

A hand-drawn mandala in a sketchbook. A hand with red-painted nails holds a red pen, drawing a mandala on a white page. The mandala is a complex, symmetrical floral design with multiple layers of petals and a central circular motif. The sketchbook is open, and the drawing is in progress. A blue pen and an orange pen are visible in the background.

# the stew

ISSUE 9.10 | OCTOBER 2018 | FREE

## the drawing issue

Featuring  
**Wayne Roraph**  
Pages 6 & 7



# we speak

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## On the Cover:

Follow our writers as they explore this month's 'drawing' theme.

## Advertising Information:

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

## Redraw

BY CRAIG SMITH

I have to admit, when I finished writing the articles for last month, I was a little sad. I had been writing articles for *The Stew Magazine* for well over five years or 60 issues. That's not even counting the number of articles I wrote for Todd and Julie when they owned *The Stew* before me. I am in school doing my Masters so it wasn't like I wasn't writing. It was my editorials over the last five years that made me think and in a lot of ways increased my trivia knowledge. My wife and I would pick our themes once a year and then we would live with our choices. Sometimes I had to use both sides of my brain to lay down my normal one thousand words. Having said that, I was happy to write another article and see what I could come up with for this month's theme, 'drawing.'

This really is a passing the torch type of speech but before I get into that, I wanted to look at this month's theme. I've always wanted to draw, but like most things, if I wasn't good at it right away I would lose interest. I've bought books, paper, pencils and pens and read lots on techniques for drawing but until I started doing it on a computer I didn't really get it. I know I told this story in a photography article but it bears repeating. I met an artist at a conference who was drawing cartoons of the meeting as it was going on and it was amazing watching him draw the concepts we were talking about on the fly. Some artists call it graphic recording and I was in awe as the meeting was being displayed as we talked. After the meeting, I went to talk to the artist about his art and how I could learn to do what he just did. He told me that you start with one piece of paper and you just draw. Then another and



another. You put those pieces in a pile and when that pile is about five to six feet high I would be as good as him. Like anything, practice, practice, practice! The 10,000 rule is another way of looking at it, which states that any endeavor you spend 10,000 hours learning and doing, you become an expert.

When we look at the actual word 'drawing,' many things come to mind. One is a picture that you have created with a pencil or pen. Another is the selection of a winner as in the lottery. Another definition would be to take something out, or pull out, such as drawing a gun or drawing back a bow. If we look at the word 'draw,' it really has to do with causing movement. This comes from an old English word 'dragan,' or old Germanic, 'tragan,' which means 'to carry.' This word has a ton of origins – Norse, English, Germanic and Saxon – all are pretty similar. It became the word for 'pulling' in the 1300s and 'picture making' in the 1500s.

My pile of drawing is now about six inches high so I think it will be awhile before I'm ready for any kind of art show. Like anything, it will be set aside for a bit until something

'draws' (yes, pun intended) me back to try it again.

I think now is the time to talk about the future of *The Stew Magazine*. Yes, it's been sold and yes, to a very nice and capable person. Last month we reached a bit of a crisis. We were short staffed and yes, all my staff were feeling the pressure and the stress. It came to a point where something needed to be done. Also, with me still having eight months to go in my education, I had to get some things off my plate. I decided it was *The Stew* that needed to go. I know a year ago I said I was looking for a buyer, and we did have a few serious offers, but they really were not the right fit. With no buyer in sight, I had to make the hard decision to stop publishing *The Stew* so I announced this at a staff meeting and was then pulled aside by one of my staff members, asking if he could buy it. After a few days of going back and forth with questions and him talking to his spouse, he finally came into my office and said 'let's do it.'

So without further ado, I will now introduce you to the new owner of *The Stew Magazine*. His name is Wayne Roraph and he has been living

in Williams Lake for the past few years, and working for me on and off for a while now. He is a very talented and creative man, and I know *The Stew* will be in good hands. Check out his article on page 6-7 of this Month's issue for more information.

So over the next few months, you may see some changes to *The Stew Magazine* and its website, but rest assured that Wayne intends to keep the culture of *The Stew* intact. I know we have many loyal readers who wait with anticipation every month for the magazine to hit the stands. Wayne will put his own flavour on what we have created, and I, for one, am looking forward to the creative changes he has in mind.

I know last month I said, 'goodbye and thanks for all the fish.' If you get that reference then you know the finality of the statement but maybe that was too abrupt. Maybe I'll hang on and write a few articles for Wayne if he asks, so instead of being that final, I'll just say, "until we meet again," and I wish Wayne and his crew (which used to be my crew – love you Joanie) all the success in the world, and I look forward to see this creation that used to be mine, flourishing.

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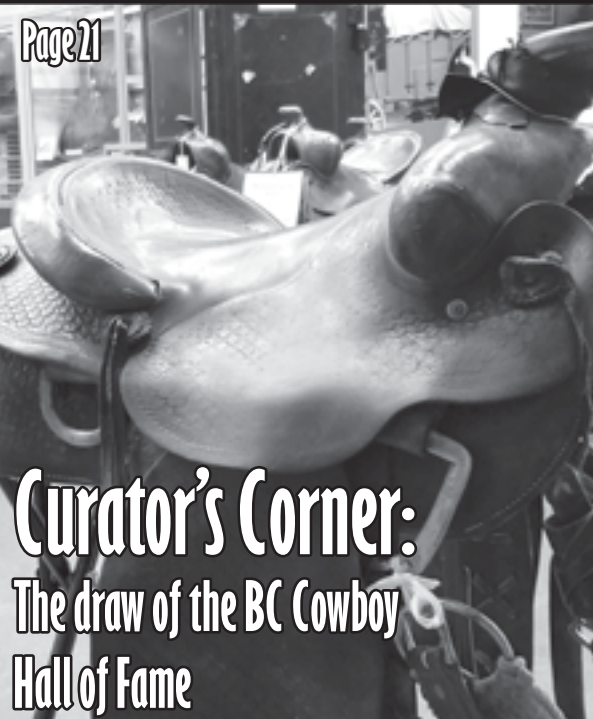
# ingredients

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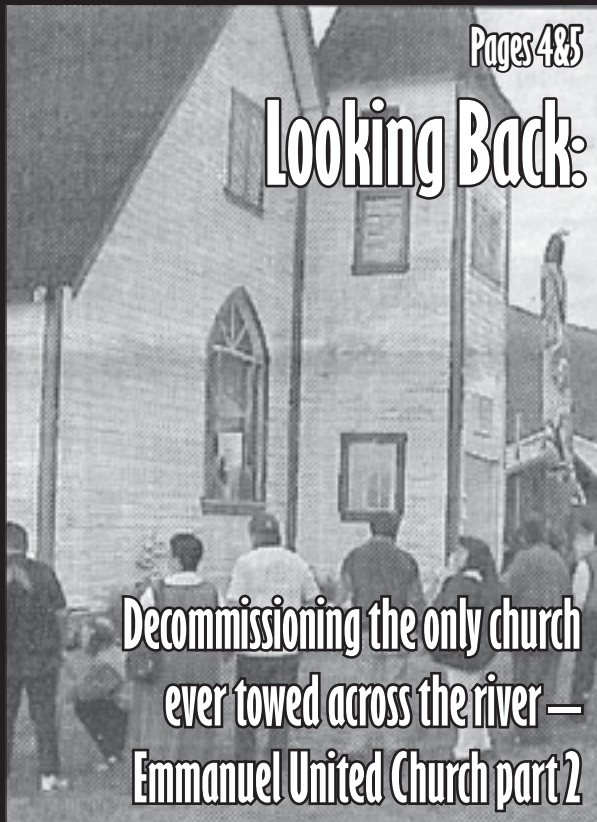
Introducing the  
newest addition  
to The Stew Magazine

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Curator's Corner:  
The draw of the BC Cowboy  
Hall of Fame

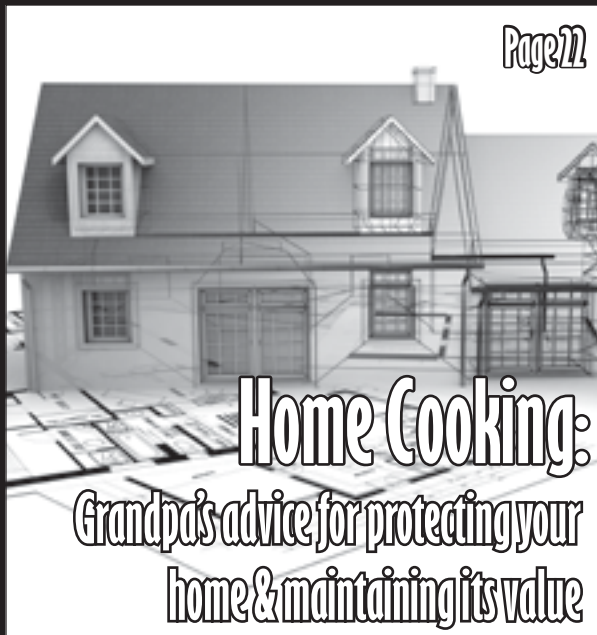
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Looking Back:

Decommissioning the only church  
ever towed across the river —  
Emmanuel United Church part 2

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Home Cooking:  
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hear



# Decommissioning the only church ever towed across the river – Emmanuel United Church part 2



Once Emmanuel United Church was towed across the river and set in place at its new location on Burke Avenue in the Bella Coola townsite it became a community repository for spiritual memory for several generations of Nuxalkmc people. Weddings, funerals, banquets, Christmas concerts and blessings of all types, it served as a fulcrum for religious life in the Bella Coola community.

The church endured more than six decades resting on the skid logs used to drag it across the Bella Coola River in 1938. There was no foundation under the sanctuary and by 2001 the floor was rotting and the roof was sagging in. Metal rods were installed across the sanctuary to keep the walls from collapsing.

Reverend Betty Sangster lived in the manse across the street from the church. "Every morning I would look over to see if the church was still standing. Four years ago we were told the building should be condemned."

Despite the church's decrepit condition the sanctuary retained its magnificent acoustics. Rev Sangster said she sang in church choirs all over Canada but few facilities equalled the resonant qualities cradled by the wood paneled walls of Emmanuel United Church. Like an old musical instrument perhaps, the sound quality just got better and better with age.

Back in 1930 when the church was constructed,

there was no sound system to amplify voices and music so the acoustics of the church was vital. Betty Sangster credits the shape of the sanctuary.

Andy Siwallace said members of the early congregation made their own vigorous sound using trombones and trumpets. "My father Stephen Siwallace played any kind of instrument, but the brass band sort of came to an end when the old people died."

For ten years the congregation members worked to raise money for a new church. Lillian Siwallace credited five women for spearheading the fund-raising drive, Hazel Hans, Louisa Schooner, Veronica Andy, Mercy Snow and Annie Schooner. The activities included bingos, raffles and telethons.

"The most money we ever made was at funball," said Mercy Snow. "We sold fries, hamburgers and hotdogs."

Bella Coola Goodwill Ambassador Darren Edgar was a devoted Emmanuel United Church member. He had a tough go of it when he was hit by a car as a child while riding his bicycle and suffered a serious brain injury. After that he was prone to epileptic seizures the rest of his life.

Despite these challenges Darren managed to turn his handicap into something positive. He credited Barbara Pedersen for mentoring him.

His brain injury reduced the social filters that govern most people. Darren was unabashed when



► Darren Edgar, Pearls Snow, Millie Edgar & Christine Dawson watch church demolition



► with Darren Edgar at the Petroglyphs

it came to walking up to strangers newly arrived in town and offering to guide them to various points of interest in the Bella Coola Valley.

One of these special places was the Nuxalk Petroglyphs up Thorsen Creek. Another was the House of Noomst elders' longhouse where you enter the building through a door in the mouth of a figure at the base of a totem pole. A third was Emmanuel United Church next door to the longhouse.

When you went on a tour with Darren you felt transported to another time or place. At the petroglyphs for instance he would sit quietly and let the majesty of that ageless place speak for itself.

In the longhouse the Nuxalk artistry and smells of cedar and smoke connected you gently to beauty and wonder of Nuxalk culture.

When you entered Emmanuel United Church in Darren's presence, you immediately felt the sanctity

of the place.

For 63 years Emmanuel United Church stood on the corner of Burke Avenue and Cliff Street providing a spiritual refuge for the Nuxalk community. Then on July 8, 2001 the congregation held a decommissioning ceremony. It was time to let the old church go. The paint was peeling, the moss-covered shingles were tired, and the bell tower was too rotten to ring the bell.

Reverend Betty Sangster led the ceremony, joined by regional minister Reverend Paul Davis from Williams Lake. A dozen Nuxalk chiefs sat in a place of honour at the front of the sanctuary to assist with the program.

Boxes of tissue were placed on the pew benches as the church leaders anticipated an emotional farewell.

The scripture chosen for the thought of the day was Ecclesiastes 3, verses 1-8, words familiar to the Sixties generation. "For everything there is a season



► Lillian & Andy Siwallace

and a time for every matter under heaven..."

The story of the church's history was told. How it was built by volunteers from the Nuxalk community in the early 1930s in the village on the north side of the river, and how parts of the old church built in 1905 were used in its construction to offer continuity and to honour the elders who were part of that early church.

And it was told how the church was jacked up and dragged to its present location on the south side of the river after the devastating flood of 1936 washed out the village.

Then various members of the congregation shared their personal stories of the church that contained so many special memories over six decades.

Former Chief Councilor Archie Pootlass stood up and said he wanted to talk about the healing that needed to happen before the old church was taken down and a new facility was built to replace it.

"We heard previous speakers talk about the sadness and remorse in losing this facility, and about the celebration for the new facility to come, but I want to talk about the healing that needs to happen as we move forward."

He said his personal quest for healing involved forgiveness.

"Many of us are survivors of residential school syndrome," he said. "Personally I was sent to Port Alberni for four years. Though the federal government was financially responsible for that institution, it was the United Church that ran it. Personally I have a lot of painful memories from attending residential school. Now it's time for me to forgive the United Church for managing and administering that facility."

Both reverends Betty Sangster and Paul Davis embraced Archie Pootlass in acceptance of his forgiveness on behalf of the United Church of Canada.

"It is difficult for men



hear

*"Drawing must seek interest, not admiration. Because admiration wears quickly." ~ John Howe*

► Nuxalk Concert Band



► Congregation blesses church



...continued from page 4

to apologize and forgive," Reverend Davis said. "It is with humbleness and gratitude that I accept your forgiveness. It was the brokenness of my ancestors that inflicted brokenness on your ancestors."

Various elders took turns speaking. Hazel Hans remembered before the church was constructed. "When I came in and saw all the people here tonight it reminded me of when the church was across the river, and how important the church was in the old days."

Lorna George said a lot of prayers had been answered in the church. "My grandpa used to pray every morning in this church. Very early too. At five in the morning."

With his guitar in hand, Bert Snow acknowledged his sadness. "This is the

last time I'll be singing in this old church. That's how it is with life. Something always ends and something always begins. Now that the end is here, so is the beginning."

The ceremony concluded with children carrying the Christ Candle outside and leading the congregation in a circle around the church.

Reverend Davis reflected on the mingling of joy and sorrow. "This is a sacred place and a sacred space. I sense the people who built the church in the walls, ceiling and floor which hold the memories of the people married and elders buried here."

Church elders performed one last rite eleven days later on July 19th. They lit a ceremonial fire and burned some food and pieces of wood taken from

the old church as a show of devotion to those who built the church. Speaking in his own language Andy Siwallace named the old people from the past. "This is an act of giving the church back to those people," he explained.

Then as if to lend some supernatural pronouncement to the occasion, the church bell that had been too tired to ring during the decommissioning ceremony eleven days earlier, rang once. "No one pulled the rope; no one was around," Andy Siwallace said. "It just rang. That was really something."

Two days later, on July 21st, a small crowd gathered as Mark Nelson positioned his excavator to start the demolition. The whole previous week many Nuxalk members helped themselves to wood and materials stripped from the church. This included

► Church demolition



I wheeled my camera around and got a memorable shot of the four of them. Darren brightened up and they all shared a laugh.

That would be my last photograph of Darren Edgar, Bella Coola's Good Will Ambassador.

Over the fall and winter the new Emmanuel United Church was constructed on the footprint of the old church. With the building nearing completion, the first service was planned for Easter Sunday.

Unfortunately Darren never made it. He was planning to be a part of this inaugural ceremony and had expectations to incorporate the new church into his successful but low key tourism venture.

But tragedy struck on that Easter Sunday morning, March 31, 2002. Darren was alone walking at first light along a deeply ditched roadway in the Bella Coola townsite when he suffered a grand mal seizure. The episode threw him violently into the water-filled ditch and he drowned. That's where his lifeless body was discovered later that morning.

Easter is about the resurrection of Christ and

this symbolism isn't lost with Darren Edgar. He was a man devoted to his good works, and he left this world on a day sacred to his beliefs.

On a later occasion I stood with Andy Siwallace on the front porch of the brand new church. Perhaps it was the official opening of the facility, I don't remember.

Andy and his wife Lillian were respected elders in Emmanuel United Church. They were also culturally very strong in their Nuxalk traditions.

Suddenly Andy turned around and pointed to the round hill half way up the mountainside above the church. "That's the hill that saved our people from the flood," he said matter-of-factly, blending the mythology of Christianity and Nuxalk creation stories into a single narrative.

How Andy and his fellow Nuxalk congregation members managed to straddle both belief systems always mystified me. But he was always devout and faithful to both. He was also colour blind when it came to telling his stories to a white guy like me.



► Rev Paul Davis, 2001

the stained glass windows, doors and seasoned lumber. Lastly the bell was carefully extricated from the bell tower.

Darren Edgar sat on a couch perfectly positioned on Cliff Street so he, his mother Millie, and friends Pearl Snow and Christine Dawson had front row seats. As the teeth of Mark Nelson's excavator bit into the bell tower and started toppling the structure, Darren let out a cry and started sobbing uncontrollably. It was a mixture of extreme joy and sorrow for him.




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# flavour of the month



## Introducing the newest addition to The Stew

*“Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.” ~Rumi*

BY WAYNE RORAPH

Hello readers, I know there has been a fair amount of buzz around town about what’s going on over at The Stew Magazine, so I’d like to introduce myself! I’m Wayne Roraph, the new owner of The Stew Magazine. I will be drawing on my previous

experiences to carry The Stew forward.

In my early twenties, I was faced with a hard decision that would change my life. I was in a serious car accident that left me unable to walk and facing a career change. I could no longer work at my job and needed to find a new career.

I come from an artistic

family and have always loved drawing and creating, so I decided to go to school for graphic design. When the doctors had told me I would never walk again, this seemed like the logical choice for a career change. Then after two years of rehabilitation I was fortunately able to walk again, but the career change was a decision that I would never regret.

I had worked at sign shops in the past, but never had any formal training. After completing my degree in Graphic Design and Desktop Publishing, I began my new career almost 30

years ago.

I moved to the Cariboo almost 20 years ago, seeking a slower paced lifestyle and drawn to the beauty of the area. While I continued to design and manage websites, I also worked at sign shops and a newspaper. In my spare time I volunteered at Eagle Motorplex, South Cariboo Museum Society and was President of the Economic Development Society in Clinton.

My design company, Roraph Graphics, has been in business for almost 15 years. I now reside in Williams Lake with my wife Juanita and daughter Chance. I also

currently work for Tell-Tale Signs & Printing, where I met the previous Stew Magazine owners, Craig and Christa Smith.

When passing the torch to Craig and Christa, the original owner Todd Sullivan told them that when he started The Stew Magazine he had said, “Hey, this is your voice, we hope you want to listen,” and told them, “I hope that ‘s something that will never die.” I want to reassure The Stew readers that I will continue as Craig and Christa did, keeping The Stew a place to inform and showcase all that the Cariboo has to offer.

To our writers and advertisers, I want to thank you for supporting The Stew and helping to make it what it has become. I look forward to working with you! To our loyal readership, thank you for picking up The Stew every month for more of what The Stew has become known for – interesting and informative content about locally relevant topics, focussing on arts, entertainment, leisure and recreation in the Cariboo! You all are the ingredients that make The Stew Magazine a continued success.



# flavour of the month





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# Tied Selling... What is it?



In Canada there are several agencies/regulatory organizations that legislate certain rules for the financial industry as a whole.

One area of these rules and regulations is an item called Tied Selling. What is this?

The Government of Canada as well as many Banks have stated in great detail what the Bank Act and the Government have defined as 'Tied Selling' on their respective internet sites.

For example, stated in Section 459.1 (1) of the BANK ACT, that governs the practices of each bank in Canada, it clearly states: (information obtained from the website under the Bank Act).

"A bank shall not impose undue pressure on, or coerce, a person to obtain a product or service from a particular person, including the bank or any of its affiliates, as a condition for obtaining another product or service from the bank."

Under the Government

of Canada website from the Financial Consumer Agency of Canada heading, it also states:

"Banks in Canada are NOT allowed to engage in "coercive tied selling" or "forced purchases." This means that banks are not allowed to unduly pressure or coerce you into obtaining a product or service from them or from their affiliates, as a condition for obtaining another product or service from them. This practice, called coercive tied selling, is illegal in Canada."

Why am I making such a point of relaying this information to all who may read this article? I hear statements from clients that claim that if they did not take the insurance on their loan or mortgage, their lender at that financial institution told them that they may not qualify for that particular loan or



interest rate as previously stated in their initial meeting. This is clearly in violation of the Bank Act – Section 459.1 (1) and is illegal according to the Government of Canada website as well as the Bank Act.

The next time you need to apply for a loan or mortgage or credit card from any lender whatsoever, you may want to have this information in hand during your meeting.

It may be more cost efficient as well as beneficial for your loved ones, to

purchase your own life insurance and/or disability insurance to cover the debt should you pass away or become disabled. When you purchase your own insurance from a **licensed** agent, the insurance company will underwrite your policy prior to being approved depending on whom and what company you are dealing with.

As a general practice, lender insurance may not underwrite you until you have a claim. This means that they may wait until you submit a claim for their

company to decide if you were a good risk for the coverage.

Another area of interest for the general public is to research which provinces in Canada demand that employees of financial lending institutions are licensed through the same courses and regulations as insurance agents.

The best advice I can give is to be aware of what your rights are. If you would like a no obligation quote on insurance for your debt, call Adele at 250-392-6448.



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step 3



step 4



## Pint-Sized

By Jazmyn  
Douillard



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ARTIST **JANET BEDFORD**

Janet Bedford has called Williams Lake home since moving from Vancouver Island 49 years ago.

After graduating from Columneetza, and marrying her high school sweetheart, they chose to stay here and raise their family of 3 daughters.

Working with fabrics has been an interest of Janet's since she was a young girl making doll clothes, which then led to making her own clothes, and as their family grew she enjoyed making clothes for her girls. During those years, Janet purchased her very first quilting book (and still has it). Those were the years before rotary cutters and rulers. Templates were cut out of paper and pinned to the fabric, then the pieces were cut out using scissors, and that's how she made her first Log Cabin quilt (and still has it). Thirty-five-plus years later, Janet is still quilting and loving it, but using more modern techniques and tools now, including her longarm quilting machine.

You may have had the chance to see some of Janet's quilts hanging in the Station House Gallery, the Cariboo Piecemakers Quilt Shows, the Art Walks, the Garden Club Tours, the Medieval Market, the Harvest Fairs and now, a showing at the Gecko Tree.

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BY ALEXIS FORSEILLE,  
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FUTURES CARIBOO  
CHILCOTIN

Whether you are starting a new business, expanding an existing business or simply looking to refresh your current business, the best idea is to start by drawing a picture.

Take some time to sit down and focus on the vision you have for your business. Draw it out! Whether you do this mentally or physically, start right from the basics. When you walk through the doors of your business, what do you want customers to see? Do you see the check-out counter or welcome desk as the first thing that customers see? Or do you have some merchandise featured to

capture the eyes of your visitors?

Walk through your business' space. What belongs where? Do you have a layout or a store map in mind that could increase traffic through the building or make it more pleasing to the customer's eyes? What type of flow do you want the space to have? If you have a waiting area, where is it located and how is it set up to make the most out of the space?

Next, decide on the colors and the features. Envision all the details! Think of the colours and the shades that you want. Figure out how those colours will make customers or clients feel when they walk into the business or office. How does the colour scheme of your business' physical



location work with your branding?

Once you have everything decided in your mind of how things should look and feel, take a look at your current business location. Would updating your space make business easier or

more pleasing for staff and customers? If you are ready to take the plunge and start remodeling, figure out the budget you can put aside to make all the renovations worthwhile. What do you want versus what do you actually need for your vision to come to life? Further, and maybe most importantly, what are the real cost of making it all happen?

Planning to do one large overhaul of the business layout may be what you want to do, but you can also take your time and do small projects along the way. This can help save you from the upfront costs involved in completing the entire makeover at

once. Completing smaller projects also allows you to schedule renovations during the slower periods for your business.

Start planning your renovations by building a flow chart with your vision and the path you will take to get there. Who do you want to hire as potential contractors? Do you have any clients that would be good to reach out to for contractor work? Who do you see as potential partners in completing the projects? Next, decide on a timeline for each project that will eventually lead you to your vision. It may take some time to make it all fit with your schedule and your contractor's schedules, but making

your business' space more personalized to your branding and style will be well worth it.

Of course, not all small businesses have large store fronts; many function as a single office. The same principles apply for making your workspace function for you. Draw yourself a picture of how you want your office to look. By completing the changes to make your reality match your drawing, you will find yourself in a workspace that works for you. The more comfortable you are in your space, the more work you will achieve.

It is time to start drawing out exactly how you have always envisioned your business looking like and working your way to making it a reality.

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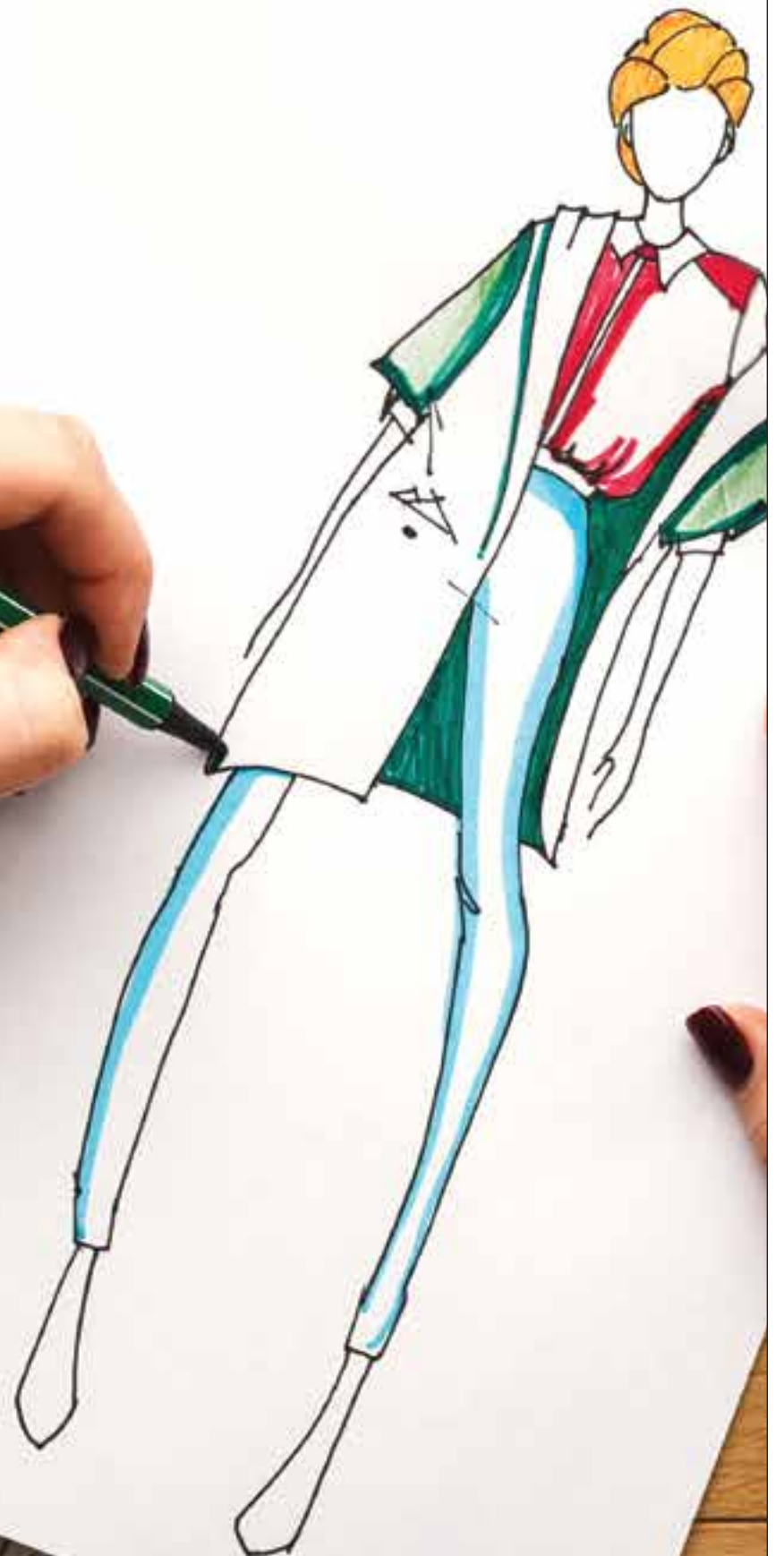
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# Play

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





# play



## WILLIAMS LAKE & AREA

**October 1** FREE Seniors Bingo & Refreshments, Boitanio Mall 1pm

**October 2** Blue Bottle Program, medical emergency kit distribution, Safeway 10am-4pm, info: Kimberly 778-412-2430

**October 2,9,16,23,30** Story Time for Preschoolers with puppet show, free, Tuesdays, Library 10:30am

**October 2,9,16,23,30** Duplicate Bridge Club, everyone welcome, Seniors Activity Centre side door, Tuesdays 7pm

**October 3,17** Wild Wednesdays, This group explores different outdoor spaces around town, info: Call 250-398-3843

**October 3,10,17,24,31** Ride The Cariboo, Meet at 6pm at Barking Spider Mountain Bike, 1024 Broadway Ave S, info: Call 250-392-5177

**October 4,11,18,25** Tales and Trails for children ages 0 to 5 years of age, at Scout Island from 10:30am-11:30am

**October 4,11,18,25** 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

**October 4,11,18,25** Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music Studio, everyone welcome, Anglican Church, Thursdays 7:30-9pm

**October 4,11,18,25** Free Language Class at 118 c North 1st Ave from 8:30am-3:30pm, info: Susan 778-412-9333

**October 5** Farmers Market, last one of the season & our Customer Appreciation Day, Kiwanis Park 9am-2pm

**October 5-27** Station House Gallery presents: (Main Gallery) "Legacy" show and sale of the works of Vivien Cowan & Sonia Cornwall, and (Upper Gallery) Jasmine Alexander "After Wake"

**October 5,12,19,26** Live Music, Friday evenings, CJs Southwestern Grill 36 3 Ave N

**October 6** CIHL Hockey, Stampeders vs. Quesnel Kangaroos, Cariboo Memorial Complex, 7:30pm

**October 9** Blue Bottle Program, medical emergency kit distribution, WalMart 9am-3pm, info: Glenda 250-392-7946

**October 12,13,14,** Federation BC Woodlot Association – AGM, Info: Call Ian Lanki at 250-267-6534

**October 13,** 23rd Annual Business Excellence Awards at the Elks Hall, 5pm-10pm, Info: 250-392-5025

**October 13** CIHL Hockey, Stampeders vs. Terrace River Kings, Cariboo Memorial Complex, 7:30pm

**October 14,** Harvest Walk-Run-Bike, Cariboo Memorial Complex, 11am-12pm, Info: 250-398-7665

**October 14** CIHL Hockey, Stampeders vs. Kitimat Ice Demons, Cariboo Memorial Complex, 1:30pm

**October 15** 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

**October 18** WL Writers Group Meeting, 3rd Thursday of the month 2pm, Arts Centre 90-4th Ave N, info: Linda lev-pur@shaw.ca

**October 19** Free Parenting Workshop, featuring Dr. Linda O'Neill PhD Educational Psychology, everyone welcome, Cariboo Bethel Church 6-8pm, doors open 5:30pm, registration deadline Fri. Oct. 12, register: Anita 250-392-4118 or a.diepdael@womenscontact.org

**October 20,** Royal Purple Craft and Garage Sale at the Elks Hall, 9am-3pm, Info: Call Sharon at 250-392-4873 or Doreen at 250-392-5451

**October 20-November 3,** 28th Annual Daybreak Rotary Club's Book Sale, at the Old Sears Building every day from 10am-4pm, Info: Call 250-392-4498

**October 21,** Strictly Blue Grass, Live Music at Alley Katz, 12pm-3pm, Info: Call 250-398-7368

**October 24,** Communications for Small Business Workshop, Community Futures Cariboo Chilcotin, 9am-12pm, Register: 250-392-3626

**October 25,** The Williams Lake & District Chamber of Commerce AGM will be the Election of Officers. Call 250-392-5025 to reserve, 11:45am-1pm

**October 26,27** Haunted House at the NOOPA Youth Centre, Donations of money or non-perishable food items will be accepted, Intended to scare so please leave your little ones at home, 7pm-9pm

**October 26,** The Potato House is having an Adult Halloween Party, 9pm-2am

**October 27,** The Order of Eastern Star, Tea & Market at the United Church, 1pm-3pm

**October 27,** Halloween in Miocene, haunted house, games, refreshments, prizes, Community Club, 5pm-8pm, admission: bag of candy

**October 27,** Halloween Party at the Likely Lodge, Live entertainment featuring Ira Hayes Band, The fun starts at 9pm

**October 30-31** Crystal Man Show & Sale, Tues 1-7pm, Wed 9am-1pm, the Hobbit House 71-1st Ave S

**October 31,** Ooey-Goey Science Lab at the Early Learning Centre across from Fabricland on 2nd Ave, from 10am-2pm

**October 31,** Family Halloween Party at the 150 Fire Hall, Bonfire, Fireworks, Hotdogs, Cotton Candy, Hot Chocolate, Goodie Bags, from 6:30pm-8:00pm

**October 31,** Pumpkin & Bubbles, Family Halloween Photo Shoot by donation with Laureen Carruthers at the Potato House, from 2:00pm-4:00pm

**October 31,** Little Wizards Halloween Party for the Kids at the Potato House, from 2:30pm-6:00pm

**October 31,** Trick or Treat Downtown with a passport at participating businesses, from 2:30pm-6:30pm

**October 31,** Halloween Fireworks at the Stampede Grounds, Bonfire is at 7:15pm, Fireworks start at 7:45pm

**November 2-3** Potters' Guild Show & Sale, featuring potters & local artists, Fri. 12-8pm, Sat. 10-4pm, Arts Centre 90-4th Ave N

## QUESNEL & AREA

**October 3,** Quesnel Curling Centre AGM, Upstairs in the Curling Club. Everyone welcome! 6pm

**October 3,** 2018 Business Excellence Nomination Luncheon, 11:30am, Call 250-992-7262 to register.

**October 4,** General Trivia Night, 7pm at Wings

**October 5,** Artist Walk & Talk, 5pm-7pm at the Quesnel Art Gallery

**October 6,** RCMA "Feeding Our Kids with Music" Open Mic, The Occidental, 6:30pm - 9:30pm

**October 6,7,** Quesnel Memorial Pow Wow, 9am-5pm, Info: Call 250-992-8347

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**October 12,** Quesnel Art Gallery: Inspirations, A show of paintings by Judith DesBrisay and Megan Long. 7pm-9pm

**October 12,13** The Dusty Boots Band Live at The Cariboo Hotel, starts at 9:30 pm both nights

**October 13,** CIHL Hockey, Kangaroos vs Kitimat Ice Demons, Quesnel Arena, 7:30pm

**October 14,** CIHL Hockey, Kangaroos vs Terrace River Kings, Quesnel Arena, 1:00pm

**October 18,** Live music with with Cod Gone Wild, The Occidental 8pm [www.occidentalquesnel.com](http://www.occidentalquesnel.com)

**October 26,** Teen Halloween Dance at The Lodge, Ages 13-17, starts at 7pm

**October 26,27,** Gold Pan Grannies Fall Fabric and Yarn Sale at Spirit Centre, starts at 9:30am, Info: Call Joanne 250-992-7485

**October 27** Lions monthly garage sale, south end of Maple Park Mall 9am-2pm

**October 28,29** Barker-ville's ghostly Halloween, ghost hunt 1pm-6pm, pumpkin carving 1pm-6pm, face painting 1pm-4pm

**October 31** Barkerville bonfire, haunted house 6pm-8pm, spooky town tour 6:30pm-7pm

### 100 MILE HOUSE & AREA

**October 1,8,15,22,29** Bingo, doors 6pm, starts 7pm, super star 8:30pm, Community Hall

**October 1,8,15,22,29** Alanon, 7pm Health Centre (hospital rear entrance) info: 250-395-2532

**October 1,8,15,22,29** Women's Drop-In Volleyball, 9:30am, Lone Butte Community Hall

**October 1-13** Parkside Art Gallery presents: Leah Henderson "Into The Light Body", open Tues-Fri 10am-4pm, Sat 10am-3pm, 401 Cedar Ave

**October 1,4,8,11,15,18,22,25,29** Cariboo Calico Quilters, Monday evenings and Thursday afternoons, basement Creekside Senior Ctr, info: Agnes 250-395-6127

**October 2,9,16,23,30** Community Band, all ages and experience welcome, practice 7pm Christ the King Lutheran 440 Horse Lk Rd, info: Dave 778-485-5560

**October 2,9,16,23,30** Alanon Drop-In, 1-2pm, Community Health Ctr (rear of hospital) info: 250-395-7676

**October 2,9,16,23,30** Alcoholics Anonymous, United Church, 8pm

**October 2,9,16,23,30** HUGS help us get slim, 6:30pm, 6300 N. Green Lake Rd, info: Charlotte 250-456-7504 or Pat 250-456-2491

**October 2,9,16,23,30** Carpet Bowling Club, 1-4pm, Interlakes Hall, info: Kitty 250-593-4780

**October 2,9,16,23,30** Co-Ed Drop-In Volleyball, 7-9pm, Peter Skene Ogden gym, info: Kersti 250-395-1353

**October 2,16** Photo Group, Bridge Lake School, info: Larry 250-593-4362

**October 3,10,17,24,31** Eclectica Community Choir rehearsals, United Church 49 Dogwood Cres, 7-9pm, info: [eclectica@100milearts.com](mailto:eclectica@100milearts.com)

**October 3,17** Log Cabin Quilters, Sept-June 9:30am-1:30pm, Interlakes Hall 7592 Hwy 24, info: 250-593-4456

**October 3,10,17,24,31** Bingo, g-ball, loonie ball & progressive, doors

5:45pm, starts 7pm, Lac La Hache Hall

**October 4,11,18,25** Royal Canadian Army Cadets, 6:30pm-10:30pm, 5530 Horse Lk Rd, info: Capt. Kevin Seal 250-395-1181

**October 4,11,18,25** Alcoholics Anonymous, 7:30pm, 108 Community Centre

**October 5,12,19,26** Crib Night, Forest Grove Legion, 8pm

**October 6,13,20,27** Meat Draw, Forest Grove Legion, 4:30-6pm

**October 6,13,20,27** Alcoholics Anonymous fireside family group, United Church 8pm, info: 250-791-1937

**October 7,14,21,28** Alcoholics Anonymous, Sundays 7:30pm, Health Ctr (hospital rear entrance), 250-791-5286

**October 11,** 100 Mile Performing Arts Society 2018 AGM, St. Timothy's Anglican Church basement, 106 Blackstock Rd., 6:30pm

**October 13,** 108 Mile Heritage Museum will be holding a ghost hunt, 7pm-10pm, info: Call 250-791-5288

**October 19-Nov10** Parkside Art Gallery presents: Lynne Flanders & Sheryl Fremlin "Seasons Of Change: The Tale Of Two Artists," opening reception Oct 19 6-8pm, Tues-Fri 10am-4pm, Sat 10am-3pm, 401 Cedar Ave


**October 20** Free Store, free personal and household items to help make ends meet, United Church 49 Dogwood Ave 10am-1pm (donation drop off St. Timothy's Anglican Church), info: Donna 250-791-6497

**October 23** Parkside Art Gallery AGM, 401 Cedar Ave 3:30pm

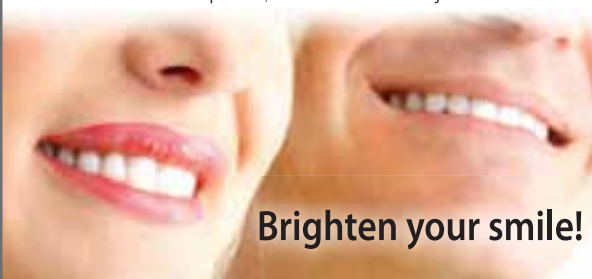
**October 23** Communications for Small Business Success Workshop, Community Futures Cariboo Chilcotin, South Cariboo Rec Centre, 9am-12pm, Register: 250-392-3626

**October 27,** 108 Mile Heritage Museum will be holding a ghost hunt, 7pm-10pm, info: Call 250-791-5288

**October 31,** Haunted House & Kids Zone, PSO Grad fundraiser, 5pm PSO Gym, admission \$5, kids zone free




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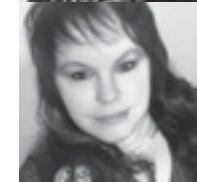
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Liquid Assets

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

**Williams Lake Studio Theatre**  
Behind the Curtain

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# South Broadway LIQUOR STORE

*As the weather gets colder,* most people transition from refreshing summer drinks like spiked iced teas and light summer beers to more winter-like beverages like red wines, hot chocolates spiked with baileys, or a full bodied stout. Well, we still carry all your favorite summer drinks, but now is the time to check out and try some of our fall and winter beverages. Many craft breweries offer seasonal beers, such as Phillips Crooked Tooth Pumpkin Ale. These are the epitome of fall in every delicious sip. Stouts are another great fall beverage as they are full of flavor usually with notes of chocolate or coffee. Most people tend to shift away from white wines and embrace the red wines of fall. We focus on carrying BC wines and have an excellent selection of red wines to suit any palate (even if you're a white wine drinker). Come into South Broadway Liquor today and have one of our knowledgeable staff members pick out something new for you to try!

## SBL Staff's FALL FAVOURITES:

### Phillips Crooked Pumpkin Ale

is a seasonal classic which combines fresh pumpkin, ginger, cinnamon and nutmeg with a full-bodied ale. It's a witches brew packed full of fall harvest flavour that, like many ghostly spirits of the season, has a tendency to disappear quickly.



### Phillips Crookeder Barrel- Aged Pumpkin Ale

is a special seasonal which uses a barrel-aging trick to put the finishing touches on a pumpkin treat! Crookeder Tooth is brewed full-bodied with loads of fresh pumpkin and then carefully aged in selected freshly-emptied whiskey barrels. The result is a slightly sweet, gently spiced brew that blends fresh pumpkin flavours with a soft velvet vanilla.



### Fat Bastard Bloody Red

is juicy and spicy with touches of Transylvanian wolf hair and cucurbits earthiness, this ripe blood-red nectar stays long and rich in the mouth, much appreciated by Count Dracula for its resemblance to his favourite beverage!



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*"I lived in South America when I was growing up. I spent hours sketching. I was good at drawing, and I was obsessed with fashion, but I was also obsessed with magazines." ~ Nina Garcia*



# The power of positive thinking

BY TAMMY DORMUTH,  
GUIDED HANDS

Recently I was waiting in a lineup. Others were in the line too, but one man possessed a very negative and impatient attitude, grumbling and complaining that the line was moving too slowly.

To be fair, there could be any number of

reasons for his agitation, but it led me to reflect on the idea of attitudes.

There is a principle, where energy goes, energy flows. When we think thoughts, they go into our brains like a computer, uncensored and unfiltered. Imagine that thought being like a shipper and receiver. The shipper sends you anything you ask

for. You may have the thought, I am so frustrated, and so your brain says, send more frustration. The shipper does not question whether the thought is right, wrong, good, or bad, it just sends.

Unless we consciously change our thoughts or attitudes, we will keep attracting more of the same.

There is a simple muscle test that anyone can do with a little assistance, to show you the power of your thoughts. This test is performed by standing up and lifting one arm out sideways from your body at shoulder height. Think of something that makes you very happy. Have your assistant press down on your arm with

moderate pressure while you try to resist. You will find that your arm is very strong and does not budge. Now think of a negative thought and repeat the test. Your arm will go down surprisingly easily. This test makes it very clear the effect our thoughts have on our body.

Keeping a gratitude journal can be a helpful tool on your path to positive thinking.

Colin Sprake, of Make Your Training, has a

great idea for journaling. He suggests writing five successes you had today...no matter how small, three things that you are grateful for...there can be repeats from other days, three actions you took towards your big dreams, and at least one action you took to increase your happiness level...no matter how small.

What the heck, give it a try! Is there such a thing as being too grateful?

## PARENTING WORKSHOP

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## Behind the Curtain

Submitted by  
Williams Lake Studio Theatre

# Etch-A-Set

BY KATHLEEN  
MACDONALD

When Shane Tollefson, director of the WL Studio Theatre's upcoming production "November," recently posted a picture to the cast and crew's Facebook page, showing drawings of his idea for the set (along with a cold can of Old Milwaukee), it highlighted the importance of designing the set early. Beyond casting the right people, gathering the best crew, and stocking good beer, a director must spend a sizable amount of effort and time, perhaps with a set designer, on devising the set of the play.

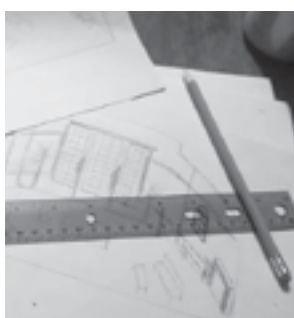
The first step is a thorough study of the script, noting locations, time period, needed props, possibility for a minimalist or lush set, and any situations or actions in the play that may call for specially-built sections, before then creating thumbnails: initial drawings of the set. These drawings often lead to 3D wooden or Lego minia-

tures of the set to help guide construction.

So often presented before any other element of the play, the set can provide a wealth of information to give an audience a leg up before the first actor even appears. It is often the set that initially draws the audience in. Though of course the best sets, at first sight, will rarely give away where the story is going.

The set of "November" is the Oval Office, already providing insight into the type of play it will be (perhaps political drama, satire or intrigue) and what it will probably not be (likely not a rom-com, family-centered drama or horror story; well, considering today's political climate, maybe horror...). Coupled with effective lighting, a set helps the audience know where to look and who to listen to at each moment.

It can be fun to watch an intricate set, where a bench can turn into a car and a bed can appear from under church basement stairs – as



done in our theatre's "Hand to God" award winning set. And where an actor can dig up a grave in real dirt on stage – one of a few unnerving sights in our production of "A Skull in Connemara". But we keep in mind that a set must always illuminate and support rather than overshadow.

A great set can also be incredibly simple, such as two chairs or just a set of black boxes, as long as it effectively serves the story. In Peter Brook's Midsummer Night's Dream (1970), Sally Jacobs abandoned the usual verdant forest setting for a minimalist, white box, trapeze-hung set with fairies on stilts and lovers as jugglers. It's considered one of the most revolutionary sets in modern history, sparking new conversation around Shakespeare's classic tale.

The set for "November" is in the middle of construction. The volunteer carpenters and workers are building the bones for the curved Oval Office walls, and there's excited talk of how to recreate the iconic Resolute desk.

As the set comes together, other considerations will pop up. Does any part of the set obstruct the audience's sight lines? Someone in the

front row may be able to see all, but a wall or pillar may block the view of the person seated in the far left of the back row. Even the weight of elements of the set may need to be considered if the story requires changing parts of the set during the show. The effect of colour on mood, and therefore story-telling, must be considered to bring the desired impact to the audience. Many intricate elements will shape the set design.

While helping with set building, I was able to ask Shane what drew him to pitch "November" for this season. After a moment, he replied "the uncanny similarities that the dialogue has when it was written 10 years ago to what is happening politically today." And also that it's uproariously funny. We talked a bit more about the play before he got back to hammering wood sheets onto the wall frames. We're looking forward to next weekend to bring our version of the Oval Office closer to life.

Be sure not to miss the Williams Lake Studio Theatre's presentation of the funny and timely production of "November", running November 7-10 and 14-17 with two Saturday matinees. Tickets are for sale at The Open Book, Kit N Kaboodle and online at wlstudiotheatre.ca

"November" has a strong language warning.

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do

# Drawing from experience: plantar fasciitis

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

Put simply, plantar fasciitis is the irritation of a very important connective tissue that spans the bottom of the foot. The plantar fascia attaches the heel bone to the toes and helps in shock absorption for the foot and body. When working properly, the plantar fascia also increases the efficiency of gait (for those interested, look up: "Windlass Mechanism"). As a professional that has helped to treat plantar fasciitis for hundreds of individuals, I can draw from both formal education and clinical experience on the matter. Plantar fasciitis is known to be extremely painful, irritating and persistent. Pain is felt due to

inflammation and micro-tearing of the fascia, and in a worst-case scenario, the tissue can undergo more serious tears or completely rupture. Like many foot problems, the diagnosis of plantar fasciitis is typically determined through classic symptom patterns. Pain is usually felt first thing out of bed in the morning at the bottom of the heel or throughout the arch; discomfort sometimes eases up with movement but returns after the individual has been seated for awhile and then stands. Plantar fasciitis may also be diagnosed along with a "plantar calcaneal bone spurring" if found on an X-ray. Small bone spurs are generally not the primary source of heel pain, but do signify an injury to the bottom of the heel, where the

plantar fascia originates (at some point in time). It is almost always difficult to pin-point the exact cause of plantar fasciitis and bone spurring, but generally can be explained through various potential influences such as: foot type, muscle tightness, weight gain, improper footwear choices, increase in activity or standing time, and is likely a combination of a few of these factors that create "the perfect storm". By changing footwear, stretching, icing, massaging or resting the feet - symptoms can sometimes be alleviated - other times a more rigorous treatment plan is required. Properly fit off-the-shelf insoles, custom orthotics, night splints, acupuncture, physiotherapy, at home footwear, arch tape jobs, ultrasound, laser



therapy, shockwave therapy, AirCasts (and many more) treatments are also available to treat plantar fasciitis. In general, the quicker the pain is diagnosed and treated, the less persistent the symptoms will be. It should also be noted that those who

have experienced plantar fasciitis symptoms in the past are more susceptible to re-injured fasciae in the future. How can this brutal problem be prevented? You can get your feet and gait assessed by someone certified to do so; but by simply keeping your calves

regularly stretched and by wearing quality shoes, your chances of injury to the plantar fasciae are greatly reduced. Draw from this advice: don't settle with ongoing foot pain - most cases of plantar fasciitis are completely treatable!

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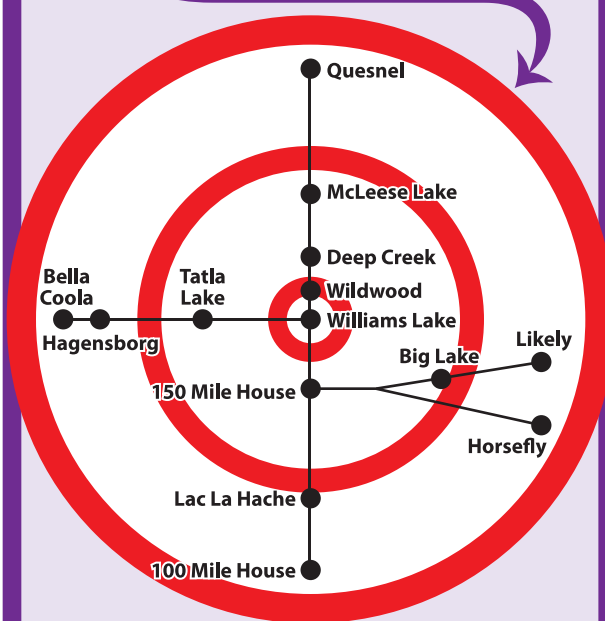
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► Red Allison's saddle – Red was inducted into the BC Cowboy Hall of Fame in 2003 under the category of Working Cowboy and Horseman

## Curator's Corner

### *The draw of the BC Cowboy Hall of Fame*

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

The autumn season is an important one of reflection at the Museum of the Cariboo Chilcotin. We look back on the summer and the visitor numbers, feedback, and suggestions for improvement and we start developing strategies to improve our exhibitions. Every year, I find that some of the more popular exhibits are the ones on the Cariboo-Chilcotin Indigenous Peoples, the ranching and rodeo history, and also the BC Cowboy Hall of Fame (BCCHF). The Museum

has been the home of the BCCHF for over two decades. We continue to work collaboratively with the BC Cowboy Heritage Society to promote the legacies and experiences of competitive rodeo players, ranch workers, and western-genre artists. The categories in the BCCHF are diverse and dynamic.

This summer was one of the strongest seasons at the Museum in terms of visitor numbers, which has only helped to bolster viewings of the BCCHF along with all our exhibitions. With our more accessible location on South Broadway we are able to attract a wide variety of audiences, which in turn means

that our exhibitions will have to be equally as diverse, dynamic, and all the more intriguing. This fall and winter the City will be renovating some parts of the building to make room for more display rooms, which will allow the Museum to be more efficient with its space. With the improved space, the BCCHF will be at the forefront of our exhibitions even more than it currently is.

The BCCHF is well suited to not necessary just show visitors what life in the saddle is like but also what it feels like. We do not allow visitors to ride the physical saddles on display but we certainly encourage them to learn about how riders used saddles. Surrounded by historic cowboy

gear, photographs, and narratives, visitors have the opportunity to step back in time and imagine how cowboy life in the nineteenth or twentieth centuries might have appeared. While the artifacts that make up the BCCHF have been cleaned and polished for display purposes, which takes them out of their traditional use, they still work to bridge the gap between "now" and "then" because cowboy life has become so much less common in the modern moment. Many visitors from other parts of the country and the world are often quite taken with the BCCHF and how it personifies the cultural zeitgeist of Williams Lake and the Cariboo-Chilcotin. It remains one of our most important exhibitions and will be for some time.

If you feel that someone you know deserves to be a member of the BCCHF because of their achievements in any category, consider nominating them this year. To nominate an individual or a family, download the form from the BC Cowboy Heritage Society's website (<https://www.bcchs.com/>) or pick one up at the Museum during our regular business hours. Nominations require a form, photographs, and lots of relevant info about the nominee. **Nominations close on November 1, 2018.**



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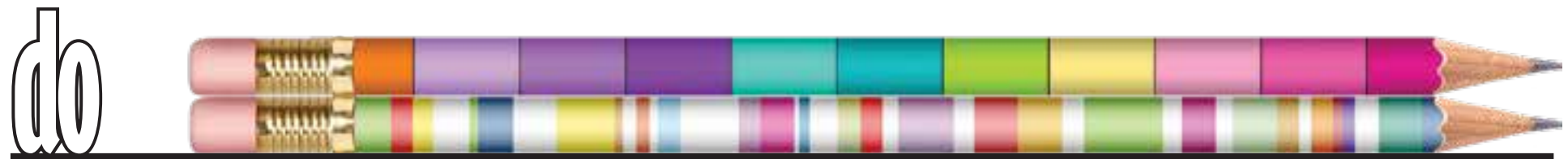
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# Grandpa’s advice for protecting your home & maintaining its value



Drawing upon the advice and wisdom of our elders makes great sense in our overly complexified hyper-informed world. With so many choices, going back to basics is wise. Our grandparents remember ways of common sense that many of us – including myself – forget. This is especially the case concern-

ing steps to protect our homes and maintain their value. A variety of forces can cause accumulated wear-and-tear. Without regular monthly maintenance, our home can leak value through problems, preventable with a little of Grandpa’s advice. So, drawing from my Grandfather’s deep well of wisdom (a list

of monthly activities he wrote as a reminder) here are several actions you can take to prepare your home as we sit in Fall waiting for Winter to come.

One, flush your hot water tank to remove any sediment. In fact, get it inspected by a qualified professional. There’s only one thing worse than a



broken hot water tank in the dead of Winter: a broken furnace.

Two, have your furnace inspected. Like putting Winter tires on your car, the longer you wait, the longer you’ll wait. Furnace pros are always busy. Come Winter, however, they’re seriously busy. Book them early. Remember to do a bit of homework so that you know the basics of furnace-ology. The more you know, the better you’ll be able to negotiate with the pros.

Three, inspect your roof. Look for missing, loose, or damaged shingles and leaks. Get that stuff fixed quick. Ice damming that

can happen during Winter can cause you a world of hurt – especially, it’s a big pain in your wallet.

Four, apply fertilizer to your lawn. Get it ready for the long Winter’s nap. When spring comes, it’ll be primed and ready to beautify your eyes.

Five, check the weather stripping on all your doors and windows. Keep the heat inside, not on futilely trying to warm the outdoors.

Six, don’t leave leaves lying around. Rake ‘em up. Clean ‘em out of the gutters. Your lawn needs to breathe, it doesn’t need the excess bugs that can

form as a result of lying leaves, and it certainly looks better come spring without brown patches caused by snow mold. Of course, cleaning the gutters helps with drainage. Water ain’t a friend of your home, dear reader.

My Grandfather was a pretty smart dude. These tips just came from his list for September. You should see what he has planned for October and November. The idea you should take away from this article is that your home is a baby that needs monthly protective care, and that that protective care will help maintain its value. The second idea is that most good ideas have been around for ages. So, go back to basics. Draw solutions from the past. Employ them. Once done, watch as your investment continues to increase and the enjoyment you feel living within it continues to expand.

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# The best things in life are free!

**Out of  
the Fridge**

By Brice O'Neill

I've always had an appreciation for art and Sue and I have been fortunate enough to collect some great pieces over the years. Our house is adorned with quite a few paintings, our café has artistic pictures on the wall and we have a section for local artists to hang a piece. Even my kitchen has signed digital drawings from a local artist. Over the last several years I've invited children to come cook with me after the restaurant closes. I spend time teaching basic cooking skills to them and all I ask in return is a drawing. I don't care what they draw just something they created for me. When you give a kid with social/ learning disadvantages paper and some coloured pencils or a canvas and some paint, amazing things happen. Sometimes it's just a couple of stick figures with their names above them, others it's a bunch of random colours splashed about the white background with no rhyme nor reason. Occasionally, I get one with the figures holding frying pans with fire reaching out of it or holding knives titled "Brice is the best chef in the world"

(my personal favourite). Of all the art I've collected over the years I do have a favourite, it was drawn by a young girl after her first day of grade one. The image is a father and his daughter holding hands both with big smiles. The love they have for each other on full display. This simple drawing has helped me through some really difficult times in my personal and professional life. It is the first thing I see when I enter my kitchen and the last thing I look at when I leave. That drawing has hung in my kitchen for nine years, the paper has yellowed, the edges have curled, and it has been saved a few times from destruction, it is a constant reminder that the best things in life are free. This issue of the Stew is the 60th one that I have written and I've drawn (clever word play right?) from my personal experiences and the collective expertise of centuries of cooking to write about everything from how breathing becomes laboured when standing in front of a wall of fire towering out of a frying pan to the scientific theory that nothing touches anything else (remember



that one?). I hope I can continue to draw pictures in your mind with my stories.

Recipe time. **Drawn butter.** (clever right?)

To understand drawn butter also known as clarified butter, you need to understand butter. Unlike cooking oils, butter is not 100 percent fat; it's only about 80 percent fat, and the rest is mostly water and a bit of milk solids. When that 20-ish percent water and milk solids are removed, you're left with pure butterfat—or clarified butter. Clarified butter has a much higher smoke point than regular butter, as well as a longer shelf life. In other words, it's more stable. Because of its ability to withstand high heat, clarified butter is often used for deep sautés, fries, and similar cooking methods. It will give your foods a complex but-

tery flavor.

When melted, butter will divide into three layers. Milk solids which will rise to the top, the fat which is what you want to keep, will stay in the middle and the water which will fall to the bottom.

Place butter into a small, heavy bottomed pan and turn heat to medium low. Once the butter is completely melted, you'll notice a foamy white layer has formed on the top. Skim as much of the foam as possible from the surface. This is the milk solids. Remove the butter from heat and allow to rest for 5 minutes. Tilt the pan gently and slowly pour the melted butter through a cheesecloth. Being careful to leave the other liquid in the bottom of the pan. This is the water. What you want to keep is the middle. Easy eh?

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*"Photography is an immediate reaction, drawing is a meditation." ~ Henri Cartier-Bresson*

# Vanishing point

SHORT STORY  
BY KEN GRIEVE,  
WILLIAMS LAKE  
WRITERS' GROUP

*Preamble: Before writing this piece, I was surprised by the many definitions and phrases using "draw/drawn/drawing/drew" there are in common usage. As you read, you will see I have attempted to avoid using "draw" in its many variations and substituted synonyms in its place. Oh, and lest I forget, the most obscure of all, "Pink Pearl," is a device intimately familiar to you all from your school days. Enjoy.*

Drew Staedtler, an architect by trade, completed the last line on his latest creation, a low-cost housing project for individuals of limited means. He set down his e-pencil. He allowed himself a brief moment to reflect happily on a job well done.

He raised himself out of his chair stretching to his full six-foot three height. The computer screen stared back at him. He sauntered to the fridge, pulled out a can of beer, took a long pull, and wandered back to admire his handiwork.

He was disturbed from his musings by a knock at the door. Glancing at the clock, he wondered who

could be visiting at this hour. En route to the door he paused at the mirror to see if he looked presentable. He didn't. His hair was dishevelled. He had a twelve o'clock shadow. His face was pale and haggard. All the result of pulling an all-nighter to complete his project.

He yelled through the door, "Who is it?"

"Pearl. Open the door you jerk."

His ex in both love and business. Frantically, he searched for an appropriate response. When none came, with a sigh he opened the door.

"Hi, Pearl, how's it going?" He opened his arms in hopes of an unlikely hug. She barged past him. As always, she was wearing pink from head to foot.

"What exactly did you think you were doing?" she screamed. Drew shrugged his shoulders to show he had no idea what she meant. He squeezed out an unconvincing "Whatever are you talking about?"

"You know perfectly well what I'm talking about. You cleaned out our joint bank account. Half that money's mine."

"Calm down. Don't worry, your money's safe. I invested it."

Drew watched in



"In what?"

"In a pot company."

"With who? That loser Parker?"

"Yeah. Yeah. He has access to great stuff? To prove it, I've got a big doobie right here." He displayed it in front of his face, fired it up and took a long drag. He offered the J to Pearl.

"No thanks. I hate that stuff."

Her anger unabated she pulled a pistol from her hand bag. She motioned in the direction of the bay window with the pistol.

"Shut the drapes. I don't want any witnesses."

Drew sidestepped slowly in that direction with his hands in the air. He pulled the curtains shut. Without taking her eye off him, Pearl inched her way to the computer. She sized up the screen for a moment.

"Nice work. Too bad I'm going to erase it then I'm going to rub you out."

"Pearl," he pleaded, "you can't do that. I'm begging you."

"Too late."

Drew watched in

horror as his latest creation dismantled itself one line at a time. When the building had disappeared from the screen, she focused her attention once more on Drew.

"Now it's your turn." She cocked the trigger with one hand while with the other, she brought up a full-length picture of Drew on the screen.

"Goodbye Drew." For dramatic affect, she paused her finger over the Delete key before hitting it. She looked him in the eye. He mouthed a silent "No" as he watched first his extremities then his torso disappear. The doobie fell on the floor after his head vanished with a "pop." All that remained were his clothes and the smoke that had been trapped in his lungs.

Pearl picked up the reefer. "Wouldn't want the house to burn down now, would we?" As she walked from the room she glanced back over her shoulder, "You never did learn to back up your files like I told you, did you Drew?"

# The sketch

BY LINDA PURJUE, WILLIAMS LAKE  
WRITERS' GROUP

Elizabeth gently laid her pencil down beside the pad of paper and contemplated the drawing thoughtfully. Was it good enough? It had to be the best she could do. She followed the graphite lines with her eyes, scrutinizing each for even the minutest flaw, comparing it to the black and white photo propped in front of her. Still examining the drawing, she picked up her cup of herbal tea, and sipped the cooling liquid.

Replacing the cup on its saucer, Elizabeth picked up the sketch and turned around to face the antique sideboard behind her. It had a mirror set in the middle of the backboard which she now held the drawing up to. It was a trick her mother had shown her years ago; hold a drawing up to a mirror and it will be like looking at one done by someone else. You'll be able see anything wrong with it.

Ah, yes. That line is too straight. It should curve more out to here. A bit more shading here, and a little less there, and maybe a little more slant to the corner of that one eye. She put the picture back on the table and fixed the not quite perfect spots.

Elizabeth held the picture back up to the mirror. That was better. She didn't think she could improve on it anymore. She nodded her satisfaction and tore the drawing off the pad.

Taking it by one corner, Elizabeth took the sketch over to the wood-burning Franklin fireplace in the corner of the room, opened the cast iron door, and tossed the drawing into the stove. The picture of a handsome, arrogant man lay grinning up at her. She picked the box of matches up off the nearby shelf, carefully chose a match from it and struck the side of the box. She held the resulting flame to the corner of the paper, watching as the fire took hold and began to creep around the edges of it, blackening and curling and finally disintegrating the face that seemed to always be laughing at her condescendingly. She strode back to the table and snatched up the photo of the man she had drawn. She dashed to the stove and tossed it in on top of the almost completely devoured sketch.

"Gone. Finished. All through. You are no more a part of my life." Elizabeth shut the door of the stove and smiled grimly with satisfaction as the window in the stove door glowed with the light of the burning paper within its bowels.

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# Drawing Down the Moon

A SHORT STORY BY  
TERRENCE PAYETTE,  
WILLIAMS LAKE  
WRITERS' GROUP

"You going to the Sabat tonight?" Dawn asked her friend, Rachel, "The Witches' Council would like all of us to attend tonight if we can. I heard the Queen would attend along with her Consort."

"Sounds important! But I wasn't planning to. Not this one. I have other things I must do tonight. You know my Grandma is getting on in years. Her acceptance into the Cronehood has been long in her past, and she is getting close to 'The Passing through the Vale' ritual. Grandma is feeling out of sorts lately, and she thinks she is getting real close. So, she has asked me to be a part of passing ritual, so

we are going through it tonight. Anyway, enough of that, besides the royalty, what is so special about tonight's Sabat?" responded a saddened Rachel.

"Well, I heard that they found a new spell in an old book from the before times. They are going to try it out," said Dawn.

"A new old book... neat!" she exclaimed, "Ooooh...tell me all about it! What do you know?" demanded Rachel.

"Well, it's called 'Drawing Down the Moon,' and it deals with summoning the Goddess. That's all I know. Hopefully, we can talk to her like in the old days..." Dawn started to say.

"In person... Well, I'll be," interrupted Rachel.

"No, silly," responded Dawn. "I think the Queen will go into a trance and communicate that

way. Anyway, I have to go and get ready, Tell you all about the ritual tomorrow. Love you."

"Love you too, remember to tell me all. Also, I'll send my love to your Grandma," uttered Rachel, waving goodbye to her friend.

Later on that evening, the Mabon circle had been already cast, and the thirteen witches, one for each moon, had gathered in the glade under the full harvest moon. The clouds cleared and the silver moon reflected its light until it seemed that the night was the day. The chant began and with voices brimming with power, all thirteen witches began their spell of Drawing Down the Moon. Inside the circle, a blue-green light began to glow. As the chant went on, the brighter it got. As they chanted louder, the

bluish-green light grew in brightness and intensity. Like ball lighting, it slowly rose into the night, floating above the circle. As it went higher, it grew in strength and speed, and soon it shot into the night air. The circle collapsed as the witches stared in awe at what was happening before their eyes. A strident blue-green filament stretched from the earth to the moon, and like a spider's web, attached itself to the surface of the moon.

Slowly the filament thickened and changed to a dullish green colour. The moon began to get bigger and bigger to their wide eyes. They soon realized it was the moon that was moving and getting closer. As the elder witches watched, they all gasped in horror as the realization of what they had done came upon



them. They scrambled hastily, to try to undo what they had done, but

it was too late. The moon was ever so relentlessly drawn toward the earth.



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do



## Hidden talent

BY TAMARA ROBINSON, WILLIAMS LAKE SALVATION ARMY

Those of you who know me, know that I love my job. Now it is not without its difficult days and high stress situations, but what always send me home with a smile on my face are the people who walk through our doors.

There is such a large mix of folks we serve here at The Salvation Army Family Services, and while many out-

side our doors might draw conclusions of the type of clientele we have, I would argue that we have the privilege of spending our days with some of the most interesting, talented and caring folks in our community. The stories and life experiences shared and entrusted to us are an important piece that makes our clients so special to us.

If you were in our dining hall last week, you would have had the opportunity of listen-

ing to some of the most beautiful played piano music! A young man shared with us his phenomenal ability to play, and warmed the hearts and calmed the spirits of each of us over breakfasts and lunches. This young man spent over 12 years learning his skill and it showed. Talk about hidden talent! We have amazing artists, carvers, drum makers, painters, poets, and drawers from all walks of life, and we strive to create a safe and supportive atmosphere for all those who wish to ex-

press themselves in our center. It's what we look forward to every day.

Our Drop In Center and Gym is open Monday to Friday from 9:00am to 4:00pm. Our Food Bank is open Monday, Wednesday and Friday from 1:00pm to 4:00pm. Our share shelf is open daily Monday-Friday 1:00pm to 4:00pm. Our share shelf consists of free, fresh produce, fruit and bread.

Our meal services are Monday to Friday, Breakfast 9:00-9:45 and Lunch from 12:00-12:45.



### Worship

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**Sunday Worship 10:30am,**  
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**Breakfast 9-9:45am**  
and **Lunch 12-12:45pm**

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do



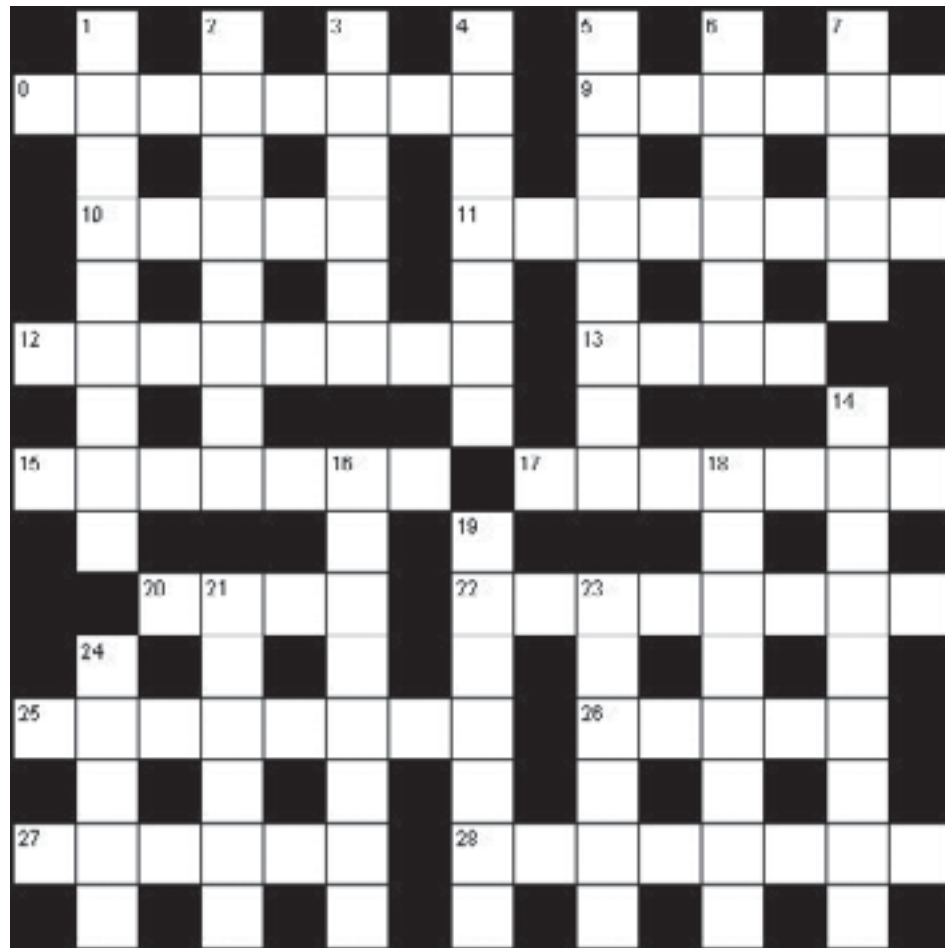
*This month's crossword is brought to you  
by the fine people at Bob Paterson Homes.*

# X-Word Puzzle

10 clues are of a kind  
and lack full definition.

## ACROSS

- 8 Post alternative drugs  
for party (8)
- 9 Voiced approval about  
vehicle returning sage (6)
- 10 Element in central  
heating component  
working (5)
- 11 Fifty divide whip  
round to visit a place in  
India (8)
- 12 It could be cream for  
char with just a taste of  
sugar (8)
- 13 Unit used to isolate  
new inflammatory disease  
(4)
- 15 Germanic person  
embraces Greek character  
by the river (7)



- 17 Maiden lady, English,  
kept strange pet (7)
- 20 Man returns without

- King (4)
- 22 Road that's rebuilt  
includes a way to get to

- something mostly found  
between 20 & 15 (8)
- 25 Abandoned man

- returned carrying  
something of historic  
interest (8)
- 26 Burrow between 20 &  
24 (5)
- 27 Shortly to believe  
foreign capital used for  
archaic tomb (6)
- 28 Reintroduce endless  
work for flatterer (8)

## DOWN

- 1 Voluble outburst of  
horseplay's on the up at  
game to see American (9)
- 2 A friend with short  
dress in the Middle East  
(3,5)
- 3 Hesitation with the  
opening of the canal (6)
- 4 Causing laughter about  
short cut (7)
- 5 Summon attendance  
where taxes are collected  
(8)
- 6 A road outside where  
the dead are kept? (6)
- 7 Cut short walk around  
state (5)
- 14 Two letters about land

- remove prejudice and  
superstition (9)

- 16 NHS lie involved  
having a man outside to  
protect (8)

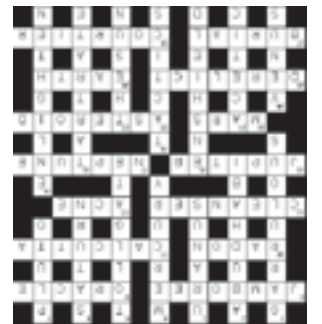
- 18 Something made with  
skill and creativity in the  
little Italian restaurant  
before European added  
salt! (8)

- 19 Purposeful procedure  
shown by Spooner's men  
on the course (7)

- 21 Would be holy man  
loses direction becoming  
bitter (6)

- 23 Rudolf had his end  
away in a barrel (3,3)

- 24 A day to celebrate 23's  
upbringing (5)



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# Community Futures



Cariboo  
Chilcotin

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## Small Business Resource Centre

Community Futures invests time, resources and expertise with entrepreneurs in our communities. We are here to help businesses succeed and grow.

## How Can We Help?

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- ✓ Start-Up Mentoring

**For more information on our services contact: 250-392-3626 or 1-888-879-5399**

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- Write web content, social media posts and news releases that get attention
- Draft quotable quotes
- Identify media in your sector
- Start writing your communications plan
- Use your story and these skills throughout your business activities

9:00am to 12:00pm

### Choose a Location:

**Williams Lake**  
**Wednesday, Oct. 24**  
Community Futures Office  
266 Oliver Street

**100 Mile House**  
**Tuesday, Oct. 23**  
South Cariboo Recreation Centre  
175-B Wrangler Way

### Register:

online at [www.cfwildfire.ca/workshops/](http://www.cfwildfire.ca/workshops/)  
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