 26 Chemo Quilts, 4th Thursday of the month, Hall, Interlakes BC, info: 250-593-4456

July 26-Sept8 Parkside Art Gallery presents: Cariboo Artists' Guild 38th Annual Fine Arts Show And Sale: Reflection, Tues-Fri 10am-4pm, Sat 10am-3pm, 401 Cedar Ave

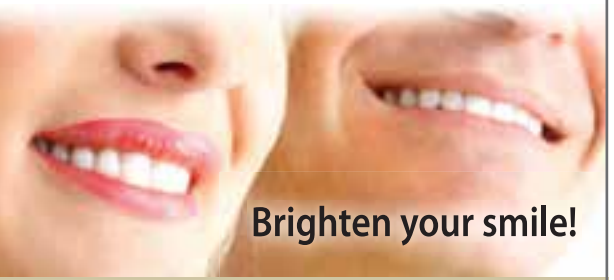
July 27-29 6th Annual Hootstock Festival, live music, Forest Grove, info: www.hootstock.com

July 28-29 11th Annual Equestrian Combined Driving Event, Sat dressage/cones, Sun marathon, Huber Farms 70 Mile House BC 9am, info: Ken 250-456-6050

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"When I was born, the speed limit was two miles an hour. They'd only just repealed the law where a man had to walk in front of every motor car waving a flag." ~Henry Allingham

Be mindful of red flags

BY ALEXIS FORSEILLE,
COMMUNITY FUTURES
CARIBOO CHILCOTIN

If you are hearing the phrase, "we've always done it that way" circulating around the workplace, a red flag should be waving in the back of your mind.

Far too often businesses build immunity to change. This may be as simple as employees resisting a change in pace or could be as complex as the business failing to evolve as clients' needs and wants evolve. This is when the most dangerous phrase in business may begin to circulate. It is an excuse that is used to continue along the path the business has always travelled on without any repercussions. As soon as it's heard, it is time to review the business practices and make room for change or growth.

Further, it may be time to re-evaluate what the excuse is being used for.

First, a small business must determine why employees or management are resisting changes. For employees it could be a fear of going against management or policies. As management, it is important to take a look at the situation and the employee's ideas of improving a system. It may be time to update an old procedure to give employees an easier and more efficient way to provide a service to a customer. On the other hand, having done something one way for years could make anything new be unfamiliar and intimidating. If the resistance to change is being caused by a new approach to an old problem, it is important for management to encourage and train employees in effort to make them feel more

comfortable with the new practices. The fear of change and making a mistake is enough to make people revert to old ways. However, the cost of not changing to keep up with new times and practices has a long term price on a small business.

In time, the attitude of 'doing things the way they have always been done' will outdate a business. More red flags should begin to wave if the business is having issues collecting payments, has frequent complaints, or has a low ratio of returning clients. The frustration of "we've always done it that way" easily transfers through employees to customers. When customers increasingly become slow to pay outstanding invoices, the small business should start looking at their relationships with their customers and their employees. This is a tell-tale



sign that the customer is not pleased with some aspect of the business. Two options would be to decrease the amount of credit extended towards the customers or to make amends with the customer. By making amends, the business may learn a valuable lesson about its customer relations and its employees' customer ser-

vice. It may also lead the business to understanding why there is a low ratio of returning clients or why there are frequent complaints about the company.

While change may bring about some fear, it is necessary for any business to be open to change. Embrace the growth your workplace will experi-

ence no matter how many growing pains that may occur. Customers will appreciate how the business works for their needs over the need to remain loyal to outdated procedures. Overall, it may be time to take a look at how things are done internally and quiet some of the red flags waving in the back of your mind.

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It's a mystery



BY SHERYL-LYNN LEWIS

There comes a time, two or so weeks before going on stage, when most theatre productions feel the energy flagging. It follows 10 to 12 weeks of 3 times a week rehearsals and long hours on the weekend set building. At this point, everybody knows exactly what the play is supposed to be. The frustration comes in when what we want to do, and what we know we can do, doesn't

match that vision yet. The design team can only see the lists of things to do. The director has lists of scenes to rethink. The front of house person has lists of people to call. Everyone has lists and some have lists of lists – especially the stage manager. At this point, what seems to be happening is the lists are getting longer, the days are getting shorter and time is running out. As a first time actor, I was mostly oblivious

to this phenomenon. I was caught up in the creativity and the whirlwind of learning lines, trying new things, and attempting to walk and talk at the same time. It's not as easy as you think when you are extremely conscious of every syllable and step. My director was super supportive and built my confidence. My inexperience made me mostly oblivious to what else was happening around me. The play opened and I was hooked on acting. My second directing experience had me almost panicking. We were a week away from opening and did a complete run through of the play. And, as I remember it, everything fell apart. Actors forgot lines, the movement on stage wasn't working, the set change was clumsy and I think we

broke something. Before giving people notes (the feedback after a rehearsal) I recall having to take some breaths, and then I found some specific things that had worked well, and tried to be as positive and cheer leading as I could. And the play opened and it was fabulous and the audience loved us. When we resumed doing dinner theatre for the Studio Theatre's 60th Anniversary, I was involved in set and costuming. We had a rehearsal in the last week with important elements of the set still under construction and some of the costumes were still being finalized. There were about 60 characters, but only 4 actors, so the costume layering became quite complex. I had a dream after that rehearsal that they moved the dinner theatre to a different

"Seeing that flag means so much: I am inspired by my Queen, my country." ~Adam Peaty

location, on a different day and everybody knew about it but me. By this time, I realized that this was "that" rehearsal. The one that almost always comes and makes you doubt everything. And yet again the play opened and we had full houses and the room filled with laughter. There is a magic in theatre, and maybe most especially in community theatre, that is best summed up by some lines from "Shakespeare in Love". Henslowe, an investor in Shakespeare's company, is accosted by some men he has persuaded to also invest in the theatre, after they discover that all theatres have been closed due to plague. Henslowe says, "Mr. Pennyman. Let me explain about the theatre business. The natural condition is

one of unsurmountable obstacles on the road to imminent disaster." Pennyman asks, "So what do we do?" "Nothing," Henslowe replies. "Strangely enough it all turns out well." "How?" asks Pennyman. Henslowe answers, "I don't know. It's a mystery." Somehow, it does pull together. The alchemy of a team of dedicated volunteers brings that play onto the stage in front of our audience. The Studio Theatre is hosting workshops this summer to encourage everyone to come learn a little bit of theatre magic. Watch for more information about "Start the Spark Summer Workshops". To be honest though, I still cannot identify exactly what makes the production gel. It truly is a mystery.

do

BC Realtors & Real Estate



Real Estate articles and “red flags” are synonymous. A quick Google search of the terms “real estate” and “red flags” reveals 154,000,000 results. 154 million! None of them, so far, appear to have a specific reference to Red Flags to Watch for When Dealing With a Realtor in British Columbia. So, without further ado, here’s my humble slice of information to the 154 million piece pie.

On June 15, 2018, the rules governing the way Realtors conduct business changed. The goal of the change was to protect con-

sumers from shady dealings by certain shyster Realtors. Unfortunately, and this is my only political statement for the day, it harms consumer’s right to choose more than protects their interests. For more information on that, please ask me. That said, the rules now require that when a Realtor represents one client on one particular property—for example, as the listing Realtor—he/she can no longer mix and mingle with a potential buyer. The Realtor cannot give advice to the buyer, cannot suggest strategy or price info. In short, the

Realtor who lists the property is 100% loyal ONLY to the seller. Therefore, if your Realtor is acting like your agent by providing you with ideas, approaches or advice, then that’s a red flag! Run away from that Realtor, and get someone who can provide you with 100% loyalty. If you really like that Realtor and want to keep working with them, then do yourself a favor and ask them to clarify the client-agency options available to you as a consumer. If they don’t do that, then RUN!!! And I mean run until you’re red in the face.

With the change, came the requirement that Realtors disclose to all potential clients the difference between being a represented party or an unrepresented party. They must provide you with a form titled Disclosure of Representation in Trading Services. They must explain to you the risks associated with being unrepresented in

a real estate transaction. They must declare whether they are working with you as a designated agent or as an unrepresented party. If they do not do these things, RUN!!!

Watch too for Realtors who don’t put your needs first. Flat out—a Realtor’s job is to serve your best interests. That means client before commission. A Realtor makes his/her money from commissions related to the services they provide. They are professionally trained,

governed by intense legislation, and often highly competent. Therefore, most deserve the fees they earn. But, inherent in the term “earn” is the implication of service provided. If your Realtor isn’t doing their darndest for you, then that’s a HUGE flag of redness. RUN!!!!

Most certainly, these three red flags are not all a consumer should be on the lookout for when dealing with a Realtor in BC. I especially encourage all people interested

in Real Estate and who deal with BC Realtors to familiarize themselves with the new rules. I encourage you too to call the Real Estate Council of BC if you have questions or concerns. Rules like these affect us all, so knowing the red flags and right way that things should be done is extremely important. The three I’ve highlighted above will hopefully be a bit of help on your journey toward Real Estate riches.



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Patriotic pancakes



My name is Jessilyn O'Neill and I am the 12 year old daughter of Chef Brice O'Neill. When we found out that this month's theme was Flags, I jumped for joy. One of my favorite hobbies is studying flags and countries around the world. Several years ago I started watching an Anime called Hetalia which is an animated show from Japan that personifies countries with stereotypes. For example Canada is quiet, shy, polite and has a pet polar

bear named Kumajiro. Denmark is very loud, outgoing, a little crazy and drinks too much. As a result of watching many episodes of Hetalia I started to study countries and their flags. My room has full size flags of Russia, Norway, Finland and a Pride Flag decorating my walls. The thing that I find most interesting about flags is how unique they are and how they represent each nation or thing. Did you know that the only continent in the

world without any countries is Antarctica? It even has a flag. Can you guess what it is? It is a picture of itself, surrounded by blue which represents the ocean. The old flag of Hong Kong had the United Kingdoms flag in the top left corner just like Australia and New Zealand because it was under British Rule at the time. It later became Hong Kong Special Administrative Region of the Peoples Republic of China. How do I remember that? I have no idea, but I do. One of the other fun things that I have discovered in my quest for world knowledge (by the way you would have a hard time stumping me on any countries and their capital cities), is their food. Each nation has its own special delicacies. Iceland has Hakral which is sixth month fermented shark meat that's not

cooked at all. Yummy! Northern European countries seem to have lots of weird and wacky foods, at least from our perspective. They do however, have excellent chocolate and candy. Greenland has Kiviq which is dead birds in seal carcass left to rot in an underground shelter. It's also not cooked but the people there apparently really like it. Boy am I glad that I live in Canada. I also like our flag which represents all of our Maple Trees and syrup.

And on that note, one of my favorite foods just happens to be that old Canadian standby, **pancakes**. You don't need a professional Chef to make pancakes, sorry Dad! Take 3 cups of unbleached flour, add 1 tsp salt, 2 tablespoons of baking powder, 1 tsp of vanilla, 3 tablespoons of sugar and blend. Next mix in 2 cups of either regular milk (or Almond milk if you are lactose



intolerant) and one to ½ cups of water. I don't put eggs in my batter as I find that it weights them down and they are not as fluffy. If you want, you can certainly put one or two in. Mix it up but leave some lumps. This actually makes a better

pancake. I always pour mine into a serving jug to make pouring easier. After adding oil to the pan, heat to medium. Make sure that your fry pan is hot enough (use a dab of batter to make sure it sizzles) Pour, cook, flip, cook and serve. Easy eh?



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Curator's Corner:

The role of flags in Gold Rush mythology

BY JOE BORSATO, MA, BA (HONS.), MUSEUM OF THE CARIBOO CHILCOTIN

Someone once said to me in a meeting in Williams Lake that "this country was founded by miners and ranchers." I always thought this was a curious statement since this country, Canada, was founded in 1867 and included the provinces of Ontario, Quebec, Nova Scotia, and New Brunswick. British Columbia joined four years later so it is not accurate to say that the BC miners and settlers are the ones responsible for founding this country. Settlement patterns cer-

tainly played an important role in shaping federal and later provincial policies but national foundations are a little more complicated than that. In fact, the foundations of all communities in Canada are its diverse Indigenous peoples, whose footsteps have marked these lands for tens of thousands of years. Fueled by cultural icons, or memes, these inaccurate narratives have become a part of everyday discourse.

One kind of meme in our society that obscures historical facts and creates popular mythology is the flag. Flags serve a variety of functions in society, es-

pecially since corporations and family groups have created their own ensigns for marketing or pleasure use. However, governmental flags at all levels have often served a more legalistic role, specifically claiming sovereignty over land for a particular governing body. The Canadian Maple Leaf flag, and its predecessor the Red Ensign, have stood as symbols of Canadian identity for many decades. Considering the extent to which individuals associate their national and personal identities with the symbols on flags, it is

worth reflecting on the metaphorical connotations contained on flags, especially the ones that were adopted early on in the history settlement in British Columbia.

One flag that communicates a popular mythology is the Barkerville Flag. It was distinguished by the Union Jack in the top left-hand corner and, on right, a beaver surrounded by a wreath of maple leaves. The flag was first adopted in Barkerville on the first anniversary of the Dominion, 1 July 1868. Despite the fact that BC did not join confederation

until 1871, the flag made clear associations with Canada by drawing on the maple leaves, which had been a signifier of Upper Canadian identity for over half a century, and the beaver which had been a symbol of the fur trade that had dominated the British North American economy for the previous two centuries. From a social history perspective, the flag reveals that there was substantial support in Barkerville for joining confederation before 1871. By extension, Canadian identity had settled in long before the Cariboo and

Chilcotin regions were legally confederated. This naturally made British Columbians more enthusiastic to join confederation, but it is important to recognize that this pre-1871 sense of Canadian identity was bound up in nineteenth century ideologies that sought to establish settler societies throughout North America and actively displaced Indigenous communities. Perhaps the memes of the twenty-first century will recognize that Canada has far less simplistic origin stories as told, in part, by its many flags.



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"I take any opportunity I can to raise our country's flag really high and get some shining positive light on things over there." ~Kirsty Coventry



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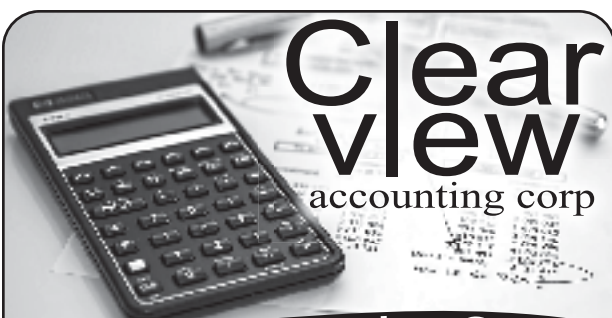
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Diners, drive-ins & toys



Who said building a new kid's store is easy?

We're knee-deep in sawdust, paint, antiques (I'll get to that) and dinosaur heads. We're bruised, tired and very, very colourful, but it will all be worth it.

For those that don't know, my mother and I own a toy store together. That store is currently bursting at the seams and we're often bumping into each other as well as customers, babies and toddlers, so it was finally time to bite the bullet and expand for the fourth time in five years.

We do our best to keep things whimsical and have the kids in mind and designed the décor etc., only for my mum to look at me and ask, "what if we put a kiddy sized gas pump outside of it?" for no apparent reason.

I hate it when she does that. In exactly .02 seconds, we'd both completely redesigned the store in our heads and that caused a whole new dilemma: What about the décor?

We're big fans of bright

colours and nostalgia, so in no time at all we were sketching out diner ideas. Problem is, our antiques are all more oldy-worldy (as our customers like to say) so the wood grains, blacks and silvers don't in any way suit a mini kids diner.

We hit Pinterest and started picking out ideas only for me to look at certain things and say "hey! Don't you own those? And those? And those?!" She'd gone awfully quiet as visions of her favourite kitchen and living room accents were swiftly leaving her house.

Any time we do something for the store, we have to put our own personal tastes aside and think of the children. While we may love the 80-year-old wood telephones, a kid is going to gravitate towards the brightly coloured antique pay phone. So while choosing signs and such, we had to walk away from the actual antique, rust-ridden signs and find something more appropriate for the walls.

seen being waved around as mini flags at sporting events and are a nice little collectible item. Thankfully my Opa was a very organized collector, and we now have enough pennants to go all around the top of the "diner." Bright, colourful and local décor! Yay!

Now we just have 1,001 other items to get done before we can reopen, and about a gallon of different paints to scrub out of our hair. Wish us luck!

Then I remembered a box my Oma gave me when Opa passed away. She'd originally asked me if I could sell them, donate them to a museum or just hang them up somewhere and I never got around to it.

It happened to be a box of pennants from all over the province. If you haven't heard of a pennant, they're usually

Art Gecko

The Gecko Tree Cafe is pleased to have local artist **Donna Froese** showing from **July 2nd until July 31st**.

Donna Froese was born and raised in the beautiful Cariboo Country. She loves the beauty in nature and life and is always wanting to try to capture that beauty by painting or drawing.

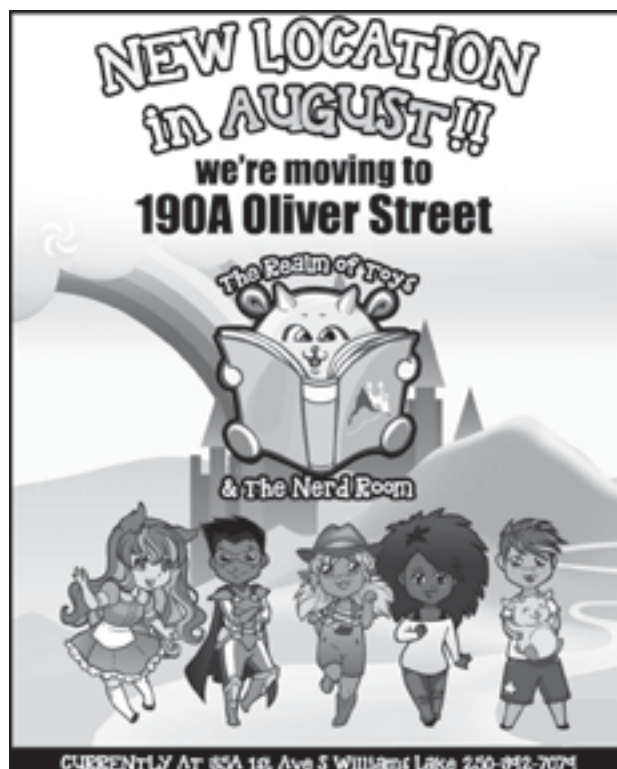
Donna started drawing at a very young age with pencil but then quickly discovered other forms such as coloured charcoal, watercolour, acrylic etc. She hopes to try oil one day, but loves how the water base paints clean up.

Donna has enjoyed many subjects such as animals, portraits, buildings with landscapes, drawing house plans and nature. The thrill for her when painting is when the picture captures the "mood".

Donna has enjoyed teaching people to paint and draw and was with Blooming on Canvas for a little while. She has also done private lessons for all ages. She loves that she can share her passion with others and maybe bring a little creativity to their world.

The greatest compliment for Donna is when someone wants to purchase her art!

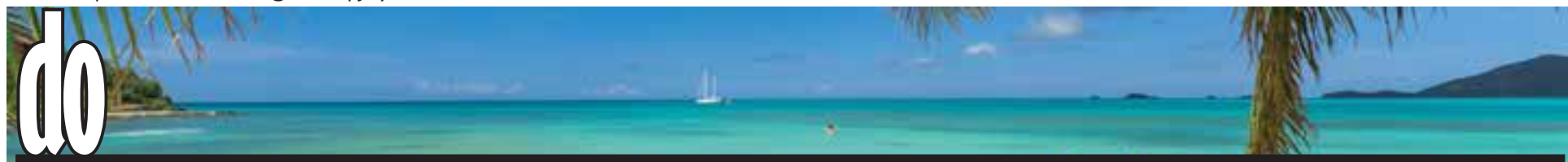
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Safe surfing



This month I wanted to talk about some of the red flags that you need to look for in technology. For those of you that don't know what a red flag is, it's basically a warning sign.

To start off, let's look at **emails**. These days your email inbox is full of offers, warnings, bills and the odd personal missive. One of the biggest reasons people's computers start to slow down is that they have opened something in their email that has now infected their computer with some

kind of program. These infections can be divided up into adware, scareware, ransomware, browser hijacker and a general virus infection.

Adware are programs that display ads and pop-ups anytime you are browsing online. One of the biggest ways people get adware is by using a shareware type of software and not paying attention to the terms of use. When most people look at terms of use they just click 'accept'. Sometimes without realizing it, they are giving the publisher permission to

put things like adware on their computer.

Scareware is a scam that shows a fake antivirus scanner that has picked up multiple viruses on your computer and you can fix it by buying their software. This type of virus will cause major slowdowns and, in some cases, block certain programs while trying to get you to buy their software.

Ransomware is a nasty infection and that will completely lock your computer until you have paid the ransom. Sometimes they are disguised as being a government agency, such as a fine from the FBI for looking at bad things. Other times the ransomware will lock a web browser open until you have paid the ransom.

A **browser hijacker** is a relatively harmless infection, but it is an infection nevertheless. It basically changes a bunch of your settings on your browser such as the home page and will put ads on legitimate websites. These normally show up when



you download free software and you click 'yes' to allow it to change your browser settings.

Viruses are computer infections and they have a multitude of symptoms; from redirecting you to websites you didn't want to visit, to slowing down or stopping your computer, to stealing your personal information.

The easiest way to not get a virus is to not go online or download files into your computer. As that's nearly impossible these days, let me give you some **hints to help you surf more safely**. First, get yourself a good antivirus program such as Kaspersky,

MacAfee or Norton. Next, be careful around anything free. That's always a red flag as nothing is really free. There's an old saying that says, "If you aren't the customer, you're the product." Meaning if you aren't paying for it, they are getting their value somewhere else and currently it's your data. Next, don't open any files or links in your email unless you absolutely know it's safe. There will be emails that look like they are from legitimate sources such as Netflix, Visa, Telus, the banks and the government that are hiding viruses. If you hover over the link without clicking, you

can see where the link will send you if you click it; does the destination contain the company's correct website address? Also look for poor English skills; that's a huge giveaway as English is a second language for many of these hackers.

Unfortunately, there are bad people out there that are trying to separate you from your money in very creative ways. They are no different than the crooks trying to hold you up with a gun, just a lot more sophisticated. I don't want to scare you, I just hope this has opened your eyes a little and makes your time online all fun.

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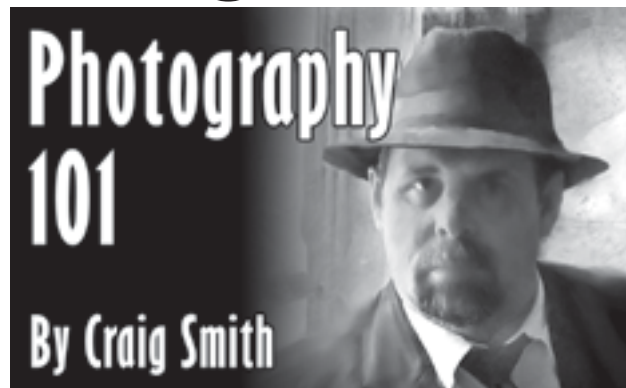
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*"What I'm trying to do is to at least raise a flag to the blinding light of technology."
~Godfrey Reggio*

The gobo



When thinking about how I could incorporate flags into a photography article I had forgotten that there really are flags in photography and videography. A flag or sometimes called a gobo is something that is used to block light. Some photographers call them gobo for "go between". There is a subtle difference between a gobo and a flag but for this article I'll combine them.

A flag gets used when you are trying to modify light and prevent it from striking something. This

is one of the first steps that a person takes on their journey to becoming a photographer. In my opinion, the biggest difference between a 'picture taker' and a 'photographer' is that a 'picture taker' sets their camera to 'auto' and takes a picture either using the sun or an on-camera flash. But a 'photographer' sees an image and modifies it to what they want by using tools such as the modes on the camera, and light modifiers such as flags, gobos, reflectors and scrims. Anyone can be a 'picture taker' but in order

for a person to become a photographer they have to be able to see and adjust how light affects an image. After all, the word 'photography' literally means painting with light, but if we aren't manipulating it, we aren't painting.

A flag can be made of anything. If you hold your hand above your lens so the light doesn't strike it and make your image hazy, you have created and used a flag. If you are driving into the sun and pull down the visor you have also created a flag. Flags come in handy in situations where bright bits of sunlight are lighting things you don't want to enhance, such as someone's nose. A flag off to the side can eliminate the issue and can be as simple as using the shadow of a tree or someone holding a coat. If you ever get to be on a movie set to watch how they set up scenes, you will see a multitude of light modifiers employed by the lighting crew to get the light

exactly the way the director wants each scene to look.

Flags and gobos can also be used to create patterns in light and shadow as an artistic element visible on the subject or the background. The closer your flag or gobo is to the light source, the more defined the lines are going to be. As an experiment, take a piece of black construction paper and a flashlight. Cut a pattern along the edge and another one in the middle of the construction paper. In a dark room turn on the flashlight and move the paper closer and then further away from the light source, and see how the edges of those patterns get more defined as it gets closer to your light. This can easily be translated to photography by using light sources other than the sun.

Remember to give yourself some time, document



what you did, then enjoy your results! Until next month, happy shooting.

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Red flag biomechanics

BY ALICIA FENN, BSC.
(KIN), C. PED (C), KINTEC BY
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Clients often admit that they, 'should have sought help sooner' after their assessment appointments with a Pedorthist. We so commonly write-off dull achy pains in the feet, ankles, knees, hips or back as being normal – something that, 'might go away eventually'. Chronic pains and/or visible alignment problems can worsen and become harder to treat the longer individuals delay seeking help. Luckily, in biomechanics there are

some common red flags that, if identified, can make it much easier to determine whether or not to seek help. Biomechanics is the study of how the body moves in relation to the laws of mechanics. The first red flag to look for is shoe wear. Oftentimes shoe wear is the first visible red flag that can be noticed before pain arises. Abnormal shoe wear includes wearing out the left shoe more than the right, or having the shoe(s) wear out on a complete angle, tilting inwards or outwards. If you notice the foam insole that comes out of the shoe has a hole

worn through one specific spot, this can also signify too much pressure in one area. The second red flag would be an abnormal gait or walking pattern. Once again, this can often be noticed visibly before any symptoms have surfaced. If someone is walking on a tilt (one shoulder and/or one hip would be dropped down), or one or both feet look to be rolling inwards or outwards; it may be beneficial to have their gait assessed by a professional. Other gait abnormalities include: in-toeing (or walking with toes turned in/pigeon toed), out-toeing

(walking with feet rotated outward), toe walking (the heels don't touch the ground), limping and lastly, knees shifting inwards excessively (knock-kneed) or outwards (bow-legged). The final red flag is of course - pain! The body is great at resisting pain until a certain point where eventually the joints or soft tissues will no longer be able to handle the mechanical load/stress. Any type of pain in the feet, ankles, knees, hips or low back that hasn't been adequately assessed or treated may continue to cause grief, and can create other issues in the body. When one part of the body isn't moving properly or is being favoured,



Chronic pains and/or visible alignment problems can worsen

and become harder to treat the longer individuals delay seeking help."

oftentimes other areas will end up sore due to compensatory strain. Sometimes gait mechanics can be adequately corrected by just changing up your footwear! Off-the-shelf arch supports (like Superfeet or Sole insoles) in certain shoes will work perfectly for some. If problems are

persisting or causing pain, addressing the issue with your Doctor or Pedorthist would be the most efficient way to address the problem. Last but not least; don't worry if you miss a red flag right away. There is a LOT to learn about the body and how it moves, and it isn't always crystal clear.

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JULY 6-AUG.31:

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Ancestral Drift (upper gallery)
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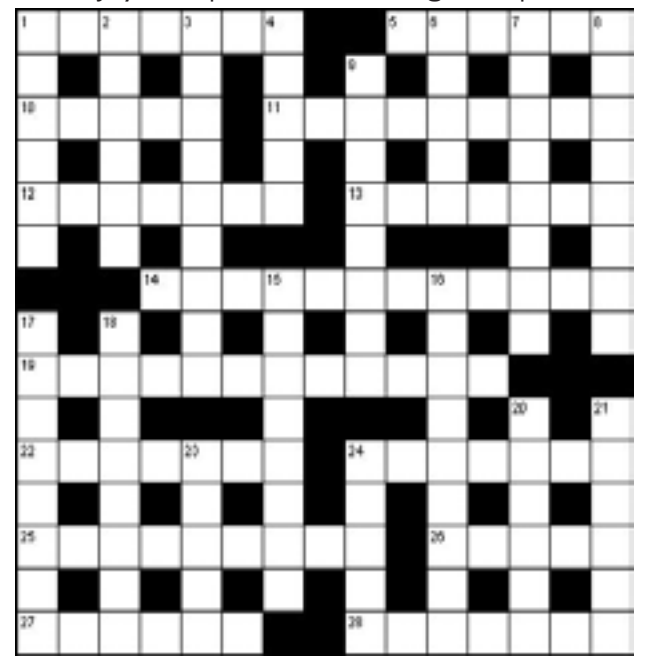
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X-Word

*This month's crossword
is brought to you
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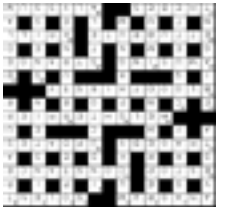
ACROSS

- 1 Like this, advanced word-play (7)
- 5 Stretch of water from Barnes to Putney (6)
- 10 Legally prevent policy to end fraud (5)
- 11 Attempt to trap old girl (9)
- 12 In court, lawyer appointed but rejected, which is a disaster (7)
- 13 Erstwhile criminal, admitting sin, provides fresh intelligence (7)
- 14 Damage to shirt by old dog (5,7)
- 19 Vicious crime concealed by a fool (12)
- 22 Gag's left out by comic (7)
- 24 Odd death oddly forgotten? Odd, but true (7)
- 25 Caesar's accusation, later ending in murder (2,2,5)
- 26 The soccer legend refusing to finish school meal? (5)
- 27 Lays waste everything, as Alexander laid waste here (6)
- 28 Some leaves taken from plant (7)

DOWN

- 1 A holy man has light shed on religious writing (6)
- 2 Roving salesman upset the woman on purpose (6)
- 3 Happy if opening letter has moved one to criticise (9)
- 4 Dirty workman? (5)
- 6 Went for a drink at the Oktoberfest? (5)
- 7 Time to half-heartedly encourage genius (8)
- 8 Guard state court's suspect (8)
- 9 Odds on ugly female miners creating electrical device (8)
- 15 Mossy growth on screw (8)

- 16 Enter with difficulty, being fat (6,3)
- 17 US investigator withdrawn, leaving one in shelter (3,5)
- 18 She is flirty and charming on the telephone (8)
- 20 Rock bottom hit (6)
- 21 Odd characters not seen in film about English mad-house (6)
- 23 Steep climbing while negotiating obstacle (5)
- 24 A reminder to crash into upright stone (5)



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