

**The Buzz** \$0

A Division of Cariboo Publishing

778-444-8625 thebuzz@cariboopublishing.ca

**The Riot of Spring**

Tradition is a big part of dance. It's also a big reason why the 1913 debut of Igor Stravinsky's ballet *The Rite of Spring*, ended in pandemonium. The ground-breaking costumes, choreography, and score, combining Eastern European folk traditions with avante garde trends, was a far cry from the frilly classics well-known to the dance world of Paris. A violent audience reaction ensued.



The unrest began shortly after the opening bars of the introduction. It grew to booing, catcalls and objects being thrown at the orchestra, as this new work challenged the mainstream audience's ideas about dance and music.

Nearly 40 people would be ejected from the Théâtre des Champs-Élysées by the time the premiere was over, but the contretemps cemented the ballet's place in dance history and Stravinsky would have the last laugh.

The composer lived until 1971, and saw *The Rite of Spring* become hailed as a masterpiece from a visionary artist. The famed introduction behind the 1913 hubbub is featured in the 1940 Disney classic *Fantasia* and *Le Sacre du printemps* is regularly performed by dance companies the world over.

100milehouse.com/marchintospring

**9+ FREE** EVENTS IN 100 MILE HOUSE

*March Into Spring*

**Friday March 24**  
**Saturday March 25**

**PAINTING, HOCKEY**  
**MOVIES, BOWLING & MORE !!**

DISTRICT OF 100 Mile House

Financé par le gouvernement du Canada  
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**MARCH 2023**

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Canada Community Futures

**In this issue:**

Forest food, accessible trails, word finder, sudoku, local writers, news from Peru, comics & unreliable astrology.

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**WORD FINDER - CARIBOO CREATURES**



- |         |            |                    |
|---------|------------|--------------------|
| ANT     | GOOSE      | SALMON             |
| BADGER  | GOOSE      | RAIL               |
| BEAR    | KINGFISHER | TROUT              |
| CARIBOU | MOOSE      | VOLE               |
| CRANE   | OSPREY     | WOLF               |
| DEER    | OTTER      | WREN               |
| FLICKER | PELICAN    | (ANSWERS - PAGE 6) |

**SUDOKU #1 (easy)**

Fill in the puzzle so that every row across, every column down and every 4 by 4 box contains the numbers 1 to 4. Puzzle solution on page 6.

	1	2	3
2		4	
3	2		
	4		

**Expecting Serenity Now**

“March is the month of expectation.”

~ Emily Dickinson

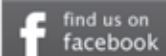
“Our life is March weather, savage & serene in one hour.”

~ Ralph Waldo Emerson

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**Seedy Saturday**  
**Saturday, March 18 10am - 3pm**  
 Increasing Food Security in Our Community  
**at Creekside Seniors Centre**  
 501 Cedar Avenue in 100 Mile House (beside the ambulance station)

- Seed Sales & Exchange — Bring your extra seeds to share
- Information & Displays — Learn from local Cariboo experts
  - Homemade lunch from local food
- Local Vendors • Garage Sale & Silent Auction

For more information or to book a table call Karen 250-395-3580 or Rob 250-395-4042 or email [info@horselakefarmcoop.ca](mailto:info@horselakefarmcoop.ca)  
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## Local Photog Pivots in Peru

When photographer Michael Bednar sold his home in 108 Mile Ranch and relocated to Peru in December, he intended to use his skills in a creative exploration of Quechuan culture.

The day he arrived in Cusco however, Bednar found himself switching to photojournalism, documenting a complex landscape of civil unrest, corruption, and protests, following former president Pedro Castillo's attempted coup and impeachment.

"I had to change my focus very quickly upon arrival and respond to what was happening," notes Bednar. "I recognized things escalating and committed myself to documenting as they unfolded."

Showing the complexity of the situation in Peru is one of Bednar's goals. With major news outlets such as the Guardian commissioning his work, the responsibility of a global audience is something he takes seriously.

"There are a lot of Peruvian photojournalists putting themselves at risk and doing great work documenting the events here. I think it is important to have international eyes on what is happening as well and I feel a strong obligation to do so."

To see more of Bednar's current work in Peru, please visit: <https://www.patreon.com/michaelbednar>



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A protester faces off against riot police in Cusco, Peru. photo: Michael Bednar

## Foraging in the Forest

The lodgepole or jack pine (*Pinus contorta*) has a range of uses as food and medicine. Indigenous people of the Cariboo traditionally harvest the inner white bark in early spring, when deciduous trees are showing their first leaves. The long white strips are sometimes called pine noodles.



Boiling the branch ends in early spring also provides a tonic for colds. The pitch can be chewed for relief from toothaches, or combined with lard as a cream for sores, cuts, and diaper rash.

Information for this article was gathered from: *Ulkatcho Food and Medicine Plants*, published by Ulkatcho Publishing (ISBN 0-9695308-0-5). Always forage ethically and make sure you have permission from the property owner or appropriate land stewards.

## Fire up Weight Loss and Build Healthy Habits\*



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Thermofight Xx has been approved by Health Canada and has been assigned a NPN (#80096890). IT WORKS! Cleanse has been approved by Health Canada and has been assigned a NPN (80076531)

## Parental Guidance

"You are like fireworks. You go out into your children, your friends, your society, and the whole world." - Thich Nhat Hanh

"What usually has the strongest psychic effect on the child is the life which the parents have not lived" - Carl Jung

"If you want children to keep their feet on the ground, put some responsibility on their shoulders." - Abigail Van Buren

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Friday 11 am to 9 pm  
Sunday 3 pm to 8 pm

## Kids 24 Hour Help Phone 1-800-668-6868

Kids and teens can discuss issues or concerns with a professional counsellor. Prefer to text? Send message CONNECT to 686868 to reach a counsellor via text.

## SD 27 Dates to Remember

March 13 - 24 Spring Break  
March 27 First day back after Spring Break

Family is what we're all about.

- FREE services available:
- Drop-In Programs
  - Family and Individual Counselling
  - Family Support and Home Visitors
  - Early Years Centre/CCRR
- ...and much more!



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# March into Spring!

Commemorate Canada in 100 Mile House

## Friday March 24

Paint Night with Bobbie Crane  
Creekside Seniors Centre  
6:30 - 9:30pm

## Saturday March 25

**What's Hopping**  
100 Mile Community Hall  
Easter Games - 11am to 1pm  
Line Dancing - 2pm to 3:30pm

**Movies**  
South Cariboo Theatre  
Noon and 3pm

**Carpet Bowling and more**  
Creekside Seniors Centre  
10am - 2pm

Visit [100milehouse.com/marchintospring](http://100milehouse.com/marchintospring)  
for complete schedule, times, and ticket info

**Variety Show**  
Martin Exeter Hall  
7:00pm

**Pickleball**  
PSO Gym 10am to 2pm

**Dog Agility**  
Agriplex 10am and 2pm

**Family Bowling**  
Big Country Lanes  
12pm to 4pm



**South Cariboo Recreation Centre**  
March 24 - 7pm  
vs Local First Responders  
Doors open at 5pm

DISTRICT OF  
**100 Mile House**  
For enquiries: 250-395-2434

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## SUDOKU #2 (medium)

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9. Solution on Page 8)

							6	
	1			6	8			
7	2			3			1	
4	7		2			6	3	1
9			6		3	7		2
				7				
		7					9	
			4	1			7	6
6				8	7			

## Laugh Lines

Some people say I'm self-centered. But enough about them.

I asked my wife if I'm the only one she's ever made love to. "Oh yes," she replied. "All the other guys were at least a 'five'"

I bought a pen that writes underwater. And a whole bunch of other words too!

Why don't kleptomaniacs understand puns? They take everything literally.

Archaeologists found one of William Shakespeare's old pencils. But they can't tell if it's 2B or not 2B.

I tried to make a belt out of twoonies. It turned out to be a waist of money.

If I had 50 cents for every math test I failed, I'd have at least \$8.35.

For some reason, I can't remember the entire alphabet. I don't know Y.

How do photons always avoid airline luggage fees? They are travelling light.

Did you hear about the new restaurant called Karma? There's no menu but you get what you deserve.

I'll never forget the day I bought my first universal remote control and said to myself, "This changes everything."

## Equality Marches On

March offers three timely opportunities to celebrate equality and dignity for all:

March 8 - International Women's Day

March 21 - International Day for the Elimination of Racial Discrimination

March 31- International Transgender Day of Visibility

## The Dogs Bark

Grooming Parlour



Text or Call Andrea  
**250-808-2716**

Unit 3 - 460 S. Birch Avenue (Birch Centre)