

# the stew

ISSUE 4.8 | NOVEMBER 2013 | FREE

## the Remembering issue

### Inside:

Renée Lozeau  
Featured Artist  
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## On the Cover:

This month's cover shot was taken in the Chilcotin by Craig Smith on a road trip to Bella Coola. He was intrigued by how many old buildings were along the road so he started taking pictures.

He now has a very impressive collection of images and memories.

# Keep your memory strong by using your brain

BY CRAIG SMITH  
THE STEW MAGAZINE

This month we are highlighting remembering and memory. Unless you start to think about it, you don't realize how important these things are in your life.

I've always been proud of my excellent memory skills but I've come to realize that you need to work at it. If you are not challenging yourself on your memory, it, like a muscle, will atrophy and stop being useful.

For years as a photographer I could remember pretty much anyone that I had ever had in front of my lens, and more often than not I would remember either your first or your last name.

Amazing? Not really. For me it was repetition. I got the name making the appointment, at the appointment, at the viewing, and then again when the customer picked up their work. That's at least four times repeating and seeing the person's name.

Then, of course, writing in the appointment book a couple of times, then on an envelope, then on the order, all of that helped.

That was my secret. By the time a customer had picked up their order I had said or written their name

probably 20 times.

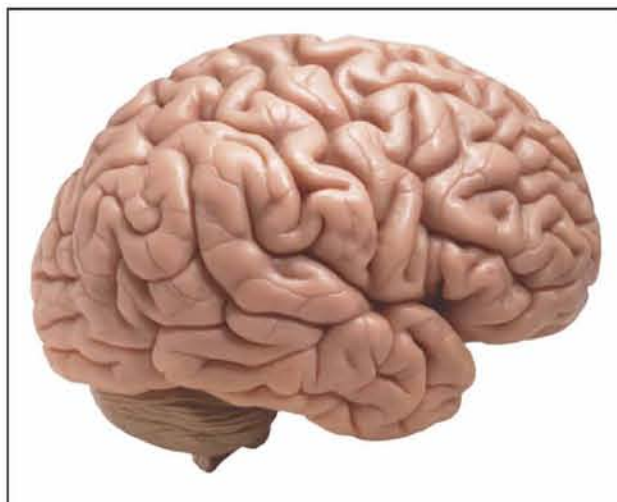
Over the last 15 years I have performed in a dozen plays with the local theatre club. One of the biggest comments I hear is, "How do you remember all your lines?"

Again the answer is repetition. Many, many, many rehearsals and hours of reading and reciting over and over again. The same goes for playing and singing in a band for the last 30 years... it's all about practice.

Now don't get me wrong, I'm not infallible. I have forgotten a line on stage, blanked half-way through a song, and forgotten a name. Very few people have what is called eidetic memory, or what is commonly referred to as photographic memory. It is not an intelligence thing but seems to be more prevalent when people are younger.

At first I thought that as we age to tend to lose more and more of our ability to remember things but I have been proven wrong many times by many people far, far older than me.

For the longest time I always thought the myth about humans only using 10 per cent of the brain was true and that if the rest could be tapped we would be able to remember everything. Unfortunately I can't get a definite percentage as to how much we actually do use, except it's apparently a lot more than ten percent.



I also thought, wrongly, that as we get older it becomes harder to learn and remember new things as all the pathways in your brain for this have stopped forming after your teens. Apparently we can still expand our minds as we age, we just stop doing those exercises after we leave school.

Now that you know that remembering is not something that you lose with age but with inactivity you have the ability to do something about it. There are many brain exercises that I can give you to help increase your ability to remember things.

Here's the first one, and it's an easy one: never stop learning. When you start challenging your mind it grows stronger. Don't go by what I'm telling you, it's a proven fact. If you look at some of the older, vibrant members of our communities, they are the ones taking college or university classes, adult education classes and online courses.

The next tip would be

to learn a new language or learn to play a musical instrument. The language will come with repetition and use. With music it's practice...twenty minutes a day and you will build mental and muscle memory.

Never stop reading. It doesn't have to be *War and Peace*, a newspaper or a magazine will work. Buy a Kindle so that you can carry hundreds of books with you, or if you like the feel of a real book visit a book store or the local library.

Learn a poem that you can recite from memory or a passage from a book or a piece of scripture. Do you know the words to our National Anthem? Why not learn it?

If you don't want to read to learn there are other ways. There are thousands and thousands of videos online and on demand on cable where you can learn anything you want. If you don't believe me, come to our store and look at the T-bar ceiling in our consult

room. I did it and without training. I researched on YouTube for a tutorial and found one by a master contractor that took me through it step by step.

If the video had said, "Don't try this at home," I would have called the 'guy' but the video begins by saying that if you follow these instructions and do some math you will have professional results.

He was right and now I have a new skill (don't call, though...I'm expensive... ha).

I want to end this with a few little tips to help you remember things. Write things down over and over. If you are taking a course, take notes. Read and reread them. Maybe sing a little tune in your head as you are trying to remember something that is important. You have no idea how powerful music is until you hum the tune and the words just come out.

Then take a break, walk around, and then try to remember what you just learned. If it doesn't come to you right away don't get discouraged, just do it again and again until it stays.

Everybody learns to remember different ways and once you found yours you will be amazed how much you can keep in your head.

Now that you have the tools go out and get started on the things you want to remember.

[craig@thestew.ca](mailto:craig@thestew.ca)

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# ingredients

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Remember When Did you remember the...?

Take a few sticky notes, reminder texts, a hard drive and a whole lot of fun and I think we remembered to add it all together this month.

**Ingredients** (or things that helped us get through the last month): This month's issue of The Stew has been really fun putting together as remembering always brings up interesting topics of conversation. We reminisced of times gone by and what we remember and why. Sometimes remembering what didn't work and what we want to add or change is a challenge. Definitely remembering the pressure right before our deadline, but here goes nothing, we hope you enjoy this remembering issue.

## Renée Lozeau Featured Artist

Pages 4&5



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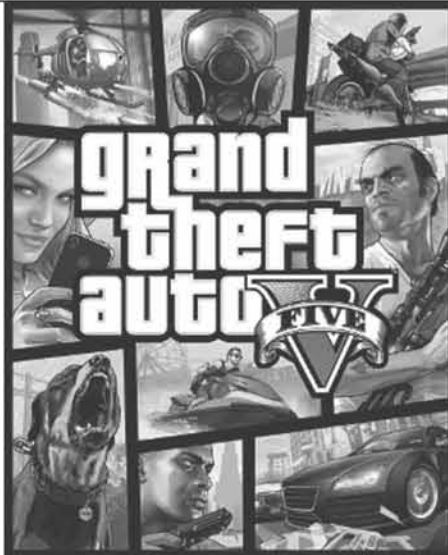
## History of Digital Memory

Page 17

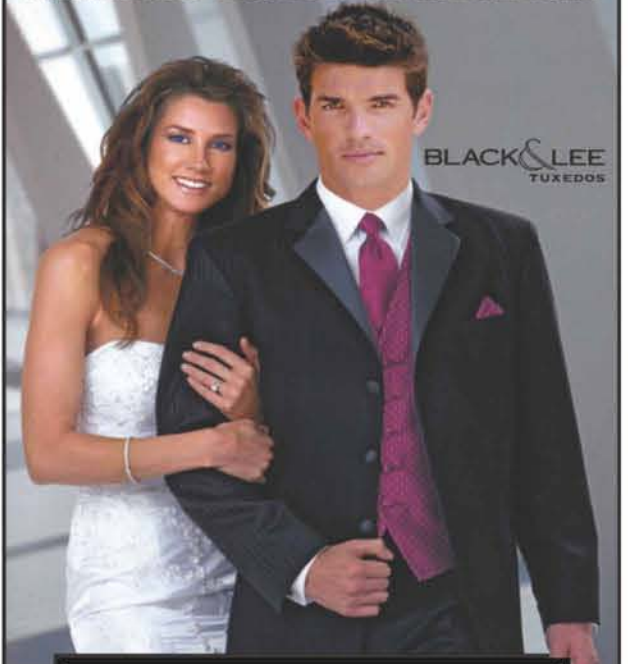


## Grand Theft Auto V the best of the franchise

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## Tuxedo Sales & Rentals



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# flavour of the month

CRAIG SMITH PHOTO

**TWISTED SKIRTS** ► Tribal belly dance instructor Renee Lozeau. You can contact her at [twistedskirttribal@live.com](mailto:twistedskirttribal@live.com)





# flavour of the month



## An artist of many talents

Renée Lozeau is an artist who has made a career out of her many talents. Renée is a professional singer, songwriter, Tribal Belly Dance instructor, graphic designer, and painter.

Born in Chilliwack, BC but having spent most of her life here in the Cariboo, Renée has been singing since a very young age and been on stage since elementary school. Her school operettas led to college choir, karaoke nights, and finally to singing and writing songs professionally with her current band, ThirdDegree.

Renée has one CD out with ThirdDegree and is working on another for release some time next year.

During Renée's high school days she played many instruments including the saxophone, clarinet, flute, piano, guitar, and piccolo. Now Renée plays mostly the flute as well as the Zills, which are finger cymbals, and other small percussion instruments.

Hand in hand with singing and all of her musical talents, Renée began belly dancing in 2006. These passions lead to Renée expanding her interests and finding a niche in Tribal Belly Dancing for which she has been teaching the last three years.

Her group is called Twisted Skirts Tribal Belly Dance and meets once a week to practice and prepare for shows around BC.

University led to an expansion in Renée's talent, moving from pencil drawings and acrylic painting to digital graphic design. In 2002 Renée graduated from the Digital Art and Design program at UCC in Kamloops. From there she spent some time in Red Deer, Alberta before returning to the Cariboo.

Renée has formed a career out of her graphic design talents and works full-time in the industry.

Painting and drawing still play a part in Renée's life as she takes her inspiration from nature. "It's a way of looking at things," Renée says of her artwork. "You can find beauty in anything if you look close enough."

It is the one thing that she wishes she had more time to do. Many of her art collections are representative of wildlife. Some of her acrylic work is more abstract and features colourful design that inspires the imagination and warms the heart.

Renée has a playful side to accompany her art. She is a member of the Society for Creative Anachronism (SCA), which does medieval era activities while in full costume. They take medieval classes such as Norse wire weaving, play medieval games, and have rapier and archery tournaments. She also participates in Heavy Combat Fighting that is done with full body armour and

swords.

Her Troubadour group sings and tells stories in medieval style. Renée says that it is not only fun but it also encompasses some of her other passions like belly dancing and costumes, appealing to her creative side.

"Some of my extra-curricular activities are not main-stream because I am drawn to things that allow me to express my creativity," Renée explains as she reflects on what appeals to her. "I tried to be normal but it was boring!"

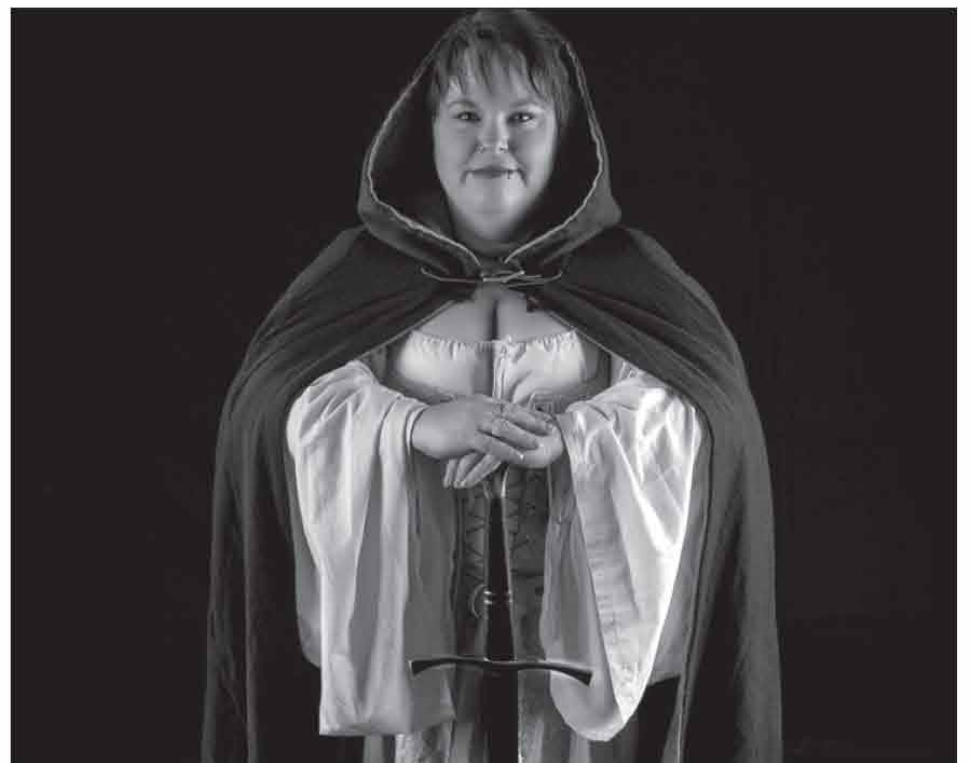
During Renée's other leisure time she enjoys listening to live music and getting out to the local venues. "Quesnel seems to really support musicians and live music as there is always a band playing at one of the local venues every weekend," Renée says of her upcoming weekend plans.

As for the future, she plans to work on bringing more opportunity for musicians to be heard to the area.

From performing arts and costumes to stage, singing to paint brushes, and even to her computer desk, this very talented artist will never be bored and will always know where to find inspiration for her art.

From quiet and reflective art to bold and beautiful expression we have found a very multi talented artist for this month's feature.

*TwistedSkirtsTribal@live.com*





# Wespeak

## Take time to remember how much things have changed

This remembering issue of *The Stew* would not be complete for November if we didn't stop and take a moment to remember all the lives that were changed forever by war. We remember those who sacrificed everything, the ones who dreamed of freedom and world peace for all.

We do not have world peace yet but remembering what was fought for and what was given up may help us remember to try harder and be better individuals for the greater good.

If it were not for a national holiday once a year called Remembrance Day most of us would not stop to think specifically about remembering. As important as this holiday is, it is also a chance to think about how important remembering is.

'Remember when' is often heard around the dinner table when you have those big family get-togethers and grandpa is reminiscing about the good-old days when things were simpler and less complicated.

These were the times when watching TV was not preceded by a huge complicated instructional lesson on how the universal remote works and how not to screw up the PVR or whatever other programming that is set. Times when dinner was about face to face conversations, and that didn't mean Facetime on the latest iPhone, but rather in person.

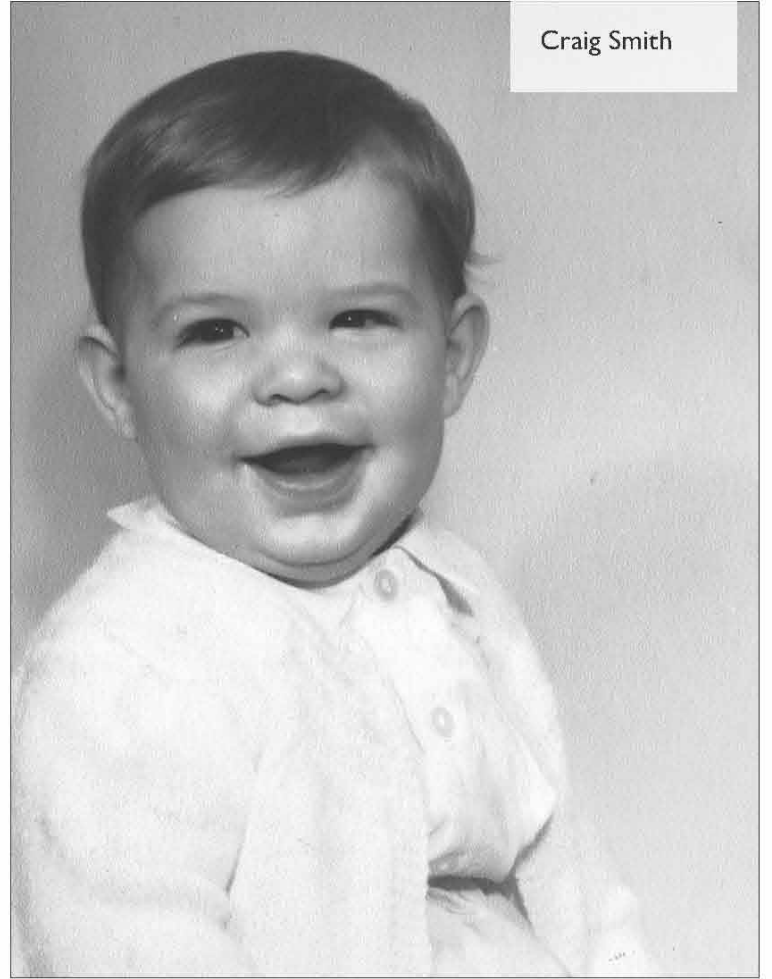
It was a time when a conversation was not interrupted by the constant glancing into your lap, and small smile shared between you and who ever just posted the latest funny on facebook.

And yes as sneaky as you think you are there is nothing in your lap that is that interesting or funny

Christa Smith



Craig Smith



that much of the time.

Most of us don't have to think that far back to remember what it was like before social media took over the planet. Remember when we picked up the phone and talked to our friends or went out for coffee? Now there is no point in human contact as the most intimate details of everyone's lives are just a click away on Facebook or Twitter.

Remember when life was only complicated by one phone line and email that didn't follow you everywhere you went on your phone. Information is now a constant stream at our finger tips and good or bad it is most defiantly

here to stay. No more digging out the old encyclopedia to verify facts or do your home work, the University of YouTube is always open.

In 10 years or so we will be reminiscing about the old days where technology was so slow and limited, as I am sure that there is no stopping where it is going to go in the future. So have we really grown and advanced as humans or is technology over taking us? Are we smarter or have we gotten lazy and begun to rely too much on what can be googled or corrected in spell check? In the future will we be saying 'remember when' or will we have an app that does that for us?

Technology is great and most of the time makes life easier but there has to be a balance between healthy human function and memory and leaving it to 'smart' gadgets.

Memories of childhood and growing up are a huge part of adult life and help inform how we feel about things and the choices that we make. What is important to remember is that remembering the good with the bad gives us a chance to reflect and grow from these life learning opportunities.

There are times when we choose to remember something because of how it made us feel. What we choose to focus on will

help form our memories for the future today.

Memory is a fascinating thing and in honour of those who can't remember or who are no longer with us we want to dedicate *The Remembering Issue* of *The Stew* to all of you. We want to challenge all of our readers to take a moment and remember something important in your life and acknowledge it or remember something from your past and commemorate it.

Take every opportunity you get to make a new memory because you never know when it will be important or when you will lose it and it will be gone.

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read

Early versions of *The Diary of a Young Girl* were edited to remove some of the sexual content. Current editions are uncut.

## Of remembrance and memory

A look at some titles available at the CRDL



**Stories we Tell** (2013) [videorecording]

Polley, Sarah

In this outstanding new film, writer / director Sarah Polley realizes that the truth depends on who's telling it.

Polley is both filmmaker and sleuth as she explores the secrets kept by a family of storytellers. She skillfully interviews and interrogates a cast of characters of varying reliability, eliciting refreshingly candid, yet mostly contradictory, answers to the same questions.

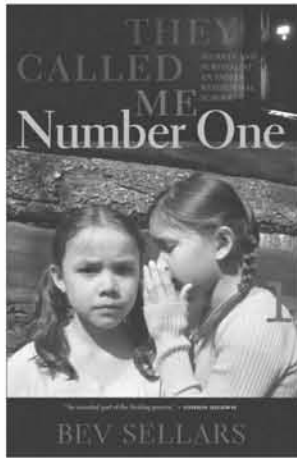
*Stories We Tell* explores the elusive nature of truth and memory, but at its core is a deeply personal film about how our narratives shape and define us as individuals and families.

**They called me Number One: secrets and survival at an Indian residential school** (2013)

Sellars, Bev

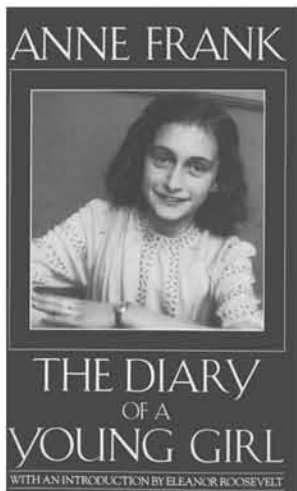
Xat'sull Chief and local author Bev Sellars spent her childhood in a church-run residential school whose aim was to civilize

'First Nation' children through Christian teachings, forced separation from family and culture, and discipline.



In addition, beginning at the age of five, Sellars was isolated for two years at Coqualeetza 'First Nation' Tuberculosis Hospital in Sardis, British Columbia, nearly six hours' drive from home.

The trauma of these experiences has reverberated throughout her life. The first full-length memoir to be published out of St. Joseph's Mission at Williams Lake, BC, Sellars tells of three generations of women who attended the school, interweaving the personal histories of her grandmother and her mother with her own.



**The Diary of a Young Girl** (initial publication in 1947)  
Frank, Anne

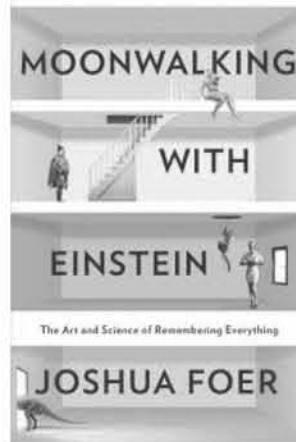
This passionate, insightful journal is a fitting memorial to the remarkable Jewish teenager who died at

### Alphabet Soup

By Caroline Derksen

Bergen-Belsen, Germany, in 1945.

Anne Frank received a blank diary on her 13th birthday, just weeks before she and her family went into hiding in Nazi-occupied Amsterdam. Her wonderfully engaging personal entries chronicle 25 trying months of stifling, quarrelsome intimacy with her parents, sister, a second family, and a middle-aged dentist.



**Moonwalking with Einstein: the art and science of remembering everything** (2012)  
Foer, Joshua

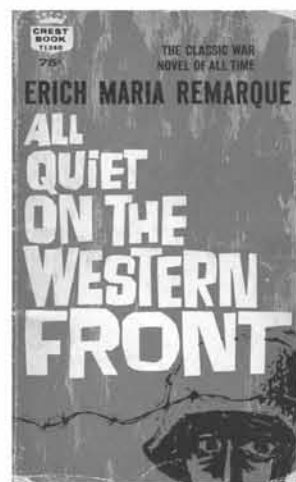
On average, people squander forty days annually compensating for things they've forgotten.

Joshua Foer used to be one of those people. But after a year of memory training, he found himself in the finals of the U.S. Memory Championship.

Even more important, Foer found a vital truth we too often forget: In every way that matters, we are the sum of our memories.

*Moonwalking with Einstein* draws on

cutting-edge research, a surprising cultural history of memory, and venerable tricks of the mentalist's trade to transform our understanding of human remembering.



**All quiet on the Western Front** (initial publication in 1929)  
Remarque, Erich Maria

Considered one of the best anti-war stories of all time, this novel centres on Paul Baumer, who enlisted with his classmates in the German army of World War I.

Youthful, enthusiastic, they become soldiers. But despite what they have learned, they break into pieces under the first bombardment in the trenches. And as horrible war plods on year after year, Paul holds fast to a single vow: to fight against the principles of hate that meaninglessly pits young men of the same generation but different uniforms against each other.

A haunting and beautiful book that stands testament to the banality of war.



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Alphabet Soup



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Behind the Curtain



Kalie Cook  
Sound Bites

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## hear

*The poem In Flanders Fields was  
written by Canadian physician and  
Lieutenant Colonel John McCrae*

### Why the poppy for remembrance?

This issue of *The Stew* is about remembering and there are dozens of ideas I had about memory, health care, sports injuries (concussions), muscle memory, etc., but because of the significance of November 11 in our society, I chose to focus on that.

November 11 is a very important day in the world. It is a day where we wear poppies in remembrance of soldiers lost in war. It serves to remind us of the sacrifices they made to give us the freedoms we enjoy.

Although I live in the US, I have a poppy that my father brought me long ago when I first moved here, and I wear it proudly. It prompts many questions from people since it is not as much of a tradition as it is in Canada.

When I first moved here, I wore a poppy in the week before Remembrance Day, and when asked why I wore it, I honestly couldn't remember how the tradition began. I had a vague idea but being that this was pre-Google / Wikipedia, I had to actually research why those of us in the Commonwealth don a poppy for November 11.

So, for those like me that may have forgotten, here is a quick history lesson.

The poppy was inspired by the World War I poem *In Flanders Fields*. I remember having to learn this poem very early in elementary school and even though I have not recited it for many years, I can still recite much of it: "In Flanders Fields, where poppies blow, between

## Adrenaline Fix

By Darren Smith



the crosses row on row..."

Poppies were first used by the American Legion to commemorate American soldiers who died in the Great War.

This was surprising to me as I had no idea that the Americans started it.

The tradition was then adopted by military veterans groups in some Commonwealth states: the United Kingdom, Canada, Australia, and New Zealand. Today, they are mainly used in the UK and Canada to commemorate their servicemen and women that have been killed since 1914.

The Royal Canadian Legion trademarked the poppy we wear today and it is suggested that it be worn on the left, near the heart.

In the US, November 11 is known as Veterans Day which recognizes current and past military living veterans and they use Memorial Day in May as their day of remembrance for those lost in war.

So, although I am supposed to be writing in the health section, I thought it more appropriate for people to know the significance of Remembrance Day and the poppy.

**In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.**

**We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.**

**Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.**

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CRAIG SMITH PHOTO  
**A FIERY GOOD TIME** ► Williams Lake's vintage fire engine was on display at the Canadian Tire Car Show.



# Play

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



# play

## NOVEMBER 1

**Williams Lake**  
WL Stampeders VS. Quesnel Kangaroos, 7:30pm at the Cariboo Memorial Complex.

## NOVEMBER 2

**Williams Lake**  
Timberland Alpine Ski Society – Ski Swap at Mari Sharpe Elementary School. Cash Only from 1 – 4pm.

Horsefly Craft Fair, 10am – 2:30pm at the Horsefly Community Centre. Free Admission, more info calls Chris 620-3597.

## Quesnel

South Africa Night at the College of New Caledonia, evening of South African cuisine, music and culture. Tickets \$45, available at Investors Group or any Rotary Member. Call Bev at 250-255-0867

## 100 Mile

Lac La Hache Tomahawks VS. WL Stampeders, 7:30pm at the Lac La Hache Arena

Lac La Hache Craft Fair from 10-4pm at the Lac La Hache Community Hall. More Info Call Linda 396-7118.

100 Mile Dinner, 5:30pm at the 100 Mile Community Hall. Tickets \$20, Door Prizes and Dinner with Auction.

## NOVEMBER 3

**Williams Lake**  
Miocene Christmas Market from 10 – 3pm at the Miocene Hall. More info 296-4467.

## 100 Mile

Lac La Hache Craft Fair from 10-4pm at the Lac La Hache Community Hall. More Info Call Linda 396-7118.

## NOVEMBER 5

**Quesnel**  
Art Drop In Night. Creative time in the studio at the Art and Recreation Center, 6pm.

## NOVEMBER 6

**Williams Lake**  
Babies & Me: Caregiver & Babies at the Cariboo Regional District Library. 10:05am – 10:25am.

## NOVEMBER 8

**Williams Lake**  
Kids Animation Class from 8:30am at the Cariboo Memorial Complex.

Early Bird Christmas Craft Fair, 11-7pm at the Elks Hall. More info Call Carmen 296-3590.

## 100 Mile

Winter Arts and Craft Fair: 50 Artists and crafters from the South Cariboo and beyond. Contact Barbara Hooper at 397-2980. 100 Mile Community Hall over the weekend.



## NOVEMBER 9

**Williams Lake**  
WL Stampeders VS. Prince Rupert Rampage, 7:30pm at the Cariboo Memorial Complex.

Early Bird Christmas Craft Fair, 10-4pm at the Elks Hall. More info call Carmen 296-3590.

## Quesnel

Quesnel Kangaroos VS. Lac La Hache Tomahawks, 7:30pm at the Twin Arenas.

## 100 Mile

100 Mile Figure Skating Auction held at the Valley Room from 5:30pm with dinner at 6:30pm. Tickets \$20, available at South Cariboo Recreation Centre, Donex, Didi's Boutique.

## NOVEMBER 10

**Quesnel**  
Quesnel Kangaroos VS. Prince Rupert Rampage, 7:30pm at the Twin Arenas.

## NOVEMBER 11

**Williams Lake**  
Remembrance Day Ceremonies at 11am in the Gibraltar Room.

## 100 Mile

Remembrance Day Parade starting at 10:30am in the A&W Parking Lot.

## NOVEMBER 12

**Williams Lake**  
Led Zepagain, tribute band to the great Led Zeppelin. 7pm in the Gibraltar Room. Tickets available at Audio Video Unlimited for \$35 Cash Only.

## NOVEMBER 13

**Williams Lake**  
Babies & Me: Caregiver & Babies at the Cariboo Regional District Library. 10:05am – 10:25am.

## Quesnel

Led Zepagain, tribute band to the great Led Zeppelin. 7pm at the Quesnel Senior Center. Tickets available at Circle S Western Wear.

## NOVEMBER 16

**100 Mile**  
Steve Elliot's Tribute to Elvis. 6:30pm at the Lac La Hache Community Hall. Tickets \$25 available at Sheree's Shirt Shack, The Outlaw, CaribooRadio.com, JD Styling, and Larry McCrea Law Office. No Tickets at Door.

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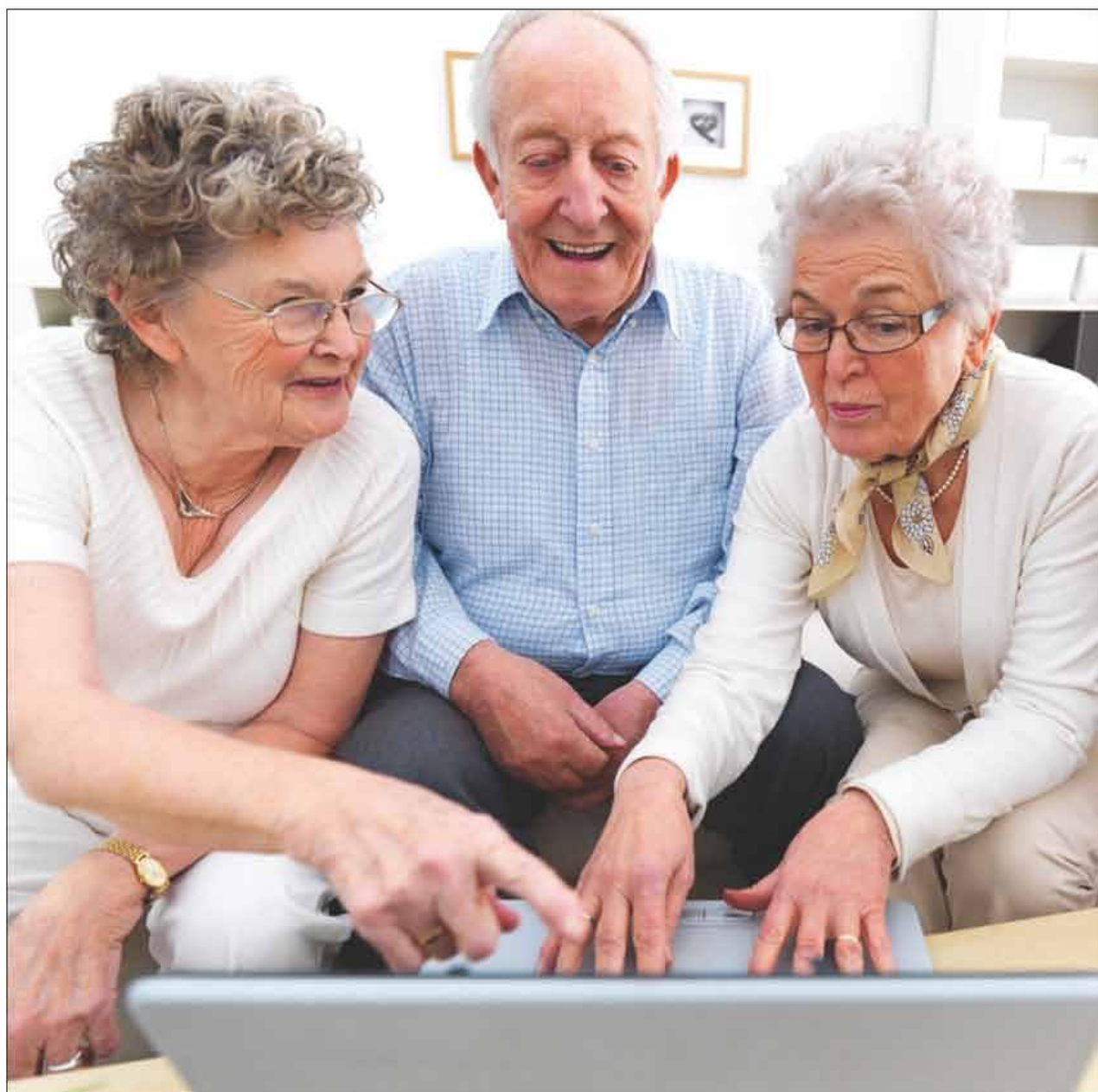
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# play



## NOVEMBER 20

### Williams Lake

Babies & Me: Caregiver & Babies at the Cariboo Regional District Library. 10:05am - 10:25am.

## NOVEMBER 21

### Williams Lake

National Film Board Presents "Buying Sex Film". Starts at 6pm in the WL Library.

## NOVEMBER 23

### Williams Lake

Medieval Market at Columneetza Secondary School Starting at 10am-6pm.

St. Peters Annual Tea & Bazaar at the St. Peters Anglican Church. 10am-2pm.

Cataline Christmas Craft Fair at Cataline Elementary School. 10am-4pm.

Made in the Cariboo Craft Fair at the tourism Discovery Center. 10am-3pm.

### 100 Mile

Lac La Hache Tomahawks VS. WL Stampeders. 7:30pm at the Lac La Hache Arena.

## NOVEMBER 24

### Williams Lake

Cataline Christmas Craft Fair at Cataline Elementary School. 10am-4pm.

Medieval Market at Columneetza Secondary School Starting at 10am-4pm.

### 100 Mile

Lac La Hache Tomahawk VS. WL Stampeders. 7:30pm at the Lac La Hache Arena.

## NOVEMBER 27

### Williams Lake

Babies & Me: Caregiver & Babies at the CRD Library. 10:05am - 10:25am.

TITLE	STREET DATE
As I Lay Dying	5-Nov
Broken	5-Nov
Clear History	5-Nov
Duck Dynasty - I'm Dreaming of a Redneck Christmas	5-Nov
Fish 'n' Chips The Movie	5-Nov
Girl Most Likely	5-Nov
Grown Ups 2	5-Nov
Little Brother Big Trouble: A Christmas Adventure	5-Nov
Lovelace	5-Nov
Mad Men Season 6	5-Nov
Passion	5-Nov
Prometheus Trap	5-Nov
Under the Dome Season 1	5-Nov
White House Down	5-Nov
Ambushed	12-Nov
And While We Were Here	12-Nov
Dexter Season 8	12-Nov
Frances Ha	12-Nov
Grabbers	12-Nov
Grandmaster, The	12-Nov
IP Man - The Final Fight	12-Nov
Kevin Hart: Let Me Explain	12-Nov
Man of Steel	12-Nov
Syrup	12-Nov
Turbo	12-Nov
2 Guns	19-Nov
All is Bright	19-Nov
C.O.G.	19-Nov
Crystal Fairy & The Magical Cactus	19-Nov
Disorientation	19-Nov
Paranoia	19-Nov
Planes	19-Nov
To Do List, The	19-Nov
We're The Millers	19-Nov
World's End, The	19-Nov
Bill Cosby - Far From Finished	26-Nov
Breaking Bad Final Season	26-Nov
Canyons, The	26-Nov
Getaway	26-Nov
Prince Avalanche	26-Nov
Red 2	26-Nov
Urban Warfare	26-Nov

## NOVEMBER 29

### Quesnel

Third Degree at the Cariboo Hotel. 9:30pm till close.

### 100 Mile

Downtown Shop till You Drop. Parade starts at 5:30pm. Contact 395-6124

## NOVEMBER 30

### Williams Lake

WL Stampeders VS. Kitimat Ice Demons. 7:30pm at the Cariboo Memorial Complex.

Santa Parade starts at 11:30am. Winter Events go till 4:30pm at Spirit Square.

### Quesnel

Quesnel Kangaroos VS. Lac La Hache Tomahawks. 7:30pm at the Twin Arenas.

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do

Todd's other favourite open world franchise is The Elder Scrolls. He has put more than 100 hours of playtime into both Oblivion and Skyrim. Do not ask him how many hours he has put into World of Warcraft.

# Grand Theft Auto V is the best of the franchise

I can easily remember the first time I heard about a Grand Theft Auto video game.

It was my brother who told me about it. He had a copy of *Grand Theft Auto 3* for, I think, the Playstation 2. He told me about how you could do just about anything in the game. You could run around and beat random people on the street to death with a baseball bat. You could steal a fire truck and drive around the city looking for fires to put out. You could go on a mad criminal rampage, becoming increasingly more wanted by the authorities until the military was actually seeking you out; and then you could steal a tank.

The bottom line was, you could do just about anything you wanted in the game. Liberty City — the fictional setting for *Grand Theft Auto 3* — was a massive, bustling sandbox in which the only limits were your imagination, assuming you were content to imagine mostly violent pastimes.

I quickly sought out the PC version (I wasn't a console gamer at the time), and quickly found myself immersed in the possibilities.

*GTA3* wasn't the first sandbox game, but it was one of the first to grab the media's attention, and the Grand Theft Auto franchise is usually the one that people think of first when they think of sandbox gaming. And that's probably more appropriate now than ever before, because *Grand Theft Auto V* may be the finest example of open-world, sandbox gaming yet to hit us gamers squarely in our collective ids.

At the very least, it is easily the finest Grand Theft Auto game, and a game that is the culmination of the last several years of Rockstar Games releases, with elements borrowed from *Red Dead Redemption*, *Max Payne*,

## Gaming Life

By Todd Sullivan



and, well, yes, *Grand Theft Auto 4*, among others.

If I had one minor gripe — and keep in mind this is from someone who isn't even halfway through the story yet — it would be that I don't find the story quite as compelling as in *GTA4*. The characters are fascinating (in fact, Trevor may be one of my favourite characters in gaming, ever), but in the end, their struggles simply aren't as compelling to me as Niko Bellic's attempts to start a new life in the land of opportunity.

But all things considered, it's a pretty minor gripe, and most importantly, *Grand Theft Auto V* is a lot more fun than its predecessor in pretty much every other way. You probably won't want to let your children play it, but it's great, not-so-wholesome fun for any adult that occasionally fantasizes about living a better life through violent,

criminal means.

**Please Note:** In the interest of full disclosure, I should probably mention that I own a very small amount of stock in Take Two Interactive, the company that publishes *Grand Theft Auto V*, and so by writing a favourable review of the game, I could arguably have some negligible impact on the sales of that game, and thus, the success of that stock.

But seriously, it's a really good game.

Okay, let's take a look at November's release slate.

On **November 5**, you can pick up what will arguably be the fall's most popular shooter — *Call of Duty: Ghosts* — on Xbox 360, PS3, WiiU, and PC.

*Need For Speed: Rivals* arrives on **November 19** for the Xbox 360, PS3, and the PC.

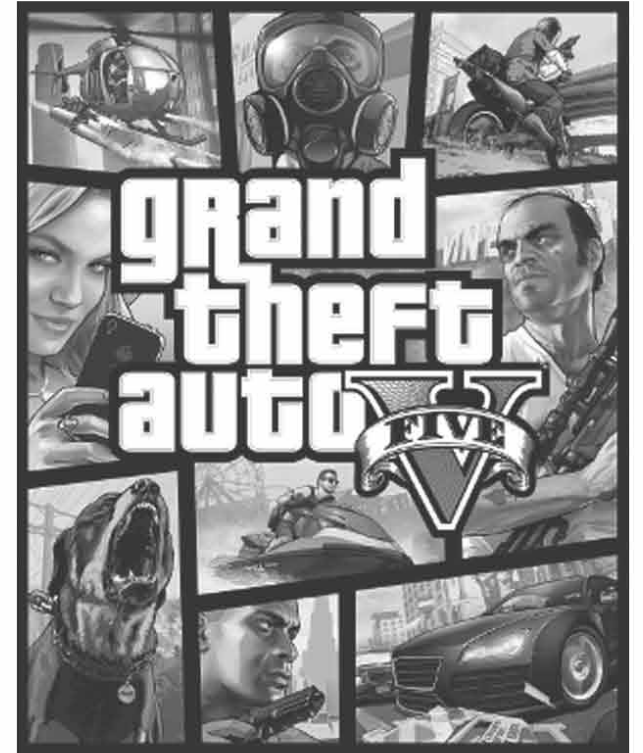
If you're looking for something new for your

3DS, *The Legend of Zelda: A Link Between Worlds* hits on **November 22**.

And let's not forget that both the Xbox One and the Playstation 4 will hit store shelves next month as well, just in time for the holiday season. I'll share some of my thoughts on those devices in next month's column (though I likely won't be reporting any hands-on details, because seriously, those damn things are expensive).

**Other notable releases:** *Wii Fit U* (11-01), *Contrast* (11-15), *Young Justice: Legacy* (11-22), *Zumba Fitness World Party* (11-22)

**What have I been playing lately?** *Grand Theft Auto V*, obviously, but I also got an invite into Blizzard Entertainment's beta of *Hearthstone*, the Warcraft-inspired online collect-



ible card game, so I've been enjoying that now and then. Plus I've gotten strangely addicted to *Marvel Puzzle Quest: Dark Reign* on my Android tablet.

**What have you been playing lately?** I want to hear about your adventures in GTA (or other games, but mostly GTA), so shoot me an email at [todd@thestew.ca](mailto:todd@thestew.ca).

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Our Town is a 1938 play by Thornton Wilder. It won the Pulitzer Prize for Drama.

## Building memories onstage, offstage, and backstage

Memory is a fragile thing, and all too easily lost.

The collective memory of the Williams Lake Studio Theatre Society is a perfect example of this. With a group which has had transient homes for most of its existence, as ours has, records of the past tend to get scattered with those who have the room to keep them, and who may even forget that they have them.

Add to this the fact that theatre, by its nature, is a fleeting thing: plays are performed and then they are done. The script, the actual words said by the actors, is a written constant, but each troupe that does any given play reinvents the actions and emotions. What was done by the previous group becomes just a memory.

The real constant in our theatre has been the people who devote themselves to making new plays happen, making new memories. WLST has been fortunate to have had many devoted and talented members over the years.

Gwen Pharis Ringwood is credited with founding our group in 1955, shortly after she and her family moved to Williams Lake (her husband Barney established a medical practice here).

She was already an award winning playwright and 'community theatre activist' (Oxford Reference), and she was the driving force in bringing to the stage the Williams Lake Players Club's (as it was then known) first production, *Dark Brown / Orange Blossoms*.

The next production we could find any record of is *Our Town* in 1958. The current society has a few surviving pictures of this play, with the names of most of the actors. A few are familiar as long-time residents of town, notably Lil Deschene, Anne Irwin, Dodie Smith, and Dru Hodgson. These people again show up in



### Behind the Curtain

By Cathie Hamm

our collective and individual memories, invariably with a smile, as being involved all through the 50's and 60's.

All the people in these pictures have stories that need to be captured before they are lost forever.

The WL Players Club rehearsed and performed where they could. Current member and local author Ann Walsh remembers performing at the historic Onward Ranch house.

"Me as a new bride [Spring 1964], playing the heroine in a meller-drama performed at the Onward Ranch. I wore Dru Hodgson's wedding gown, and was chased around the place, including exiting through a fire escape on the roof, by an 'evil' Clive Stangoe.

"The audience sat in the main living area or anywhere they could; some of the action took place on the stairwell landing and someone got locked in a cupboard on the main floor. I think it was one of the earliest of 'the audience follows [physically] the action' type of shows."

Clive Stangoe is more often remembered as a respected town citizen and publisher of the Williams Lake Tribune, but apparently he also made a splendid villain. He and his wife, Irene, were involved in many theatre productions, as were Warren and Ruby Hayes, and Bert and Anne Hornby. Again, all are remembered fondly.

Walsh recalls, "Bert played a policeman in *Night Must Fall*, took one step on stage and froze, the worst case of stage

fright I've ever seen." Nonetheless, he carried on, and even came back for more.

The theatre group is like that, once you are hooked, you keep coming back for more.

As well as being a founder of the theatre, and a stalwart for years, Dru Hodgson left us with one important legacy that lives on. She coerced her young grandson, Micheal, to play the Turkey Boy in *A Christmas Carol* in 1994. He was hooked, and is still, twenty years later, a strong contributor, both on stage and off.

He is currently making new memories Stage Managing *The Big Five-Oh*, directed by Brad Lawryk, on stage November 6 to 9 and November 13 to 16.



**OUR TOWN DOES OUR TOWN** ► Susan Ringwood (left), Ruby Hayes, Clive Stangoe, Patrick Ringwood (right) in a 1958 performance of *Our Town*.



**A CLASSIC PERFORMANCE** ► Dodie Smith, Norton Olsen, May Haramia, Miss W Wheetman, Dru Hodgson, Tom Beamas, and Dorothy Spowart appear on stage on March 25, 1955.



eat

We're not sure about you, but we're wondering what a 'Squeezer' is.

## Keeping things straight in the kitchen

"Coming down, I've got three New Yorks, one mid, one mid-rare, one mid-well, three bakers, one Cordon and a Hunter Schnitzel! Then let's go on those two mids I called, like, ten damn minutes ago! I also want two squeezers, go on table 12."

Get all that? Easy, eh? Now imagine you're six hours into your ten hour shift, your feet hurt, you have burns on the tips of your fingers, and you're pretty sure the Chef is, at any moment, going to come unglued on you for something you're not even sure is your fault.

Then you hear "Okay! Table 10! Two Cordons, one no sauce, salmon with rice, one Rib Eye. Oh my god! Well f\*\*\*in' done! And give me those squeezers for 12 before I do something we will both regret!"

That's a pretty typical two minutes in a busy kitchen. So obviously memory is pretty important to a cook and even

with the many, many brain-altering transgressions of my youth, I am still able to keep most of my orders in my head and execute them perfectly.

With the penalty of having a frying pan tossed at your face, or worse, you learn very quickly that remembering orders is critical to survival in the kitchen.

Then there are the recipes that we need to learn. By the time I graduated cooking school, I had in what was left of my memory banks about 30 different consommé garnishes.

Yes, garnishes for consommé. Why we needed to know that sliced crepes floating in a clear soup even exists, or that there is a name for it, I will never know.

Then the sauces; oh the sauces. Hundreds of different sauces, all in French. I left wondering how long until I would forget probably 60% of the sauces I learned about, studied, and ultimately

memorized, just in case they were on the test. Turns out it took about as long as it took me to kill my second beer at the pub where I drank with the guys I had just graduated with.

Over the years I've spent in restaurants I've developed a few recipes of my own and in this issue I'd like to share my recipe for creamy mushroom soup.

First, peel mushrooms. (Or wash them, although I prefer to peel them...they grow in cow s\*\*t after all.) You're going to need a whack of them (a *whack* is a bit more than a bunch, but less than a load) to make enough soup for a good lunch.

Now get a brick of butter and fire it into your soup pot (definition of "*fire it in*"; standing at the appropriate distance to avoid it landing on the floor).

Put the pot on a medium low fire and start mincing an onion while the butter is

melting. If you suck at cutting onions, then do it ahead of time so you have time to recover.

Fire the onions onto the butter and stir a bit.

Chop up the mushrooms while listening to Slayer. Metallica works too, but Slayer is recommended.

Now fire the 'shrooms on the onions. Stir, season; salt pepper.

Get a jug of milk (4L) combined with 1 litre of 35% cream. Put on medium high heat.

Stir mushrooms and onions. Smell...mmmm.

Add some sliced up garlic (*some* is enough to keep the vamps away but not enough to intimidate your girl / boy friend).

Stir the cream / milk so it doesn't stick to the bottom of the pot and burn.

Go do something else. I don't care what, something.

Now the 'shrooms, onion, garlic, and butter are all

## Out of the Fridge

By Brice O'Neil



cooked together, turn up the heat a bit and stir. Soon you will see some brown stuff on the bottom of the pot. That is good. Now dump in some white wine and scrape up the brown stuff with your spoon (the technical term for this 'stuff' is *Fond*, but no one will remember that one). Turn the heat down a bit and go grab a coffee.

When the wine has reduced to kind of syrupy, dump in about a cup or so of flour and cook it a bit, stirring with your whisk. Now, with the whisk in one hand, slowly pour in your hot milk / cream and start whisking. Turn the heat up a bit, smell...mmmm.

Drink coffee...mmmm.

Whisk till it's combined, then just whisk it once in a while.

As it approaches the boiling point it will thicken and will require attention so that it doesn't stick to the pot and burn on the bottom.

Once you see bubbles coming up, turn it down and stick your immersion blender in and give it a good blending.

Taste...mmmm. Season, salt? pepper? Then the secret ingredient...

Yeah, right...almost had me there, eh? Secrets are just that, at least in the world of Chefs.

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hear

Reportedly, Alfred Hitchcock chose the sound effect for the shower scene in *Psycho* by having an assistant stab a series of melons while the director listened until he heard just the right noise.

# The many mysteries of movie sound effects

Have you ever wondered how the creators of *Jurassic Park* came up with the sounds for the dinosaurs in the movies? Dinosaurs don't exist. It's not like we can go to the petting zoo with a microphone and record the sound of a Tyrannosaurus Rex and use that in the movie.

What about the sounds in a Horror movie when someone gets stabbed or a zombie is eating someone's flesh? They don't actually use real flesh, do they?

No, they don't use real flesh, and no, dinosaurs don't exist. So how do movies get the sounds for the impossible?

HEADS UP! If you're a really big movie fan and you don't want this article to ruin your perspective on movies forever, then you might not want to keep reading!

You never would have guessed this, but the sounds of the Velociraptors barking at each other in *Jurassic Park*, is actually the sound of a mating tortoise! No joke.

Other sounds that are used in the movie consist of



## Sound Bites

By Kalie Cook

horses, puppies, dolphins, lions, and the hissing of geese.

Not so scary now, huh?

Lots of animals are used in the making of tons of movies. Take a close listen to the sounds of all the orcs and other such demonic creatures in *The Lord of the Rings*, and you will hear the sounds of lions, pigs, birds, bears, boars, etc. The making of the bone-shivering roar of a T-Rex is actually a baby elephant. They slowed down the recording and pitch shifted it down a couple octaves so it brings out elements of the sound that you could probably never get if you recorded a full-grown elephant or animals.

Mating turtles and pitch

shifted animals aren't even the weirdest things done to get sounds for movies. For example, the sound of the wings of the dragon in *The Lord of the Rings* movie is actually the sound of a cheese grater, tied to the end of a string and being swung around someone's head with a microphone in front of them.

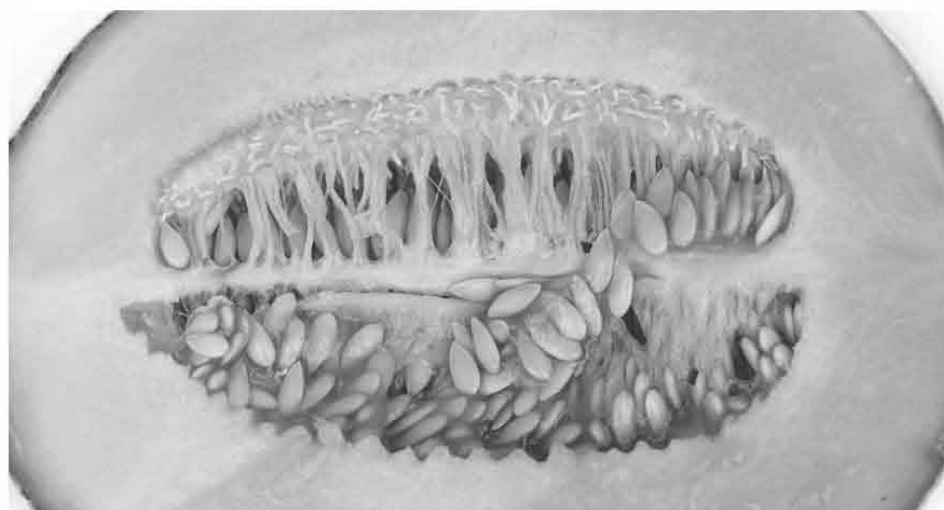
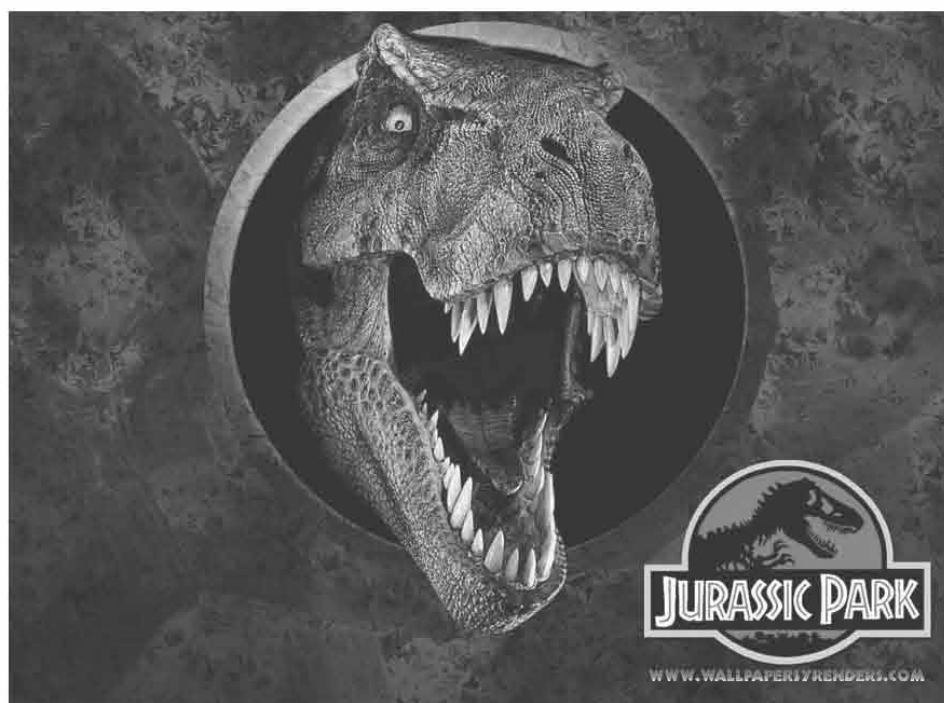
I know a guy who does sound design and Foley for movies and video games. He says that he's up at three or four in the morning, sitting in front of a microphone with a set of coat hangers, swinging them around like a demented T-Rex to get the 'swooshing' sound before someone throws a punch for a fight scene, and that he can't believe that he's getting paid to do that! How's that for a job?

I once re-created all of the sound for a fight scene from one of the Sherlock Holmes movies with Robert Downey Jr. for one of my school projects. I went over to Rona and talked to the guy in the back who handles all of the broken products that come through. I literally bought about \$50 worth of broken items at \$1 a piece so I could record myself breaking them for the project.

I had a bunch of boxes set up in front of a microphone and would record myself jumping into them and rolling around to get the sound of someone falling through a wall.

One of my friends texted me and said, "Hey what are you up to?"

I replied with, "Not much, just swimming in boxes." Needless to say, he doesn't ask me that ques-



tion much anymore.

Movies today are always so gory and action-packed, full of blood and guts. You'd be amazing to hear that about 99% of those sounds come from within someone's kitchen.

The sound of someone's bones breaking for example would most commonly be a bunch of celery being bit-

ten into or broken in half. Want to know the perfect sound for a punch to the gut? Smash a head of cabbage, or throw a punch at a slab of steak. Want to recreate the sound of someone's guts? Squish your fingers in the seeds and sticky stuff of a cantaloupe or Jello!

The majority of sounds that come from action and

horror Foley are found in the average person's fridge.

Now that I've completely ruined your perspective on movies, the next time you watch *The Walking Dead* or *The Lord of the Rings* you won't be able to help but picture food, or animals in a petting zoo!

Hope you enjoyed my article! Cheers!



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Apple stopped including floppy drives on their computers in 1998. It took other computer manufacturers awhile to follow suit, but by 2010, the floppy disk was officially dead.

# Digital memory through the ages

With this month's issue being the *Remembering Issue* I thought I would concentrate my column on digital remembering.

Memory for computers and a lot of everyday devices comes in many forms and most people have no idea what a lot of the terms mean or what the different devices do.

Allow me to enlighten you as to what everything means.

Let's start by talking about your personal computer. The basic memory is called ROM, which stands for Read Only Memory. This is the memory that the computer uses to boot up and get going.

Many devices nowadays have ROM or something else called Firmware — for basic intents they are the same thing. Information stored in ROM or Firmware will still exist unchanged when you turn off the device it controls.

The next type of computer memory is called RAM or Random Access Memory which is temporary memory that the computer uses to do tasks while it is in operation. Once the power is turned off the memory is cleared.

The more RAM you have in your computer, the faster and more efficiently it will work.

Now that your computer has booted up and has memory to work with, you will now need more memory to permanently store things.



Storage memory comes in a few forms. We have internal hard drives which can be either a hard disk drive which stores electrons on a spinning disc (the most common) or a solid state drive which does not have any moving parts.

The solid state drive is a better drive but it is seven to eight times more expensive than the hard disk drive.

At one time the only way to store data and move data from one computer to another was on floppy disks, which I remember starting at 8 inches, then went to 5-and-a-quarter then finally to 3-and-a-half inches.

These have now been replaced by CDs, DVDs, Blu-ray discs, and external hard drives.

We can now also use thumb drives or USB drives which, unlike most CDs, DVDs, and

Blu-rays, have the ability to be used, copied to easily, and erased.

In the last six to eight years digital photography has gotten incredibly popular and at one time there were about ten different types of memory cards depending on the brand and model of your camera.

The memory card wars are over (hopefully) and there are now two main types of cards: CF (Compact Flash) and SD (Secure Digital). Both have pluses and minuses, but both are great cards. It is your camera that decides which format.

You now have a basic understanding of digital memory types. Most memory is made in one of two ways.

The first way is by using charged electrons. This type is made up of disk drives, memory cards, flash drives, and tapes, such as VHS.

The second is made by having bumps that get read by a laser such as CDs, DVDs, and Blu-ray discs.

Both of these types have their advantages as well as disadvantages. The main disadvantage to electron based memory is that anything magnetic can erase it.

That's why sometimes the strip on the back of your credit card stops working, it is another form of this type of memory which is also called magnetic media. So if you have any powerful magnets at home, keep them away from your computers.

The main disadvantage to the memory on CDs, DVDs, and Blu-rays is that they can become scratched or eventually just deteriorate due to age.

Like human memory, digital memory fails sometimes and fades with age. It has been said many times by many industry experts that a digital file is not really saved until it has been saved on three different devices.

And as a final thought just remember to always be saving.

*craig@thestew.ca*

## THE STEW MAGAZINE'S Monthly MIX



### Recipe of the month

Remember Grandma's Bread Pudding Recipe

Bread pudding is "as old as the hills" but remember when grandma use to make it?

#### Bread Pudding Ingredients

1 1/2 cups sweetened condensed milk  
3 cups hot water  
3 cups finely diced bread  
3 eggs, slightly beaten  
3 Tablespoons butter or margarine  
1/2 teaspoon salt  
1 teaspoon vanilla extract

#### Bread Pudding Directions:

Combine condensed milk and hot water. In a large bowl, pour over bread crumbs. Stir in remaining ingredients. Pour into a 1 1/2 quart casserole dish. Bake in oven at 350 degrees, for about 1 hour.

Done when a knife placed in the center comes out clean. Serve hot or cold with fruit, cream, ice cream or preserves.

### HOLIDAY OF THE MONTH

November 20th is Absurdity Day

Isn't it totally absurd? Crazy or not, Absurdity Day is staring you right in the face.

Some days are truly illogical and senseless, exactly the definition of Absurdity Day. So, by intent error, or just through surfing the net, you've stumbled upon this special, senseless day....how absurd!

Celebrate this day in an absurd manner. Don't sit back waiting for something absurd to happen. Rather, seek out things to do that are somewhat, if not wholly, illogical. Have fun with it. But, whatever you do, don't try to make sense with it.

Have a wonderful, mind boggling and absurd Absurdity Day!! © By Premier Star Co

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hear

Dr. Phil first appeared on Oprah in 1998.  
The world has not been the same since.

# Take the time to remember why you're with them

Life gets so busy it can seem like we forget to breathe sometimes. We get stuck in the rut of going about our daily life without even realizing what's happening.

We get up in the morning with a long list of to-dos and schedules, and sometimes I am sure it feels like we don't stop until our heads hit the pillow.

So much of our society focuses on tomorrow that we spend very little time even remembering why we are doing the things we are doing. The roles we play in life when we work, as parents, and in relationships all create a full life, and sometimes I truly believe we let that full life take over.

When life is in control of us instead of us being in control of our lives it is easy to forget the little things and the important

## You, Me and We

By Gina Mawson



things.

Remember when you first met your significant other? I am guessing that life might have seemed simpler then, but was it really? Maybe some of the roles in your life now hadn't come into play yet, like being the soccer mom or the hockey dad, and there wasn't as much on your plate.

Or maybe, it was easier to remember to take the time and make the time to have special moments

together and focus on why you were and are with your significant other, to realize that you chose to be with that person because of how much they mean to you and how much you both add to each other's life.

Why was it easier? Maybe because you remembered that to create a special and healthy relationship you needed to make your partner an important and significant part of your life on a



*I remember something my fabulous grandmother used to say to me: "We teach others how to treat us" (I am sure she got it from watching Dr. Phil, but I still think it's powerful). She said that to me at a time in my life that I really needed to hear it, and now and then her voice pops into my head with those exact words.*

regular basis.

I look back on the early days of my relationship and realize just how easy it has been at times to let life get so busy that I almost forgot how much I love to hear my husband laugh.

Or how much I enjoy hearing him talk about something I might have absolutely no interest in personally because of how passionate he is about the things he enjoys.

Remembering what it was that drew us together in the first place reminds me of how amazing a relationship can be when we slow down and focus on how we can fortify and strengthen the relationships we are in on a daily basis.

I remember something my fabulous grandmother used to say to me: "We teach others how to treat

us." (I am sure she got it from watching Dr. Phil, but I still think it is powerful.)

She said that to me at a time in my life that I really needed to hear it, and now and then her voice pops into my head with those exact words.

I know that I have been guilty of complaining that my husband wasn't spending enough 'quality' time with me, but when I look at the situation objectively I know that I wasn't making as much time for him as I could have either. So if there are things we look at in our relationships and say "I miss when we..." or "I remember when we used to spend time..." we can stop, take measure, and decide how we are going to teach the people in our lives how to treat us.

If we really miss some-

thing that stands out as having been integral to the bond we have with our partner then we need to be the ones to take the first move and make the effort to incorporate it into our life again, even if it means that the schedule needs to be tweaked and some wiggle-room needs to be created.

Remember, good relationships don't just happen; they take time, patience, and two people who truly want to work to be together. A good relationship reflects that each partner takes the time to think about the things that their significant other is and does that makes them feel like they have caught the end of a shooting star.

Gina Mawson is a Women's Counsellor with the Women's Contact Society

## MOONLIGHT MADNESS SALE

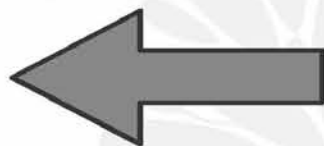
**Friday, November 15**  
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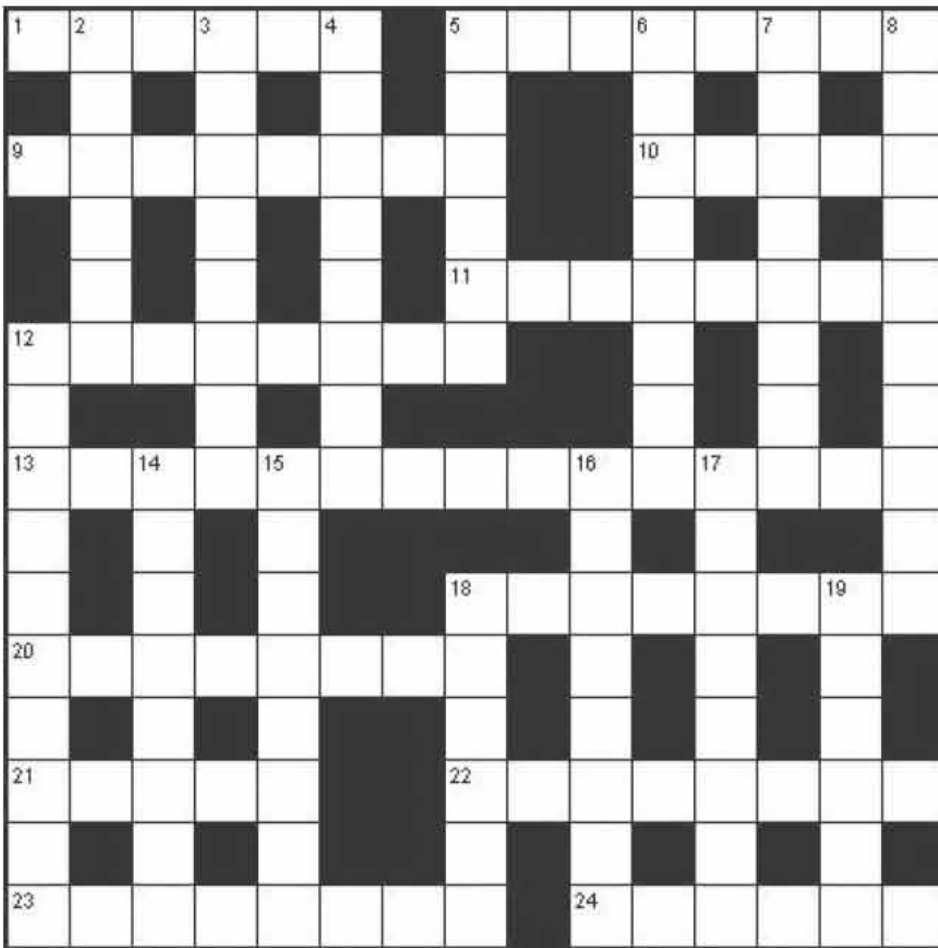
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do

Keep your brain sharp with this month's crossword puzzle,  
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## X-Word Puzzle

### ACROSS

- 1 Chef, it's said, has a couple of ducks and another bird (6)  
5 Burning bush caused by US petrol refinery? (3,5)  
9 The QE2 is a joke! (3,5)  
10 Panic caused by gangster with gun (5)  
11 Dine out with dog piece-meal (2,6)  
12 Vehicle, one seen in newspaper - look out for one touring around (8)  
13 (3,6,2,4)  
18 They pay the bill and set up house (8)

20 One depends on the writer rejecting dirt about university lecturer (8)

21 Drink? Not one served by him (5)

22 Tooth or something else from the mouth ends up here (8)

23 Plant's discovered by birds before feline sound is heard (8)

24 Nuclear agency returns holding cat (6)

### DOWN

2 Having currants and raisins originally left out of topping (6)

3 Vegetable stew: half of leek and half of carrot (diced with ends removed) (8)

4 Emperor, perhaps, once seen in ornate torc (8)

5 Cigar left in stew produces this flavour (6)

6 Plant - i.e. mint - mostly cooked in broken pot (8)

7 Greek heroine, one found in state capital (8)

8 I bet learner takes a risk playing on these off-rovers (5,5)

12 Outside of university, gets another painting (10)

14 One who imitates bird's heard after a while (8)

15 West London shortly to be demolished? Disappointments evident (3,5)

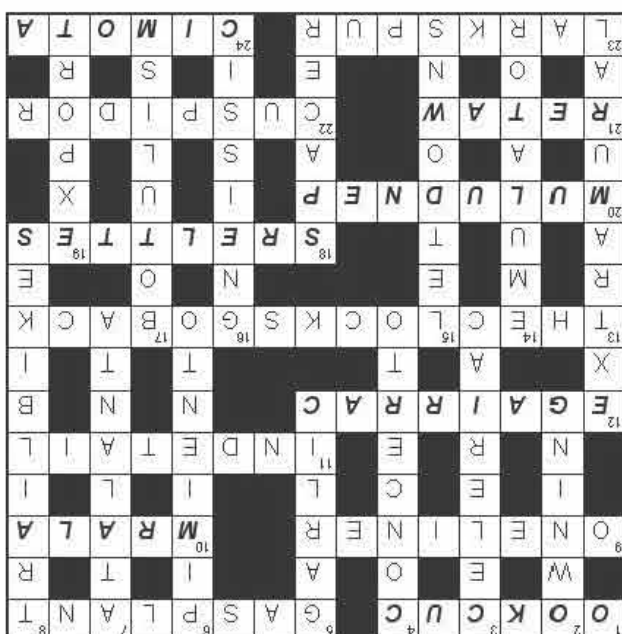
16 Portion of lasagne is sickly, coarse-grained and rock hard! (8)

17 Dodgy tum? Boil with a bit of salt to prevent this (8)

18 Something put in stuffed capers? (6)

19 Old wine that's to be shipped out (6)

"The clocks go back" - so all "clock" words should be entered backwards



## StewSpots

Looking to get your copy on the latest edition of THE STEW Magazine? We're available for pickup in a variety of places around the Cariboo Chilcotin. Please remember that this list is always evolving and we're always looking for new places that our magazine can call home, so if you know of someplace that you think should be a drop-off point for THE STEW, or if you own a business and you'd like to have a few copies of our magazine on your shelves, plus let us know. You can reach us by email at [aboutface@wlake.com](mailto:aboutface@wlake.com).

Locations listed in alphabetical order

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Save-On Foods  
Smitty's  
Subway  
Tim Hortons  
Visitor Centre

### 150 MILE HOUSE

150 Mile Mall  
Marshall's Store

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Clancy's Restaurant

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Alley Katz  
Bean Counter  
Canadian Tire

Canwest Propane  
Cariboo Memorial Complex  
CRD Library (Magazine & News Section)  
Central Cariboo Arts & Culture Center  
Concrete Fitness  
Cool Clear Water  
Dairy Queen  
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Halls Organics  
Hobbit House  
Husky

Karamia's  
M&M Meat Shop  
McDonald's  
Mohawk  
New World Cafe  
One More Slice  
The Open Book  
The Overlander Hotel  
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Sight and Sound

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