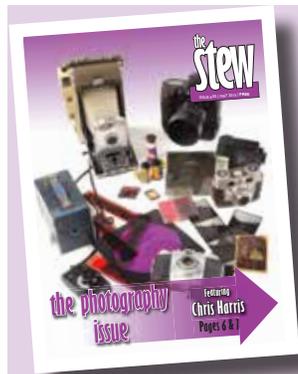


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History behind the art



On the Cover:

There is a long history behind the art of photography. Photo by Craig Smith.

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BY CRAIG SMITH

You would think that a subject as close to my heart as photography would be one of the easiest for me to write about, but alas it's not, as I could go off on so many different tangents.

My first foray into photography happened when I was about nine and I was living in Kitimat. One of my teachers was an amateur photographer and even had a darkroom in his house. He would take a few of us there and we would spend an hour or so in the darkroom developing pictures after school. I even have the first image I ever developed, saved in an album that I take out once in a while to remember that day.

While growing up I entered and won many ribbons in all the fall fair photography competitions in our area and spent many hours in my Grandmother's darkroom. Until you experience it, you have no idea what it feels like to watch an image appear, like magic, on a piece of paper. The only thing that even comes close is watching a Polaroid develop and very few young people have even seen that.

One of the proudest moments of my early photographic career was when my Grandmother wanted to buy an image I did of her and my Grandfather for use on her Christmas cards. She actually used that picture for a few Christmases. I remember saving my allowance so that I could afford to buy film and have it developed. After the purchase of a camera, it's much cheaper to be a teenage photographer these days. The trial and error learning curve is way less expensive, and cameras are smart now, allowing young

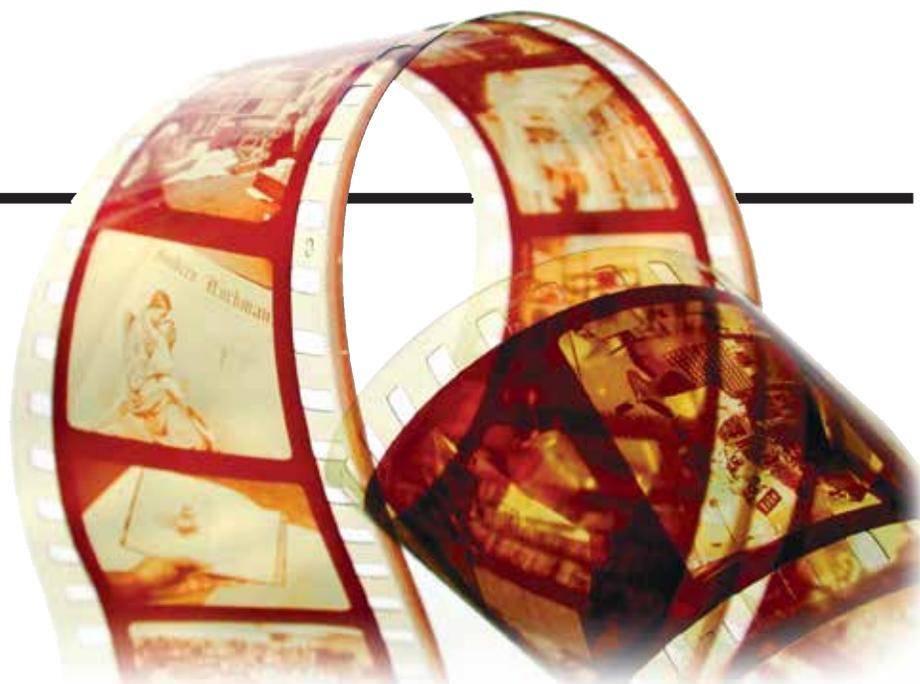
photographers to concentrate solely on composition to create amazing images with less knowledge than was required thirty years ago.

In some ways I'm a little jealous as I had to make many, many mistakes to get to the stage I am at, and I'm still learning. It does come in handy though, because since I had to learn the hard way, I understand when things don't turn out the way you think they should.

In my grad year I remember taking an aptitude test that told you what you should be when you grew up. I already knew I was going into the Army, so when I saw that Military career was third on the list, I knew I was making the right choice. Years later my Dad found the results of that test as he was emptying out his basement and sent it to me. First on the list was photographer, quite funny as I didn't even pay attention to it 25 years before.

After a brief career in the Army, during which I shot a fair amount of photographs (that never had me in, other than a couple in front of a tank we were training on), I moved north and probably didn't take a photograph for a couple of years.

Getting into photography as a 25-year career was actually an accident. I knew in the early eighties that computers were going to take over the world, and ended up buying a Radio Shack franchise. Always the entrepreneur, I looked at my competition and realized what they had over me was cameras, film and film developing. My



neighbor at that time had a Sooters Franchise. Anyone who grew up in the seventies or eighties probably remembers having pictures done by this huge company that had many stores across Canada. The franchise ended up being for sale and I ended up joining the two together. After a month, the photographer that worked for me quit. With a full appointment book and no one to do the shooting I did a horrendous amount of studying, and proceeded to take over the photographic duties for the store. Not only did this start a passion for the art that has lasted over twenty-five years, it has also given me a way to make a living for probably the rest of my life. It didn't take long for me to realize that I would be more successful at photography rather than selling computers, as at that time they were expensive and compared to today's machines, pretty clunky.

My formal education was actually with computers, so when the jump to digital photography happened in the 90's I had a little bit of an advantage over other film photographers.

I did not make the jump to digital as quickly as some of my colleagues, who after doing the math decided that it made sense to invest a hundred thousand dollars to digitize their studios. In 2006, digital camera prices had dropped

to the point where they were affordable, and the quality had started to rival film. That's when I took the plunge. I was not sure if I could completely trust this new way of making images, so the first wedding I did with my new digital equipment I backed it up with film. After looking at the images on my computer, I put the film in my freezer and never developed it.

The era that we now find ourselves in is an amazing time for a photographer/computer nerd. What used to be impossible or extremely hard to do with traditional film is now possible, and way easier with digital. I no longer have to carry 10 different kinds of film with me to deal with all the situations that you might encounter. I don't have to carry colour filters to deal with different colour balances, and don't have to decide before I shoot the image whether I want to soften the look with a filter.

Now that digital has been popular for over ten years, I now see people going back to film as a pure art form, and even Polaroid is popular with the new generation of image makers.

Whether its film or digital, I challenge you this month to not only go make images you have never thought about before, but also to make a print to hang on your wall or fridge.

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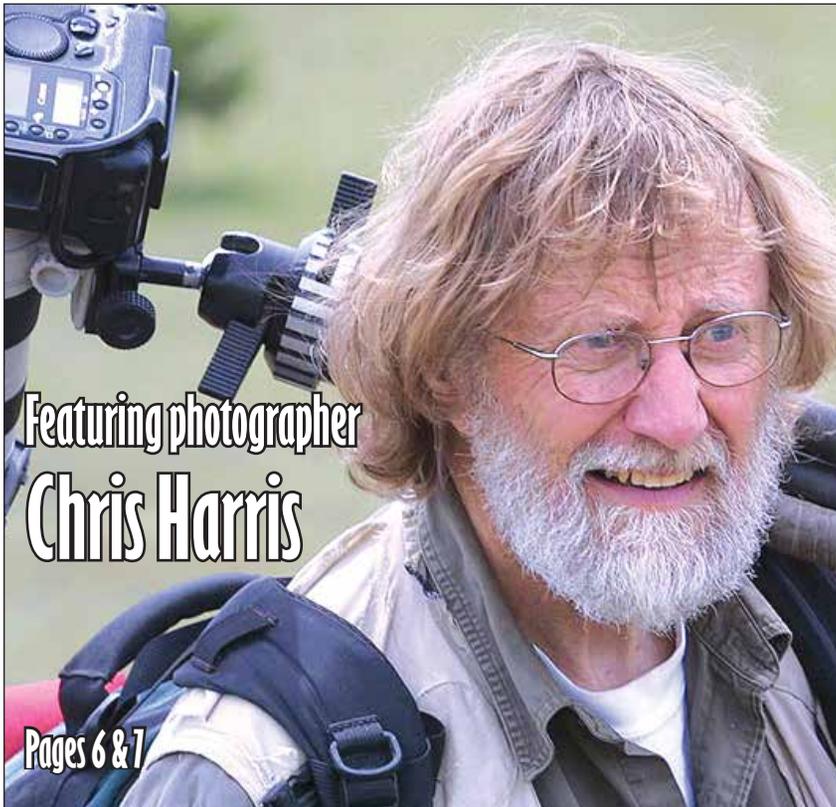
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Featuring photographer
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Pages 6 & 7

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The photography issue of *The Stew* is about not only physical photos, but also the emotions that come with these snapshots of memory. There are many famous pictures that induce great emotion; some bring to mind sadness and some instant joy. You don't have to look further than the cover of a greeting card to know that there is a huge industry built on the emotions attached to images.

This month's *Stew* is brought to you by all the photos that we hold near and dear. We took our inspiration from the piles of family albums and all the slide shows that we love to look at while reminiscing. The fact that memories captured in a single photo can be cherished for a long time means that the art of photography deserves some recognition and respect for what it brings to our lives, and what it leaves behind.

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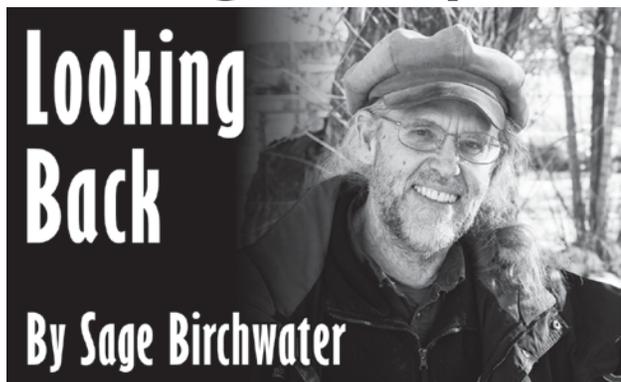
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"Photography takes an instant out of time, altering life by holding it still."
~Dorothea Lange

The great photographic record



Looking Back

By Sage Birchwater

There's an old joke about a Japanese tour bus getting hijacked in Whistler. The authorities didn't know who did it, but they got 20,000 photos of the suspects.

That joke stems from the days when the Japanese were the champions of photography – especially when visiting Canada. Cameras were a-clicking like sidearms in a western movie.

Now that we are firmly ensconced in the digital age, we are all

manic when it comes to taking pictures. No nation reigns supreme. Even animals get in on the act. Have you seen the images from the camera mounted on the back of an eagle?

The big question remains: despite the exponential increase in picture-taking, what physical evidence will there be of these images a century or so from now? That's what really concerns me.

As a writer and re-



PHOTO BY G.M. DAWSON
CANADIAN MUSEUM OF HISTORY ARCHIVES, IMG2015-0085-0001-DM
JULY 25TH, 1876 ► Gatcho Lake and Cullaculla House, North Camp, G.S.C. Party

searcher of history, I'm constantly delving into old photograph collections for images of people or subject material. Some of these collections are well-organized into albums or mounted in frames; some are prominently displayed in kitchens held fast by fridge magnets; while

others are more helter-skelter in bags or boxes. But the bottom line is that these hard copy images that you can hold in your hand are accessible.

When the digital age rocketed into our laps at the end of the 20th Century, I celebrated the technology. As a freelancer in the remote

Chilcotin, sending a roll of film to a newspaper or publisher hundreds of kilometres away was iffy. First off, you were never sure whether you got the image you were after. Then there was the question of accurately identifying who was who.

Digital imagery eliminated the guesswork.

You knew instantly if you nailed your subject. Then with email you could have the image on the editor's computer screen before your French fries had cooled.

The problem is, I've lost touch with hundreds of images I have taken since going digital because I no longer have the equipment to view them. I'm not alone with that dilemma. Anyone remember the generations of floppy disks? The timeframe of obsolescence is getting shorter.

Since the invention of photography around 1840, photographs have provided mankind with a reliable visual link to the past.

A century ago there were few cameras or photographers in the Cariboo Chilcotin Coast region of British Columbia. Early camera equip-

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...continued from page 4

ment was cumbersome. Tripods, bulky camera bodies, and fragile glass plate slides were tricky enough to set up in a studio, but taking this equipment on the trail into the wild required a focused dedication. An extra packhorse was needed to lug it around.

In 1793, Alexander Mackenzie described the Cullaculla House at Ulkatcho Village in his journal while trekking across Canada to the Pacific Ocean on the first recorded crossing of Canada. There were no images to support it because cameras weren't invented yet.

Then in 1876, surveyor George Dawson took a celebrated photograph of the Cullaculla Potlatch House, and it mirrored Mackenzie's description. A quarter century later, when Father Francois Marie Thomas trundled through the country and plunked down the first Catholic Church at Ulkatcho Village, the Cullaculla House was gone.

Ulkatcho Village was 160 kilometres down the Grease Trail through the mountains from Bella Coola, yet the potlatch house showed visual evidence of the interface between the Coastal Nuxalk and Interior Dakelh and Tsilhqot'in cultures. It sported Coastal artwork and a spindly

totem out front.

Elders told me there were several of these potlatch houses throughout Ulkatcho territory, but there is only one known image of these structures thanks to this early photograph of George Dawson.

By the turn of the Twentieth Century, other photographers started providing high quality photographs depicting the people and times of the Cariboo Chilcotin Coast.

Surveyor Frank Swannell began his career in 1899. When he realized he was seeing areas of the province that few people visited, he purchased his first camera in 1901. Thanks to Swannell we have images of freighting on the Cariboo Road in 1901, and paddle wheelers on the Fraser. Then in the 1920s he took images of important places and individuals in the West Chilcotin and Bella Coola Valley. His extensive photo collection spanning nearly three decades has been published by Jay Sherwood in four volumes.

The arrival of Norwegian colonists in the Bella Coola Valley in 1894 brought two photographers to the area, Simon Olsen Bangen and Iver Fougner. They took images of Norwegian settlers hacking out

their homesteads in the coastal rainforest, and classic images of the old Kom Kots (Q'ume'wts) Nuxalk village at the mouth of the Bella Coola River before it slipped into obscurity.

Between 1920 and 1924, two ethnographers arrived in Bella Coola to document the traditional use of plants, animals, social organization and cultural traditions of the Nuxalk, Dakelh and Tsilhqot'in. Thomas McIlwraith collected the stories and oral material, while Harlan Smith photographed a broad range of subjects.

Harlan Smith's impeccable images give a lasting and vital connection to the Ulkatcho, Tsilhqot'in and Nuxalk ancestors. A catalogue of Smith's collection was compiled by Leslie Tepper for the Canadian Museum of History in 1991.

In June of 1933 Cliff Kopas and his bride, Ruth, set out from Calgary by packhorse on their honeymoon, bound for Bella Coola. Four months later they arrived safely, after following Mackenzie's Nuxalk Carrier Grease Trail from the Fraser River to the Central Coast. Though Ruth died in childbirth two years later, Cliff spent a lifetime in Bella Coola as a prominent photographer, establishing his own darkroom and photography studio.



PHOTO BY FRANK SWANNELL
1927 ► Ulkatcho Village

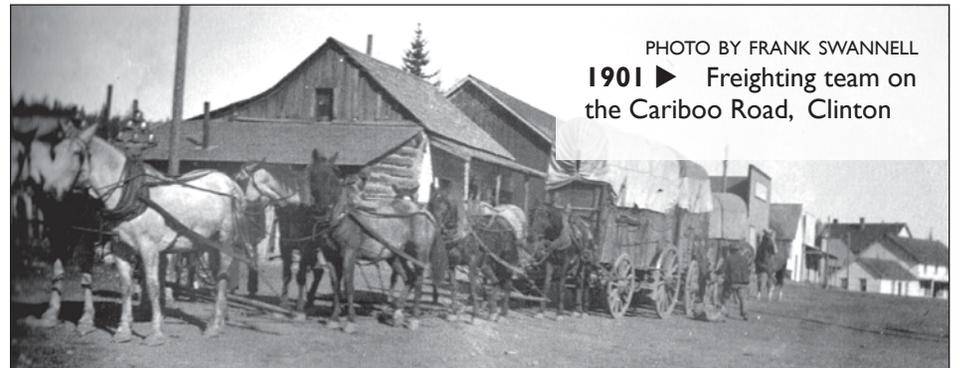


PHOTO BY FRANK SWANNELL
1901 ► Freighting team on the Cariboo Road, Clinton

While he accomplished much as a leader in the community, his photo collection is perhaps his greatest legacy.

In Tatla Lake, Joy Graham took up photography as a hobby. Few people in the Chilcotin had cameras when Joy and her sister Eve arrived in the mid-1930s, to work for KB Moore in Tatlayoko Valley. Most people didn't own cameras, and for those who did, getting film developed cost more than most people could afford. But Joy was dedicated to preserving the history and happenings of the times. Her photo collection remains one of the historical treasures of the West Chilcotin; a benchmark of the past.

So that brings us back to our original question.

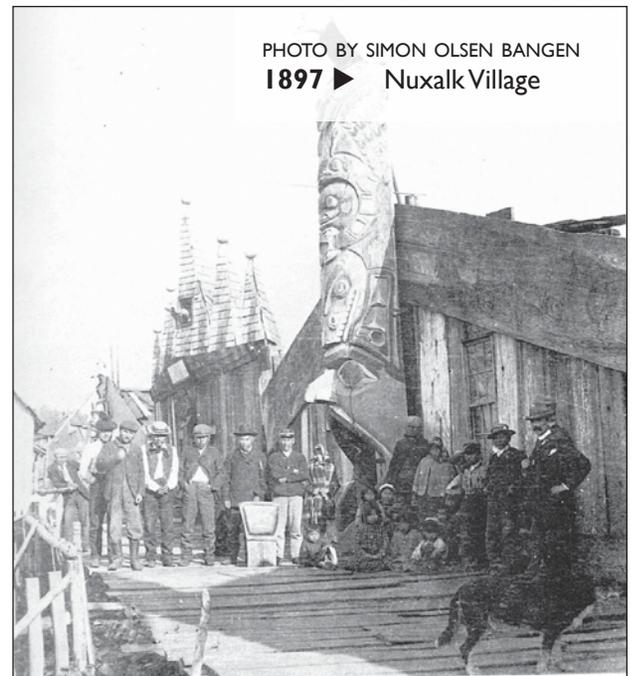


PHOTO BY SIMON OLSEN BANGEN
1897 ► Nuxalk Village

What physical evidence will there be for our descendants of this digital age? Will there be a record for our great grandchildren to pick up and hold – something

for them to grasp as they attempt to get their bearings before rocketing off into the future?

Something to consider for sure.

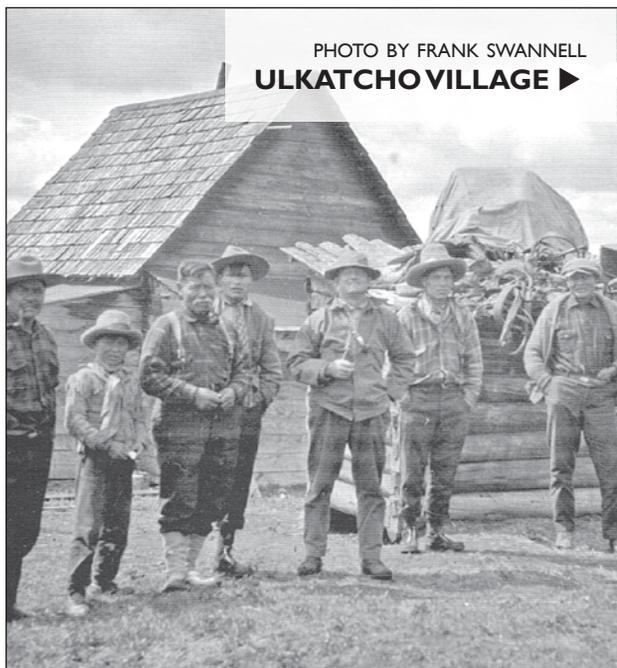


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flavour of the month

PHOTO BY KAREN LONGWELL

CHRIS HARRIS ▶ A local freelance nature photographer, his award-winning work highlights the beauty of British Columbia, focusing on the Cariboo, Chilcotin and Coast.



PHOTO BY CRAIG SMITH



PHOTO BY CRAIG SMITH

flavour of the month



PHOTO BY CHRIS HARRIS

Award-winning local photographer

BY CHRISTA SMITH

Fifty-five years ago a father gave his son a camera, and from that day a legacy was born. This month's feature is professional freelance photographer, Chris Harris.

Chris was born in Montreal and grew up on the east coast where he graduated from university with a BA in Anthropology and a Bachelors in Education. One day while at the university book store, he came upon a calendar of British Columbia's Coast Mountains. Chris says, "as soon as I finished my last exam I hopped a train for Vancouver". The power of photography drew him to the place that he now loves so deeply.

Before making his final journey to the Cariboo, Chris spent 15 years in the lower mainland teaching high school and

working with youth. He initiated outdoor education programs for the Vancouver School Board and started the first eco-tourism business in BC. Chris recalls, "Whatever I have done, I have marketed through my photography". The Cariboo X-C Ski Marathon brought Chris to the Cariboo region in 1984. The beauty and diversity of the region, along with his passion for outdoor adventure and photography, have kept him here ever since.

Among the many tours Chris guided in Western Canada, the Bowron Lakes canoe trip was one of his favorites. While guiding, Chris photographed and presented multi-media slide shows throughout the Lower Mainland to promote his tour business. In 1989, Chris started to look more critically at his images, and in 1991

published his first book, *The Bowron Lakes: British Columbia's Wilderness Canoe Circuit*. The book reflects a 'lifetime journey', travelled over one hundred twenty times, with 150 images that capture both the natural and cultural history of the area.

The road to publishing was a tedious journey in itself. The big publishers didn't think that there would be a market for this type of natural history narration photo book. But Chris knew the power that images have, and his passion for the Cariboo gave him the courage to go out on his own and self-publish. His Bowron Lake book became a best seller, and he has now sold over twenty thousand copies. Chris Harris and County Light Publishing have successfully published eleven books with a twelfth on the way.

The success of his books and power of his images have lead Chris to global recognition for his work. He has been featured in Canadian Geographic and National Geographic, and has been honoured by many tourism agencies. Chris has won Canada's prestigious Northern Lights Award in photojournalism on two different occasions.

When asked about how he shoots, Chris replies, "always on the go; I hike extensively and photograph as I go. Sometimes I set up a base camp and shoot a smaller area extensively. I photograph long hours, as I rarely have the opportunity to shoot the same area or subject twice. When I decide on a book subject, I give myself two years. When needed, I work with specialists as with my volcano book, *Motherstone*."

Chris is currently working on his last book. Untitled as yet, it will overview the entire Cariboo Chilcotin Coast region of BC. The book's main thread comes from the word 'topophilia', a love of home. It's about what makes this region such a special place. His plan is to help reconnect the human experience with the land, and bring awareness to what it is that sustains us. "We live in a very special part of the planet and the goal of this book is to bring awareness to this." The publication date has not been set as yet.

As for the future Chris and his partner Rita have great plans for their photo art gallery. Chris publishes a monthly newsletter that tells some of the stories behind his images. He also keeps his followers informed on his blog. This information is available on his

website, as well as much more at ChrisHarris.com. His gallery at 105 Mile House sells his books and photographs. Chris also teaches one-day photo seminars as well as three-day workshops. Rita tells us that they have plans to have more events at the gallery, as well as performers.

Chris says, "What I've created is a lifestyle business, I have never made a fortune but I've always survived". This truth is in his work, and it is not hard to tell that his passion and love for the Cariboo shows through in his images. It is only fitting that a stunningly talented Cariboo photographer such as Chris Harris be this month's feature artist in our Cariboo Stew Magazine. Watch for his new book coming soon, as well as his previous works of art on shelves in our local book stores.

Wespeak

“Photography is a way of feeling, of touching, of loving. What you have caught on film is captured forever... it remembers little things, long after you have forgotten everything.” ~Aaron Siskind



Printed photographs; a dying art form

BY CHRISTA SMITH

Photographs are treasures that we all hold on to and refer back to. It is usually one of the first things people grab when there is a fire or other tragedy that takes them

away from their homes. Photographs are taken out at family gatherings and to show off children and grandchildren to friends. They act as proof that we went there, did that, and looked like that, and in general, they capture a

moment at some significant point in time. The feelings that are associated with photos are often very strong. As a mom, when I look at the old family photo albums I remember the birth of my children, all of their

significant firsts, holidays, and of course my wedding. The emotions that are attached to each of these moments are right there within easy reach. It is amazing that a piece of paper, whether it is colour or black and white, can bring tears to the eyes, a smile to the lips, and even anger to the veins.

With the use of digital photography and everyone's ability to take pictures with their phones, I sometimes wonder if photos will one day become obsolete, like a passing fad or an overused expression. When will the silly selfies and constant shares become less interesting, and will people

stop caring about the few very special moments because every second of life has been documented to death for so long? Even now, the thick family photo albums are turning to digital frames and instead of pulling out the wallet to show off family photos, we pull out our phones and swipe through a few random pictures before moving on.

If we overload on constant images, will we still feel the same deep emotions when looking at moments from the past, or will we become desensitized? Will the fascination with documenting every aspect of our lives become more evolved and

detailed, or less? When I think back to my grandparent's generation I can only vividly remember a very small handful of photos of them. There is only one professional image of my grandparents that I can remember, and that is it. That one image is the only piece of them I have left. There are a few more pictures around of my parents, and even a few full albums of me, but then there are piles of my children everywhere. As the circle of life continues I have only a handful of printed images of my granddaughter compared to the massive volume of digital. So now I wonder, when I have great-grandchildren will there be no prints at all, will it be so old fashioned that physical evidence of life will no longer be a reality? Will the important events in life no longer line the walls? Maybe we will have digital recallable holograms when we want to reminisce about the good ol' days. Maybe life's moments will be captured in a new and more meaningful way that we have yet to discover.

In the spirit of photography and this month's theme, take a moment to look through your old pictures and appreciate them. Find a place to print off a few of your digital images and make a point of displaying the family memories before they are forgotten. Make May your 'print a picture' month.

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On May 7, 1888, George Eastman patented the Box Camera



Trial and error

After being in the coffee industry for a couple years, you start to learn about the different schools of thought on how everything should be done. I think that the science of everything will always get you to a point where you are operating with the optimal variables, but once you are there, everything beyond is open for discussion. In the coffee world, there has been a great movement, in the last 10 years especially to go back to drinking coffee as a fine and appreciated beverage rather than just your convenient caffeine jump. With this trend, the professionals all come out to play.

I can't even begin to get into all the technical information that surrounds just the roasting part of coffee, but there are 3 main schools of thought:

All Science, All Technical – This group hardwires their roasters with all kinds of digital

apparatus to get a reading on every possible variable in the process. They tend to prefer machinery that is traditional in nature (drum roaster) and would not likely look at anything other than natural gas as a fuel source for heat.

The Artisans – This group looks to understand coffee from the same perspective as the first, but they differ in their approach to creating the product. The belief is that honing all of your senses will establish the best connection with your roaster/coffee and from that you will sense the needed adjustments. No one batch is exactly the same (nor can it be even in the first group and there is a reason for that) and the emphasis is on the experience and love for the art of roasting.

The Willy Nilly Crew – These folks got into the industry with good intentions or to make money. They probably like coffee but have not done any homework other than a

The Coffee Press

By Isaac Steward



couple YouTube videos. You would be surprised at how many small roasting companies fall under this category! Not much effort will have gone into the understanding of what's happening or how to make it better, and your best coffee from them will be very dark typically, and have a 'one taste suits all' profile.

My personal take is that the first 2 groups will produce the best coffees available. The first group will tell you theirs will always be better, but it just isn't quite true. They place more emphasis on trying to be consistent which

is where they put all the value. You will often pay the highest price for their coffees.

Ultimately, it comes down to you. The consumer will still decide what they think tastes the best. You may like something that a coffee roaster might consider a mistake or done wrong. The best way to approach your coffee style is through trial and error. Brew different ways with what you like. You will find something new that you didn't know you would like, I promise!

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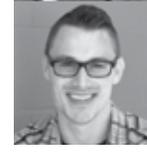
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Isaac Steward
The Coffee Press

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~Ansel Adams*

Picturing you and I... 30 years from now

Photography is something I love playing with. I take some decent pictures, but for the most part I just really enjoy it. I love capturing moments for my family, and especially for my daughter so that she will be able to look back on and think, ‘hey that was my life’. It’s important to me that she have meaningful pictures, like the one where her Daddy and I held her for the first time in the hospital and I was crying tears of joy. That picture will have meaning for all of us for the rest of our lives. It was the day our dreams came true and the day she came into our lives. She loves looking at it and hearing the story of that day.

When it comes to relationships, having photographs to capture the milestones in your relationship is also impor-

tant. The pictures I have of my Grandparents are few and far between (it wasn’t so easy to have a million photographs back in the day when all that was used was film) but I love seeing the picture of their wedding and then comparing it to the pictures taken on their 40th anniversary. It shows that the commitment and the love that they had for each other paid off.

Those pictures don’t tell the story of the years that fell in between day number one and year 40 of marriage. They don’t tell of the struggles and the frustrations, the joys and the wonders, and the general highs and lows that always occur in a marriage. They don’t tell you what it was like to maintain a relationship while raising two children, my Grandma finish-

ing her teaching degree, career changes, health problems, moving communities, or the journey or changing and growing as individuals. They can’t begin to explain how amazing it was for my grandparents when they achieved their dream and bought the property my Grandpa fell in love with and my Grandma raised her American Saddlebred horses on. Those are things that I know about because I wanted to know or I got to be a part of them.

That story, is however, a wonderful testimony to the fact that they made it. They were married and devoted to each other until my Grandfather passed away. I love knowing that through it all they stuck things out, even when the going got tough. They persevered.

I’m sure it wasn’t always easy. I’m sure there were a lot of challenges along the way. I also know there were a lot of joys and a lot of things that they would have looked back on together with satisfaction and contentment because they had the family they always wanted, and they achieved their biggest dreams together.

No amount of photography can capture a complete story, and most people wouldn’t want to have the entirety of their years together captured for posterity. Really, most people want to forget about the bad times and don’t want to haul out a scrapbook labelled, “The trials and tribulations of our marriage.” However, those moments can hold some of the most meaning for your relationship. If you are looking back



on a relationship of 40 years, like my Grandparents were able to do, and you can see where you struggled and when it was all you could do to fight to hold on, you can have pride and take satisfaction in that. You can see that you put everything you had into being tenaciously committed to your relationship and hopefully that the rewards were well worth it.

In today’s world it seems like the attitude is, if something is broken

it isn’t worth the effort, the time, or the personal expenditure to fix it. That attitude can definitely be seen in the number of relationships and marriages that end on a daily basis. And there is no argument that sometimes there is no fixing what is broken. That being said, when I think of the picture of my Grandparents surrounded by their children and their children’s children, I know that is something I want to have when I get to my 40th anniversary.



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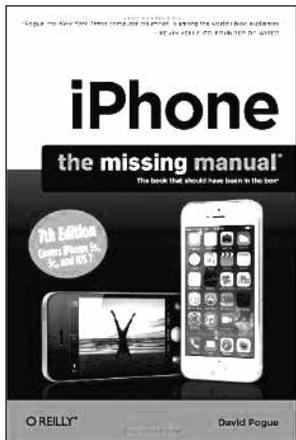
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read

“The art of photography is all about directing the attention of the viewer.”
~Steven Pinker

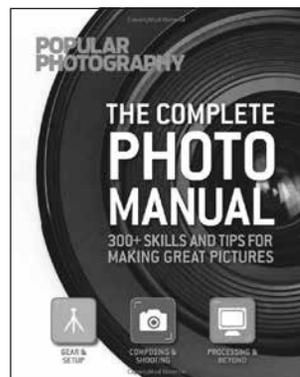
Photography: how-to and eye candy



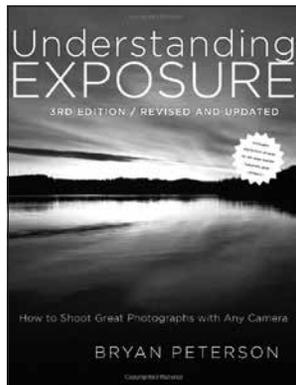
iPhone: the missing manual (2014), Pogue, David

According to a report from TechCrunch, “point-and-shoot cameras appear to be a dying breed, while smartphones – particularly the iPhone are taking over” (2014). This is amply evidenced on social media sites like Flickr and Facebook. Did you know that every day, 300 million photos are uploaded to Facebook? Many of these are now coming from smartphones. Whether you consider them “real cameras” or not, smart phones are inspiring a new boom in photography, so why not learn how to take the best photos you can with your smart phone? A good place to get started is the “Missing Manual” series. Pro-

duced by David Pogue, an award-winning how-to author and computer columnist for the New York Times, these manuals feature superb, professional writing, and cover all the most popular consumer software and hardware products. Full colour, easy to read and understand and packed with tips, tricks and insider info and explanations.



The Complete Photo Manual (2012), by the Editors of Popular Photography Magazine
“With *The Complete Photo Manual*, amazing photos are just a click away. For the amateur or pro who just wants to get quick-hitting tips and loads of inspiration, this is the book that does the job. In 355 handy, easy-to-grasp hints, this book gives you what you need to know to grasp

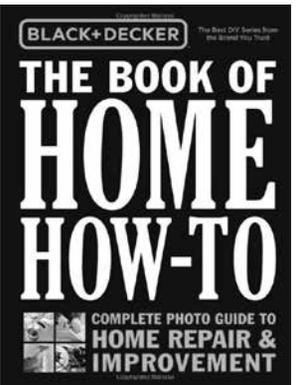


the basics of lighting, composition, gear, working with models, and much, much more.”

Understanding Exposure: How to shoot great photographs with any camera (2010), Peterson, Bryan

The best-selling *Understanding Exposure* has demystified the complex concepts of exposure for countless photographers. If you want to stop guessing about your camera control settings, and free yourself from “auto” mode forever, this is the guide for you.

Currently *Understanding Exposure* is the number one bestseller on Amazon.com in Arts & Photography > Reference.



The Book of Home How-To: the complete photo guide to home repair & improvement



(2014), editors of Cool Springs Press

Repairs are an inevitable aspect of being a homeowner. *The Book of Home How-To* is a tome of DIY repair, a fully-loaded, comprehensive and thorough encyclopedic reference on every topic under your roof (and including it). It features precise how-to instructions and clear photos on every page. This is the kind of book you will take out from the library, and then feel the need to buy for your own personal collection.

The Oldest Living Things in the World (2014), Sussman, Rachel

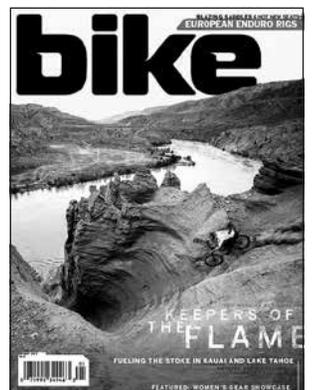
Over the past ten years artist Rachel Sussman has been travelling the world to photograph continuously living organisms that are 2,000 years old

and older. From Antarctica to Greenland, the Mojave Desert to the Australian Outback, the outcome is a striking and exceptional visual collection of ancient organisms unlike anything that has been created in the arts or sciences before.

“*The Oldest Living Things in the World* serves us the humbling profundity and pathos of things that live almost forever. We see our abstract selves and feel the terrible bludgeon of that which we cannot have and are fated only to behold. Rachel Sussman brings you to the place where science, beauty, and eternity meet.”

Bike Magazine, (Jerry Saltz, New York Magazine)

We carry dozens of magazine titles at the library, and one we



recently added to the collection is *Bike Magazine*, “the magazine that showcases the sport of mountain biking like no other publication.”

Bike Magazine also features the work of one of the Cariboo’s most gifted photographers, John Wellburn. His photograph of Kenny Smith, charging a chute high above the Fraser River near Dog Creek BC, is currently on the cover of the May 2015 edition!

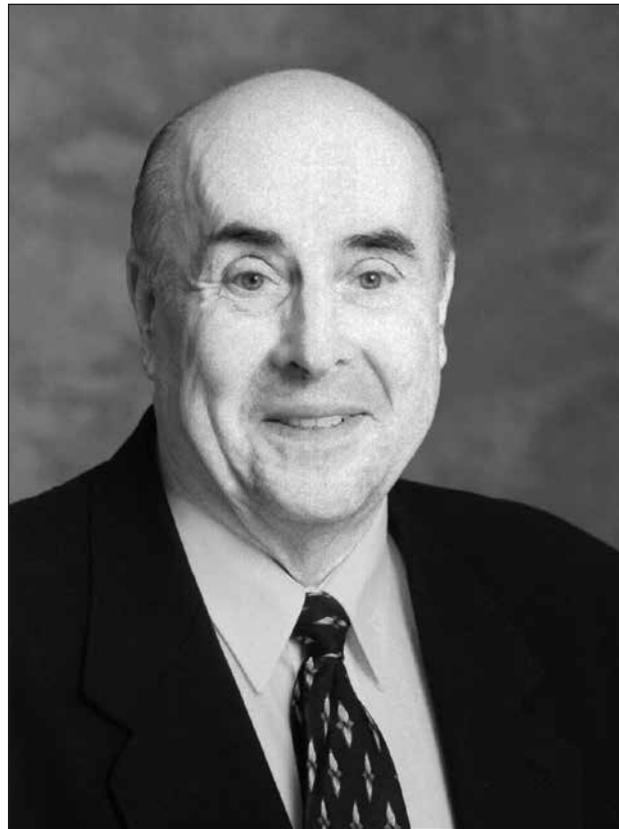
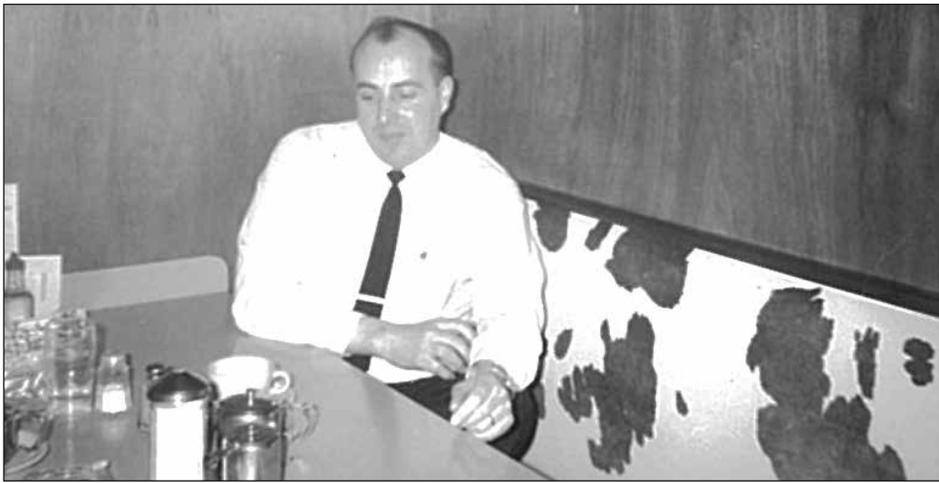
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"Beauty can be seen in all things, seeing and composing the beauty is what separates the snapshot from the photograph." ~Matt Hardy



History repeats itself: an Evening at Ray's

BY CHRISTA SMITH

In 1962 a man by the name of Ray Woods made the move from Vancouver to Williams Lake. He took over the management of what was known as The Famous Restaurant. He loved the area so much that he decided to stay. His passion for the Cariboo grew as his roots deepened. He became more and more involved in the community and in 1974, was elected to the Cariboo Regional District Board. During his term on the Board, Ray worked

tirelessly to improve upon the Region's library system to make the services what they are today.

After a term as Alderman, Ray Woods was elected Mayor of Williams Lake in 1987. After six years in office, Ray left City Hall and went back to the food industry where he made an impact on the City's youth with the receipt of a trophy for the "best French fries and gravy in town" from Columneetza students.

Ray had a passion for food and his dedication to flavour meant only us-

ing real ingredients. Ray's Boston cream pie was one of his 'claims to fame'. The community loved and respected this talented and dedicated member of the community.

In 1997, Ray was back in the political spotlight serving another term in the mayor's chair. During his term, he dedicated a great deal of time and thought to the beautification of Williams Lake. The Communities in Bloom program made huge strides during his term as mayor. The Downtown transformed

with murals, hanging baskets, garden beds and carvings. The chair of the Communities in Bloom, Sue Lachance, says, "The vision that Ray had for a beautiful City was fulfilled."

When Ray passed away, the community lost a great man. A memory garden was built beside the Cariboo Regional District to honour this great man and his contribution to the community. To those who knew and loved him, Ray was a dedicated, hardworking and unique visionary. He

loved the Cariboo and wanted to see it move forward in a positive way.

As it happens, history is set to repeat itself; Ray's granddaughter, Melissa Palcholczyk is set to walk in his footsteps. As a Red Seal Chef, she is sharing her love of food and her skills with a new upscale menu at "an Evening at Ray's" located in the New World Coffee and Tea House. The site is next to where The Famous Restaurant used to be in its days of glory, and even through the years of renovations,

fires, and tenants, the evidence of a connecting archway was found. The energy and passion for great food made with real ingredients lives on, and as a tribute to the man with a vision, an Evening at Ray's will open its doors to the public May 19th. The owners of the restaurant, Sue and Brice reflect, "we know Ray's memory will live on, and he would be proud of his granddaughter, Chef Melissa Pacholczyk, as she starts her new journey on the spot where he once stood."

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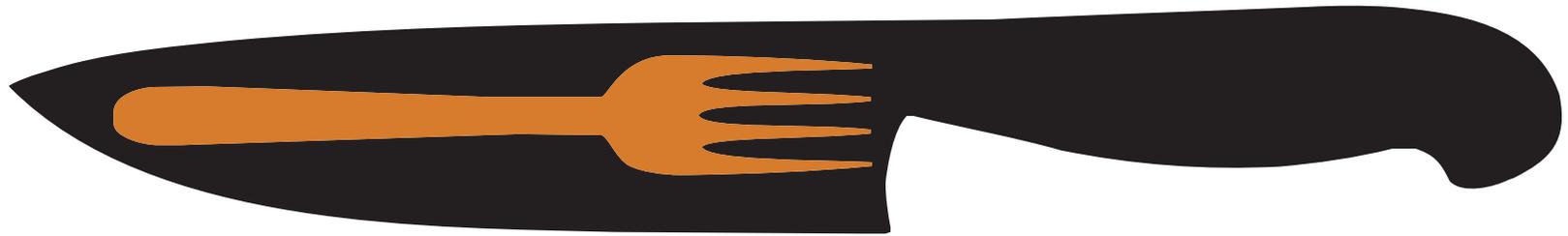
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“The best images are the ones that retain their strength and impact over the years, regardless of the number of times they are viewed.” ~Anne Geddes

India: tiger photo safari adventure



BY CHRISTIANE KLEIN
OF ALL-WAYS TRAVEL

Just recently we had a co-worker of ours return from a Photo Safari in India. When Toni came back to the office, she was very excited about all the opportunities she had to take pictures of tigers, elephants, monkeys, leopards, and the gorgeous surrounding of the lush forests in the jungle.

This is pure adventure, a no frills, no culture trip. You will be one of the only 20% of tourists that

are allowed to visit the tiger reserves and national park, and must be qualified to get on it; the trip provider will tell you if you are accepted.

The tour takes place in central India. After landing in Delhi with its smoggy air and East Indian way of living, you will then fly to the Bandhavgarh reserve which has the highest population of tigers.

The magnificent trip to Bandhavgarh takes you to the lush greenery of the forested regions that offer

opportunity for pictures of varied wild species. You can have a closer look at all those majestic creatures including the royal tigers.

The road travel on this trip is very basic; by jeep over very primitive roads.

The next national park visited is the Kanha National Park. The lush sal and bamboo forests, grassy meadows and ravines of Kanha provided the inspiration for Rudyard Kipling's famous novel *Jungle Book*.

The Kanha National Park in Madhya Pradesh

was established in 1955 and forms the core of the Kanha Tiger Reserve, which was created in 1974 under Project Tiger. The Park's landmark achievement is the preservation of the rare hard-ground swamp deer (Barasingha) saving it from near extinction. Stringent conservation programs for the overall protection of the Park's fauna and flora make Kanha one of the most well-maintained national parks in Asia.

According to travelers it is a thrill when you

experience a tiger that is roaming freely in the wilderness of its own habitat: the fields and forests of India.

The next point on the trip is Pench National Park, nestled in the lower southern reaches of the Satpuda Hills, named after the Pench River. This park is especially famous for large herds of Gaur (Indian Bison), Cheetal Deer, Sambar Deer and Nilgai, the largest Asian Antelope.

You will also experience wild dogs, wild pigs, Sloth Bear, Chousingha Antelope, Chinkra Gazelle, Barking Deer, Jackal, Fox, Palm Civet, Small Indian Civet, Jungle Cat, Hyena and Porcupine in their natural habitat. The key predator is the Tiger followed by the Leopard.

The next destination on the Photo Safari is Satpura National Park. It is the place where every true wildlife lover should visit to appreciate the peaceful jungle with its beautiful hilly terrains, deep gorges, and rivulets, away from the hustle and bustle.

The variety of wild-

life watching methods distinguish this National Park from the other tiger reserves in India. Here you can do a Jeep Safari, an Elephant Safari, Walking Safari and a Boat Safari.

The last stop is the Tadoba Andhari Tiger Reserve, which is one of the finest and largest National Parks in Maharashtra and one of India's 47 Project Tiger reserves. Its name is derived from the name of the God "Tadoba" or "Taru" praised by local tribal people, and the nearby Andhari River.

Tadoba National Park is open for visitors from October 15 to June 30 every season. During the open season, Tadoba National Park is also closed for a full day every Tuesday.

The vegetation of the Tadoba Forest is the southern tropical dry type. Teak is the prominent tree species in the Tadoba Forest. There are a few lakes in the forest areas which remain filled with water throughout the year, even in extreme summers. Those lakes are also the prime residence of marsh crocodiles.

Even though this is not a cultural trip, there is opportunity to participate in the "Holy" celebrations which take place every year at the first full moon, when all of India celebrates life and new beginnings.

Your travel companions on this trip will mostly be highly professional, world-renowned photographers. To make the most of this trip, you need to know how your camera works and your lenses have to be appropriate for the pictures you would like to take. It is definitely an asset to know the language of photography, and remember, patience is the first rule of photography.

We hope this sparked your interest in taking a trip like this. Please feel free to come in and ask more questions of Toni and plan a trip of your own.

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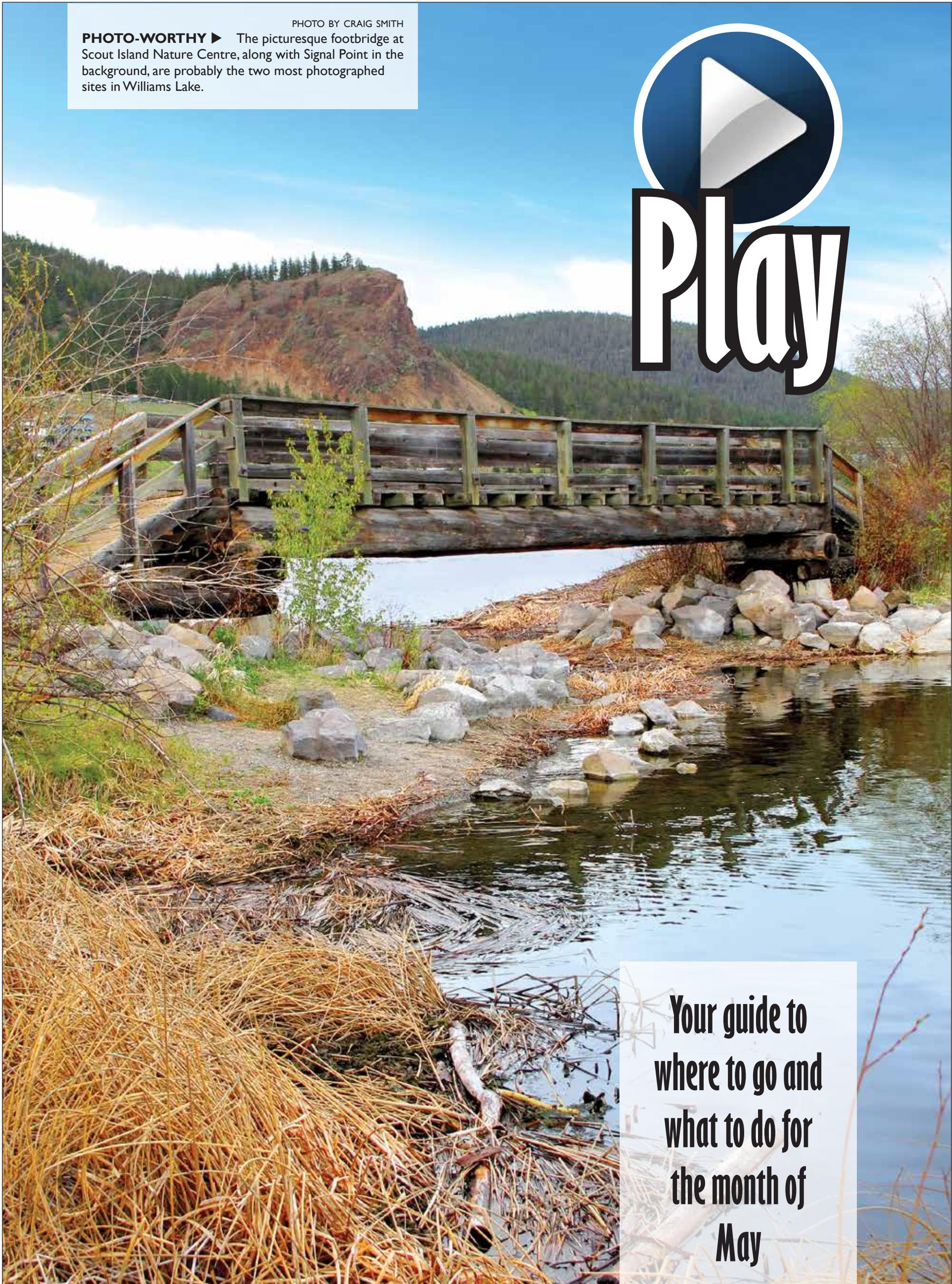
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PHOTO BY CRAIG SMITH
PHOTO-WORTHY ▶ The picturesque footbridge at Scout Island Nature Centre, along with Signal Point in the background, are probably the two most photographed sites in Williams Lake.



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

play

Submit your events to craig@thestew.ca

WILLIAMS LAKE & AREA

May 1 Live punk band Tax Free Liquor with Papa Lung, Overlander Pub 9pm

May 1 Project Soul, Lakecity Secondary WL Campus 6-7pm, doors 5:30pm, tickets at Pregnancy Outreach & Library

May 1,8,15,22,29 Friday Night Magic, Adventure Games 2nd Ave S, 5pm

May 1-2 Station House Gallery exhibitions continue, The Macbeth Series: Laurie Landry, The Knowing: Ciel Patenaude

May 1-31 Cariboo Art Society Group Show: Painting it Forward, Station House Gallery, 10am-5pm, Monday-Saturday

May 2 Bike Rodeo, Free, ages 2-10, Cariboo Memorial Complex, 11am-2pm

May 2 Free Swim, Cariboo Memorial Complex 6:30-8pm

May 2 Spinners, Weavers & Fibre Artists Annual Spin-In, St Andrews Church 1-4pm

May 2 Authentic Indian Dinner & art auction fundraiser for Gendun Drubpa Buddhist Ctr, Seniors Activity Centre, appies 6pm, dinner 6:30pm, tickets New World & Dollar Dollar

May 2,9,16,23,30 Warhammer and Tabletop Games, Adventure Games 2nd Ave S, Saturdays

May 3,10,17,24,31 Sunday Morning Magic, Adventure Games 10am

May 3,10,17,24,31 Sunday Game Night, Adventure Games 2nd Ave S, 6pm

May 4 Free Senior's Bingo & refreshments, upper level Boitanio Mall 1pm

May 5 Remote Control Car Track, Marie Sharpe courtyard 4:30-6pm

May 5 Film Club, Gibraltar Room, 7-9pm

May 6 BBQ at the Boys & Girls Club, youth 13-18 welcome, 17 South 4th Ave 5-7pm

May 6,13,20,27 Royal Canadian Army Cadets, Royal Canadian Legion, 6:15-9pm

May 7,14,21,28 Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

May 7,14,21,28 Pokemon Thursdays, Adventure Games 2nd Ave S, 3:45pm

May 7-30 Station House Gallery exhibition, Cariboo Art Society Group Show: Paint It Forward

May 8,15,22,29 Farmers' Market, Boitanio Park, Fridays 9am-2pm

May 8 Safety Meeting Concert Series, Black Spruce Bog with Sober Becky, Arts Ctr 90 4th Ave N, tickets \$10 Red Shreds

May 8 "Voices" an evening of musical youth performances, free admission, Lakecity Secondary WL Campus 6-8:30pm

May 8,15,22,29 Boitanio Park Farmer's Market, Fridays 9am-2pm til Oct. 9

May 9 Cariboo Pottery Spring Sale, Central Cariboo Arts Centre (old firehall) 10am-4pm

May 9 Seedy Saturday, seed swap, seedling sales, Community Garden sign-up, kids activities, Cariboo Grower's Co-Op birthday celebration, Herb Gardiner Park 10am-2pm

May 9 Horsefly Fun Run, 10km run or walk, Horsefly, 9am-3pm

May 10 Mother's Day Market, Save-On parking

May 20 Cariboo Autism Centre Grand Opening 11am-2pm, RSVP to the Cariboo Chilcotin Child Development Centre Assoc 250-392-4481

May 22 Commencement Ceremony, TRU

May 22 Safety Meeting Concert Series, Leathan Milne with Martin Patenaude, Arts Centre 90 4th Ave N, tickets \$10 Red Shreds

May 23 Williams Lake March Against Monsanto, Cariboo Growers, noon

May 23 Horsefly Sockhop, all ages Arts on the Fly fundraiser, silent auction, refreshments, live music, Horsefly Community Hall 7pm, tickets \$5 at the door

May 23,24 Tech 'n Tune & Open Practice Thunder Mountain, Thunder Mountain Speedway, 1-3pm

May 23-24 Thunder Mountain Open Practice, pit gate open 1pm

May 23,24 Lakers Car Club and Car Show, steak or chicken BBQ 1-9pm

May 28 Williams Lake Chamber of Commerce Luncheon, \$16 Members \$20 Non-Members, Signal Point 11:30am-1pm

May 30 Thunder Mountain Speedway season opener 5-9pm, \$20 adults & students/seniors \$10

May 31 Children's Festival, Boitanio Park 10-3pm

QUESNEL & AREA

May 1 Hip Hop Exile and Friends 9:30, DJ Janet Smith 10pm, Occidental

May 2 Live band Rockin' Chair, Cariboo Hotel 9:30pm, tickets at the pub

May 2 RCMA Mother Nature's May Open Mic Night, The Occidental 228 Front Street 7-10pm

May 2 Friends of the Museum Book Sale, Museum, 10am-2pm

May 2 Golden Centre Spring Rummage and Bake Sale 10am-1pm

May 2 Fairy Garden Workshop, \$25 Richbar Golf and Gardens, 10:30am-2:30pm, register 250-747-2915

May 2 JR Goodwin in Concert, Tickets \$5 at the door, Kersley Hall, 7-9pm

May 2 Farmers' Market, Helen Dixon Grounds

May 3 Needle Felting: Introduction to Fibre Art, \$32 Bouchie Lake Country Store, 9:30am-12pm, pre-register 250-249-0228 or blcountrystore@telus.net

May 5 Grand Adventure epilepsy fundraiser, music by Jim Savage, Occidental, doors 5:30, dinner 6:30, dessert auction, tickets \$30

May 7 Equine Nutrition Seminar, \$15, Pen-Y-Bryn Farm 5-9pm

May 7 Magic Mike Tribute, Cariboo Hotel, tickets at the pub

May 8,9,10 Home & Outdoor Adventure Show, Twin Arenas, Friday 4-8pm, Saturday 9am-6pm, Sunday 10am-4pm

May 9 "Material Girls" Quilt Show, \$5 North Cariboo CNC/UNBC 10am-5pm

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May 9 Live music Maureen Washington, Occidental 228 Front Street 8pm

May 9 Bouchie Lake Country Store Pet Pageant 1:30pm, pre-register 250-259-5329

May 9,10 Barrel Racing Series, Alex Fraser Park 11:30am-6pm

May 10 VFD Mother's Day Market, McLeese Lake Hall 9am-3pm

May 13 Chamber Board Meeting 12-1:30pm

May 13 Diamond Calcutta, Seniors' Ctr 6-11pm

May 14 Barkerville Theatre Royal Spring Show & School Program begin 8:30am-5pm

May 14 Job Fair 2015, College of New Caledonia 10am-4pm

May 14 Making it Work! Open House Meet and Greet, Red Bluff Hall 6-8:30pm

May 15 Making it Work! Collaborative Community Employment Conference, Best Western 8:30am-4pm

May 15-16 Live band ThirdDegree, The Occidental 228 Front Street 8pm

May 16 Seniors' Centre Garage Sale 10am-3pm, tables \$10

May 16 Tom Bassett's Big Dog Comedy, The Occidental 228 Front St 7pm

May 16,17 Motocross Assn Racing, \$10, kids 5/under free, Race Track 9-3

May 17 Barkerville Rush Relay, Junction of Highway 97 and 26, 7am-4:30pm

May 18 Victoria Day Royal Tea, Barkerville Historic Town 2-3pm

May 21 Tree Care and Pruning, \$5 includes refreshments, Bouchie Lake Country Store, 6:30-8pm

May 21,22,23 Conference: Journey to the Cariboo, Museum 9am-8pm

May 23 Live band Navaz, The Occidental 228 Front Street 8pm

May 22-24 15th Annual Barkerville Quilt Retreat session 1

May 27 Bottoms Up Baring Burlesque's Pride Hump Day, The Occidental 228 Front Street 8-10pm

May 29-31 15th Annual Barkerville Quilt Retreat session 2

May 28 Blackberry Wood & DJ Oldfashioned, live at Occidental 8pm

May 29 Tom Bassett's Big Dog Comedy, Occidental 228 Front Street 7-9pm

May 29-30 Full Tilt Band, The Occidental 9pm

May 30 Relay For Life, LeBourdais Pk 10am-10pm

100 MILE HOUSE & AREA

May 1,8,15,22,27 Farmers' Market, Community Hall 8:30am-1:30pm

May 2 PSO Grad 2015 Car Wash and Drive for PSO Fundraiser, Regency Chrysler 9am-3pm

May 2 Spaghetti Dinner and Auction at Lac La Hache OAPO, tickets \$10 at Hungry Bear, LLH Food Mart & 108 Esso

May 5 Outriders Meeting, Library 5:30pm

May 7,14,21,28 Full Contact Stick Fighting, Lac La Hache, info jtpassion@outlook.com

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

May 8,9 Cariboo Women's Fair, South Cariboo Rec Ctr, Friday Ladies Night 5pm, \$10 at door, Saturday free 10-5pm

May 9 Blue Skies Spring Concert fundraiser, Martin Exeter Hall 6:30pm, admission by donation

May 15,16,17,18 BS & Drive Weekend, Huber Farm & Equestrian Centre

May 16 108 Mile Historic Site opens for season

May 16 Partners for Literacy "Bake German" free class, The Lodge kitchen, pre-register 250-706-3143

May 16,17 Little Britches Rodeo, \$5 plus \$10 per event, Outriders Grounds

May 16-18 Farm/Ranch Show, Outriders' Arena

May 18 Outriders' Gymkhana Jackpot, Outriders' Arena 10am

May 23 South Cariboo Small Business Showcase, free, Lac La Hache Community Hall 10am-4pm

May 31 Outriders' Gymkhana, Concession, Outriders' Arena 10am

New DVD & Blu-Ray Releases

MAY 5

A Few Best Men

Black or White

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Love Rosie

Mr. Turner

Playing It Cool

Selma

The Pyramid

MAY 8

Fifty Shades of Grey

MAY 12

Blackhat

Mortdecai

Still Alice

Strawberry Shortcake: Berry Best In Show

The Cobbler

The Last Five Years

Tracers

MAY 19

7 In the Torture Chamber

American Sniper

Hot Tub Time Machine 2

Leviathan

Orange is the New Black - Season 2

Rec 4: Apocalypse

Spare Parts

Strange Magic

MAY 26

Cut Bank

Kidnapping Mr. Heineken

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“You don’t take a photograph, you make it.” ~Ansel Adams

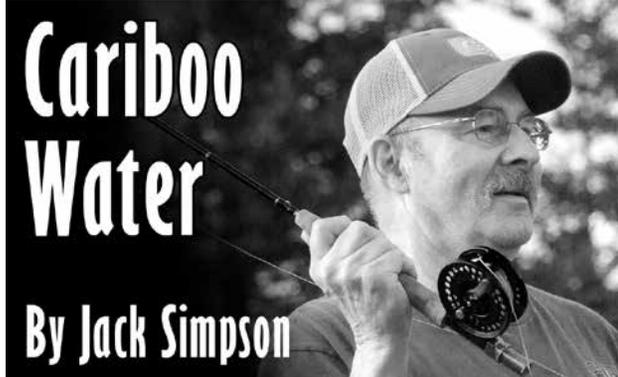


Springtime fishing

Fly fishing the reed lines and shallows

The lakes are ice-free now. Any stillwater above about 4500’ elevation might have a little ice, but for the most part everything is open. NOW is the time to be hitting the shoreline shallows with micro-leeches.

Technique is simple, anchor just off the shallows and cast your flies in front of the reed lines, count down to about “two-one-thousand” and



Cariboo Water

By Jack Simpson

begin the strip/pause retrieve. Rainbows are notorious for cruising the edges of the reed lines (in as shallow as 2 feet of water!) feeding almost exclusively on small leeches.

Do yourself a real favour, leave your super-

fast action fly rod at home and use a moderate-fast, smooth casting, deep loading fly rod for close-in casting to the reed lines. Let the rod do the work, and concentrate on smooth, accurate casting. The hero long

distance casting rods and techniques are for windy days, not for placing flies precisely between bunches of reeds.

There are three choices for effective fly lines in this endeavor. I highly recommend the new Scientific Anglers Mastery Textured Nymph Indicator floating line (a high floating line with orange high vis tip section, with a 9’ tapered fluorocarbon leader), my personal favourite, the Mastery Stillwater Clear Intermediate line (slow controlled, reliable sink rate, with a 9’ fluorocarbon leader), or lastly, the easy casting SA GPX Hover (a line that gives you the easy pick up of a floating

line and the stealth of a clear intermediate tip section, while “hovering” just below the surface).

Another very productive technique is to fish off a shoreline point, with your floating line in about 16 feet of water, with a micro-leech set at 10-12 feet under a strike indicator.

Your marabou leech flies should be a mixed collection of olives, golden browns, browns, maroons and blacks in sizes #10 through #16. My hook

preference is the long, curved Mustad C53S.

Right now will be some of the most productive fly fishing of the year. Get out there and put some time in on the shorelines and enjoy the opportunities. Generally, we have 8-12 days between Ice-off and Spring Turnover, ALTHOUGH some of the 2000’ elevation lakes have turned recently.

Conserve our incredible resource and preserve our Home Waters.

LOGO DESIGN Competition

Requirements

CACWL is calling for submissions for two logos, our official logo and a Youth Events logo. Open to the public and students of all ages. Submit hand-drawn, PDF or JPEG format. Deadline May 22, 2015.

Send Your Design To

williamslakearts@gmail.com, or drop off/mail to CACWL at the Arts Centre: 90 Fourth Avenue North, Williams Lake. Include your contact info.

Prizes

\$300 for official logo and \$50 for Youth Events logo.

For Official Rules Please Visit

www.williamslakecommunityartscouncil.com

For more info email williamslakearts@gmail.com or contact Venta at 250-790-2331.

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do

“Photography helps people to see.” ~Berenice Abbott



The Laker's Car Club Show and Shine that runs May 23 and 24 is always a great day out. Wandering down the streets of William Lake, admiring all of the shiny antiques and treasures that loving owners bring from miles around to show off is a real treat.

What to do in the Cariboo

BY CHRISTA SMITH

May is that time of year when we have finally thawed from the winter and are ready to get out and do something. May is also the month when the weather encourages outdoor activities, with warm sunshine and the visual appeal of flowers, leaves on trees, and a fresh smell in the air.

There are an abundance of activities to choose from in May. The farmers market makes a reappearance with local vendors displaying their wares. The availability of local fresh fruits and vegetables are a treat that should never be taken for granted. Locally hand-made items are also a great way to find unique gifts and support vendors. Farmers markets may be the last place left that you don't have to check a label to see what country made your item.

The Laker's Car Club Show and Shine that runs May 23 and 24 is always a great day out. Wandering down the streets of William Lake, admiring all of the shiny antiques and treasures that loving owners bring from miles around to show off is a real treat. There is usually music and vendors to ac-

company the show. Hours can be spent wandering, photographing, and admiring the cars, trucks and motorcycles. The car owners always put on quite the display and some even include props from their car's era. If you're looking for a walk down memory lane with your camera, then this is the place to be.

Thunder Mountain Speedway opens the last weekend in May for all of the racing enthusiasts. After a long break, drivers are ready to dust off their tires, get out there and

make some noise. The speedways in both Williams Lake and Quesnel have Websites with event times and schedules, and more information on races and special events.

On May 31, the Children's Festival returns to Boitanio Park in Williams Lake; a fun day to get out and do something with the kids. They have activities for children of all ages, along with entertainment, and lots to see and do. It is an event that was made for children, and what better way to have fun and support the com-

munity.

The 108 Mile Heritage Site makes its season opening with a grand gesture every year on the

May long weekend. The opening is a celebration not to be missed. Located along Hwy 97 between Lac La Hache and 100 Mile, the 108 Site is a historic gem, with thirteen buildings dating back to the mid-eighteen-hundreds. The Society pulls out all the stops with activities, tours, celebrations and hours of endless fun. There are an abundance of trails around the area if you are up for a walk, and plenty of parking for RVs.

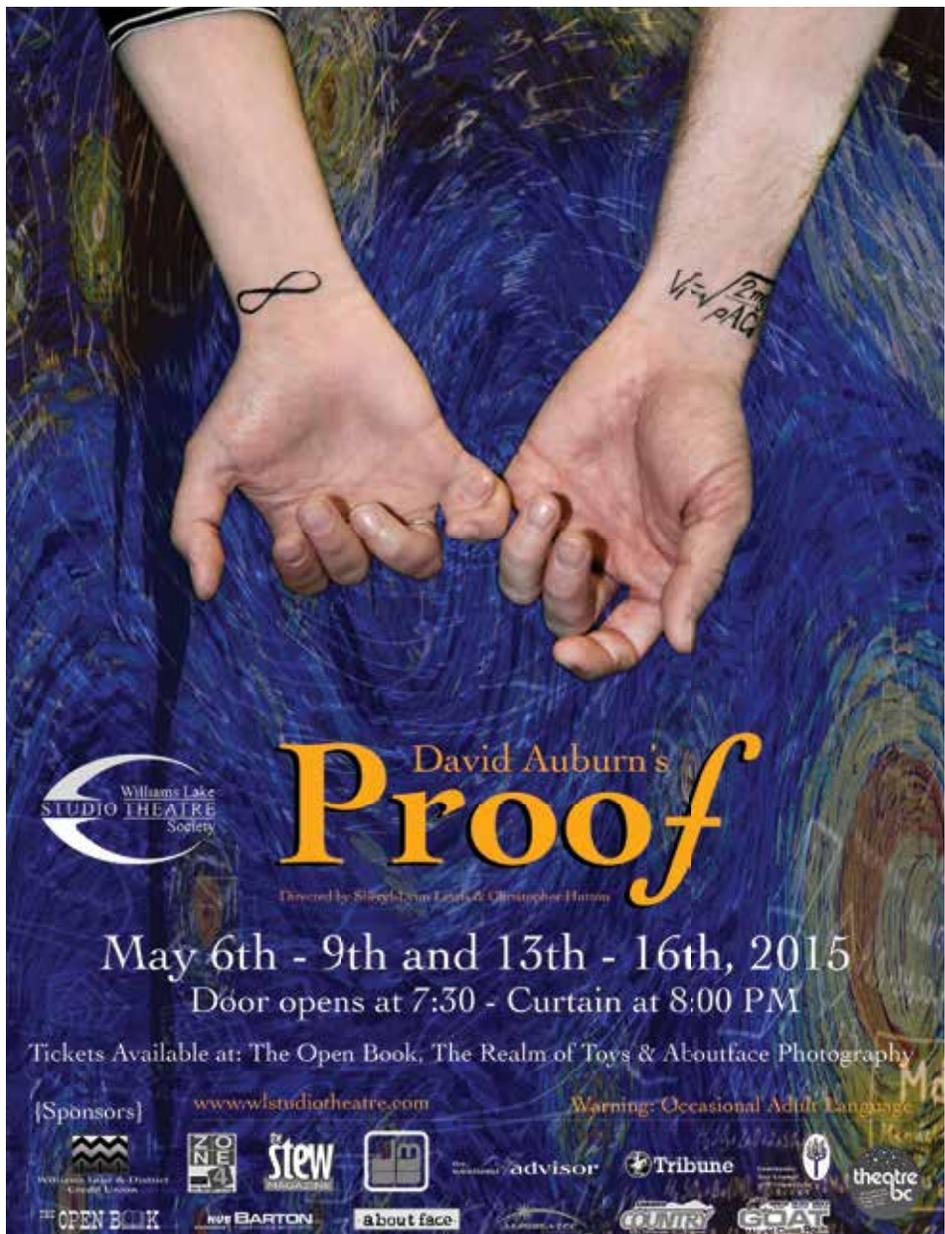
The Barkerville Rush Relay takes place Sunday May 17 and is a fun-filled day. The relay covers 100km from Quesnel to Barkerville, and this year marks the 12th annual race. The day is made up of eight legs and has different categories. There are post-race activities along with prizes and draws. What better way to see the beautiful countryside, have fun with friends, and get some exercise.



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“Photography is a love affair with life.” ~Burk Uzzle

Medical imaging

I tried to come up with some ideas for safety in photography for this month's topic and most of my research came up with older articles that had to do with the chemicals needed in developing pictures, prior to digital photography. There were a few posts regarding filming in foreign war zones and how not to get shot, and others about wildlife photography and how not to get eaten. Since I am in health care and we have our own version of photography in imaging, I thought I would enlighten you with some information in that department.

With medical imaging, there are many different methods: X-rays, Magnetic Resonance Imaging (MRI), Computer Aided Tomography (CT or CAT), and Nuclear scans which is not as bad as it sounds. Chances are, you have had one or more of these done. Dental x-rays are the most common type that most people have, and are necessary for detecting cavities, but how safe are they for you?

When ordering any type of imaging, particularly when it involves x-rays (CT, X-ray, Fluoroscopy), the physician must ensure that the benefits outweigh the risk, par-



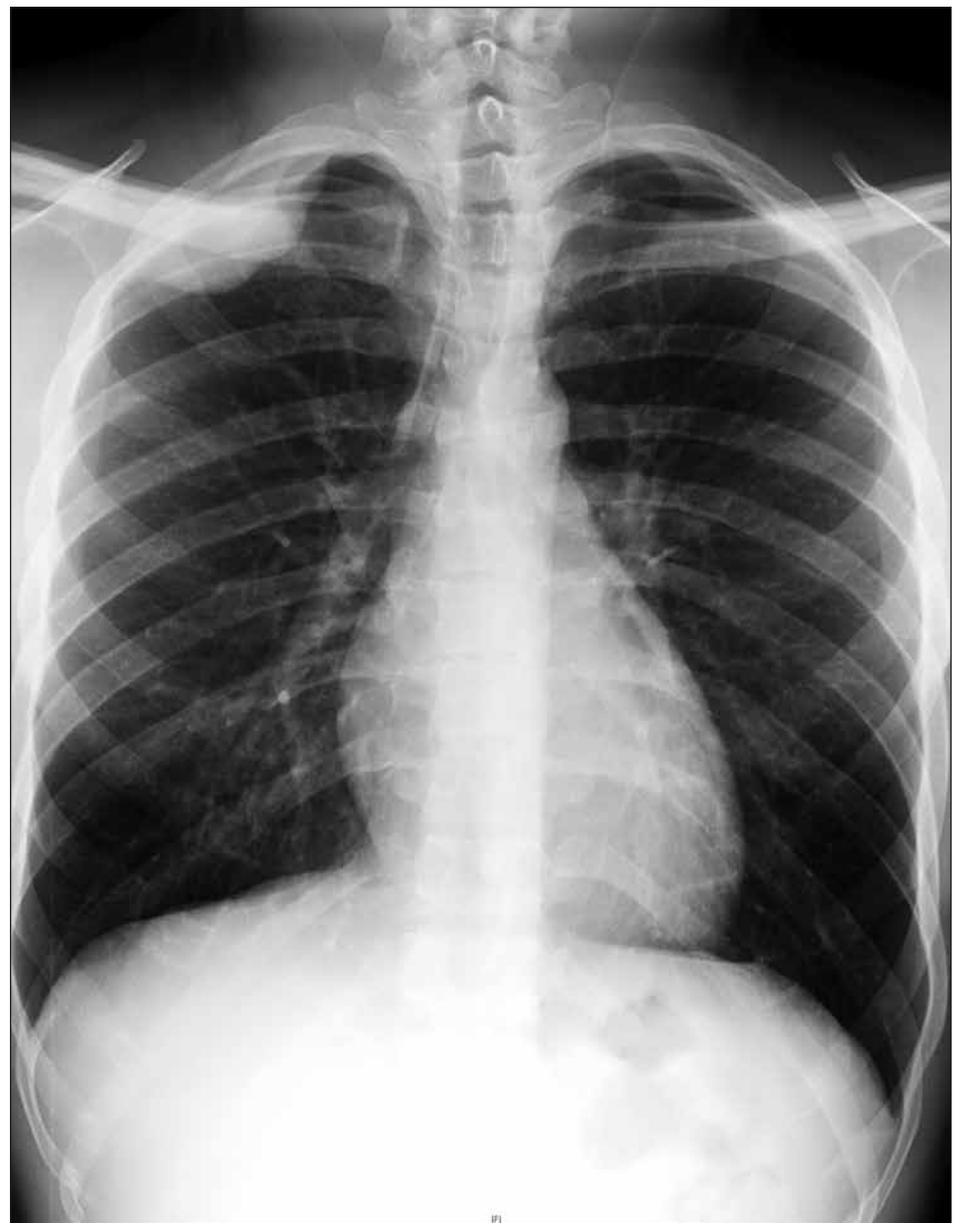
ticularly when it comes to CT scans. A typical x-ray of the chest gives about the same exposure as 2.4 days of natural background radiation, whereas a head CT has an equivalent of 243 days of natural exposure. A scan of the lower gastro-intestinal tract with barium has 2.7 years of equivalent natural exposure but thankfully, these are not commonly prescribed.

Originally, all X-rays used film to produce the images. Like the film you use in a camera, it had to be treated properly and images had to be developed in a darkroom. As technology developed, digital X-rays were introduced, using digital sensors rather than film, to produce images that are available immediately and need no development. Think of it as similar to camera technology – cameras all used to use film to produce images.

Now most cameras on the market are digital and produce digital images. You already know what the benefits of digital pictures over film pictures are: no sending film out to a lab for processing, clearer images that can be easily expanded, sharpened or tweaked, and the immediate satisfaction of not having to wait for your pictures. Plus, your pictures can easily be stored on your computer or in multiple places, unlike a negative which is easily lost or damaged.

The same applies to digital X-rays versus film X-rays. Digital X-rays have some clear advantages over the old-fashioned use of film. For example:

- Digital X-rays expose patients to far less radiation than film X-rays, so they pose less of a health risk.
- The images produced by film X-ray are often less clear than digital, and



this sometimes results in the need for a second round of X-rays, meaning more radiation.

- Digital images can easily be edited, enhanced, and quickly sent to a physician for a diagnosis. The earlier the diagnosis, the better the chance of effective treat-

ment.

- Film X-rays require the use of hazardous chemicals for development, resulting in dangerous environmental waste.

- Images are immediately available with digital X-rays, but require time for development with film.

If you are ever concerned about radiation exposure from an imaging series your doctor has ordered, don't be afraid to speak to your physician about the necessity of any imaging. A good doctor will always take the time to explain benefit versus risk.

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2015 Federal Budget TFSA Proposed changes for 2015 and onward

Finance Minister, Joe Oliver has included a **proposed** change in the TFSA limit for 2015. This will increase the limit from \$5,500 to \$10,000 for 2015. For those who have already contributed their 2015 maximum, there will now be an additional \$4,500 for this year (as well as subsequent years).

It will have to wait until the proposed increase is legislated into being, but for certain individuals, this will have a very positive effect on their retirement planning.

The question must be asked: TFSA or RRSP?

How do you decide? Several factors that aid in your decision:

- Lower income individuals may very well want to go the TFSA route if they don't benefit a great deal from doing RRSPs.
- Seniors who already have enough in taxable investments could benefit from doing TFSAs rather than RRSPs at this point in their lives.
- If individuals have already maxed out their RRSP limits and have funds sitting in very low interest savings accounts or products, it may be very beneficial for them to open or add to their TFSA accounts.

Advantages:

- possible higher returns;
- tax-free interest growth
- no taxation issue when withdrawing their funds

A TFSA is an important part of your overall portfolio when planning for your retirement. If you would like to discuss this and other retirement planning matters, call us at 250-392-6448 to set up a no cost, no obligation appointment.

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Sasparilla Foxx aka Jessie Herman *and Bottoms Up Baring Burlesque*

BY CRAIG SMITH

It's hard to meet and talk with Jessie Herman, aka Sasparilla Foxx, without getting caught up with the enthusiasm and vigour she has for life. A lifelong dancer, she has now taken her art to a new level with the burlesque troupe she started a few years ago.

Jessie and her Mom, Sandy Herman, own Gold Pan City Dance in Quesnel, and have taken an amazing route to get to where they are today. Sandy started her career later in life, teaching tap dancing and found herself starting a studio to keep dance alive in Quesnel. Jessie is a classically trained ballerina who, at the age of twelve, left home for the Royal Winnipeg Ballet. She landed her first job with the ballet company Balletmet Columbus when she was 19. She started performing on cruise ships once she turned 21. Jessie says, "I wanted something that would let me be more artistic and I was really tired of being told to lose weight or if you don't lose weight you will lose your spot, I mean, after all, I love chocolate and beer." One of the shows on the cruise ship she performed on was a Vegas-styled theme show, and was her first introduction into the world of burlesque. After a few years on the ships and some time in Vancouver, Jessie decided to move back home to Quesnel and help her Mom with the dance studio. "Cruise ship life isn't as glamorous as it sounds, and in Vancouver I was tired of working hard and feeling like I was failing as a dance artist."

During the last ten years since moving back home, the dance studio has grown in leaps and

bounds. Gold Pan City Dance started out just teaching the odd time in the rec centre, and now has the current dance studio open full time. They teach ballet, jazz, tap, hip hop, modern, and now adult burlesque classes.

In 2010 Jessie started a Can Can troupe just for Billy Barker Days, and had so much fun with it that she wanted to continue working with the group. The Can Can troupe performed with a band called "Maria in the Shower" and she says that was what pushed her into her burlesque career. She says it was all an accident, as she started by removing her gloves and then just thought, "What if we just keep removing things?"

What started as an accident has now grown in leaps and bounds as Sasparilla Foxx has a troupe of 9 full-time members called Bottoms Up Baring Burlesque, who perform once a month in Quesnel. As well as the full-time members which includes her partner "Pierre Foxx", they also have guest performers and newbie burlesque artists. Last year the troupe performed at the Vancouver International Burlesque Festival. As well as teaching burlesque, Sasparilla has helped to start a sister troupe in Fort St. James called the 'Foxy Fire Cats'. Somehow she finds the time to not only teach her regular classes, but also practice 3-5 times a week, plan all the costumes, create all the choreography, direct the show, and do producer duties such as posters, tickets and marketing.

With them performing at least once a month, it shouldn't be that hard to get out and experience Bottoms Up Baring Burlesque in the near future.



PHOTO BY NINEDOORS PHOTOGRAPHY

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Spirit of the past



Recently, a Chef friend of mine with a long family history in Williams Lake showed me some pictures of what used to be the building that New World Café is in now. Some of the pictures included wait staff dressed in rather dated uniforms, complete with the silly hats that were the norm of the day. This was back in the 1960's. I'm sure anyone born pre-1970 can appreciate how fashions have changed, particularly in the food service industry.

Also included in these photographs was the interior of the restaurant, which we now know was the Famous Café. The manager at the time was Ray Woods. In one of the photos he sits at a booth displaying all the pride that a man sitting on a cowhide lined booth can have. People who grew up in this era will remember fondly the rustic cow town that was

Williams Lake. The City wore it with pride. We weren't the sophisticated urban metropolis, complete with two McDonalds and a Walmart, that we are today.

The only history that we truly have is the archival evidence present in these few remaining photos. Also included was a photograph of the menu which included such delights as calf liver and onions for \$1.35, the Famous Shrimp Salad with a hard-boiled egg for \$1.50 and my personal favorite, Clam Chowder for .35 cents. If you want me to give you .35 cents of my clam chowder please bring a thimble.

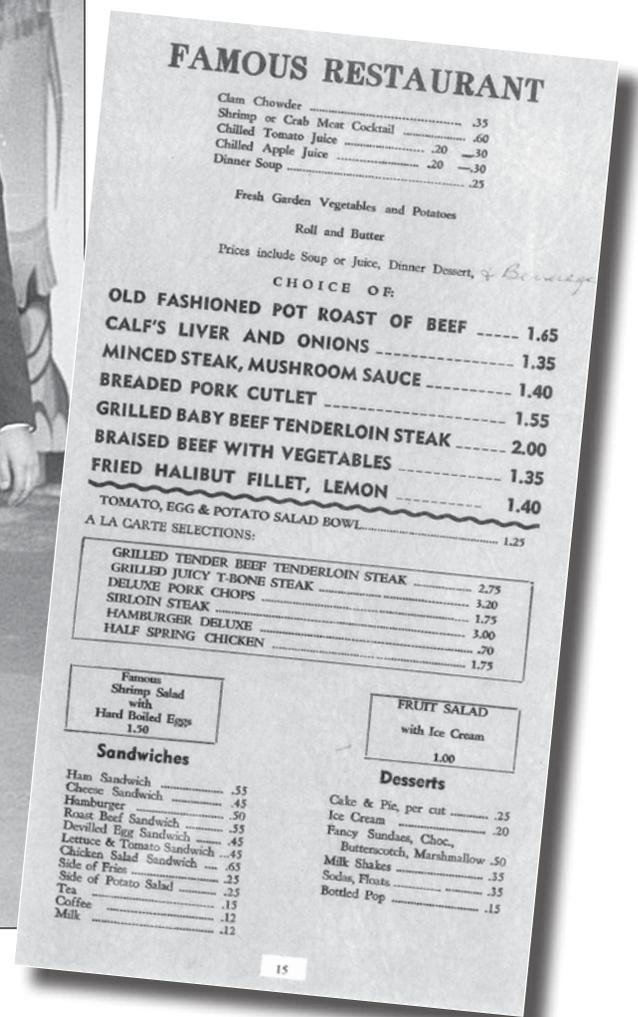
One of the beautiful things about photography is capturing moments in time and archiving them for posterity. For New World these photographs have actually kick-started a new beginning for the City with the introduction of a new and creative way

to dine, while honoring the past that this photographer captured.

In the spirit of the past, I share with you my recipe for Bread Pudding. This recipe has a long history in the Cariboo, and was originally served at Clancy's Restaurant in Lac La Hache. This was a top-secret recipe that was highly guarded. The secret of how I got it will be buried with me. I've taken a few liberties with the recipe to modernize it, but the tradition remains. You need half a loaf of day-old good French bread, crusted and cubed. 8 eggs in a bowl, 2 cups of heavy cream, 1 cup of white sugar, 2 tablespoons of rum and 1 tablespoon of vanilla. Mix together and then add the bread cubes to this mixture. Let it soak a couple of minutes and then pour it into a buttered 9x13 inch casserole dish; I prefer the ceramic ones. Bake in a water bath at 325°C for 1.25 hours. Remove it from the oven and sprinkle with cinnamon and brown sugar while it is still hot so the sugar melts. Cool slightly, then top with whipped cream and caramel sauce. Serve with two ounces of your favorite Bourbon on ice. Easy eh?



"It is more important to click with people than to click the shutter." ~Alfred Eisenstaedt



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"Buying a Nikon doesn't make you a photographer. It makes you a Nikon owner." ~Author Unknown

Drop-in centre in full spring swing!

The Salvation Army Drop-In Centre, located across the street from the thrift store, is open Monday to Friday 9:00am-4:00pm and closed for lunch (served upstairs) from noon-1:00pm. Great news... the gym is now open for classes from 9:15-10:15am, offering a variety of exercise equipment.

Monday crochet classes are 10:30am-11:45am and craft classes are 1:15pm-2:30pm; everything required for these classes is supplied, and everyone is welcome!

Tuesday H2O Study Group 10:30am-11:45am. Crib tournament 1:15pm-4:00pm.

Wednesday 10:30am-11:45am Coffee Talk. This is something new to the drop-in centre, free coffee will be served during this time. Pool tournament 1:15pm-4:00pm.

Thursday 10:30am-11:45am Never Alone 12 Step Program. Free haircuts are available from 10:30am-11:45am. Thursday afternoon 1:15pm-2:30pm enjoy a movie (donated by Movies on the Go in Williams Lake), popcorn and juice.

Friday 10:30am-11:45am Melissa will be teaching a Life Skills Class. Friday afternoon is an open time to just drop in and have a chat over a cup of coffee.

Every day the pool tables are open, the coffee pot is on, and Melissa is happy to be back in the busy, newly renovated drop in centre. Drop by and say "hi."

The food bank is open Monday, Wednesday and Friday 1:00pm-4:00pm. Breakfast is served from 9:00am-10:00am and lunch is served from noon-1:00pm Monday-Friday.

The Salvation Army is always looking for volunteers. If you have a couple of extra hours in your day and would like to help out in your community please call Captain Isobel 250-392-2423 or 250-302-2916.



Williams Lake Worship (267 Borland St.)

Sunday Worship 10:30am,
fellowship coffee after church

Tuesday Bible Study 7-8pm

Tuesday Ready to Serve (children 7-12yrs)

Quesnel Worship (103-246 St. Laurent Ave.)

Church services held every Sunday at 11am,
entrance at the back of the Thrift Store

Quesnel Food Bank: 374 McLean St.

Yellow photography

A SHORT STORY BY
ANNE MOUTRAY

I was a photographer. Well, I took pictures and a person who takes pictures is a photographer, right? It was the age of film; the age before progress decreed that digital was 'in' and film and I were 'out'.

Yellow photographs were my themes; sunflowers in the spring and yellow leaves in the fall. On the hills above Chimney Lake and the rolling plains on the way to Riske Creek, I'm sure I have photographed each and every sunflower at least twice—and I have the pictures to prove it.

I rose early one spring day, and drove along the

Chimney Lake road to shoot some flowers. On such excursions I usually took Koko, my little dog, along with me but on this day fortunately, I left her at home, I don't remember why. Maybe it was Wilbur's doing. Wilbur is my Guardian Angel and he surely is doing a good job. In any case, off I went to take my artistic sunflower pictures.

The hills were blooming. I chose a likely spot, parked the car and climbed up to the fields of flowers. Click, click, click. Roll of film finished, I sank down in the grass to put a new film in the camera. I had just done that when out of a glade of trees, rather close to me, soundlessly glided

a wolf. It was too big to be a coyote; it definitely was a wolf. It stopped and turned toward me. I sat desperately trying not to move a muscle. All I could think of was, "Here I am with a loaded camera in my hands and there is the best wolf picture that anyone could hope for, and I am afraid; afraid that the click of the camera might alarm the wolf and give him cause for attack," so I just sat as still as possible, trying not to breathe. After a

few seconds, or a few hours, the wolf turned and trotted off up the hill. When it was suitably far away I took the picture which turned out to be a vague shadow on a hillside of yellow.

I don't have a picture of a wolf, but I can still see very plainly its narrow spaced eyes looking at me, and my wide open eyes staring back at it.

An opportunity lost but maybe a life saved; who knows.

Writers' Showcase

Short Stories by
the Williams Lake
Writer's Group



Polaroid devil



A SHORT STORY BY
LEIGH SANDERSON

The barrio was located at the northern tip of the Philippines in the district of Luzon; population one thousand.

As we walked along the

main dirt road, groups of children ran around us hopping, skipping and screeching. Some reached out to touch. Others actually reached up to touch my long thick brown hair. Had they never seen white people before?

It was 1972; our yacht had hit a reef during a monsoon force storm which tossed and heaved the boat until it lay on its side, waves crashing over the hull. Not knowing exactly where this reef was, flares were sent up with no response. Villagers approached the boat at dawn and their Chief welcomed us to his home. He said they saw the flares and advised us that it was too dangerous to go on the reef in the dark. Our presence excited the villagers which gathered to help us make a plan to get the 45 foot yacht back on its keel.

While wandering up the road, I took out my Poloroid camera and took pictures of some smiling children. When the picture started coming out they got so excited and pointed at one another squealing with laughter. I'm sure they were saying "that is you!"

It made me happy to see their joy. I gave them their pictures and they ran off to show others. As I continued along, elders would wave but remained seated on a stool outside the door of their thatched-roof homes.

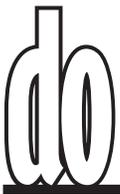
I pointed my Poloroid at an old man smoking a homemade cigarette. The smoke drifted into his eyes, he squinted and I 'clicked'. When the picture came out and slowly started developing, I passed it to him. He got a terrified look in his eyes, grabbed his throat, and started breathing in and out deeply. He looked like he had seen the devil! I didn't know what to do.

The Chief of the village appeared beside me and in his broken English explained "he thinks you have stolen his soul!"

WILLIAMS LAKE



SAFeway



“Photographs open doors into the past, but they also allow a look into the future.” ~Sally Mann

Developing your business plan

A snapshot of your small business

BY FLORENCE GONYER OF COMMUNITY FUTURES CARIBOO CHILCOTIN

Just as photographers have an image in their mind of what they have captured when developing images into photographs, entrepreneurs also have an image in their mind of what they picture their small business to look like. In the beginning stages of small business start up, entrepreneurs need to take that image they have and develop it into a business plan. Many entrepreneurs write a business plan only when they need to secure start-up financing. However, your plan is far more than a document for banks and investors to read; it's an invaluable snapshot for launching and growing your business.

In order to put your business concept on paper, you need to filter through and research the many factors that are needed to make sure your business is a success. With a plan, not only can you spot potential weaknesses, opportunities, and threats, your plan can help you make informed decisions about your venture before you commit yourself legally or financially.

A business plan helps you determine if your business is likely to be viable, and focuses your efforts to improve your chances of success. As you prepare your plan you will get the answers to key questions: Is my business viable? What are the strengths and weaknesses of my business? Who are my customers, and how do I plan to get them to buy from me? Who are my

competitors? What skills will I need to properly run this business? Some people see a business plan simply as work they have to do to get money from a bank or investor. Not so! Business plans are very effective at making your business successful, and reducing the chances of failure. That is why banks, investors, and lenders like Community Futures require them.

A business plan has four key parts:

Description of the business: Describe what products or services you will sell or provide. Your business may highlight only one type of product, or it may offer several different kinds. It is crucial that you have a clear understanding of the different kinds of products/services you offer, or plan to offer, because this will help you identify who your customers are.

Market Research: Market research plays a very important part in determining whether your business idea is viable. What it really boils down to is asking your customers whether they will buy your product. Market research can be simple and straightforward to do. You do not need to hire an outside company; in fact, the best market research is the kind you do yourself. How you do the research



will depend on the type of business you want to start and the nature of your customers.

Management: As an entrepreneur, your leadership skills will play a vital part in your success or failure. There is far more to running a company than simply providing the goods or service itself. All businesses require skills in organization, sales, customer relations, crisis management, marketing and technical areas. Successful entrepreneurs either have sufficient experience in these areas to be reasonably effective, or have people with those skills who they can draw on.

Financial Projections: You'll need to show projected financial statements, including income statements, proforma balance sheets, monthly cash flow and annual cash flow statements. If you need a loan to start the business, you must show lenders that the business

idea is viable, that you are the person to make the business viable, and that the loan is secured in case things go wrong.

By this point you will know whether your business will require financing or investment. If you need to borrow money, the information in the business plan will help you greatly in arranging financing. Lenders also want to know what assets are available to secure their investment, in case things don't go as expected. List assets, along with the serial numbers where appropriate, and market values. Only list the assets that could be sold should the business go under. Do not include renovations to buildings, advertising, or other "intangible" items.

Planning is essential when starting your small business; Business Planning Guides are available from most banks and as well at the Community Futures office at 266 Oliver Street.

THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

May 6th

National Tourist Appreciation Day

If you are a tourist today, expect to be pampered. But, wait a minute. As a tourist, you should be pampered every day, period.

Vacations are too infrequent, and too far in between. When you go away on vacation and spend good, hard earned money, you expect and deserve to be treated well. You have earned (and are paying for) the right to be coddled, pampered and attended to.

May 18th

International Museum Day

International Museum Day is a good opportunity to visit, appreciate, and support your local museum. The goals of International Museum Day are to give museum professionals the opportunity to meet the public, and to make the public aware of challenges faced by museums. Each year, a different theme is promoted.

Ways to celebrate International Museum Day:

- Visit a museum
- If you can't visit today, learn a little more about your local museum
- Donate to a museum
- Volunteer to work at a museum



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Art Gecko

Don't miss the show and sale featuring local artists at the Gecko Tree Café!

**ON UNTIL MAY 30,
MICHELLE EDGE**

The Gecko Tree welcomes Michelle Edge, an accomplished pen and ink artist from the Miocene.

Michelle has called the Cariboo home for over 35 years and began drawing in 1989. Searching out old homesteads and capturing the character and personality of these fascinating historical buildings is truly a challenge that she loves. Michelle hopes you enjoy the exhibit as much as she enjoyed creating it!

**JUNE 2 - JULY 11,
WANDA SHEPPARD**

Wanda's love for photography began in the 1970s when she started using her mom's Kodak film camera; her hobby soon turned itself into her passion! Exploring with camera in hand, Wanda finds many opportunities to photograph untouched landscapes, wildlife, rodeos and the spectacular scenery that the Cariboo Chilcotin has to offer.

Interested in having a show and sale? Contact Beatrix Linde, Gecko Tree curator 250-440-5759.

hear

Photography 101

A SHORT STORY

Christy took a deep breath, and walked into the unknown classroom. She took a quick look around the room and chose a seat in the rear right corner. The idea of having someone sit behind her made her nervous, so she always picked a seat so that no one could. As she sat down, she put her notebook and pen in front of her and adjusted the seat closer to the desk. This certainly wasn't the first course she had taken and it definitely wouldn't be the last, but the first class always felt the scariest.

After about 10 minutes, seven other people walked in, including someone Christy assumed was the prof, because the man stepped to the front of the class and put his briefcase down. He seemed to be in about his mid-thirties, with a shaved head, and a prominent gold wedding band on his finger that he was fiddling with as he waited for the rest of the students to take their seats. He turned around after setting up his computer and wrote his name on the whiteboard.

"Hey everyone," he said as he glanced down at his watch. "It's 6:00 PM, and I think it is time to start.

My name is Dan Smith. You can call me Dan; Mr. Smith is my father. And this is Photography 101."

Christy opened her notebook to the first page and started taking notes down as he was talking.

"In this six-week course, we are going to learn how to use our aperture and our shutter speed, not so that you can become professionals and put me out of a job," he chuckled, "but so that you can stop using the pesky auto button on your cameras."

As she was writing, Christy heard some giggling from the front of the room. It was going to become annoying to her, if they didn't quiet down. She guessed that was why school was a little harder for her; she hated interruptions by people that didn't want to pay attention.

"Please pay no never mind to the two girls giggling up front." Dan responded instinctually. "These are my daughters who will be helping me throughout the course."

Christy smiled. It was nice that he brought his daughters with him, even if they couldn't stop whispering to each other. She was determined to learn all she could from this course, she loved taking pictures and felt that she had a good eye for it.

Before too long, it seemed like the class was almost over. Once a week for two hours didn't seem

like too long to learn about something as complicated as the settings on your camera, but Christy took down everything she could in her notebook, anything she could think of that could help her later on.

"Okay," Dan said at the end of the class that night. "So we have two classes left of the course. You guys seem to be getting the concept of it, so next week we are all going to meet at Scotch Island Park and we are going to put those concepts to use."

Christy got up and made her way to the front door. Dan was handing out the assignment papers, and she had to wait behind a few of the women, who seemed to like staying behind to talk to the charming photographer, before she could get her copy.

The next week, Christy pulled up in the parking lot, and grabbed her camera out of her camera bag. She could see the people from her class gathering around a picnic table and watched Dan point some things out on his camera to his daughters.

Christy looked down at the instruction sheet. The gist of it was, the photography teacher wanted them to explore the park and take pictures of the trees and views in the shape of a letter from the alphabet, all while using different aperture and shutter settings. She got out of her car and made her way over to the rest of



Tasty Tidbits

By Paige Knights-Smith

the class.

"Alright, before I let anyone loose, are there any questions?" Dan asked looking over the small group of people. "The main focus is to try and test out different settings on your camera and what the result will be. The alphabet part is just to have fun with it."

Dan looked at Christy and gave her a thumbs-up. She smiled awkwardly back at him.

"Just remember that I will be wandering around with you guys, answering any questions you may have," He continued, "and my two daughters will also help if you can't seem to find me. Alright, let's meet back here in an hour."

Christy put the strap of her camera around her

neck and set out to collect at least 26 different pictures. She changed her settings over and over again. Seeing the difference of over and under exposure, how much light was to be let in, versus how blurry or how sharp the image could be with the shutter speed.

Christy loved looking around the island for different angles and different shots. Though she could never see this as a profession, she felt that she now had at least a slight knowledge of how to make some crazy and interesting shots. She smiled as she glanced down at her camera and set out on a somewhat hidden trail, looking forward to being able to capture whatever she could find.

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“The whole point of taking pictures is so that you don’t have to explain things with words.” ~Elliott Erwitt

Invasion of the ‘selfies’

Video games may have first appeared on some very old computer systems, using very rudimentary graphics, and sometimes with no graphics at all, but these days, they’re designed as visual feasts, particularly those titles coming from the biggest publishers. If your triple-A title doesn’t feature all the latest graphical bells and whistles, you’ll likely be forgotten.

So it’s surprising that there aren’t more games that allow you to really explore that visual world with something like in-game photography.

Sure, just about any game allows you to take screenshots. And I guess, for the most part, that works about as well as in-game photography could be expected to work. But for those looking to be immersed in the world of the game, it would be nice to see more titles allowing your in-game character to whip out a camera and take a few pictures.

Not that there’s none at all. And many of the games that allow for photography make that feature a big part of the game.

Take *Dead Rising*, a kill-the-zombies-at-the-shopping-mall game that was an early title for the Xbox 360. You play photojournalist Frank West who, along with attempting to overcome

the zombie outbreak and help the dozens of survivors scattered around the mall, can also snap pictures of anything he sees, with high-quality photographs actually helping Frank to level up and become more powerful.

Fatal Frame is another title that has made photography a fairly integral part of the game, across multiple titles in the franchise. Playing similar to a first-person shooter, the protagonist wields an antique camera instead of a rifle, combating evil spirits by snapping their pictures. I’ve never played any of these games myself, but they are supposed to be some of the scariest horror games available.

Bioshock also gives players a camera, and one that not only allows them to take some (hopefully) pretty pictures, but one that allows you to improve your abilities against those specific monsters. Snapping a picture of a raging Splicer trying to murder you might be challenging, but it’s a challenge that’ll pay off later.

Some in-game photography is designed just for fun. As selfies have become more and more common in real life, they’ve started to crop up in video games as well.

In *Grand Theft Auto V*, your character can

accomplish a lot with his cell phone, but for me, the greatest feature is the selfie-cam. Snap a picture of your character as he checks out a strip club, or stands in front of the hot car he just lifted, or in the middle of a massive firefight – really, the selfie-possibilities are endless. And if you want to share them with others, you can easily upload them to the Rockstar Social Club where you can easily access them on your computer.

Finally, a game with some of the greatest terrain and most diverse worlds, which has always allowed for screenshots, has finally introduced a selfie-cam. *World of Warcraft* now allows your character to show off his exploits with a rare device that can be acquired through your garrison (one of the new features that came in the last expansion, *The Warlords of Draenor*). My *Warcraft* account has lapsed lately, so I haven’t had the chance to try this thing out yet, but I guarantee you once I get my hands on one, I’ll be selfie-ing it up everywhere I go.

But that might not be for a while, and before then we’ve got some video game releases to take a look at. On May 4 you can play the latest chapters in one of the oldest FPS franchises when *Wolfenstein: The*



Old Blood – a prequel to *Wolfenstein: The New Order* – arrives for PC, Playstation 4, and Xbox One.

It’s a good month for racers! *Project Cars* brings some next-gen racing to PCs on May 6 and on Xbox One and Playstation 4 on May 12. *Nascar ‘15* arrives for PC, Xbox 360, and Playstation 3 on May 22. If you prefer a bit of ultraviolence with your racing simulator, *Carmageddon: Reincarnation* hits PC, Mac and Linux on May 21.

One of the best reviewed RPGs of recent years releases its third chapter on May 19 when *The Witcher: Wild Hunt* hits PC, Xbox One, and Playstation 4.

Other notable releases: *Final Fantasy X / X-2*



HD Remaster (05-12); *Invisible, Inc.* (05-12); *Galactic Civilizations III* (05-14); *Magicka 2* (05-26)

What have I been playing lately? I’ve been fulfilling my MMORPG desires with *Star Wars: The Old Republic*, thanks in part to a recent double-experience event. And I’ve been messing around with *Paradise Lost*, a surprise expansion for the 12-year-old

Postal 2, one of the most controversial games of all times (and a title I still have kind of a fondness for).

What have you been playing lately? Do you like to stop and snap a picture of the scenery when you’re exploring the virtual space of a video game? Send us your favourite screenshots! feedback@thestew.ca

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~Ambrose Bierce

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Captured moments



BY CHRIS HUTTON

The reason we become enamoured with photographs and photography, taking photos and sharing memories, is because we get to look back at how any given place, person, or thing has been in the past.

Despite the fact that in today's tech-smart culture, we all have a camera in our pocket at all times, we still constantly snap photos in our mind's eye. Moments we never want to forget, or a way that things are that we never want to change. But we know that the moment will always change in real-time. We need to be able to hold on. I am convinced that this is the need that has necessitated the invention of the camera.

In theatre, the topics of photography and the idea of “moment-capture” is a part of the experience that the audience member is maybe not always aware of, but is one of two products we are consuming as an audience. In the case of Williams Lake Studio Theatre's (WLST) next production *Proof*, imagery in the form of lighting and

our amazing set will take you out of the theatre at Glendale School and off to a backyard, somewhere near the University of Chicago.

In *Proof*, young Catherine (played by Bobbi-Jo MacNair) copes with the recent loss of her father, a great mathematician, after sacrificing years of her life – even quitting school – to care for him as he sinks deeper and deeper into his mental illness. We'll get to see glimpses of Robert's brilliance and the tragedy of his downfall as WLST veteran, Jay Goddard, delivers performances in ‘moments’ that exist as the bittersweet memories that stand out in Catherine's mind.

Catherine also shows similar promise in the field of mathematics, unlike her older sister (played by Becky Strickland), who is concerned that her little sister displays other, more concerning characteristics of their father's. Meanwhile, a bright, but pesky graduate student and friend of Robert's, Hal (played by WLST newcomer Daniel Patterson), is searching



the notebooks Robert filled in the final years of his life and the depths of his illness, for one last vestige of his greatness.

‘Moments’ are the second product the audience consumes in theatre. The moments Catherine shares with her sister, her father, and Hal in *Proof* are genuinely relatable. Find these ‘photographs’ in your mind: a quarrel with a sibling; the loss of a loved one; moments of triumph in the face of extreme adversity; moments of misunderstanding and awkwardness so wildly blown out of proportion in the early days of a new love that they'd be comical, if there wasn't

so much on the line; a moment of realization that will stop you in your tracks.

These moments are what drew director Sheryl-Lynn Lewis to David Auburn's Pulitzer Prize winning screenplay. As for me, I've just been happy to be along for the ride as assistant director; taking photos in my mind experiencing the moments as they go by.

Proof runs May 6-9 and 13-16. Doors open at 7:00pm, and the show starts at 8:00pm. Tickets are available at AboutFace Photography, the Open Book, and the Realm of Toys.

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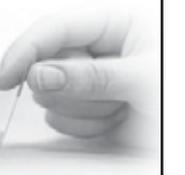


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“The negative is the equivalent of the composer’s score, and the print, the performance.” ~Ansel Adams

Autism Centre opens

BY VANESSA RIPLINGER
OF THE CARIBOO
CHILCOTIN CHILD
DEVELOPMENT CENTRE

In August 2013, the Cariboo Chilcotin Child Development Centre’s (CDC) Board of Directors saw the need to expand services to children with autism and their families.

After consulting with CDC staff and parents of children with autism, the following wish list of additional programs and supports that could be provided in the short-term to enhance existing community services for children and youth with autism and their families were developed:

- Parent Support Groups to expand parent connections and reduce isolation
- Parent to Parent Groups that provide an

overview of the latest evidence-based research, best practices and the real life examples from other parents who share what ‘works and does not work’

- Sibling Groups for other children in the family

- Life skills coaching and age appropriate, practical life skills for middle years children (6 to 12) and youth (adolescents) – cooking, dressing, bathing, hygiene, budgeting, time management, toileting, leisure activities, etc. in a home-like setting

- Social and emotional training, initiating and maintaining friendships, supporting and understanding adolescent development – feelings, relationships, changes both physically and emotionally, anger management

- Job skills and first employment readiness (resumes, time management, employee expectations, volunteering, job shadowing, and social skills for work – listening, following directions, eye contact, working as a member of a team, etc.)

- Certified Autism Interventionists

- Service navigation when a child is making a transition from one type of service level to another; for example, school to adult and other community services, transition to school programs, when children and youth with autism are entering elementary, middle years or high schools

These programming possibilities work well with the concept of building a custom-designed house, special-



izing in autism programming. The house was designed to ensure that the practical life skills training would be possible; for example, the kitchen and family room area would be sufficiently large enough to incorporate a teaching kitchen that would

meet the criteria of a commercial kitchen but could be used by a small group or a family to learn to prepare, store and enjoy locally grown food products. The building would include family friendly meeting spaces to accommodate parenting groups, child

minding or one-to-one behavioral intervention sessions.

The Autism Grand Opening will take place Wednesday, May 20th, from 11:00am to 2:00pm. Please RSVP to CDC Reception at 250-392-4481 at the Child Development Centre.

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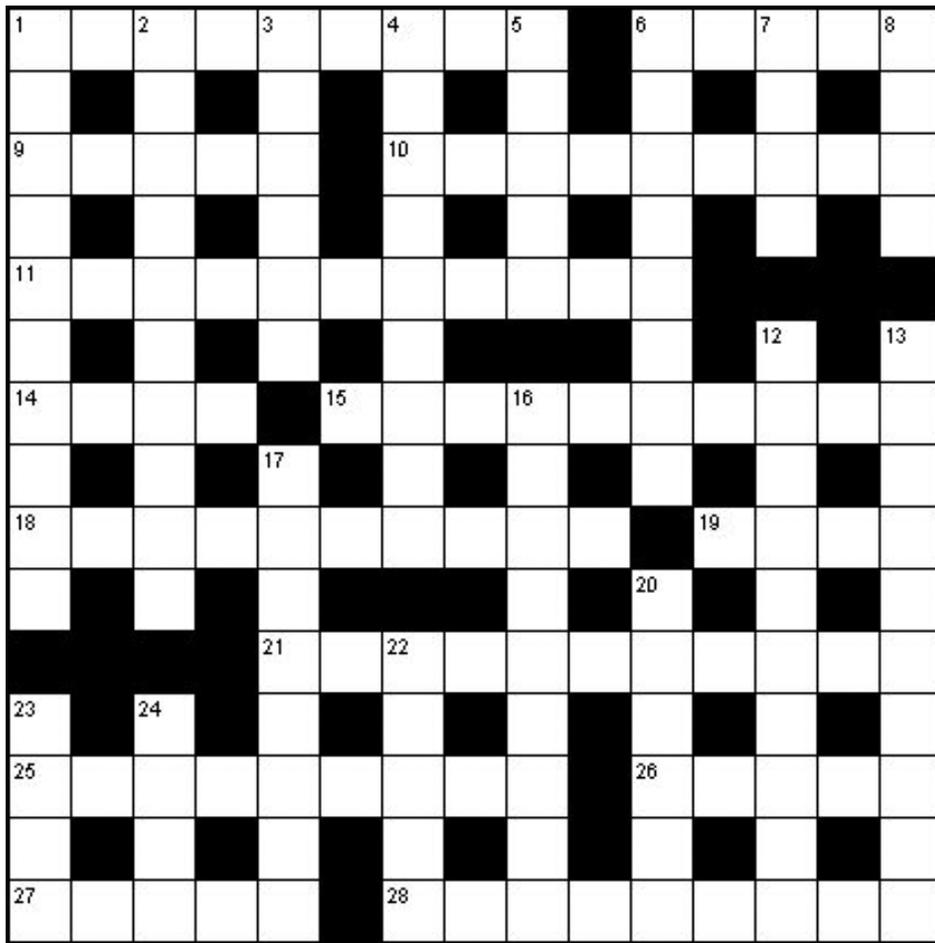
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X-Word Puzzle



ACROSS

- 1 Advantage briefly is given to defence if one's lost ground (9)
- 6 God's ground (5)
- 9 Half-heartedly stagger back for joint (5)
- 10 Future son of God abandons earth to offer assistance to those with a faltering heart (9)
- 11 Bowled evenly, getting two rookie openers to yield ground (3,8)
- 14 Trial that may take place at 1ac, 6ac, 11, 13,22 & 20, and 23 (4)
- 15 Make reluctant skiing instructor direct beginners back to slope (10)
- 18 Picture representing heartthrob? (10)

19 Goal obtained after introduction of last sub (4)

21 A nerve is not affected by abnormal tipping of organ (11)

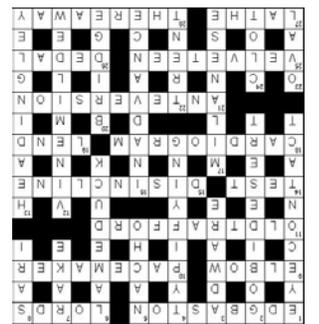
25 English general engages veteran in Vietnam to provide material (9)

- 26 Backward boy with little education displaying inventive skill (5)
- 27 Turner Prize finally is given after endless stick (5)
- 28 In that direction weather's poor always (9)

DOWN

- 1 Pupil to pupil: I said study diplomacy! (3,7)
- 2 To leave cauliflower first of all is a waste (4,6)
- 3 Director's informed about annoying computer programs (6)
- 4 Epitomising for your information in writing (9)
- 5 Chip pan a chore when out of trim? (5)
- 6 Male bats getting no runs – he's not much use (4,4)
- 7 Dissolute sort's inclination to scrape (4)
- 8 One prince turns up in Hindu dress (4)
- 12 Vile wine regularly

- made awkward problem for its producer (4-6)
- 13 Directing one's course to pasture ground (10)
- 16 A ball secures victory after batting previously (2,7)
- 17 Italian motorway (part of it) leading south east (8)
- 20 See 22
- 22,20 Ground reached by river crossing (5,6)
- 23 Eggs left in ground (4)
- 24 Stupid fellow is a lump (4)



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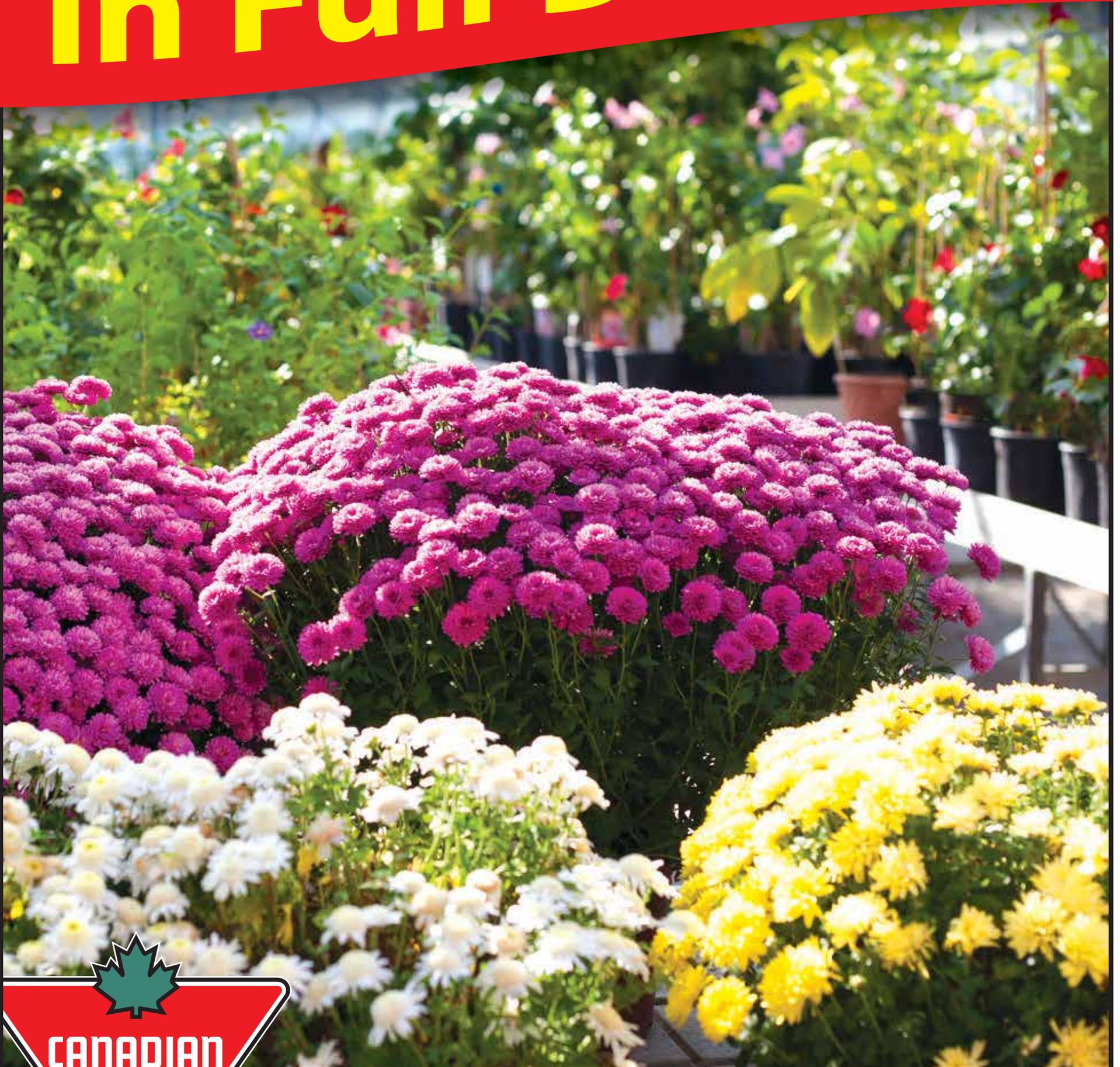
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