



the stew

ISSUE 9.09 | SEPTEMBER 2018 | **FREE**

the school issue

Featuring
Kerry Chelsea
Pages 6 & 7

we speak



On the Cover:

Tis the season for back to school! Join us as The Stew writers explore this "school" theme from all angles.

Advertising Information:

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

It's been a fun ride

BY CRAIG SMITH

As I write this month's editorial, "Back to School" sales are everywhere, the weather is starting to get a little cooler at night and the leaves on some of the trees in my yard are definitely starting to change colour. I was out shopping around the beginning of August and noticed everywhere that the back to school marketing has already started. I thought it was a little early, but as I'm still attending school in Prince George, I didn't really get any break. There was a family doing back to school shopping at the beginning of August and I had to comment about it still being summer. The response I got was that the kids liked school and really wanted to get back at it. Well, go figure. It must be different than when I was a kid, as I didn't want the summer to end.

It has been five years since my wife Christa and I bought *The Stew*, and we have put out 60 issues in that time. With me going back to school and Christa getting a full-time job, we decided a year ago that we would like to find someone to pass "our baby" on to, who would take good care of it and help it grow even more. We have finally found that person! Next month will be his inaugural issue. I won't tell you who in this article, but will give you his extensive publishing resume next month when we do our "change of command" issue (yes that's an Army term, I couldn't help it).

So as this will be my final editorial, and I'd like to say, "So long and thanks for all the fish." Most of you won't get the reference, but it is the start to the book and the movie, *The Hitchhikers Guide to the Universe*. Dolphins are the second-most intelligent species on the Earth (humans are third) and are leaving Earth as they are aware of the planned destruction of the planet.

They did try to communicate but humans didn't listen, so they left them behind. If you like British humour you will love this movie. Its also where I came up with the name for one of my companies, 42 Hats (in this movie, 42 is the meaning of life).

This has been a busy five years and I've had the pleasure of meeting and interviewing many people that I wouldn't have otherwise. I got to sit down with them and spend an hour learning about their life. This area is so rich with artistic talent and it has been a privilege to document with *The Stew* all that was happening in the Cariboo. I'd like to thank those people who let me interview and photograph them. Some did it willingly and some I had to coax, but in the end, I did some amazing interviews and met a lot of truly amazing people.

I'd like to thank all my writers who stuck with us when we took over 60 issues ago, and those who have continued with us for the years between then and now. Thank you for the words that you have given to help create what *The Stew* has become. Though this is the end of my time with *The Stew*, I hope you will all continue to submit your writing to the new owners, as I look forward to reading your entertaining articles in the future issues of *The Stew*.

Next my advertisers, many of whom have supported *The Stew* since the beginning. I want to thank each of you for your support and faith that you have shown in a publication that month after month has just gotten better and better. We have continued to put out a high-quality product and have strived every month to make it level up. There is no doubt in my mind that the new owner will continue to give you high value for your advertising and in some exciting new ways, maybe even higher.



My distribution people, Warren and Sue, Glen and Jan... thank you. Having you distribute our product has made it painless to get our message out, and your services will definitely be needed in *The Stew's* next phase.

Now to my staff. You are my rock. When it comes to sales Joan, you have been a key part in helping the *Stew* grow to this point and I know you will continue to keep your customers happy. You have worked tirelessly and are always a pleasure to be around. You are an amazing person who has such a beautiful outlook on life. I want to thank you for your time and dedication to our vision over the last five years.

Thank you to Renée who I have stressed out more times than I can count with unrealistic deadlines that she met every time. You are the main reason for the high-quality product that we have put out every month. Your talent when it comes to graphic design does not go unnoticed, as many times customers have asked to

use her creations for other purposes than an ad in *The Stew*. I couldn't have done 60 issues without you and I look forward to having that talent continue behind the scenes at Tell-Tale, with signs and all our printed products. Renée has also agreed to continue with *The Stew* for a time, to make the transition as seamless as possible for both the advertisers and the new owners.

Last but not least, I want to thank my wife who has been there through the whole journey I have had with *The Stew*. You have kicked my butt to get articles written and many times have given me inspiration for my writing. I definitely couldn't have done it without you. *The Stew* has been a labour of love and you have stood by me the whole time.

This next phase of *The Stew Magazine* will be exciting and I can hardly wait to read it once its firmly in the hands of the new owners. Who knows, maybe they will ask me to write for them. So now it really is, "So long and thanks for all the fish."



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ingredients

"Education is what remains after one has forgotten what one has learned in school." ~Albert Einstein

Pages 6&7

Featuring:

Kerry
Chelsea

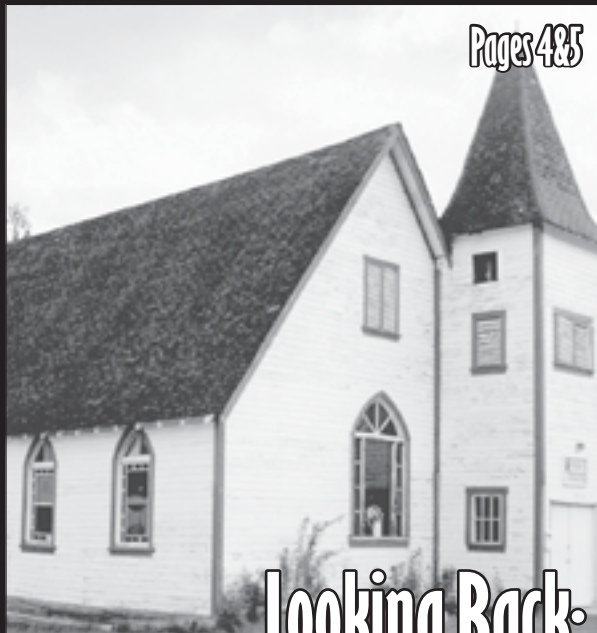


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Back to business school

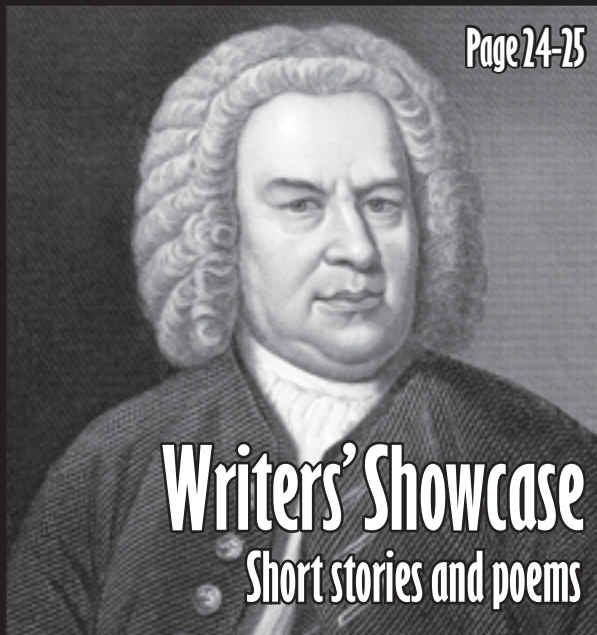
Pages 4&5



Looking Back:

The only church ever towed across the river,
Emmanuel United Church, part 1

Page 24-25



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hear



The only church ever towed across the river

Emmanuel United Church, part 1



There's a coffee mug and collector's plate in my cupboard that I've treasured for more than 25 years. They were gifts from Andy and Lillian Siwallace of Bella Coola. Engraved on both is a likeness of old Emmanuel United Church that once stood proud on the Nuxalk side of Burke Avenue in Bella Coola townsite. The cup and plate were part of a fundraising campaign to

replace the old church. Thanks to Goodwill Ambassador Darren Edgar who conducted tours of special places in the Bella Coola valley, I got introduced to the old church a number of times. What impressed me most was the building's acoustics. You could literally hear a pin drop resonating off its cedar wood panelled walls. But the iconic structure was showing its age. Many of

the stained glass windows were cracked and it was feared that the bell tower was too unsound structurally to ring the bell. I was shocked when Andy Siwallace said the congregation wanted to tear down the old church and replace it with a new one. From the perspective of an outsider the 65-year-old structure was a heritage building worth preserving, but



► Emmanuel United Church

Andy and Lillian had other ideas. The old church was drafty and cold in winter, they said, especially when the East Wind blew down the valley from the high Chilcotin Plateau. The further you go down the valley toward the mouth of the

river the intensity and velocity of this outflow wind, known familiarly by the Nuxalk as the Spss, increases. The Bella Coola townsite receives the full brunt of its force. "It's too cold to meet in the main part of the Church with the East Wind," Lillian explained.

"So we have to hold the services in the back." Then Andy described the church's amazing and colourful history. "It's the only church ever to be towed across the river," he said. I was spellbound as he continued his story. Andy was away in



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hear



► Tractors and church enter the river and an engine fan gives one driver a brisk shower



...continued from page 4

residential school at Fort Rupert near Port Hardy in the spring of 1938 when the bell tower and windows were removed from the 56-foot-long by 28-foot-wide structure and the church was jacked up, put on log skids and towed across the Bella Coola River.

The timing was important to minimize any negative impacts on the ancient oolichan fishery and the sacred grease making activity that took place in the tide-influenced waters near the river mouth. By the end of April the oolichan had finished spawning and the grease making was done and the river level was still low before the arrival of the spring freshet.

Lillian was six years old and hadn't been sent away to residential school yet so she remembered the whole thing.

In those years the Nuxalk had two villages at the mouth of the Bella Coola River. The south side was occupied by ancient Q'umk'uts Village with its traditional Longhouses. On the north side stood a modern village with European-style lumber frame houses, a community hall, and the brand new Emmanuel United Church.

Perhaps a brief history of Bella Coola would help put things into perspective.

It is said the pre-contact indigenous population in Bella Coola was around 3,000 people. They inhabited up to twenty villages along the fjords from Kimsquit to South Bentinck and from Kwatna up the Bella Coola River to

Stuie. After the smallpox epidemic of 1862 the population was reduced by 86 per cent. Only 402 people remained alive.

With the collapse of their population the Nuxalk abandoned their traditional villages and congregated at Q'umk'uts at the mouth of the Bella Coola River.

In 1867 the Hudson's Bay Company opened a trading post in Bella Bella next to Q'umk'uts. The company already had a trading post in Bella Bella since 1843, the year James Douglas made his exodus from Fort Vancouver and the Columbia River District and established Fort Victoria on Vancouver Island.

Also at Bella Bella was a Methodist Church. This was the closest bastion of Christianity to Bella Coola. Occasionally missionaries would show up in Bella Coola, but the Nuxalk population remained steadfast in their own spiritual traditions.

Then in 1882 something changed. Nuxalk Chief Tom Henry who was responsible for taking care of the masked song and dance ceremonies, had a religious conversion to Christianity.

According to his grandson Bill Tallio, Tom put down his masks, headdress and cloak, and invited the Christian missionary from Bella Bella to begin ministering to his people.

Former Nuxalk Chief, the late Ed Moody, says Tom burned two wooden boxes of his regalia in front of Methodist missionary William Henry Pierce.



► Bulldozers pulling church through the river

Tom's conversion caused quite a schism in the Nuxalk community. Half the people followed Tom to the north side of the Bella Coola River, where they built a village at the mouth of the Necleesconney River. The other half continued living at Q'umk'uts on the south side of the river and kept to their old ways.

Church services for Tom Henry's followers were held in a longhouse until 1905 when a Methodist church was built to replace the longhouse as a place of worship.

Despite the decimation of their population from smallpox and introduced diseases, the Nuxalk still outnumbered the settlers in Bella Coola when the first boatload of 84 Norwegian colonists arrived on October 30, 1894. This was followed by two more boatloads of Norwegian settlers the following year.

The bulk of the Norwegian colonists settled further up the Bella Coola Valley at Hagensborg, but in 1895 a white settlement was built next to the Nuxalk village on the north side of the river.

There were several reasons for this. The north side of the river was sunnier and there was more fertile ground for growing crops like potatoes. There was also better access to the port facilities thanks to a mile-long pier constructed to the government wharf on the north side of North Bentinck Arm.

The two communities

on the north side of the river had one drawback. They were susceptible to the periodic devastating flooding of Necleesconney River.

The white community on the north side was the first one to blink. After enduring 30 years of intermittent flooding they finally had enough when the Necleesconney washed out the whole town in 1924. Premier Duff Pattullo declared it an emergency.

The next year the white population relocated to the south side of the river where a townsite had been laid out on the old Hudson's Bay property once owned by John Clayton.

The native community remained steadfast on the north side, confident they could withstand the elements. In 1934 they started building a new church to replace the old Methodist Church that was too small for its growing population. In 1935 Emmanuel United Church was completed, using wood from the old



► Church at new location

church making a link to the earlier congregation.

Then came the flood of 1936. That was the last straw. Not only did it take out most of the houses, it washed out the roads and waterworks infrastructure, and took out the only bridge access across the river that linked the north side to Q'umk'uts and the new Bella Coola townsite.

On April 21, 1938 a small bulldozer hooked onto the skids to move Emmanuel United Church toward the Bella Coola River, but the church wouldn't budge. So they hooked up a second small cat and tried again. Two cats still couldn't move it.

Then as Andy Siwallace liked to tell it, "Some smart Indian went into the church and checked, and sure enough the church's chimney was still attached to the ground."

With this problem rectified they managed to coax the church a quarter mile the first day. The next day they

launched into the river with both bulldozers straining on the tow cables. The engine fan on one bulldozer gave one driver a brief shower.

"I remember my grandmother and a whole bunch of ladies standing on the river bank crying," remembered Lillian Siwallace. "They were afraid the church might sink."

In a fanfare of celebration the Nuxalk brass band set up inside the church to play as it was floated across the river. Andy Siwallace said they played Onward Christian Soldiers the whole way across.

"My dad was in that brass band," he said. "They got wet up to their waists but they kept on playing."

They got across the river and set the church up on Burke Avenue where it remained for 63 years.

...Join us for next month's story: decommissioning and replacing Emmanuel United Church



Kevin Church



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flavour of the month



Featuring: Kerry Chelsea, Four Winds Driving School

BY CRAIG SMITH

This month's featured personality, Kerry Chelsea, came to us by way of Notre Dame Quebec but his roots and heritage run deep in the Cariboo. Although Kerry was born in Quebec you can see from his last name that his father's side of his family is from the Alkali Lake area. When he was nine his parents moved to Alkali Lake and stayed there for about six months before moving into Williams Lake for Mom's work. Quite a transition for a kid that didn't speak any English at that time. He stayed in Williams Lake until the end of grade and finished high school up in Prince

George. While he was growing up he met and elder that told him if he ever wanted to learn his culture to come visit. As Kerry had no idea of his culture growing up and only had a vague knowledge of his heritage he decided to take the elder up on his offer and spent the next year in North Dakota learning. After an eye-opening year, he moved back to Canada and spent a couple years as an Aboriginal RCMP officer. He was good and writing and because of that ended up riding a desk doing what he was good at. After a couple of years of writing reports, he wanted to do something else and decided to see the world. For two

and a half years Kerry traveled the world with the Canada World Youth Cultural Travel Exchange sharing his culture. Once back in Canada he then went back to school and did two years of law school at UBC Okanagan. With that education under his belt Kerry moved back to Williams Lake and started working for Denisiqi as the youth programs coordinator and Aboriginal family group conferencing coordinator. He loved the job and every time he got a program organized he would get another project added to his plate. This was around the time he met his soon to be wife Shae. Kerry met the soon to be Sugar Cane Chief

Willie Sellars and after a few hours of conversation Willie said, "You have to marry my sister". Little did Willie know that he was predicting the future as they were married in 2013 and now have three kids.

In 2017 unfortunately, Kerry was diagnosed with cancer and opted for surgery rather than go through chemo. As of today, Kerry is 100% cancer free. This did change some of what was going on in his life. This month's theme is school and when I saw the sign for Four Winds Driving School that my staff had installed across the street from our office I thought he would be a perfect fit. What is cool about the

school is that it started out as a need from his home community. In 2014 Kerry decided to run and became a Band Councillor with Alkali Lake Band. His driving school started as a volunteer service as so many of the youth in his community did not have drivers' licences. He brought this up to his Chief who immediately put Kerry in charge of rectifying the situation. He went and took the training to be an instructor and it took off from there. Many communities were asking for Kerry's services and it became hard to do both his work for Denisiqi and do the driving school and with his Cancer operation it made the decision

easy. Kerry said it was his wife that convinced him to make the driving school into a business and in 2017 they officially opened up a full-time training school. As of today, Kerry and Shae's school teaches class 4,5 and 7 and he is hoping to be class 6 accredited in the next month. In his spare time, he is busy with his kids in hockey and boxing and is a DJ on the side which he teaches as well. If you happen to need driving lesson or know someone who does Kerry's school can be found across the street from Tell-Tale Signs and the home of The Stew.

flavour of the month

*"We don't stop going to school when we graduate."
~Carol Burnett*



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do



When should young people buy life insurance?



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

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

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

happen – they are healthy now (hopefully!)

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

What does lifestyle have to do with buying insurance?

If someone has quite a number of speed-



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

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

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

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

The best time for a

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

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do

"Let's face it. No kid in high school feels as though they fit in." ~Stephen King



Gummies or granola bars



Isn't it great when the kids are still at the age that they miss school? They want to go back, they're antsy to get their school supplies, new outfits (since they magically outgrew everything over the summer) and see their friends again.

Meanwhile we're singing along to Staples' "it's the most wonderful time of the year" commercials and thinking of what we're

going to do with all the free time we now have on our hands—Oh, wait! No, we work a 9 to 5 job so instead we're panicking trying to think of creative things to keep them occupied for the few hours until we're back home every day, and a streamlined system for lunches. Darn.

The kidlet is old enough to make his own lunches now but if I don't want him

surviving on gummies and granola bars I oversee what goes where.

This year I figured we'd try something new for us. I'm a sucker for bento boxes and now that they're becoming more popular we've been able to pick up some brightly coloured containers.

If you open our fridge you'll find multiple large containers full of pre-cut vegetables, fruits and cheeses. This is an easy task for the littles to help with and then they can pick their favourite veggies and fruits. Most of these are still good four days in and so you just have to think of a "special" lunch for Fridays (leftovers from Thursday?).

The bentos (bentoes? Bentoos? Who knows!) come with convenient little

containers with screw-on lids so we've stopped buying individual containers of yogurt and instead buy the 1 litre tubs of vanilla, then add our own fruits to them.

If you're crazy -er- have some spare time in the evenings, making your own granola bars isn't difficult. It's also not quick and a bit on the pricier side thanks to most recipes calling for honey so honestly this only happens in our house once every month or so. Since we're in the Cariboo and surrounded by natural honey though I do like to save a few bucks and pick up a big bucket of it at the local markets. It will usually last me during nights of tea and baking for at least 8 months of the year!

All that being said, we're human so yes there will be days that pre-flavoured individual yogurts, granola bars and bags of gummies

will find their way into a lunch here and there while I'm madly rushing to get the kid to school with my hair in a still-wet bun and slippers

on my feet.

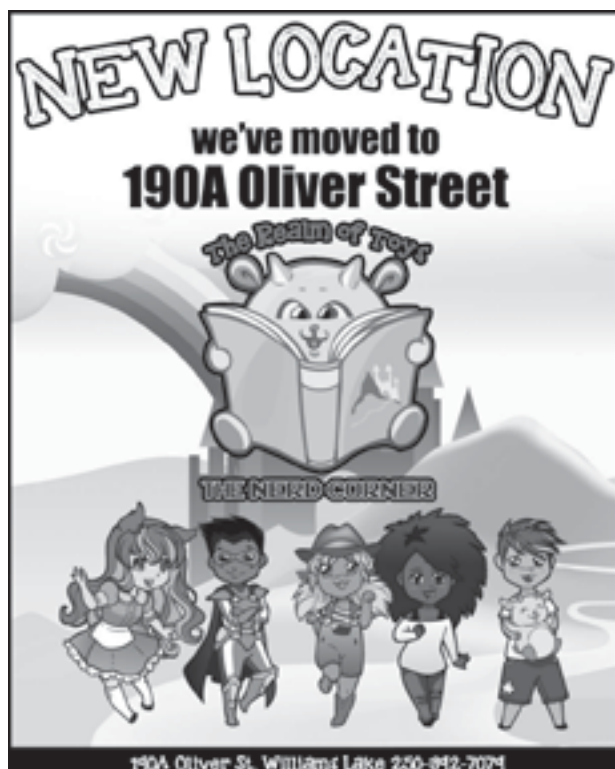
If we can survive the first week without too many bags under our eyes, I call that a success!

Art Gecko

SHOWING SEPTEMBER 4-30 AT THE GECKO TREE CAFE, ARTIST VERA LEHAR

Vera is originally from the former Czechoslovakia and started drawing line designs at the age of 16 while attending the College of Pedagogy in the Czech Republic. Vera has taught Kindergarten and worked in many daycares in Canada, eventually getting busier in life, studying nutrition and other modalities of energy work, she has continued to draw. Vera's work began as black and white, but she has since started using colour with paint and chalk on canvas. Vera has lived in and enjoyed the Cariboo for seven years. The process of creating these designs is very relaxing and has become a meditation, not only in the doing but also in the viewing.

To showcase your art at the Gecko Tree Café, contact Beatrix Linde at 1-250-440-5759 or bring-erofjoy8@gmail.com



do

*"He who opens a school door,
closes a prison." ~Victor Hugo*



► Museum summer students, Zach Abel & Sophie Wong are returning to school

Curator's Corner

Managing a heritage organization in the autumn brings new initiatives and challenges

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

The Museum of the Cariboo Chilcotin is looking forward to the autumn season. It is always a time of mixed sentiments. On the one hand, our summer staff return to their studies which leaves our permanent staff with lots of extra work to do. On the other hand, our education programming reboots for another year which is always a pleasure. This year, the Museum wishes success upon our three excellent summer students, Sophie Wong, Zach Abel, and Jayden Boxeur, all of whom completed meaningful exhibition, research, and collections management projects during the summer. We hope that the new academic year is very successful for you all.

The autumn season is a time of great opportunity for the heritage community

in the Cariboo-Chilcotin not only because of the increase in educational events with the start of the school term but also the continuation of summer trends. September and October are still very important times for tourism. Hopefully by then the eerie haze from the wildfire smoke will have subsided for this year, giving visitors and locals alike reason to experience the many heritage projects in Williams Lake, including the Museum, the Potato House, the 150 Mile School House, and many others. Visitor numbers remain very strong well past the Thanksgiving weekend and into early November, keeping us all very active.

Autumn is also a good time for major events and activities. This year, the Museum Society, the Mu-

seum's governing body, will be ramping up its fundraising efforts. This November will see the return of the Museum Society's annual fundraiser, the Cowboy Christmas Craft Fair and Concert, which will be held at the Gibraltar Room, 24 November 2018. The craft fair portion will take place in the morning and early afternoon and the concert will begin in the evening. The concert will feature four main headliners including Alan Moberg, Ed Peekeekoot, Jason Ruscheinsky, and Bruce Rolph. This is a major fundraiser in support of the Museum. Tickets will go on sale in autumn. Anyone who is interested in joining as a vendor for the fair is encouraged to contact the Museum before 15 September at 250-392-7404, mcc@wlake.com, or come visit us at 1660 South Broadway Williams Lake.

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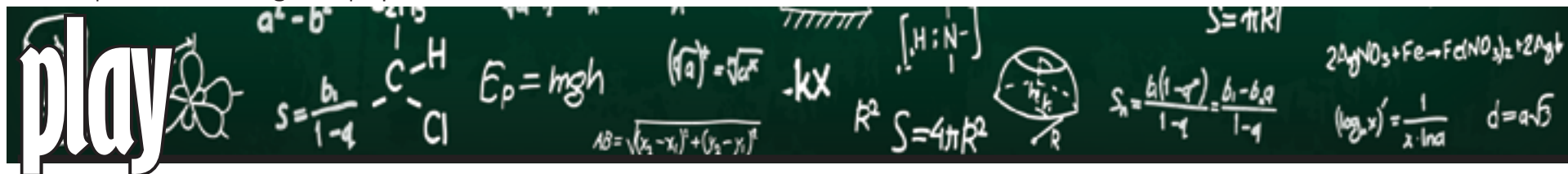
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**Your guide to
where to go and
what to do for
the month of
September**



WILLIAMS LAKE & AREA

September 1 Live music, Dirty Frazier w/DJZ & Bioson, CJs Southwestern Grill

September 1-8 Art Walk, check out the art at each location collect stamps to win prizes, participating businesses Downtown 9am-5pm, booklets available at the BIA at the corner of Oliver and 2nd Ave South

September 4,11,18,25 Mountain Bike Ride, ladies, XC/DH, all abilities, Tuesdays 6pm, Red Shreds

September 5,12,19,26 Royal Canadian Army Cadet Corps (Rocky Mountain Rangers), offers youth 12-18 the chance to gain new skills and meet new friends, Wednesdays 6:15-9pm, Legion lower hall, info:

www.3064rmrangcadets.org

September 5,12,19,26 Mountain Bike Ride, Wednesdays 6pm-dark, Barking Spider Mountain Bike

September 6 Garden Club meeting, first Thursday of the month, Arts Centre 90 4th Ave N, doors 6:30, starts 7pm, info: 250-392-2769

September 6,13,20,27 Tales & Trails, Thursdays for kids 0-5 with caregiver, free, Scout Island 10:30-11:30am

September 7-29 Station House Gallery presents: "How I Spent My Summer Evacuation" group show dedicated to the wildfire summer of 2017 (main gallery), and "Our Land Renewed" paintings by local artist Linda Bachman (upper gallery)

September 7,14,21,28 Mountain Bike Ride, Jumps & Jugs, Red Shreds, Fridays 6pm

September 7,14,21,28 Farmers Market, Fridays until Oct 5, Kiwanis Park 9am-2pm

September 7,14,21,28 Live music with Borderband, prime rib buffet, Friday evenings, CJs Southwestern Grill

September 8 Mini Makers Vendor Fair, ages 8-16, Curling Club 10am-1pm

September 8 25th Annual Tour De Cariboo, Memorial Complex 8am, ride to Gavin Lake 9am

September 8 Day of Destruction, Thunder Mountain Speedway, kids <12 free, gates open 10am

September 8 41st Annual Harvest Fair, live entertainment, pet parade etc, Stampede Grounds 10am-6pm

September 8 Bella Coola Valley Fall Fair, fun for kids & adults, Bella Coola BC 9am-6pm, info: bellacoola.ca/portfolio/fall-fair

September 10 FREE Seniors Bingo & Refreshments, upper level Boitanio Mall

September 10,17 Quintet Plus choir invites new adult singers to try the first two sessions free, check facebook for more info, St Peter's Anglican Church 6:30pm

September 14 Big Dog Comedy at Billy Bobs Bar & Grill, limited tickets available so don't be disappointed – pick yours up early

September 14-19 Photography Weekend: Digital Photo 101 hands-on workshop, Big Creek Lodge, info: www.stevenquon.com

September 15-16 Horsefly River Salmon Festival, educational displays & demonstrations, guided walks along the spawning channel, Horsefly BC 10am-2pm

September 16 Canadian Tire Car Show N Shine, all day

September 17 Good Food Box distribution day, Elks Hall 1-3pm, purchase your box prior to distribution day every 3rd Monday of the month: \$15/large box 250-392-4118

September 23 Kidney Walk, Boitanio Park 10am, registration 9am

September 27 Just For Fun ladies choir, all ages and skill levels welcome, supported by Women's Contact Society and Angelkeys Music Studio, Anglican Church, Thursdays 7:30-9pm

September 29 Diamond Dinner, net proceeds support Good Food Box & Autism Programs, raffles, auctions, door prizes, diamond draw, Signal Point, doors 6pm, info: 250-392-4118

September 30 Orange Shirt Day, supporting residential school survivors, Boitanio Park

September 30 Crib Tournament, round robin, Senior Centre, 11am-4pm, info: 250-392-7946

QUESNEL & AREA

September 1,2 Live music with All Stars, Cariboo Hotel 9:30pm

September 1-3 Comin' Home Wells Reunion, music, food, auctions, theatre, Wells BC, 10am-9pm

September 2,9,16,23,30 McLeese Lake Farmers Market, Sundays, McLeese Lake BC, info: 250-297-6611

September 2 Williams Creek Sports Day with Annual Goldfield Bakery Pie Eating Contest, games & activities for all ages, Barkerville BC 8:30am-8pm

September 3 Pull the Plug Pool Party, fun activities, Arts & Recreation Centre 1:30-3:30pm

September 3 The Spirit of Cariboo Cameron, Methodist Church Barkerville BC 8:30am-10pm

September 3 Theatre Royale final summer show performance, Barkerville BC, info: 1-888-994-3332

September 6 Senior's Expedition to Barkerville, free trip includes lunch & Theatre matinee, >65, departs from Legion 262 Kinchant St, 9am-5pm, preregister: 250-992-8994

September 6 Theatre Royale fall show begins, Barkerville BC, info: 1-888-994-3332

September 7-Oct6 Art Gallery presents "Interpretations" featuring 3 local artisans: Katja Kovanen, Cheri Maisonneuve, and Lee-Anne Chisholm, opening reception Sept 7, 7-9pm

September 7-9 Cowboy & Drover Jubilee, singing competition, theatre royal, kick off party, Barkerville BC 10am-1pm

September 8 Painting With The Herd, youth 8-12 2-3:45pm, teen 13-18 4:30-6:30pm, adult 19+ 6:45-8:45pm, instructor Tanya North-Shymko, First Equestrian Horse Ranch 2343 Reiersen Road

September 10-13 Heritage Workshop Series, hands-on instructional sessions using Victorian tools & techniques, Barkerville BC, info: <http://www.barkerville.ca/heritage-workshop-series/>

September 14,15,16 Occy JuiceBox & Vile Pole Arts: My Deer Wolf, age 19+, The Occidental

September 15 Dirty Frazier Open Mic, all ages event, The Occidental 6:30-9:30pm

September 16 38th Annual Terry Fox Run, raise money for cancer research, leashed dogs welcome, 9am registration, 10am walk/run/bike, LeBourdais Park

September 17 Live music with Tom Holliston, The Occidental 7pm

September 19 Sunset Cabaret, 7:30-11pm, 2357 Pooley St Wells BC

September 21 Live Music with The Statistics, The Fallaways & Redwoods: WTF Tour, best upcoming rock acts, The Occidental 9pm

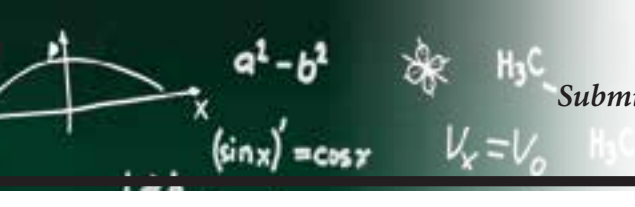
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September 22 9th Annual Amazing Race to Rebuild Barkerville, Barkerville BC

September 28 Foxxie Follies burlesque, The Occidental 9pm

September 28 Indigenous Artist Show, Art Gallery 10am-5pm

September 28-30 Bouchie Lake Harvest Fair, Bouchie Lake Country Store 11am

September 28-30 Out of Time Episode V: The British Empire Strikes Back, steampunk murder mystery, Barkerville BC, info: <http://www.barkerville.ca/steampunk5/>

September 29 Touch a Truck 2018, touch big trucks and other vehicles, meet the people who protect and build Quesnel, fundraiser supporting CDC, 300-488 McLean Street

October 3 Live music with Rita Chiarelli, roots & blues artist, Q Live Arts, info: 250-747-2207

100 MILE HOUSE & AREA

September 1 Loon Bay Craft Fair & Interlakes Farmers Market, last one of the season,

Interlakes Service Ctr
Sheridan Lake BC
10am-3pm

September 1-8 Parkside Art Gallery presents: Cariboo Artists' Guild 38th Annual Fine Arts Show And Sale: Reflection, Tues-Fri 10am-4pm, Sat noon-4pm, 401 Cedar Ave

September 1,8,15,22,29 Meat Draw, Forest Grove Legion Saturdays 4:30-6pm

September 3 South Cariboo Summer Festival, Centennial Park 11am-9pm

September 11 Community Band, all ages and experience welcome, practice Tuesdays 7pm Christ the King Lutheran 440 Horse Lk Rd, info: Dave 778-485-5560

September 4,11,18,25 Carpet Bowling Club, Tuesdays 1-4pm, Interlakes Hall, info: Kitty 250-593-4780

September 4,11,18,25 Co-Ed Drop-In Volleyball, Tuesdays 7-9pm, Peter Skene Ogden gym, info: Kersti 250-395-1353

September 4,18 Photo Group, 1st & 3rd Tuesday of the month,

Bridge Lake School,
info: Larry 250-593-4362

September 5,12,19,26 Bingo, g-ball, loonie ball & progressive, Wednesdays, doors 5:45pm, starts 7pm, Lac La Hache Hall

September 5,12,19,26 Eclectica Community Choir rehearsals, United Church 49 Dogwood Cres, Wednesdays 7-9pm, info: eclectica@100milearts.com

September 5,19 Log Cabin Quilters, 1st and 3rd Wednesday of each month Sept-June 9:30am-1:30pm, Interlakes Hall 7592 Hwy 24, info: 250-593-4456

September 6,10,13,17,20,24,27 Cariboo Calico Quilters, Monday evenings and Thursday afternoons, basement Creekside Senior Ctr, info: Agnes 250-395-6127

September 7,14,21,28 South Cariboo Farmers' Market, Fridays until late fall, Community Hall 9am-2pm, info: 250-397-2004

September 7,14,21,28 Crib Night, Legion, Forest Grove BC, Fridays 8pm

September 8 Parkinson Super Walk, fundraiser, Centennial Park, info: 1-800-668-3330

September 8,29 108 Mile Ghost Tours, Heritage Site, 108 Mile BC, 7:45pm, info: 250-791-5288

September 10,17,24 Bingo, Mondays, doors 6pm, starts 7pm, superstar 8:30pm, Community Hall

September 10,17,24 Women's Drop-In Volleyball, Mondays 9:30am, Lone Butte Community Hall

September 14-Oct13 Parkside Art Gallery presents: Leah Henderson "Into The Light Body," opening reception Sept 14 6-8pm, open Tues-Fri 10am-4pm, Sat 10am-3pm, 401 Cedar Ave

September 27 Chemo Quilts, 4th Thursday of each month, Hall, Interlakes BC, info: 250-593-4456

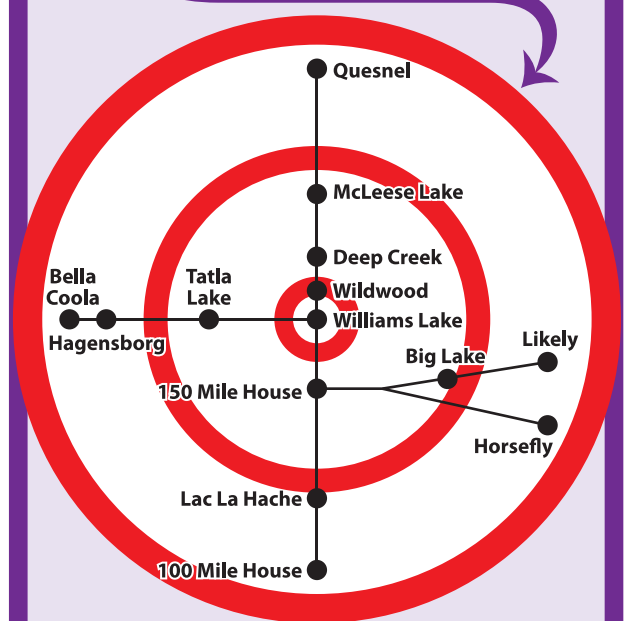
September 29 Legion Fundraiser, spaghetti dinner, silent auction, live auction, dance with The James Gang band, Forest Grove BC 4-11:30pm



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do

~Kurt Vonnegut



Back to business school

Taking every opportunity to learn something new is important in staying up to date with emerging business knowledge. Learning something new can come in all shapes and forms. In terms of formal education it would look like going back to school. There are thousands of online university programs available. Finding one that fits your line of work or one that could help you expand your business knowledge may be useful. If you are studying for your own personal benefit, you always have the option of only taking one or two classes rather than an entire

Educating yourself further on every aspect of your business ties into the

second lesson I've learned through school; know more than you think you need to know. I once had someone tell me that they consistently learn about all the departments in their business so that no one can pull a sheet over their eyes. This does not mean you should be the expert in all areas of business. It simply means that you should be able to recognize when something is off in any department of your business. For example, do you know how much your income and expenses are weekly, monthly, yearly, or when you experience seasonal fluctuations? Do you know and understand all the positions created by HR? Do you know what front-line workers encounter with customers? It is a good idea to gain knowledge beyond the position of manager or business owner. Understanding the

Overall, education is valuable no matter where the knowledge is gained. Never stop trying to learn something new. Take every opportunity to research something you are unsure of and gain knowledge from the experience. You never know where education may lead you and there is no doubt that every bit of information will make you a stronger business owner or manager. To take it one step further, share with your employees anything insightful that you come across in your studies.

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"Earning a certificate or degree, or both, after high school opens the door to countless economic opportunities." ~Doug Ducey

Home buying 101: how to protect yourself



Before becoming a Realtor, I taught school in South Korea. For 15 years, I taught both High School English and University English. To me, teaching is an enjoyable activity that can have a huge impact. People often ask why I left the profession since I enjoyed it so much. My response: as a Realtor, I'm still a teacher. A huge part of my job is helping clients understand the process of buying and selling their homes, as well as, the process of

working with a Realtor in the effecting of a purchase or sale. In this article, I'd want to share with you something clients need to know before they work with a Realtor.

In British Columbia, Realtors are now only allowed to represent one party in a transaction involving real estate. In days gone by, if both parties agreed, the Realtor could represent both in a limited capacity. Now, legislation has stopped. Why should you care? Simple: being



unrepresented sets you up for potential problems.

A professional Realtor is someone who has received specialized training, is licensed under the Real Estate Services Act – an act designed to protect consumers – and is some-

one who is regulated by the Real Estate Council of British Columbia. As well, a Realtor is subject to the Law of Agency, which in simplistic terms, is an area of Commercial law that protects consumers.

Someone subject to the law of agency means they have the ability to form a fiduciary relationship. That means that they can act on the behalf of a client, can provide professional advice to that person, and can negotiate for them. The law of agency also means the agent owes the client certain legal duties. At a minimum, they owe you 100% loyalty, 100% confidentiality, a duty to provide you all necessary information for proper decision-making, and a duty to act in your best interests.

When you work with

a Realtor in BC, as a consumer you have a choice about whether or not you want a Realtor to provide you with those important protections. If you choose to have those protections and professional coverage, then you'll want to make sure you work with a Realtor who is 100% committed to representing you. If you choose to ignore those protections, then when working with a Realtor, you should be aware of certain risks.

One, working with a Realtor who does not represent you means they must not give you advice, must not negotiate on your behalf, and must report everything you say to the person they represent. So, if you're unrepresented, trying to buy a home they've listed, and say to that Realtor, "I'm

willing to pay full price.", it's that Realtor's duty to share your information to the person they actually represent. In short, when you are unrepresented and working with a Realtor to buy a home, you are all alone; without any support or legal protections.

As a professional Realtor, and as a former teacher, it's very important to me that you are aware of your options and the consequences associated with certain choices. Of course, I am not a lawyer, and my article is a simplistic description. To learn more, please contact a legal professional. Meanwhile, if you're going to buy a home, protect yourself by working with a Realtor who can be legally 100% committed to serving your best interests.

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Reiki explained

BY TAMMY DORMUTH
OF GUIDED HANDS

Reiki is a Japanese healing technique which is used for stress reduction and relaxation, with the added benefit of assisting with all illness and disease. Reiki assesses and treats the whole body; mental, emotional, physical and spiritual. Reiki releases trapped emotions which can become attached to our cells and organs within the energy fields of our body.

Reiki was founded by Dr. Mikao Usui in the early 1900's with similar techniques being practiced for thousands of years. Dr. Usui was highly educated in a wide range of areas, from medicine, psychology, religion, fortune-telling to metaphysics. He studied Kiki, the Japanese ver-

sion of Qigong, which is a health and healing discipline that incorporates building up and using life energy. Mikao was in search of a technique of healing that did not require the practitioner to both build up, and then deplete his own energy while performing a treatment. This technique came to him in the form of Reiki while meditating at holy spots on Mt. Kuruma in Japan.

Dr. Usui used his new healing abilities constantly, becoming a very popular and sought-after healer and educator throughout Japan. He set up a number of healing centres and directly trained over 2,000 students as they were needed. He often worked on the poor and travelled to areas experiencing natural disasters to offer his services. He orga-

nized a healing society called the Usui Reiki Ryho Gakkai.

Mrs. Hawayo Takata learned Reiki from one of Dr. Usui's trained students and is responsible for bringing Reiki from Japan to the West in 1938. Reiki is now practiced by over one million people worldwide.

The word 'healing' brings to mind becoming completely free of an infirmity, but it can also refer to being freed of emotional anguish or trauma. Sometimes we are meant to go through certain challenges or difficulties.

Reiki is performed by the laying on of hands, but it can also be performed without physically touching the body, by the practitioner's intention. It can never cause harm, it always knows what a person needs. The energy, being knowledge in itself, adjusts to the individual's needs.



The word 'healing' brings to mind be-

coming completely free of an infirmity, but it can also refer to being freed of emotional anguish or trauma..."

Because the energy is channelled, the practitioner does not decide what to work on or what to heal, therefore they do not take on the client's karma. Likewise, the client is not affected by the practitioner's ego, or desire to fix a person.

Ki, or energy, flows within the body through a series of energy pathways called nadis, meridians, and chakras, and also flows around us in

an energy field called the aura. The aura is a field of ever-changing energy patterns that surrounds all living things. The aura is composed of many layers, each representing a different part of our consciousness. The aura is created by all of your conscious and unconscious thoughts; everything you see, hear, think, feel, experience or imagine.

Ki animates the cells,

tissues and organs of the body. When Ki is diminished or disrupted, our bodies do not function as well as they could.

Ki is responsive to everything within our environment, including our thoughts and feelings. Having positive thoughts increases our flow of energy, therefore increasing our vitality. Conversely, negative thoughts can become lodged in the subconscious mind, creating an impairment of energy flow. You are feeling it when negative situations seem to drag you down. This effect also takes place within our cells, tissues and organs. If these blockages aren't released, a person can become ill.

A Reiki treatment leaves a person feeling very relaxed and calm. A typical comment is, "I feel lighter." Reiki can also be used with great success on plants and animals.

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"Finish last in your league and they call you idiot. Finish last in medical school and they call you doctor." ~Abe Lemons



If the shoe fits

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

BOGO! Clearance! Fall trends! Back to school shopping! The whole thing can be stressful, costly and confusing. Purchases tend to end up being a compromise between current trends and

price points; unfortunately, things become more complicated when approaching the topic of footwear with your young scholar. Shoe shopping not only requires finding the right fit and function, but also ensuring that the footwear will hold up to the activities needed for the school year. We cannot

forget that there might be a discussion around style and colour as well!

I have years of training in fitting shoes and though I am currently not doing it as often as I used to - I can wholeheartedly appreciate how difficult it can be. Below is a list of key tips, tricks and reminders to read through before hitting the mall to shop for new shoes for your child:

#1: Fit. This is listed first because it is THE most important and it should never be compromised for cost - or look - or anything else! A child's running shoe should fit roughly one half thumb's width, to a full thumb's width of space from the end of the longest toe to the end of the shoe when standing.

Sometimes dress shoes have to fit slightly shorter but the shoe fit should always

be checked standing up, as the feet splay in width and length when holding one's weight. If you cannot feel the child's toes easily such as in a winter boot, the insole liner should be removed and placed under the child's foot as a visual check. In regard to width - there should be no obvious stretching or bulging in the upper fabric on the top of the shoe. Keep in mind - many shoes will fit differently so your child might be a size 5 in one brand and a size 4 in another.

#2: Function: As a very general rule, if you know your child has low arches, rolls in or out when they walk, or there is a history of wearing orthotics in the family - the stiffer-soled, higher quality running shoes will offer more support than a shoe you can bend in half. Running shoes should be worn for gym and day to-day use if your child is very active. Skate shoes or fashionable shoes should not be worn for gym class or any sporting activity as they

are not designed to support those movements. If you are concerned that your child might have an abnormal gait, you can always bring it up with the family doctor.

#3: The look: If possible, pick two or three viable shoe options and let your child pick the one they like best. An open wall full of shoes often leads to choosing the one with the coolest colours or a recognizable logo. These shoes may not always be the ones that will fit or function best for your child. If your child requires a certain type of shoe, ask the shoe salesperson to choose the three best shoes for your child's foot type or needs. Lastly, If your child is growing quickly - it is likely that they will grow out of the shoe before it becomes visibly worn. Check for shoe fit regularly.

There are lots of places in the Cariboo that sell shoes, so if you run out of luck in one store, try another until the right shoe fits! Best of luck and happy shoe-shopping.

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Theatre school



BY SHERYL-LYNN LEWIS

My earliest introduction to live theatre was watching a touring play in elementary school. Our ordinary gym was transformed into a huge, double storied house where people appeared and disappeared and their brain spoke out loud and their memories played out for us to see. It was quite overwhelming and magical for my seven-year-old self. I remember being enthralled and wishing for a happy ending.

Watching live theatre has been shown to increase people's capacity for empathy and tolerance (Kinney-Petrucha, 2017 and Greene, et al, 2015). When we enter the theatre, we inhabit the same space as the actors, in real time. When the actors

physically express an emotion, our instinct is to respond in kind. Through our "Mirror Neuron System" we feel with the actor. Their joy becomes ours, we feel their anger, and may tear up at their pain. The very "liveness" of theatre removes the barriers presented by a screen or a book. We are breathing the same air as the actors and other audience members, and this proximity encourages the sharing of emotion. When we watch a play, we give ourselves permission to experience another's perspective without fear of consequences. This allows us to broaden our own experiences and challenges us to accept other points of view.

But it is not just us as audience that experiences an empathic reaction. We,

as actors and other theatre performers, also grow in our capacity for empathy. We inhabit another world and live another person's life for the length of the rehearsal and performance period. As a team we discuss what the characters are thinking and feeling, and their reasons for doing so. Then the design team works to support those decisions in music, lighting, scenic and costume choices. This experience of exploring fictional characters' feelings extends to our day-to-day world and helps us understand emotions in others.

Along with empathy, the theatre teaches many other skills. It increases self-confidence and the ability to speak in front of others. Putting together a play exercises our cooperation skills as well as the ability to communicate clearly. Problem solving, thinking outside of the box, and finding ways to connect everyone's ideas takes a lot of listening and willingness to work together.

The memorizing of lines and technical cues help keep our brains young, as does learning new skills. Theatre has taught me practical skills: how to use power tools, different painting effects, how to keep a wall standing so it doesn't fall on

an actor. It has also taught me more intangible things: how to "see" a play's setting, how to express ideas and emotions through movement or stillness, how to shop in a hardware store and see the potential for turning foam and sono-tubes into spectacular Egyptian columns. Theatre brings out creativity in all involved.

Our theatre teaches us how to have fun. We laugh as we explore options and try ridiculous solutions. We truly play as we look for the best way to tell the story. Playing frees up creativity. And playing creates a sense of unity. Together we make mistakes and giggle, take risks and affirm the creative process. Theatre shows us how to be a fun, creative, chosen family.

For your chance to attend our theatre school, look for auditions in early September for "Table Manners" by Alan Ayckbourn, directed by Michael Rawluk. This comedy will be onstage in January. Later in September there will be auditions for "Much Ado About Nothing" by William Shakespeare and directed by Sheryl-Lynn Lewis. This comedy of wits will be onstage in March.

If you are interested in learning more about the benefits of theatre, here are two of the articles used. Kinney-Petrucha, M. (2017). "The play's the thing": Is theatre our ideal empathy workout. Howl-Round. Retrieved from <http://howlround.com/the-play-s-the-thing-is-theatre-our-ideal-empathy-workout>

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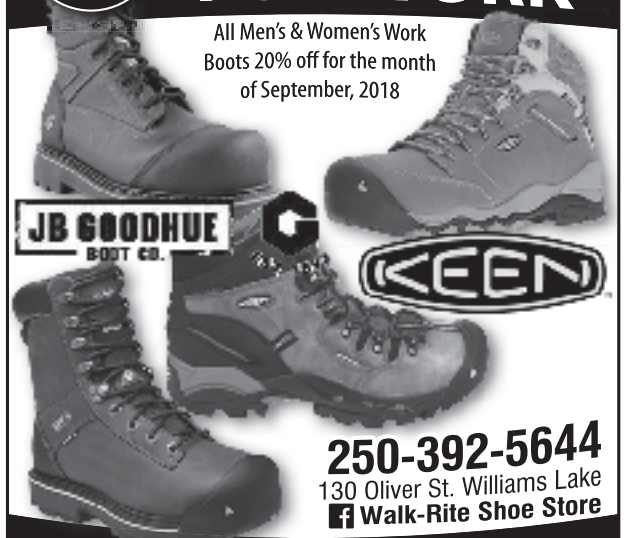
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Back to school lunches

Out of the Fridge

By Brice O'Neill



Four years ago, I joined School District 27 as a Trustee. Public service is something I had always wanted to do, and with the support of my family I decided to run for the office. Being sworn in as trustee for Williams Lake was an amazing experience. It is truly humbling to know that I am part of a board responsible for more than four-thousand students, over four-hundred staff and a budget every year that exceeded sixty million dollars of tax money. Of all those huge responsibilities the one that always struck me was the students. Walking into an elementary school right as the last bell rang and the cacophony and chaos that come with a hundred or so children rushing about finding shoes, backpacks and other kit. Walking down the halls as the kids just rush by, I would remind myself that these people will someday run our systems, future leaders

of society in the making. I met a lot of the adults who shape these young leaders in schools as well. Educators who have devoted their lives to filling young minds with knowledge gained over years of study. Custodians who work tirelessly to maintain a level of cleanliness you would be hard pressed to find anywhere else. I raised two girls and I often think about the efforts of my partner and I to maintain a clean house. Imagine hundreds of pairs of boots IN SPRING coming in and out of the building three times every day. There are a lot of other people in public education we don't see, bus drivers who drive the fleet of 65 busses 1.7 million kilometers every year. That's the distance from earth to the moon and back and then across Canada. It is the largest fleet of any district in B.C. Let's not forget that all those busses have a lot of moving parts and need

to be fixed and maintained and people to dispatch them. It's also easy to forget that all the buildings need to be maintained as well, everything from the roof to the lawns which means even more people behind the scenes. The people I saw the most often were at the district office. As soon as I walked into the building I would always be greeted with a big smile and a friendly hello from Lori at the front desk. I would see Jerome always with a grin, ready to talk about food (he raises chickens, bees and has a great garden) and Dave, whose office is behind Lori's. Sometimes I would see Brian come up the stairs and we would say "hi" as I made my way up the next set of stairs. Then I'd say hello to Ken and Dave (different Dave) and Brie. The HR department is on the third floor and if they were not up to their eyebrows in HR stuff I would greet Rob and Taryn. Down a flight, Connie would be at her desk typing away or on the phone or helping someone. If she wasn't helping someone with something she was helping me. Shannon sat at the desk across from Connie and I honestly can't think of a time I didn't see her



typing something (even while on the phone, which I found fascinating). Kevin and Mark have offices on either side of Connie and Shannon's desks, so if the door was open I'd stick my head in and say hello. At the board table for our meetings would be Linda, Willow, Sheila, Christine, Tanya, and Bruce. Then just when you think "Wow that's a lot of people doing a lot of things, I point out that they all need to get paid; enter the accounting staff. There are many more staff working diligently to make our local school district run efficiently. I know I haven't met or mentioned all of them, but I'm

only allowed 800 words. There are more than 450 staff at the district. As I won't be running for re-election as a trustee in October, I wanted to take the opportunity to publicly thank all of the amazing people who have dedicated their working careers to public education and helping to grow the leaders of tomorrow.

This month, I'll skip the recipe and give you some ideas you may not have thought about for back to school lunches. Pita bread and hummus. Boiled eggs. Kabobs are fun to make with the kids the night before, include cubed cheese and grapes.

Cut off the pointed ends if your child has a tendency, if you know what I mean. High nutritional items such as almonds, walnuts or hulled sunflower seeds. Homemade fruit or granola bars (get away from store bought). Corn bread muffins are great. The kids love them and they are very healthy. Kids trail mix with cereal, nuts and gold fish crackers, pretzels and REAL chocolate bits. Mini quiches are super easy (you have my recipe). I'm pretty sure school kids are not reading this, so let's have a private adult back to school celebration. Whew, summers over! Enjoy.

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Back then

BY CLAUDIA SCHALM,
WL WRITERS GROUP

Try to imagine a classroom where no one spoke out of turn and children were regularly beaten with a strap. Girls were not allowed to wear trousers to school, only skirts and dresses. In winter, when it was really cold, girls were allowed to wear heavy woolen snow pants over their dresses. These pants were removed immediately upon entering the school.

Female teachers were referred to as "Miss or Mrs." Male teachers were addressed as "Sir." We dared not speak without raising our hand, waiting to be acknowledged. Chewing gum was a huge "no no" and if caught, the gooey mass was attached to our nose for the rest of the day. Misbehaving or speaking out of turn, brought a piece of chalk flying in our direction with deadly aim. Sometimes a yardstick landed on our unsuspecting knuckles. If the offense required further punishment, we were sent to the principal's office.

The strap was about a foot long and was made of heavy leather. This form of punishment was the sole responsibility of the principal. We were instructed to hold out our hand, palm up. Three to five resounding smacks, depending on the crime, was delivered to our waiting palm. If you were brave enough, or lucky enough, to have

committed a crime worthy of a strapping, and lived to tell about it, your fame was immediate. Adoring, admiring eyes would follow your every move. Hushed whispers and fingers pointed in your direction. "He got the strap and survived." I say "he" because girls seldom received this particular punishment even though their sins were equally as deserving. The teachers and principal were so scary that few dared to disobey.

Games were plentiful; hide and seek, red rover red rover, go go stop, mother may I, anti anti high over, tag, hopscotch, jacks and marbles. A favourite with the girls was skipping. Two girls would each hold one end of the rope and turn it round and round. Another girl would run inside the turning rope and jump at the right time, so as not to stop the turning of the rope. There were many songs that we sang while we were doing this.

In about grade three, we were introduced to pen and ink. The pen was called a stick pen and had removable nibs. The ink came in a small bottle that fit nicely into the inkwell at the top right hand corner of our desk. The pen did not hold much ink and had to be constantly dipped into the well. Before turning the page it was blotted with a blotter, to prevent smudging.

During my years in elementary school, the

fountain pen was invented. It also had a nib connected to a small reservoir inside the pen, which held quite a bit of ink, saving you from the constant dipping. Alas, these pens were thought to hinder our ability to learn to write properly, and they were banned. It was like they were "of the devil," or something, and we were not allowed to use them.

Grade seven was the first year of high school. A whole new world opened up to us, and we were ever so stylish. A favourite with the girls was a gathered poodle skirt, held out by a highly starched and scratchy crinoline, cinched at the waist by a wide elastic belt, and topped by a ruffled blouse. This ensemble was completed by saddle shoes and bobby socks. Our hair was neatly flipped at the bottom or tied in a high pony tail. Wow, now we were ready for school, or the "sock hop" (school dance).

About this time we were introduced to the manual typewriter. We pounded out the words without looking, and at the end of each line there would be a ding, signaling the need to flip the handle of the typewriter with the right hand, sending it careening to the left, enabling us to start the next line.

Shorthand was another fun subject, resembling another language. I still remember some of the symbols. I think I even have a book somewhere.

The girls took sewing and cooking, boys took woodwork and mechanics,

and never the twain would meet. Our first sewing project was an apron, painfully put together with the help of a treadle sewing machine. The apron had our name embroidered on the bib.

Donning our wonderful new apron, we were now ready to cook. I seem to remember that our first cooking project was plain muffins and tea.

Many of the distractions of today were not available to us. Cell phones had not been invented yet. Give us a break, we just invented the telephone. No computers. Squamish had just welcomed the appearance of the TV. The Paradise theater on the main street, was a great source of entertainment and socializing. Our nana would give my brother and I twenty five cents for the show and ten cents for a large chocolate bar, small ones were five cents. A bottle of pop was ten cents.

Indoor plumbing, running water and electricity was not available to everyone, and my Grandma Armstrong did not have any of these modern conveniences. Grandma had a hand pump in the kitchen, large wood stove with a reservoir for heating water and coal oil lanterns, that she would pump and light every night. The smell of wood burning and the coal oil, takes me back in time to my childhood.

Clothes were washed in a wringer washing machine. The same water was used to wash all the clothes. First the whites like sheets, working to-



wards the jeans. Although they were becoming obsolete, I did use a wringer washing machine when we first moved to the farm at Soda Creek.

We were forced to have a bath once a week, starting with the littlest kids and working our way to the adults. No wasted water here. There were no showers that I can remember. Bath time usually happened on Sunday, ensuring a clean kid for the beginning of the school week.

A gas burning automobile transported us to wherever we needed to go, which was not very far or often because there no roads leading out of Squamish. Whistler was just the name of a mountain, leading to Pemberton. The trail was narrow and only passable by four wheel drive vehicles or horses.

Vancouver was accessible by two boats, the Bonabelle and the Union. We seldom, if ever, went to the big city. A train called the PGE, had a passenger service from nowhere to nowhere, Squamish to Williams Lake. I do remember travelling to Williams Lake to visit the Rifles; Auntie Thelma, Uncle Ken and cousins Reta and Butch. While in

Williams Lake we would attend the crazy Williams Lake Stampede.

A favourite pastime in Squamish was going for drives in my grandfather's truck, into the upper Squamish, because there was nowhere else to go! All the neighbour kids joined us and we sat happily on the tailgate, swinging our feet and singing at the top of our lungs, while billows of dust swirled around us on that dusty dirt road. Miraculously, we never lost anyone.

Sometimes new comers would arrive in our little town, but the people of Squamish seldom left the valley. Grandma Armstrong was the first white baby to arrive in the Squamish valley at the age of one. The year was 1889. My Mom has lived all of her ninety-four years in Squamish, giving her the honoured distinction of having lived in the valley longer than anyone else.

Wonderful memories were made in this tiny town and our lives were packed with fun filled days, roaming free and without a care.

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"Asking your children about their fears or worries about going back to school will help them share their burden." ~Chuck Norris

The 4 B's

BY KEN GRIEVE, WL WRITERS' GROUP

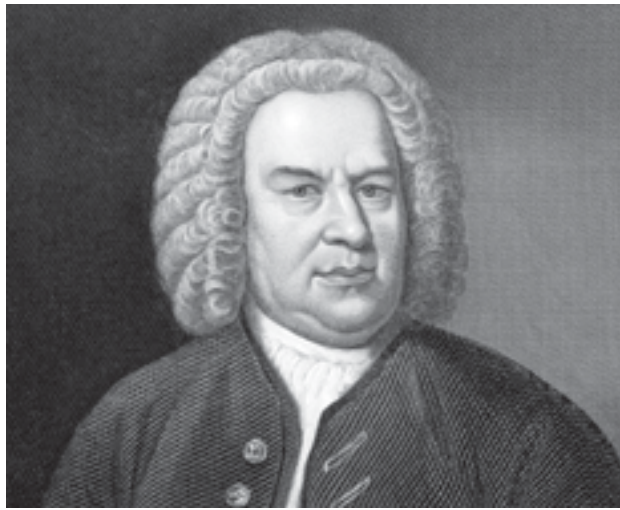
I grow weary of Bach. One week is more than enough to try the patience of any mortal.

Junior is thrilled with his current school topic- the four "B's" of classical music. He's covered Beethoven, Brahms, and Bach. His great grandmother has primed him for the fourth "B"- The Beatles- regaling him with her reminiscences of when she was young. He's been positively vibrating in anticipation.

He's not quite done with Bach. This morning I heard him noodling around on his keyboard with Bach's mathematical precision. Partly due to my modest financial means, I could only afford a second-tier implant containing unfortunate advertising to keep costs down. That and the fact at age ten his brain is not yet sufficiently powerful to consistently send a strong signal wirelessly from brain to keyboard.

He informs me daily that the accompanying ads drive him crazy. According to him, they seem intentionally planned to appear just when he's found a groove when "Bam", up pops an ad for anything from recreational cannabis to acne cream to birth control aids.

Unfortunately, according to LobeStar, the manufacturer, once the Bach implant is removed, the neural pathways whither meaning Bach will mostly disappear



as happened with the other B boys. I don't necessarily buy this claim. I think they intentionally remove the data necessitating an upgrade to a more expensive permanent file meaning more money for them.

So for now, Junior primarily uses his fingers on the keyboard. Over the last three Wednesdays, he came bouncing through the door and shooting straight for his bedroom and keyboard shedding unwanted school accouterments on the floor.

He was quite taken with Brahms' "Hungarian Dances", Beethoven's "9th", and this morning tooling away on his current favourite, Bach's "Air on the G String." It's not that Junior's playing was poor- quite the contrary, the upload saw to it that even to my relatively uneducated ears he was more than competent. His obsession drove Molly and I quite mad. He played favourite pieces incessantly. We tried to convince him to use his headphones but he would have none of it. He preferred hearing the music through speakers with his ears as the original composers had intended. Unfortunately, Molly

and I were swept along in the current of his mania.

I phoned the school for help. It was apparent they had been fielding similar calls for the last three weeks from other parentals and understandably their empathy for our suffering had reached a new high in lows. They suggested the following: use headphones, limit his use of the keyboard, or leave the area while he played. We opted for the least obtrusive and cost-effective solution by purchasing two pair of sound cancelling headphones. They worked splendidly while we were vertical. Once horizontal in bed they proved awkward and made sleeping a misery. We resorted to earplugs on retiring.

This afternoon Junior returned from school once again littering the floor with clothing and supplies en route to his room. Soon the strains of "Ob la di Ob la da" echoed through the apartment.

With a sigh, Molly and I quickly reached for and donned our headphones. It was going to be another long, long week.

School on a boat

BY LEIGH SANDERSON, FRASER RIVER WRITING GROUP

... Continued from August's Stew Magazine

"Ok, I haven't seen you pick up your school books in awhile. How come?" asked Captain Dad.

"I get sea sick when I'm trying to concentrate." I replied

"You don't get sea sick when you read a book"

"That's different"

"How so?" asked my dad. "Because I'm not reading, I'm doing math."

"Go ask your brother to help you"

"He said he wouldn't" I was sitting beside Captain Dad at the helm having father/daughter time and had hoped the subject of school would never come up.

"What are you taking in math right now?" he asked.

"I'm supposed to be learning to use a slide rule and it's too complicating. I don't understand why I have to learn something I'll probably never use."

My father was a petroleum engineer and provided his slide rule specifically for my math courses I was supposed to be doing daily. Having been pulled out of high school for this trip, I was hoping he would consider this journey my education. As usual I was wrong.

"Ok?" He seemed to settle back on the cushions, looked at the compass and started to blab on about the use of a slide rule. My mind was on the waves splashing

up on the bow of the boat, the odd porpoise diving along beside the yacht and the reason they were with us and not eating amongst the schools of fish. Now this thought was not math, but it could be considered marine biology!

He was saying something about C and D scales... "I'm sorry dad, but I just can't get a grip on a slide rule right now, why can't I just multiply the two numbers to get the answer?"

"Get me your slide rule."

I retrieved it from the bottom of my duffle bag along with a piece of paper. "Here" I said as I handed it to him. "Give me an equation and I will figure it out my way, and you can use this slide rule"

Suddenly the boat shifted, wind picked up, my paper went flying and the lesson was over. He hollered for my sister and brother to get on deck and tighten the jib and mainsail. I grabbed the slide rule before it hit the deck and was lost through the scupper. This small storm only lasted a few hours, but that's all it took to forget about school. Whew!

The next morning the sea was calm and the subject was back on the table.

"Get that paper and we will start again with the slide rule" said my dad. I was hoping he would forget about the slide rule.

I reluctantly put the novel that I was locked into down and found the educational tools to continue with the lesson.

"When is this lesson

due?" asked Captain Dad.

"A month ago" I replied. It was difficult doing correspondence courses on a boat sailing to small ports that may or may not have a post office. I usually had to point to the chart that had a list of countries and show them the word CANADA. From that point the worker would have to figure out weight and cost of postage. It was even more difficult putting a return address on said lessons, relying on Captain Dad to know where we would be in a month or so in order to receive another assignment or corrections to the ones sent out.

"A month ago? Why has it taken you so long to get it done?" He seemed a bit steamed.

"Because I have been waiting for a huge storm to blow all my text books overboard and learn the art of sailing around the world. Dad, I think I am getting a better education from the people we meet in these different countries and Islands, learning about their cultures, lifestyles and foods that they grow. I find it interesting learning a bit of their language in order to communicate with them. This is the education I prefer. And this education will be remembered for a lifetime!"

We could hear the sound of seagulls, which meant land was near. My father gave one nod, looked at me for a few moments, handed back the slide rule and said, "Ok then, tuck it all away and let's get ready to meet the people of this island."

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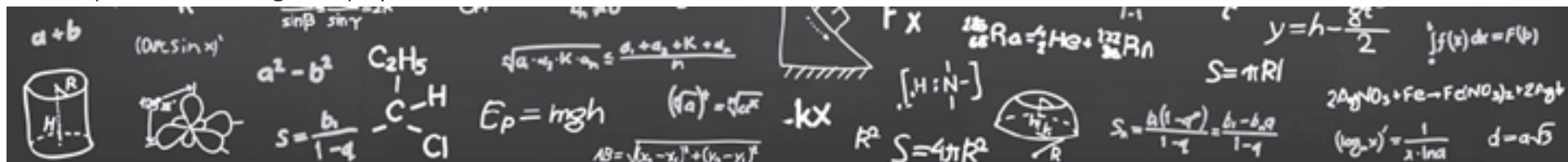
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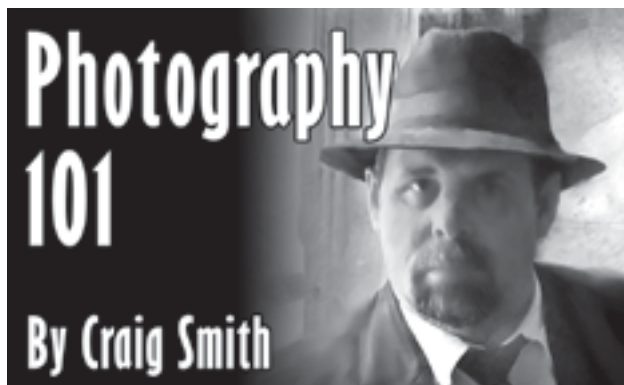
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Learning pro photography



10,000 pictures. One of my instructors said early in my career that that is the number you need to create before you would start to be on the road to being a professional. I think it's the same with any creative profession. I once asked a sketch artist how I could get as good as him at drawing. He said draw on a piece of paper then put in on the floor. Draw on another and put it on top. Continue until the pile of drawings is six feet high and then you will be as good as I am now but keep in mind my pile keeps growing. The moral of this story is that without practice you will stay at

the same level or worse deteriorate if you don't keep that camera or pencil in your hand. I've had a camera in my hand since I was 8 saving allowances to buy film and developing. Ill be some of the younger people reading don't actually know what that is. It wasn't until I got out of the army that I decided quite by accident to be a professional. It cost me a lot as 10,000 pictures is around 300 rolls of film times that by \$4-7 for the film and \$8-15 for the developing and that part of my education landed between \$5,000-\$7,000 and that's not even buying

the camera or lenses. Let's say you shoot a roll or two every day that's about a year or maybe more to start getting good. Getting good and working your way to being a pro is not necessarily just shooting the 10,000. You need to look at each image and figure out what went wrong and right. I used to carry a log book around and write down my aperture, shutter speed and what lens I was using and then compare the results to the numbers. Today its way easier with the meta data that is attached to each image. If you don't know where that is that's one of the first steps to becoming a professional. Look at your images before trying to correct mistakes in photoshop and think about what caused it to be too light, too dark too blurry. If you are really serious about your craft do not post on Facebook and wait for the accolades. Those people are your friends and family and they are not going to say you image sucked. There

are many websites and groups on social media that will give you good constructive criticism that will enable you to advance your craft. You are never going to get better when everybody tells you that's the best image they have ever seen when it might not be. Wouldn't it help if you were told your composition is great but because you used a slow shutter speed the image is slightly blurry. Since I started shooting for a living in 1986, I have shot hundreds of thousands of images and I'm always looking to better myself. The information that is available today online surpasses the set of time life photo manuals that I read from cover to cover and I'm always reading and learning new things. Photography school is a lifetime degree and if you ever get to complacent in your skills shake it up and try something new, you will always be amazed at the results. Until next time happy shooting.

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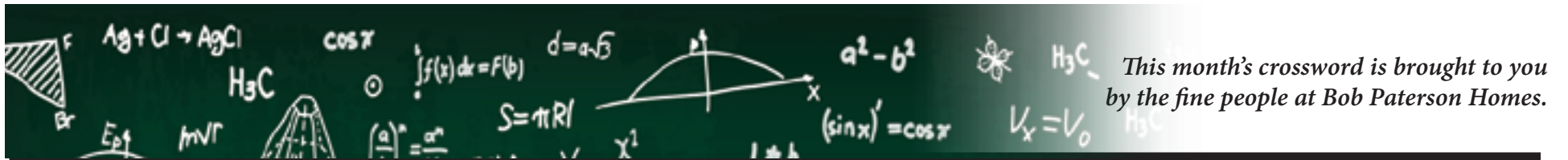
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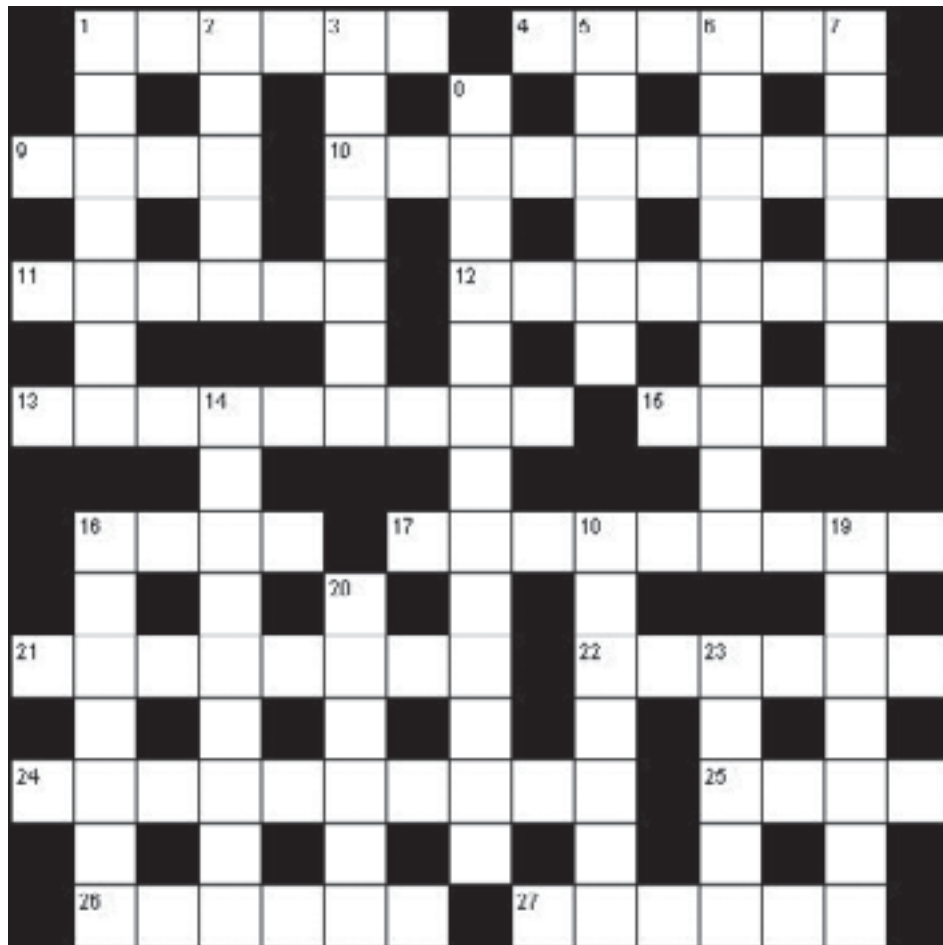


This month's crossword is brought to you by the fine people at Bob Paterson Homes.

X-Word Puzzle

ACROSS

- 1 Poor Gabriel loses a pet (6)
4 Expand knight, we hear, to become vendor (6)
9 Break every other sun-lamp (4)
10 Foresight before the age of discovery? (10)
11 New male with poem joins navy (6)
12 Impressively large assassin sheltering politician at home (8)
13 Rickety trouser presses lacking 2 are things that cause anxiety (9)
15 Remain a guy (4)



- 16 Navy bird? (4) carefree (4-5) tangy pie (8)
17 Abuse dwarf whilst 21 National cooks up 22 Princess, go after

- fashionable colour (6)
24 Magnificent shot by Alan completes tally (5,5)
25 Offspring returns to hospital for food (4)
26 Ridicule redback spider, removing two heads and a tail (6)
27 Tree reported on island (6)

DOWN

- 1 Bang out changes to ship (7)
2 Regret vegetable, its said, as currency (5)
3 Threatens to send deranged demon over the top (7)
5 Peculiarly rustic gape (6)
6 Queen caught by the French operation starts to appeal to sun-god (9)
7 A time not long ago when chancellor was redesigned, removing

- hall (7)
8 Huge fan letter about description of extended episode (7-6)
14 Matchstick in cartoon is a surprising thing? (3,6)
16 Bet joker elects first communist (7)
18 Island in salary pattern (7)
19 Pin a suspect horse (7)
20 West Indies left Edward jaded (6)
23 Party has no right to be a giver (5)



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