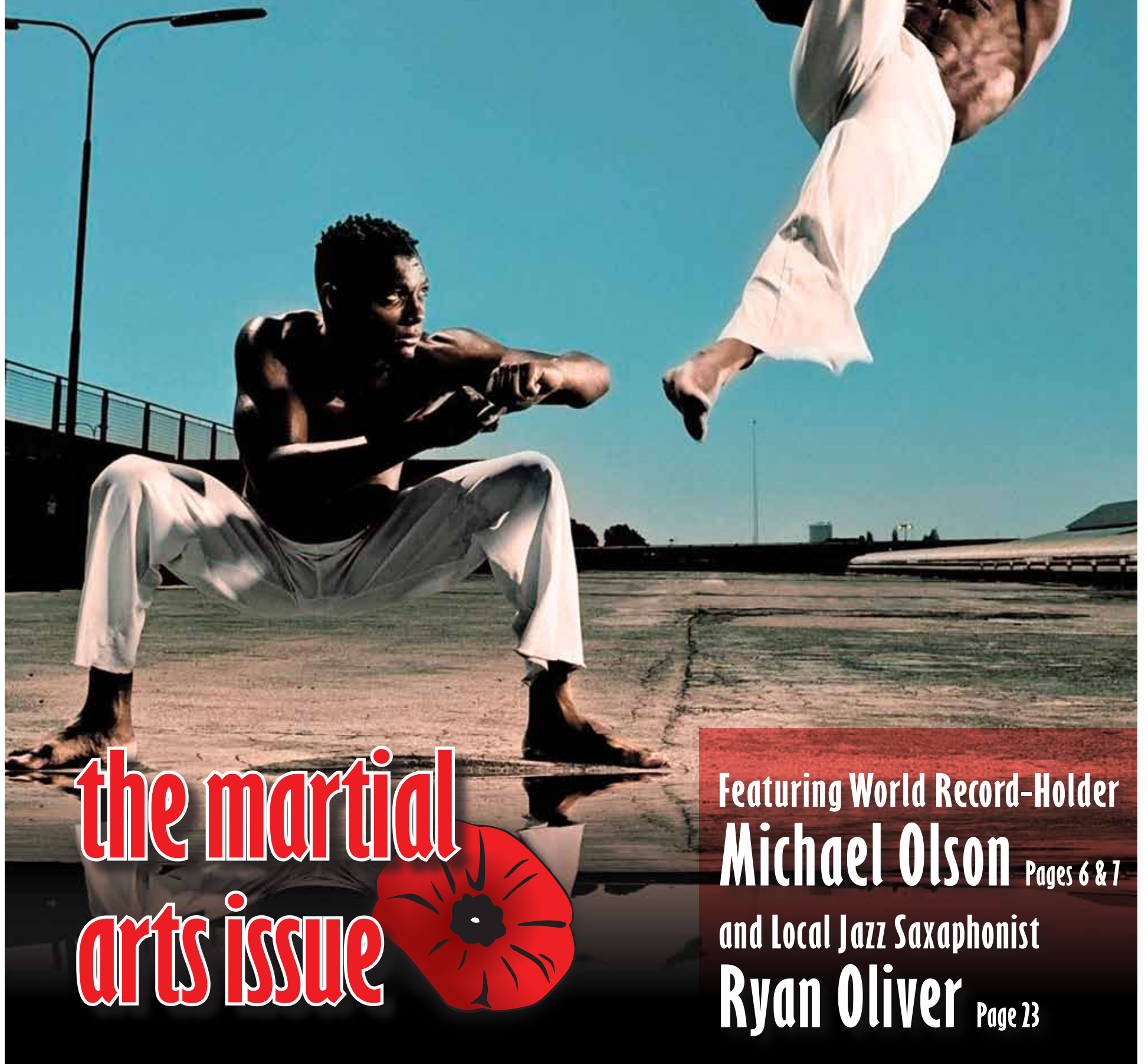


# the stew

ISSUE 5.11 | NOVEMBER 2014 | FREE



the martial  
arts issue



Featuring World Record-Holder  
**Michael Olson** Pages 6 & 7  
and Local Jazz Saxophonist  
**Ryan Oliver** Page 23



hear

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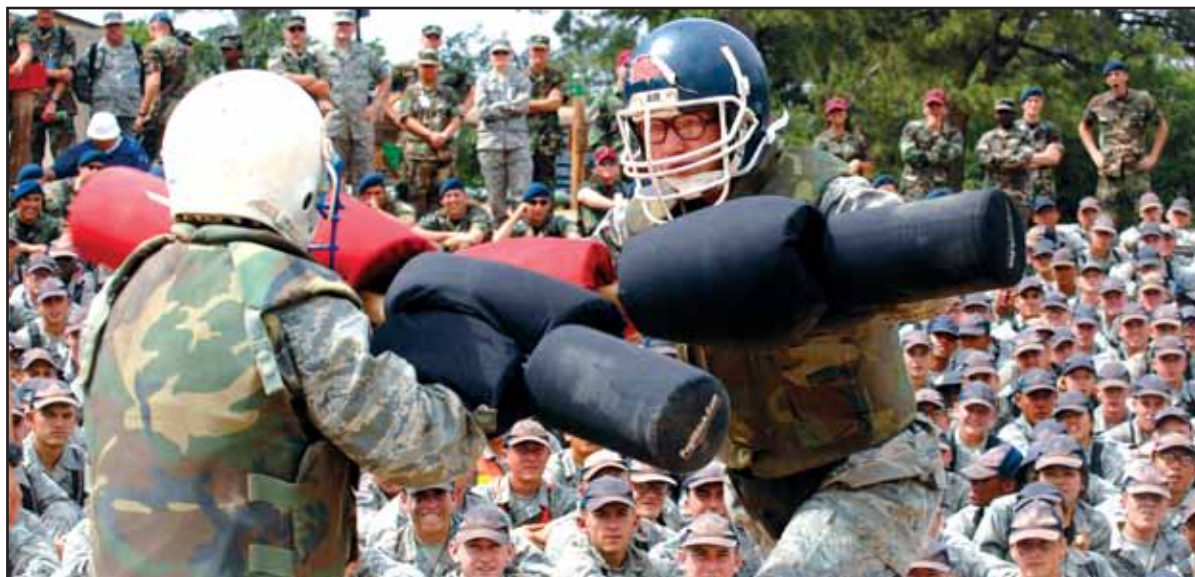
# Military training and remembrance

BY CRAIG SMITH

Originally I wanted to have the theme for this month as 'combat' but after endless discussions with my wife we decided on 'martial arts'. Some of the reasons had to do with what's going on in the world and some had to do with the fact that martial arts can be a peaceful form of combat; Tai chi for example.

I have been a spectator in traditional martial arts since I watched my first Bruce Lee movie. Then I remember waiting weekly for my favourite TV show *Kung Fu* with David Carradine, a Caucasian playing the role of a half-Chinese monk. Of course, the rumours flew about this show. One was that Bruce Lee had actually written this TV series and it was stolen by Warner Brothers. The truth was that he did write a similar story at the same time the other was being developed. I guess it was different enough to get thrown out of court. The second was that the new actor, Bruce Lee (at this time he had only acted as Kato in the Green Hornet), was not chosen for the role because he was too Chinese. In actuality, he was not chosen because they were looking for a calm, serene, non-muscular star to play the monk. As it happened, both became stars in their own right in martial arts movies.

I have always been fascinated by martial arts. When my twins were younger they were put into martial arts, and it amazed me that my 6-year-olds could remember intricate patterns and perform them. Like anything, practice is the key. For years I had a picture on my desk of my kids breaking boards in half when they were still in kindergarten. Fast forward fifteen years, and I watched my stepdaughter test for, and pass, her first degree black belt



test in Tae Kwon Do. After which she said... "ok, that's it, I'm done," as that was her goal, and she had accomplished it.

My only experience with any kind of martial or combat art was when I was in the military, and it was called pugil training. It was one of my favourite activities during my military career, and I was good at it. There were no weight classes, so immediately I had an advantage; back then I was 6'1" but only 220 pounds and in good shape, head and shoulders over most of my buddies. Pugil training was invented back in WWII as a way of training soldiers how to fight in close quarters with a rifle and bayonet, but a lot safer. You are given a padded stick, hockey gloves, an athletic cup, and a football helmet. The idea is to put your opponent on the ground. Sometimes you were on a platform or something you had to balance on.

I had watched enough Bruce Lee movies in my youth (that no one else had seen before) which helped me win many bouts by spinning like a top and knocking off my opponent with just the sheer velocity of my

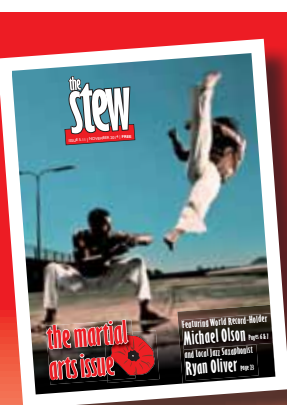
pugil stick. Feeling rather cocky after taking out most of my platoon, I challenged my Sergeant Major, an old French man about the age of 40 (remember I'm 18 at this time). I guess he had been watching me and studying my moves, which any professional fighter will do when he knows who his opponent is. We squared off, had a few tentative strikes, then I decided it was time for my spinning move. I swung my pugil stick around thinking that was it and he would be on the ground in seconds. He had seen me do this many times and deflected my strike, coming around with the back end of his stick, with what we referred to as a 'butt stroke.' The next thing I knew, I was flat on my back, out like a light. I came to two realizations that day. One, 40 years old is not old, and two, if you do the same thing over and over again expecting to win every time, someone is going to see that and beat you.

There are many other things that I learned while in the Military, including acquiring a deep appreciation for what most of us take for granted every day – the freedom to

live our lives in a safe and democratic country. The men and women who make the choice to train and fight in the military give back so much that collectively, their contribution is immeasurable. The fact that lives are lost makes what they do for us that much more meaningful. Having been there, I have firsthand experience of what it takes to be strong, not only in combat, but emotionally as you face mortality.

November's issue is not just about martial arts and skill or combat, and it was not just a walk down memory lane, but a chance to reflect on the other side of martial arts and combat, and to take a moment to think about the discipline and commitment that both require. To fight for one's country and put your life on the line requires ultimate discipline. Unfortunately, the ultimate sacrifice – your life – is sometimes also required for the greater good.

In closing I want to wish everyone an awesome month, and please take a few moments on November 11 and honour those men and women who have served to allow us the freedoms we enjoy today.



## On the Cover:

Capoeira is a Brazilian martial art that combines elements of dance, acrobatics and music, and is sometimes referred to as a game. It was developed in Brazil, around the 16th century. It is known for quick and complex moves, using power, speed, and leverage for a wide variety of kicks, spins, and highly mobile techniques.

## Deadline for advertising:

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# ingredients



## Michael Olson

### Martial Artist

Pages 6 & 7

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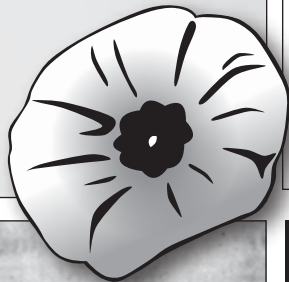
Amount Per Serving

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This issue of *The Stew* was brought together with a lot of personal experience and memories of raising the kids. Remembering the days of Tae Kwon-Do lessons and Judo and sitting with pride and anticipation as they tested their skills for the next level. Remembering how brave they were when breaking boards with their bare hands and feet without any hesitation or reservation. It was a wonderful memory and very inspiring while working on this issue. This month's *Stew* was a blend of personal experience and admiration for the skills and technique that drives martial artists to greater heights.

As this is the month of November, we also take a solemn moment and remember all of those who gave their lives so that we could enjoy ours. Lest we never forget all of the fallen heroes that took their passion, skills and drive and in turn gave us a country that we can enjoy freely, we remember, and thank you.




## Chilcotin settler, Benny Franklin

Page 5



## Hometown boy Ryan Oliver goes big time

Page 23



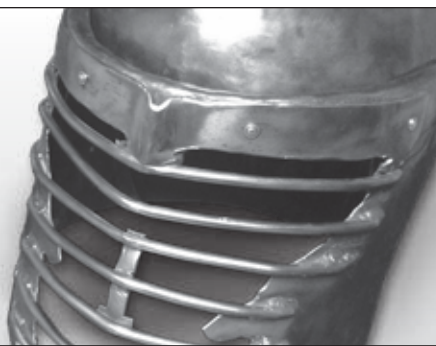
## Japan:

the land of tradition  
and technology

Page 10

## Armor and chivalry in the modern Middle Ages

Page 20-21



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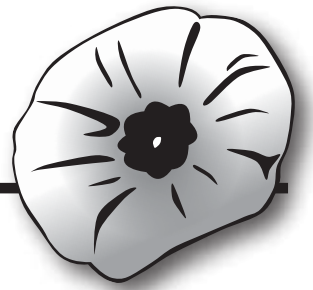
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hear

Actor Jean-Claude Van Damme studied classical ballet for five years.



# Chilcotin settler, Benny Franklin

I first learned of Benny Franklin from Tom Chignell, the noted telephone lineman who lived at Halfway Ranch near Tatla Lake for many years. Benny was an old man when Tom arrived in the Chilcotin from England as a 19-year-old to work for R.C. Cotton in Riske Creek in 1922.

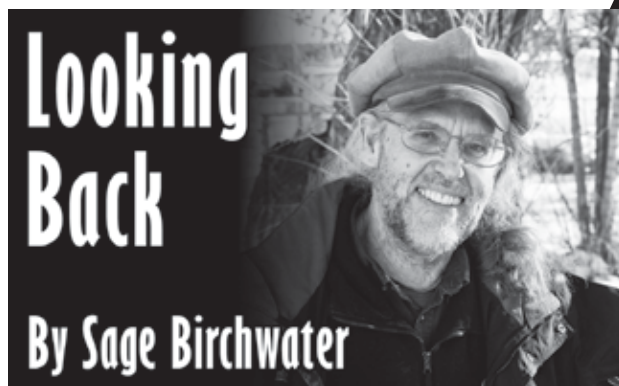
Benny was the first settler to take up land at Tatla Lake in 1886. He came with his wife, Augustine, and two-year-old son, Albert. Franklin Arm on Chilko Lake is named after him. So is Franklin Glacier that cuts a swath from Mount Waddington to the Klinaklini River, and Franklin Meadows on the old trail to Nazko.

Benny was born in Maine in 1842 and Augustine, considerably younger, was born in Brandford, Ontario in 1866. They eloped and headed west in 1882 when she was sixteen and he was forty. Albert was born two years later in a logging camp on the Skykomish River in Washington State.

Now, fate handed Benny a twisted hand. After working all winter falling trees and booming his logs in the Skykomish River, he lost every log he cut when the spring freshets broke his booms loose.

Undaunted, Benny took his family to Sumas on the Canada/U.S. border and went into a partnership on a dairy farm. It was there he heard about the bunch grass of the Chilcotin, "up to the horses' knees on the side hills around Tatla Lake" from a passing surveyor who had spent two years charting a route from Bute Inlet to the gold-fields of the Cariboo for the Grand Trunk Pacific Railway.

Benny sold his share in the dairy farm and took his family to the Chilcotin. They pitched their tent at Hanceville and Benny rode to Tatla Lake to check out the country



for ranching. He liked what he saw and they immediately started building a wagon road west from Alexis Creek.

He staked his pre-emption on the big sprawling meadows on the west end of Tatla Lake, and offered a caddy of tobacco as a peace offering to the Tsilhqot'in people he met there. He bought ten head of Polangus heifers and a bull to start his herd.

On their first trip into Tatla Lake, they met a Tsilhqot'in man by the name of Guichon, who asked, "Mika teke mowich?" (You want venison?)

Benny answered, "Né-witka!" (Yes indeed)

Guichon headed off down the road, and just before Redstone Flat, he was waiting for them with a deer. He described how he had crawled up to it while it was sleeping and stabbed it with his knife.

Albert Franklin grew up at Tatla Lake from the time he was two years old, and said at first Guichon only hunted with a sheath knife.

"When I was young, I remember there were only two muskets in the area," Albert stated in his memoir. "Nemiah owned one, and Kakuz had the other."

Most of the Tsilhqot'in people still hunted with bows and arrows, spears and knives when the Franklins first arrived. One day Benny asked Guichon how they killed bear. Guichon replied, "Oh, sometime man ketchum bear; sometime bear ketchum man."

Within a few years

most of the Tsilhqot'in people regularly used firearms for hunting.

One day Benny asked a Tsilhqot'in man by the name of Gilpin, to guide him to the coast at Bute Inlet. "Dad had heard so much about Bute Inlet," Albert recalled. "They travelled by way of Chilko Lake and down Franklin Arm to the Southgate River and returned the same way."

Gilpin led the way up an old trading trail over the peak of a steep mountain to the headwaters of the Southgate. It was hard going because the ice was slippery and the unbroken whiteness of the glacier made it difficult to see.

Gilpin broke off a lot of twigs before they started climbing and handled a bundle to Benny.

"This place no talk," he said in his Chinook dialect. "Spose talk, wind will come and blow us away. You throw one stick. Spose you see stick, you step. Spose no see stick, stop." Good advice when traversing a glacier with deep crevasses.

From the top of the

mountain, Benny could feel winds blowing from every direction up the mountainsides. He said it was a funny feeling standing on a peak and feeling as if you were being lifted straight up.

They returned safely to Tatla Lake just in time for Benny to take Augustine to Hanceville for the birth of their second son, Major, on May 17, 1892.

They left Tatla Lake on May 1st with Benny rowing Augustine the twenty-seven kilometre length of Tatla Lake in a rowboat while eight-year-old Albert brought the horses along the trail. They met at Bearhead Flat at the outflow of the lake.

Benny's infatuation with Bute Inlet continued after Major was born, and he made several trips back and forth following the Southgate River. He even managed to bring horses along this route, but one time he ran out of food when his horse slid off a bluff and was killed.

"Dad was so hungry he had to eat the horse meat," Albert recalled. "He said the hardest thing he ever had to do was eat Charlie."

The only route into the Chilcotin from the Cariboo Road when Benny Franklin arrived, was from Soda Creek where a man named Swanson operated a ferry across the Fraser River. Government offices were in Clinton, so Benny decided to



build a more direct route through the Gang Ranch, crossing the Fraser River at Dog Creek.

In 1902, Benny sold his Tatla Lake ranch to Bob Graham for \$1,700 and hired Gilpin to help him build a road from Alexis Creek to Nazko. He settled at Franklin Meadows along the Nazko River and spent the rest of his days roaming the Chilcotin.

Tom Chignell was still a young man when he came upon Benny Frank-

lin's Democrat buggy and team of horses standing in the shallow water of Doc English Lake near Riske Creek. Benny's lifeless body lay in the water below them. He had apparently been watering his horses when he had a heart attack and fell off the buggy and drowned in a foot of water. Well into his eighties by that time, Benny's roving days were done. But not before he left his mark across the broad and rugged landscape of the Chilcotin.

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# flavour of the month

CRAIG SMITH PHOTO

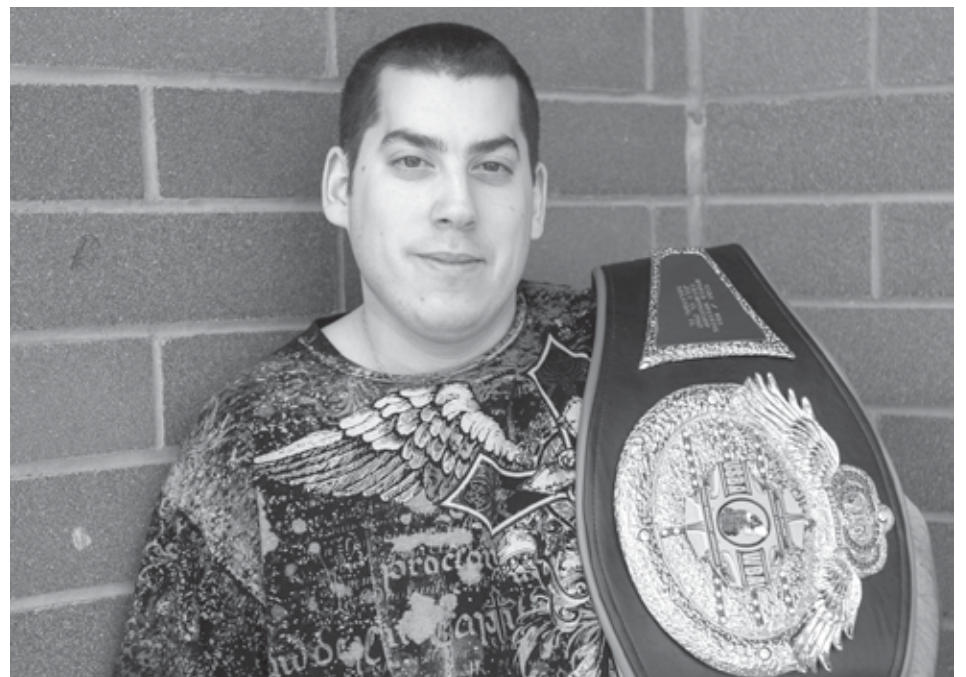
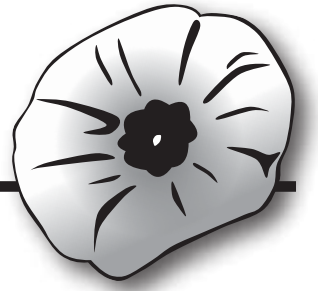
**MICHAEL OLSON** ► In 2012, Michael broke the world record for the most 2-inch concrete patio blocks broken with a stomp in one minute.





# flavour of the month

## Martial Artist Michael Olson



BY CHRISTA SMITH

Accomplishing so much, and at a very young age, our featured artist of the month, Michael Olson, has made a name for himself in the martial arts community. Born and raised in Williams Lake, Michael has become a well-rounded and very accomplished adult.

Michael's martial arts knowledge and experience encompasses a wide variety of disciplines. He has trained in Kick Boxing, Aikido, Tai JutSu, and Tae Kwon-Do (ITF).

For well over a decade, Michael has honed his skills and has attained various belt rankings. Michael also works with the local Tae Kwon-Do club as an assistant instructor passing on his passion, knowledge, and skills to others.

Along with Michael's extracurricular activities in martial arts, he also spent six years with the Army Cadets before leaving with a rank of Master Warrant Officer. After graduating from Columneetza in 2009, Michael started work at the Credit Union where he has been

for the last six years.

Now Michael is a volunteer auxiliary RCMP officer on the side, while he works and goes to school. Taking Finance through Athabasca University, Michael hasn't stopped there – he is also working towards an Emergency Management Exercise and Design Certificate, and a Diploma in Emergency and Security Management at the Justice Institute of BC. Michael is also tri-lingual, speaking Spanish, French and English.

So does this busy and ambitious young man

have time to play? You bet he does, with hobbies that include skydiving, scuba diving, and shark diving, he is an adrenaline junkie to the core.

So where has Michael's martial arts career lead? Only to breaking a world record for the most 2-inch concrete patio blocks broken with a stomp in one minute. The previous record was 79 slabs, which Michael blew out of the water with 144 in 2012. When asked how he does it, Michael explains, "It is a combination of technique and power."

Michael does not currently compete in full-contact competitive fighting, as he says the drive that keeps him interested is, "the progression and advancement of my own abilities." He explains that it is about how much he can push himself and what else he can do, and the competition is with himself as opposed to others.

His other impressive accomplishments include a gold medal in sparring, and a silver in patterns for Tae Kwon-Do. For the future, Michael plans to return to the Martial

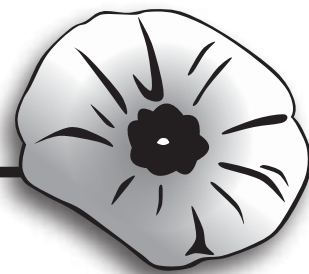
Art U.S. Open and break more records. Among his more ambitious plans is a trip to space, and based on the drive and determination that he has, this is no doubt a real possibility.

For Michael, the world is his playground, and his drive to take it to the next level is inspiring. With life being so short, this is one man who has taken every opportunity to experience and enjoy life. Martial arts is his passion and pushing himself to new heights is his drive. To check out Michael in action, you can watch him on YouTube.



# Wespeak

*Chuck Norris, 6-time World Karate Champion, has a 10th degree black belt in Tang Soo Do, and also an 8th degree black belt in Tae Kwon Do.*



## Inner drive ~vs~ inner combat

BY CHRISTA SMITH

Within the theme of martial arts and combat I find myself thinking about what it is that motivates us to participate in martial arts. I think it can be a variety of things ranging from fitness and exercise, to competition and endurance. From what I have heard and read, I think that many people who become heavily involved in these sports do it for the inner discipline and drive to beat one's own personal best.

I have an up-close and personal relationship with inner competition. Personally, I know what it is like to want more and strive to do better, not in comparison with others but myself. I am in constant competition with myself and what I

can do, faster, more efficiently, and better. The inner drive to win is a self-competition and will probably have no end. I can see how participating in an organized sport like martial arts it would be easy to push yourself to see how far you can go.

So where does that inner drive come from? It's the age old debate, nature or nurture? The answer, of course, is both. My personal opinion is that not only is it both, but it is fueled by natural consequences and positive reinforcements. It is natural to feel a great sense of accomplishment and satisfaction for a job well done or a personal best. So this is what I think is addictive; it is the feeling that we get when we reach a goal that we want to duplicate, and the ability to say we did it. I

also think that a natural sense of curiosity drives us to see if we can do better or reach a little bit higher. So what happens when we do not reach that goal or we fall short? Well here is where the inner combat starts. The tendency to give up and walk away is there, "what is it all for and why does it matter" are thoughts that can push someone to give up and let it be, just good enough. Or, the inner drive takes over and demands that it is not good enough and that we have to try again, and again as long as it takes to feel that we have really met our personal best.

So is inner conflict and combat a bad thing? I think that it is what keeps us thinking and aware of what our limitations are, and when we know we can do better, whether it



is with just our thoughts or our actions as well. The voice that says you know that's not your best so keep pushing your limits to succeed, and the voice that says well done, great job, and you feel total

satisfaction. In order to have balance and be well-rounded it is important to listen to both sides and find the wisdom to know when to push for better, and when to be satisfied.

The inner combat is

always there and some might think of it more in terms of willpower, but whatever it is labeled, let it make you the best you can be. Make this month a "winning battle with yourself" month.

## Unique Christmas Gift Ideas!



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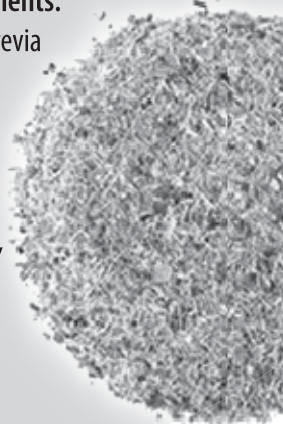
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**Sunday Game Night**, every Sunday starting at 6pm

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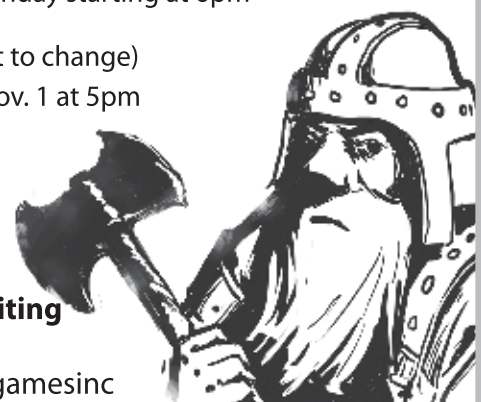
**D&D Night**, Sat. Nov. 8 at 5pm

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read

## A literary take on legendary warriors



### Samurai: the last warrior: a history (2014)

Man, John

In contemporary art and culture, the legendary Japanese samurai are featured over and over again (from the films of Akira Kurosawa, to the Jedi Knights of Star Wars). This biography profiles the life and history of Saigo Takomori, known to many as “the last samurai”. In 1877 Takamori led a rebel army of samurai in a heroic “last stand” against the Imperial Japanese Army, who sought to end the “way of the sword” with firearms and modern warfare. In a style and prose that is well-flowing and honest, John Man explores the code of honour, known as Bushido – the Way of the Warrior – that these elite warriors were bound to.

“Exciting, surprising, and moving. ...A well-written saga” (Booklist)



### 10-Minute Primer Shaolin Quan (2014)

Zhou Qingjie

Shaolin Quan (also known as Shaolin Wushu or Shaolin King Fu) is the most influential and popular school



of Chinese Wushu or martial arts and is associated with the famous Shaolin Temple where the monks have traditionally practised Wushu. It combines characteristics of all forms of martial arts and is grounded in ancient concepts of health and spiritual development. This introductory book is accompanied by an instructional DVD that demonstrates key elements to practice and tips, making it a great primer for newcomers, or anyone interested in martial traditions.

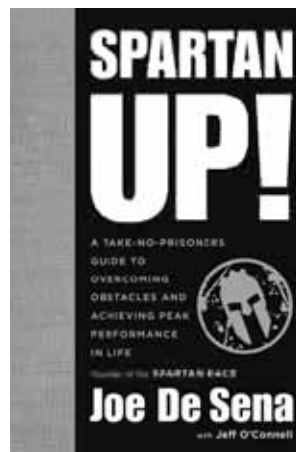


### Avatar The Last Airbender: The Complete Book 1 Collection

Yang, Gene Luen

Mysterious, visually stunning, and refreshingly humorous, the *Avatar the Last Airbender* series ran on Nickelodeon from 2005-2008. It was universally celebrated by audiences and critics alike, acclaimed for art direction, humour, cultural references, characters, and themes. The series takes place in a world, home to humans and hybrid animals and adjacent to a parallel Spirit World. Human civilization is divided

into four nations: the Water Tribes, the Earth Kingdom, the Fire Nation, and the Air Nomads. Each nation has a distinct society, wherein people known as “benders” have the ability to manipulate and control the element of their nation using the physical motions of martial arts. This amazing series now has a sequel series, *The Legend of Korra*.



### Spartan Up!: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life (2014)

De Sena, Joe

If twenty-six point two miles isn't enough for you, it's time to check out the Spartan Race. This is obstacle course racing, which combines the endurance element of a marathon with the mental skill of

overcoming obstacles along the way. It's extremely popular right now, and the hub of this phenomenon is Joe De Sena. In this book, Joe outlines and fleshes out his simple philosophy in life and sport: commit to a goal, put in the work, and get it done.



### Lords of the sky: fighter pilots and air combat, from the Red Baron to the F-16 (2014)

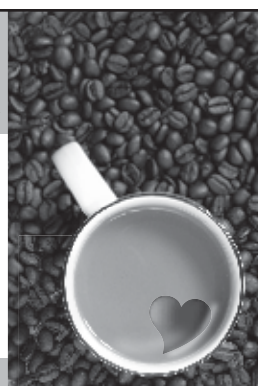
Hampton, Dan

One of the most decorated fighter pilots in history, U.S. Air Force Lieutenant Colonel (Ret.) Dan Hampton covers over 100 years of extraordinary stories of the most famous fighter planes and aces of air combat. Hampton weaves exclusive, entertaining, and action-packed details of the elite fighter pilots, from the trailblazing aviators of World War I and their iconic planes, to today's technologically skilled warriors flying supersonic jets. Written with quick pacing, and a “high octane style”, *Lords of the Sky* will appeal to military and history buffs alike.

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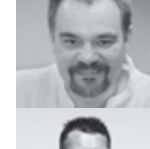
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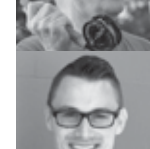
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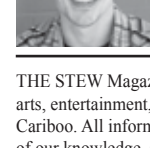
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Looking Back



Paige Knights-Smith  
Tasty Tidbits



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Cariboo Water



Isaac Steward  
The Coffee Press

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*The samurai code of honor is called as Bushido.*

# Japan, the land of tradition and technology



BY CHRISTIANE KLEIN  
OF ALL-WAYS TRAVEL

Let me take you on a trip to remember; to Japan, the land of advanced technology and age-old traditions. There are only a few places in the world where you can find people living with two such extremes. Feel awestruck by the beautiful sight of Mount Fuji, alighting at 2300 metres, and breathe in the clear, cool air as you gaze at the lush landscape stretched out below.

Japan values its cultivated traditions and practices as much as it values keeping in touch with the future. Grounded in history or religion, traditional Japanese customs are still widely practiced to this day.

Visitors can experi-

ence authentic Japanese heritage without spending too much money. A visit to a shrine, temple or castle will provide a fantastic insight into Japan's diverse history, showcasing the development of Japanese society.

Japan's most treasured ancient structures are its shrines and temples. Shrines are usually associated with Shinto Worship, while temples are most often signs of Buddhism.

Tokyo is the cultural and historical epicentre of Japan. The city is quite unique in its modern elements which are highly visible, but do not overshadow the display of Japanese heritage and customs. Many beautiful shrines and temples maintain their presence in the center of the City.

To take a break from the crowded, bustling streets of Japan's metropolis you do not need to go further than the three neighbourhoods of Yanaka, Nezu, and Sendagi. They collectively make up Yansen – an ideal place to witness traditional Japanese suburban living as beautiful forests, shrines, and temples are scattered across the area.

In April and May, many tourists flock to the Nezu Shrine when its bountiful azaleas come into full blossom. The MANY temples of nearby Yanaka are also ideal to absorb the tranquil side of the otherwise frenzied City of Tokyo, where an iconic statue of Buddha serves as a center point of the neighbourhood. It is here in Yanaka that the affectionately titled

"Yanak Ginza" lies, a small traditional street of shops and restaurants that sell local foods and goods. A visit to the nearby neighbourhood of Sendagi will treat visitors to a wealth of local crafts, especially uniquely patterned textiles and fabrics.

For the traveler interested in history, a 'must' to explore is the rich history and culture of Hiroshima. As a key figure in 20th century world political affairs, Japan maintains its culturally significant resources with pride and dedication. The western City of Hiroshima is a robust outlet for history buffs interested in the World War II period, as buildings, museums and parks serve as excellent learning experiences.

The first stop on the

history tour should undoubtedly be the Hiroshima Peace Memorial Museum. The Hisoshima Peace Memorial (Genbaku or "Atomic Bomb Dome") is one of Japan's treasured UNESCO Heritage Sites. As the only structure left standing after the atomic bomb was dropped on August 6th 1945, efforts to preserve the structure in its historical state remain constant.

Kyoto stands for tranquility and Peace. It is a City of unique architectural structures blended seamlessly with contemporary style. With many original shrines and temples still intact, Kyoto's history attracts millions of visitors every year.

Many Japanese people view gardens as a means of expressing peace and tranquility through the fine art of landscaping. The art of Japanese gardening dates back to the 1500s when the feudal

elite placed items with meticulous detail.

Kenroku-en in Kanazwa, Ritsurin Koen in Takamatsu, and Koraku-en in Okayama are some of the worlds most celebrated gardens in Japanese History. Koraku-en is particularly known for being the largest and most beautiful garden, as its artificial hills, ponds, buildings and flowers took 14 years to complete.

Japan is also the birthplace of some self-defence styles like kick boxing, judo, ninjutsu, and aikida. Many young travelers also like to travel to Japan for their interest in animee, manga and cosplay characters.

I hope you enjoyed our little tour to Japan and you will join me again next month. If you have more questions on this beautiful Country, please do not hesitate to come in and see us at ALL-WAYS Travel.



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# The Picture of Fitness

## Adrenaline Fix

By Darren Smith

When I think about martial arts, I think of the MMA fighters, the TV show, Kung Fu, and the movie, Karate Kid but martial arts are more than fighting. Although these acts are defined as systems and traditions of combat practices, they are practiced for a variety of reasons: self-defense, competition, physical health and fitness, entertainment, as well as mental, physical, and spiritual development.

Although the term martial art has become associated with the fighting arts of eastern Asia, it was originally referred to the combat systems of Europe as early as the 1550s. The term is derived from Latin, and means "arts of Mars", the Roman god of war. Some authors have argued that fighting arts or fighting systems would be a more appropriate term on the basis that many martial arts were never "martial" in the sense of being used or created by professional warriors, rather they were created as forms of exercise and physical fitness.

There are many martial arts from Asia that teach sub-disciplines pertaining to medicinal practices. Traditional Asian martial arts may teach bone setting, herbalism, and other aspects of Eastern medicine.

Meditation may be incorporated as part of training. In those countries influenced by

Hindu-Buddhist philosophy, the art itself may be used as an aid to attaining enlightenment. The Japanese system of Aikido uses this to increase the flow of energy and fostering of peace. In Tae Kwan Do, the Koreans feel the value of inner peace can only be achieved through meditation and physical force should only be used in defense.

In some cultures, martial arts are performed in dance like movements for reasons such as showing ferocity, preparing for battle, or showing skills with style and grace.

In general, most of the martial arts we know about today help to exercise the mind, body, and soul with physical, emotional, and spiritual training. With systematic training, a person's physical fitness will be boosted. Things such as strength, stamina, flexibility, and coordination will improve, as the training will incorporate the whole body and muscular system. Mental health benefits include increases in self-esteem, self-control, emotional and spiritual wellbeing. In many training centers, the instructors are emphasizing the physical fitness and mental aspects, more than the combat and self-

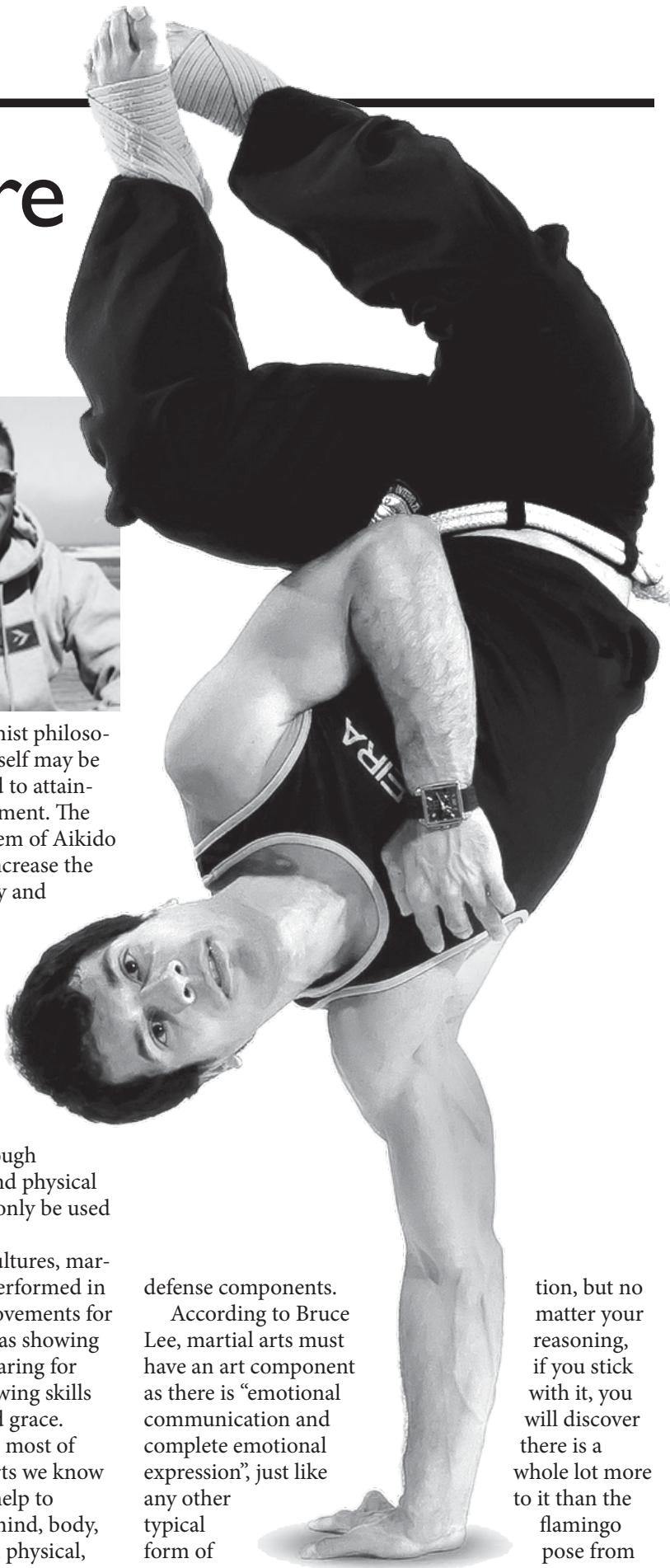
defense components.

According to Bruce Lee, martial arts must have an art component as there is "emotional communication and complete emotional expression", just like any other typical form of art.

There are many reasons that people get involved with a martial art. Typically, it is for the self-defense por-

tion, but no matter your reasoning, if you stick with it, you will discover there is a whole lot more to it than the flamingo pose from the Karate Kid movies.

Just watch a Jackie Chan movie and tell me he isn't the picture of fitness at age 60.



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## In Flanders Fields



*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.*

~ Lieutenant Colonel John McCrae, 1915

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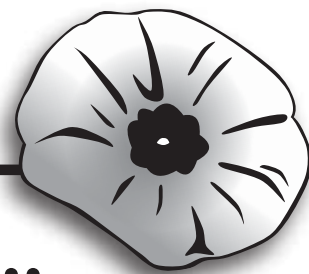
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*"Don't try to be like Jackie. There is only one Jackie. Study computers instead"*  
~ Jackie Chan

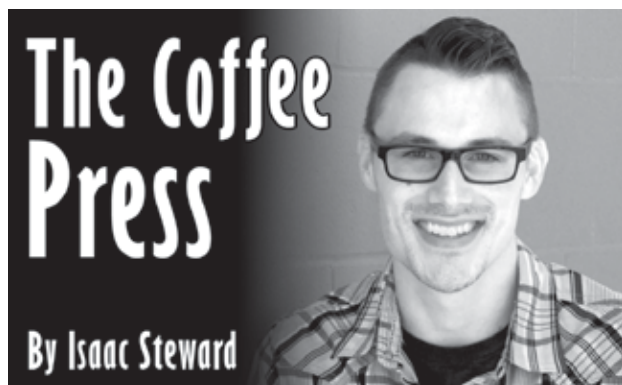


## Eclectic Local Art

The next art show and sale at the Gecko Tree Cafe will start November 17 and go to December 24. Beatrix Linde, purveyor of eclectic articles, and also known as Bringer of Joy mixed media artistry, will present unique canvases with a combination of wool, silk, cotton fabric, paint and paper. Hand-stitched quilts and other original artistic items will surround you while enjoying a chai and a Saucy Geck!

If you are interested in having a show and sale of your own at the Gecko Tree Café, please phone Beatrix Linde, art curator for the Gecko at 250-440-5759.

# Legend tells of the chosen one...



YES, there is legend and lore around coffee! The beginnings of its rise to 'pure awesomeness' are shrouded in ambiguity and mystery. The most widely accepted discovery is through a goat herder named Kaldi, circa 800 AD. Tending to his goats on some mountain in Ethiopia, Kaldi noticed unusual behaviour from his herd and upon closer inspection saw that they were eating red cherries that appeared to be giving a boost of energy! News traveled to the local village and monks got involved to enhance their alertness in long hours of prayer.

It is claimed that coffee was not only native to Africa, but southern Arabia and Yemen as well. This is where its consumption, after being roasted, started to take hold as a staple beverage. Islam is credited with the spread of the black drink, and

where they went, so coffee went also. The growth of coffee was unique to Africa and Arabia until the 1600's when the desire to own plants became too much to deny. Baba Budan, an Indian pilgrim, left Mecca with fertile seeds strapped to his belly and successfully started the smuggling of coffee seeds!

Efforts were made to keep the growing regions controlled by aristocrats and government, but this was a difficult task. The roasted beans were gaining an audience in Europe but it wasn't good enough; they wanted to grow it themselves. The Dutch managed to spawn the first coffee estate in colonial Java, now part of Indonesia. The rarity of the plant made a perfect gift to other royalty and 'richy riches' through Europe, but giving a coffee tree as a gift was not easy! Louis XIV received



a coffee tree for Paris's Royal Botanical Garden, proving to be too public for such a hot item.

One day, years after the gift was received by Louis XIV, a French naval officer by the name of Gabriel Mathieu de Clieu (nice handle!) was on leave from his posting in Martinique, a French colony in the Caribbean. Gabriel requested clippings from the tree, but permission was not granted.

Let your imagination

take you there at this point. Military-trained and now frustrated, Gabriel is set on taking a coffee tree clipping back to the Caribbean. Scaling the wall in true military fashion, Gabriel manages to gain access to the royal garden and snatches a branch from the famed tree. Getting out with minor punishment to his body, the naval officer makes it to his ship, and sets sail for Martinique. No doubt feeling the hardest part of his

clandestine mission was accomplished, he forgets that the open seas have a mind of their own. Even a good ship and better crew can run into life-threatening circumstances out on the big blue... Who does he sail with? What passage will they take to the West Indies? This is the 1700's, and piracy is rampant!

Don't miss the December edition of The Stew to reveal the fate of Officer de Clieu and his prized loot!

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**The Horsefly River Roundtable would like to acknowledge all the sponsors and partners who made the 2014 Horsefly River Salmon Festival such a success:**

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- Fisheries and Oceans Canada
- Horsefly Community Club
- Heritage Canada
- Northern Shuswap Tribal Council
- Pacific Salmon Foundation
- Stream of Dreams Mural Society

**Special gratitude** to Jean Williams for the traditional salmon baking demo, Willie Sellars for the readings from his book Dipnetting with Dad, Maureen Chappell from Creative Hands for the kids' fishy crafts, and Marin Patenaude, coordinator extraordinaire.

Maureen LeBourdais, Fraser Basin Council  
On behalf of the Horsefly River Roundtable





# Play

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



# play

Submit your events to [craig@thestew.ca](mailto:craig@thestew.ca)

## WILLIAMS LAKE & AREA

**November 1** Pokemon Tournament, 6pm Adventure Games 2nd Ave. S.

**November 1,8,15,22,29** Warhammer and Tabletop Games, Adventure Games 2nd Ave. S., every Saturday all day

**November 2** Pumpkin Chucking, bring your Halloween pumpkins and jack-o-lanterns and launch them in one of our two trebuchets, Entry by donation, Location TBA 11am

**November 2,9,16,23,30** Sunday Morning Magic, Adventure Games 2nd Ave. S., Sundays 10am

**November 2,9,16,23,30** Sunday Game Night, Adventure Games 2nd Ave. S., Sundays 6pm

**November 3** Senior's Bingo, upper level Boitanio Mall 1pm

**November 6** Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

**November 7,8** Early Bird Christmas Craft Fair, Elks Hall 11am-7pm

**November 7,14,21,28** Winter Market, upper level Boitanio Mall, Fridays 11am-6pm

**November 7,14,21,28** Friday Night Magic, Adventure Games 2nd Ave. S., every Friday 5pm

**November 8** Early Bird Christmas Craft Fair, Elks Hall 11am-7pm

**November 8** Dungeons & Dragons Night, 6pm Adventure Games 2nd Ave. S.

**November 11** Remembrance Day Ceremonies, at Gibraltar Room 10am and Cenotaph 11am

**November 13** Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

**November 15** Christmas Craft Fair, Central Cariboo Arts Centre 10am-4pm

**November 20** Free Swim at Sam Ketcham Pool 6:45-8pm Cariboo Memorial Recreation Complex

**November 20** Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

**November 22** Museum of the Cariboo Chilcotin Cowboy Christmas at the Gibraltar Room (Rec Centre), tickets \$15 at the museum

**November 22** Made in the Cariboo Fair 10am-3pm Tourism Centre



**November 22,23** Medieval Market 10am-4pm Lake City Secondary (WLSS)

**November 27** Williams Lake and District Chamber of Commerce monthly luncheon 11:45am-1pm Signal Point

**November 27** Busted Remedy hosts Jam Night, Thursdays 9:30pm OV Pub

**November 28** Holiday Crafting, make cards, ornaments, and gifts at Scout Island Nature Centre

**November 29** T'exelc Elder's Christmas Bazaar 10am-3pm Elizabeth

Grouse Gym 2674 Indian Dr., concession, 50/50, book signing, crafts

**November 29** Winter Lights and Santa Claus Parade, Downtown 11am

**November 30** Skate with Santa, regular drop in rates apply, Cariboo Memorial Recreation Complex 1-2:30pm

**December 4,5,6** Maranatha Players musical "The Lady Pirates of the Caribbean", tickets at Open Book and Maranatha School, adults/teens \$10, seniors/children 12 & under \$8, 7pm

**December 11,12,13** Maranatha Players musical "The Lady Pirates of

the Caribbean", tickets at Open Book and Maranatha School, adults/teens \$10, seniors/children 12 & under \$8, Thurs.-Fri. 7pm, Sat. 1pm & 8pm

## QUESNEL & AREA

**November 1** Live Music at the Occidental, Novi Dubtronic and Mamaguroove, 8pm

**November 1** CHAAPS Gala Dinner and Dance, tickets \$35 each, contact Anita Reid at 250-747-1583 for tickets and information, doors open 5:30pm, dinner 6:30pm Billy Barker Casino Hotel

**November 1** Halloween Howler, Seniors' Centre 8pm-2am

**November 1,2** Sanctioned Dog Agility Competition, Agriplex Prince George 8am-5pm, more info [www.topdog.com](http://www.topdog.com)

**November 2-10** Kersley Musical "The Fantasticks", tickets \$20 each, Kersley Theatre

**November 5** 2014 Quesnel Civic Elections Advanced Voting, Sat. Nov. 8 City Hall 8am-8pm and Wed. Nov. 12 CNC/UNBC Campus 11am-4pm

**November 6** Quesnel Film Club "The Trip to Italy", admission \$9, seniors \$7, Carib Theatre 6:30-7:30pm

**November 8** Toast to South Africa, tickets \$70 (\$20 goes to Rotary Fdn; tax receipt available) 6-10:30pm Seniors' Ctr

**November 8** 10th Anniversary Celebration and Spaghetti Dinner Fundraiser, tickets \$10, doors open 5:30 and dinner 6:30pm St. Ann's Hall

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# play

**November 8** Quesnel Kangaroos vs Lac La Hache Tomahawks, Twin Arenas 7:30-10pm

**November 8,9** Cariboo Home Business Christmas Fair 2014, 9:30am-3:30pm Carson Elementary School

**November 9** Quesnel Kangaroos vs Prince Rupert Rampage, Twin Arenas 1-4pm

**November 10-23** Free Living - a Healthy Life with Chronic Conditions Workshop, register online [www.selfmanage.org/onlinebc](http://www.selfmanage.org/onlinebc)

**November 12** Quesnel Chamber Board Meeting 11am-12:30pm Chamber of Commerce

**November 14,15** Quesnel Seniors' Centre Craft Fair, lunch available, tables \$10 each, Friday 1-7pm, Sat. 9am-2pm

**November 15** Quesnel Civic Election General Voting, 8am-8pm City Hall, Correlieu Secondary School, and Dragon Lake Elementary School

**November 15** Quesnel Live Arts "Dockside Drive", tickets \$25 (\$20 seniors/students) available at KMax, Save-on Foods, Quesnel Music & at the door, 7:30-9:30pm Chuck Mobley Theatre

**November 15** Quesnel Kangaroos vs Kitimat Ice Demons, Twin Arenas 7:30-10pm

**November 22** 14th Annual Taste of Quesnel Variety Dinner & Artisan Auction, tickets \$50, 5:30-10pm Seniors' Centre

**November 28** Winter Whirlpool, escape the winter blahs with contests and unique games and activities, regular admission 1-3pm Arts and Recreation Centre

**November 29** Quesnel Farmers' Christmas Market, 10am-3pm Arts and Recreation Centre

## 100 MILE HOUSE & AREA

**November 1** Wranglers Home Game, pre-sale of tickets at Central GM Thursday to Saturday, doors open 6:30pm, games start 7pm South Cariboo Rec Centre

**November 1-8** Parkside Art Gallery, Peter Castonguay, Mon.-Fri. 10am-4pm, Sat. 12-4

**November 2** Wranglers Home Game, pre-sale of tickets at Central GM Thursday to Saturday, doors open 1:30pm, games start 2pm South Cariboo Rec Centre

**November 4** Outriders Meeting, everyone welcome 5:30pm, location TBA

**November 6,13,20,27** Royal Canadian Army Cadets, Thursdays 18:30-22:30, 5530 Horse Lk Rd, Capt. Kevin Seal 250-395-1181 [cadets2887@shaw.ca](mailto:cadets2887@shaw.ca)

**November 6,13,20,27** Full Contact Stick Fighting, every Thursday evening in Lac La Hache. Contact Shauna [jtpassion@outlook.com](mailto:jtpassion@outlook.com) for more info or visit [www.coillmohr.com](http://www.coillmohr.com)

**November 11** 100 Mile Remembrance Day parade 10:30am A&W parking lot, along Birch Ave to Community Hall. Ceremony in the Hall at 10:55am, hotdogs and hot chocolate by donation to follow, lunch by donation at Legion (19+)

**November 11** Forest Grove Remembrance Day Parade, Community Hall to Cenotaph, social gathering and lunch to follow in the hall 10:30am

**November 11** Wranglers Home Game, pre-sale of tickets at Central GM Thursday to Saturday, doors open 3:30pm, games start 4pm South Cariboo Rec Centre

**November 15** Wranglers Home Game, presale of tickets at Central GM Thursday to Saturday, doors open 6:30pm and games start 7pm South Cariboo Rec Centre

**November 15** 100 Mile House Lions Club Dinner and Auction, doors open 5:30 pm, dinner 6:30pm, auction 7:30pm, door prize 200 Chamber Bucks (must be present to win), Community Hall, tickets \$20

available at Whimsey Gifts, Money Concepts and from any 100 Mile Lions Member

**November 16** Roe Lake/Interlakes Christmas Bazaar, arts and crafts 10am-2pm Interlakes Community Hall

**November 21** Midnight Madness, late night shopping spree featuring "shop til you drop" savings Downtown

**November 21** Santa Claus Parade, starts 5:30pm Downtown

**November 28-30** South Cariboo Winter Arts & Crafts Fair, Friday 4-9pm, Saturday 10am-8pm, Sunday 10am-2pm, Community Hall. Vendor applications available at the South Cariboo Visitor Centre.

**November 28** Black Friday Sale, Downtown

**November 29** Santa Claus Parade, Downtown

**November 29** Pampered Christmas, 10am-4:30pm Forest Grove Legion. Vendors contact Anita at 250-397-2817 or Darlene at 250-397-0019

**November 29** Wranglers Home Game, Pre-sale of tickets at Central GM Thursday to Saturday, Doors open 6:30pm, Games start 7pm, South Cariboo Rec Centre

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Behaving Badly

Breakout

Duck Dynasty - Duck the Halls

Happy Christmas

How to Train Your Dragon 2

Jersey Boys

Let's be Cops

Tammy

True Blood - Season 7

### NOVEMBER 18

22 Jump Street

And So it Goes

Christmas in Conway

Fort Bliss

If I Stay

Into the Storm

Parts Per Billion

Sin City - A Dame to Kill For

The Playback Singer

The Wind Rises

### NOVEMBER 25

A Madea Christmas

A Merry Friggin' Christmas

Mercy

Not for Human Consumption

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Stretch

The Expendables 3

The F Word

The Giver

The November Man



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November 30, 1782, the United States and Great Britain sign a peace treaty in Paris, formally ending the Revolutionary War.



# Discipline and focus go a long way

My Dad has a black belt in Judo and he taught and took part in competitions for a lot of my childhood. I was never really interested in learning Judo (although my Dad did make me learn how to fall, since he felt it was an essential skill for me), but I did like to go and watch the competitions on occasion. What stood out for me, and really, still stands out for me when contemplating martial artists and the skills they seem to use so effortlessly, was the absolute focus and discipline necessary to be successful in winning.

Practicing the skills regularly and staying in top physical condition was a necessity if you were serious about moving up and attaining a black belt. And since it was important to weigh in to a weight class where you were the top weight



and not the lightest, it also meant being conscious of the decisions that were made about what went into your lean, mean fighting machine. I also knew competitors that would hit the sauna wearing a winter coat the night before in order to sweat off a few pounds just to do so. That took dedication and it took discipline, but it was done mindfully with the endgame front and center.

So, what if we were to look at relationships with the same mindful

focus and appreciation for discipline and dedication? What is the endgame we are seeking in our interpersonal relationships? Ultimately, I think that is a deeply personal question. However, looking at connections to other people as the driving force for our relationships, we can start to see why both discipline and dedication are needed to maintain those connections.

Just like attaining a black belt in Judo, maintaining and building up strong, connected

relationships takes effort. It takes a willingness to work at keeping the relationship in a state of "fitness." We can't just enter into relationships and think to ourselves, "Okay, now I can sit back, put my feet up, and relax," and expect our relationships to thrive and be successful. That would be like me saying to my Dad, "Why do I need to learn how to fall? I just want to ride the horse and never fall off?" People who ride horses would know the folly in that.

Being disciplined then would mean ensuring that there is follow-through in the commitment made to the connections we form. It takes work, and often it isn't always easy, it's a down-right struggle. It is how you face the struggle that will make or break you in your relationship. Martial artists follow strict ethical guidelines in competition to ensure that the fight is fought fairly and with honor.

How does that relate to interpersonal relationships? If you approach maintaining connections with fairness when struggles arise, you are less likely to let reaction rule the roost. This takes conscious decision-making and discipline to avoid. When you let reaction rather than reason take over, emotions tend to heighten, and the focus ceases being about maintaining the connec-



tion and becomes about the needs and wants of the individual. Don't get me wrong, individual needs and wants are important, and not without relevance; however, in the depths of a struggle where two people are reacting, you won't find needs are going to get met in any case.

If the endgame is maintaining the "fitness" of the connection, keeping a calm, clear head can help. It can ensure that the way you are dealing

with difficulty is fair and won't make either person feel attacked or defensive. This is so important when differences of opinions arise, as they so easily do. Putting in the hard work of being there for each other during the hard times can often be just like sweating it out in the sauna, uncomfortable and unpleasant in the short-term, but with making sure you and your partner are right where you need to be for the long-term – connected to each other.

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SEER

Actor Steven Seagal, a master in Aikido and Kendo, also holds black belts in Karate and Judo.

## Dinner theatre on the Scottish moors

John Buchan lived from 1875 to 1940; he was a public servant and politician who ended up as Governor General of Canada from 1935 to 1940. He was also an historian and novelist. His most famous book was "The Thirty-Nine Steps", an early spy thriller published in 1915. It was the first of five books that featured the character Richard Hannay, "an all-action hero with a stiff upper lip and a miraculous knack for getting himself out of sticky situations. 'The Thirty-Nine Steps' is one of the earliest examples of the 'man-on-the-run' thriller archetype subsequently adopted by Hollywood as an often-used plot device." (Wikipedia)

The novel is a fast paced adventure with a serious resolution, and, interestingly, no love

interest for the hero.

What really made "The Thirty Nine Steps" famous, however, is that in 1935 it was adapted as a movie by Alfred Hitchcock. Hitchcock took a few key elements, namely a mysterious murder in the hero's apartment and a prolonged chase through Scotland, and turned them into a marvelous romp. He also had the good sense to introduce some female characters.

"The script was originally written by Charles Bennett, who prepared the initial treatment in close collaboration with Hitchcock; Ian Hay then wrote some dialogue. The film's plot departs substantially from John Buchan's novel, with scenes such as in the music hall and on the Forth Bridge absent from the book. Hitchcock also introduced the two major

female characters, Annabella the spy and Pamela, reluctant companion. In this film, The 39 Steps refers to the clandestine organization, whereas in the book and the other film versions it refers to physical steps. By having Annabella tell Hannay she is traveling to meet a man in Scotland (and produce a map with the town circled) Hitchcock avoids the plot hole in Buchan's book where Hannay, with the whole country in which to hide, chances to walk into the one house where the spy ringleader lives." (Wikipedia).

The movie was the most successful of Hitchcock's British works. It was a fast paced thriller that was often tongue-in-cheek, neatly mixing humour, strange interludes, and action. Whether the plot made sense or not, and really, it didn't, Hitch-

cock was determined to make a great movie.

Of course, the obvious thing to do with an action flick like this is to turn it into a stage play.

"The original concept and production of a four-actor version of the story was by Simon Corble and Nobby Dimon [in 1995]. Patrick Barlow rewrote this adaptation in 2005. ...The play shares the plot and characters with the film. However, the play is a more comic treatment of the story, in the style of Monty Python and Barlow's own National Theatre of Brent, compared to the original and more serious film. The play incorporates references and use of music excerpts from other Hitchcock films. The cast of four actors portrays between 100 and 150 roles, including actors doubling parts within the same

## Behind the Curtain

By Cathie Hamm



...dozens of characters, chases on trains, romps over Scottish moors, and a plane crash, all in a restaurant without all their usual technical aids

scene. The part of Richard Hannay is the only one where the actor does not double in another role in the play." (Wikipedia)

The quick costume and character changes are part of the humour, as is the use of action and long chase scenes in a theatre.

So how does a small community theatre handle dozens of characters, chases on trains,

romps over Scottish moors, and a plane crash, all in a restaurant without all their usual technical aids? Good question. Come to The Point on November 12th to 14th, or November 19th to 22nd to find out. Tickets are available in advance at AboutFace Photography and The Open Book as this production is a dinner theatre.

## DELAINEY'S CENTRE MALL

The Delainey Centre Mall (originally Smedley and Sharp) was originally built in 1933, and has undergone many changes over the years. Drop in and experience this eclectic mix of retail and history in the heart of Downtown!



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## Revenue Canada Letters

I have been having quite a few clients coming in to my office lately with letters from Revenue Canada regarding their 2013 tax remittance.

There are several reasons why this may be happening and do not stress if you see an envelope from CCRA. There is always a solution to anything that they are asking.

However, in a few instances, it is not that you have made any mistakes... other people that you have trusted to know what they are doing have!

For example, if you receive a very large RRSP receipt in the mail from your financial institution (Bank – Insurance Company – Mutual Fund Company), PLEASE question it! If you know that the numbers simply aren't correct – ask, ask and ask again if you know that it is wrong! Believe it or not, people do make mistakes.

And then, if you take these RRSP receipts that may be wrong to your tax preparer – ask them the same question. If the person you are dealing with doesn't know to question the company issuing this receipt, then find a new tax preparer.

Why? – If a Bank issues a receipt for an astronomical amount (i.e. -\$100,000) and when you question the tax preparer and they simply look at it and say that it is right to claim, call me! We will contact everyone involved and find out what the truth is!

Another request from CCRA may be for your original donation or medical receipts. It is not a problem to send them. But I would recommend that you copy them first just in case they get 'lost in the mail!' Better yet, send your package registered to CCRA just so that you know when it has arrived and who signed for the package at the CCRA office.

RRSP contributions – it is your responsibility to know what your limit is for the present year and also, to keep track of your contributions to ensure that you do not go over your limit. Take your Notice of Assessment form with your next year's limit to your Advisor so that you both may keep a running total of what you are able to claim for that year.

In Canada, our tax system is such that the onus of proof is completely on the taxpayer. They will not blame anyone but you if a mistake has been made. There is no recourse for us, as taxpayers... no matter who else may have made the mistake.

It is not the worst day of your life if you have to contact Revenue Canada. They really are quite helpful and I find that they are very understanding in dealing with issues with my clients.

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# eat

The shortest pro-fighter on record is Naoko Ohmuro at 4'9".

## Effort, determination, and pain

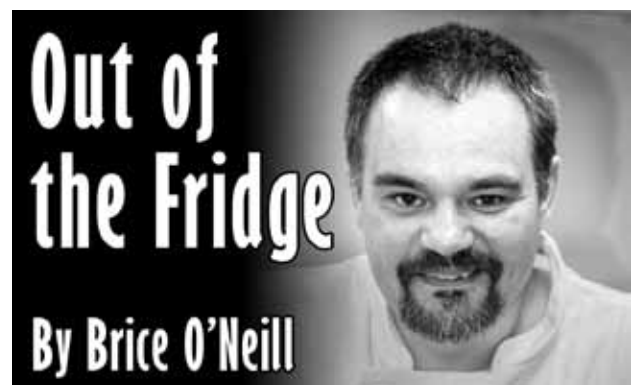
Once in a great while, something happens to truly change the world forever. Every generation has its defining moment, and for my grandparents it was September 10th, 1939. Canada declares war on Germany and subsequently enters WWII. This forever changed the way that Canadians look at the world. For my parents' generation, it was July 20th, 1969. The Americans landed a craft on the moon, a dude got out, did his funny little hop around, and changed the way we look at the moon.

I can't speak for my entire generation, but the world changed for me in a drastic way on November 12, 1993. A man named Art Davies brought together the best fighters representing various martial arts styles from around the world. His idea was to settle the age-old debate of whose fighting technique is best. Keep in mind that martial arts have been around since the beginning of human civilization. Wrestling (Pankration) was the very first Olympic sport. Everyone knows about the Chinese and their Kung-Fu, and the Japanese and their various forms of Karate, but very few people outside South America had heard of a style known as Brazilian Jujitsu. That all changed after watching a 146 pound man named Royce Gracie choke a 230



pound, muscle bound fighter named Ken Shamrock, who was so famous in Japan they made a video game featuring him.

Suddenly two thousand plus years of striking martial arts are thrown out the window. This little dude took down this monster, choking him to the point of submission, and shocking the world. Since that day, anyone interested in martial arts has clambered to learn his amazing techniques. In 1993, people thought that punching and kicking, and all the flying wheel kicks of the 1970 Kung Fu movies were effective fighting techniques. Now, in 2014, the UFC is a massive billion dollar industry that travels the



world putting on shows. Everyone now knows what mixed martial arts means. Some may not appreciate it and might think that it is brutal and barbaric, but the fact is that the world changed, and history was re-written on November 12, 1993.

You are probably thinking; a) Brice, you've probably been punched in the head too many times, or b) why are you writing about UFC when you should be writing about cooking? To me martial arts and cooking are similar in the sense that they both require a great deal of discipline. The ability to take the abuse from your Sensei/Chef, the determination to get up when you fall down (in my case, literally), and the overwhelming desire to not only succeed, but to succeed with excellence. These are things that are not easily won. These are things that demand effort,

determination and pain.

This is how I explain to people what it's like to be a cook. You take some random people (most of whom you would cross the street to avoid) put them in a tiny box, apply copious amounts of pressure and then light the damn thing on fire. I'm amazed that we are not all turning into diamonds from the heat and the extreme pressure. But this is what makes us special people, with a unique sense of discipline. There is a quality of excellence which comes from discipline that most people don't understand. I guess that's my time for this column. Sorry I didn't write a recipe. I guess all those punches in the head are starting to take their toll at my age. Till next time, I remain yours in excellence, Brice O'Neill of New World Coffee & Tea House.  
[info@newworldcoffee.ca](mailto:info@newworldcoffee.ca)





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# Armor & chivalry in the modern Middle Ages

Imagine a long time ago... when armor was commonplace and chivalry was not dead, but celebrated, even rewarded. A time when whole villages cared for and helped one another. When war was fought with sword and bow, and leaders were those who earned their station. A time when life was so much simpler...

Have you ever wondered how things were made in the Middle Ages? How homes were built, weapons cast, clothing made, or jewellery constructed? What did they eat and drink? What kinds of entertainment were to be had? How did Bards create the instruments, and perpetuate the songs and stories?

What if you could explore all your questions and learn any of these skills you choose? What if you could immerse yourself in this world, and see what life might have been like? Well, YOU CAN!!

Taking "Centre Stage" for the Martial Arts issue is the Cariboo chapter of the Society for Creative Anachronism (SCA), The Shire of Coill Mhor. I was fortunate enough to sit down with long-time SCA member, heavy fighter, and Gypsy Bard, Petro Rozvardo to gain an insider's view of the game. We met at a fight practice, amongst the sounds of the



clash of sword on shield, of laughing, instruction, and the occasional good-natured gibe.

Officially, the Society for Creative Anachronism (SCA) is described as "an International organization dedicated to researching and re-creating the arts and skills of pre-17th-century Europe. The SCA's 'Known World' consists of 19 kingdoms, with over 30,000 members residing in countries around the world. Members dressed in clothing of the Middle Ages and Renaissance attend events which feature tournaments, royal courts, feasts, dancing, various classes and workshops, and more." (www.sca.org)

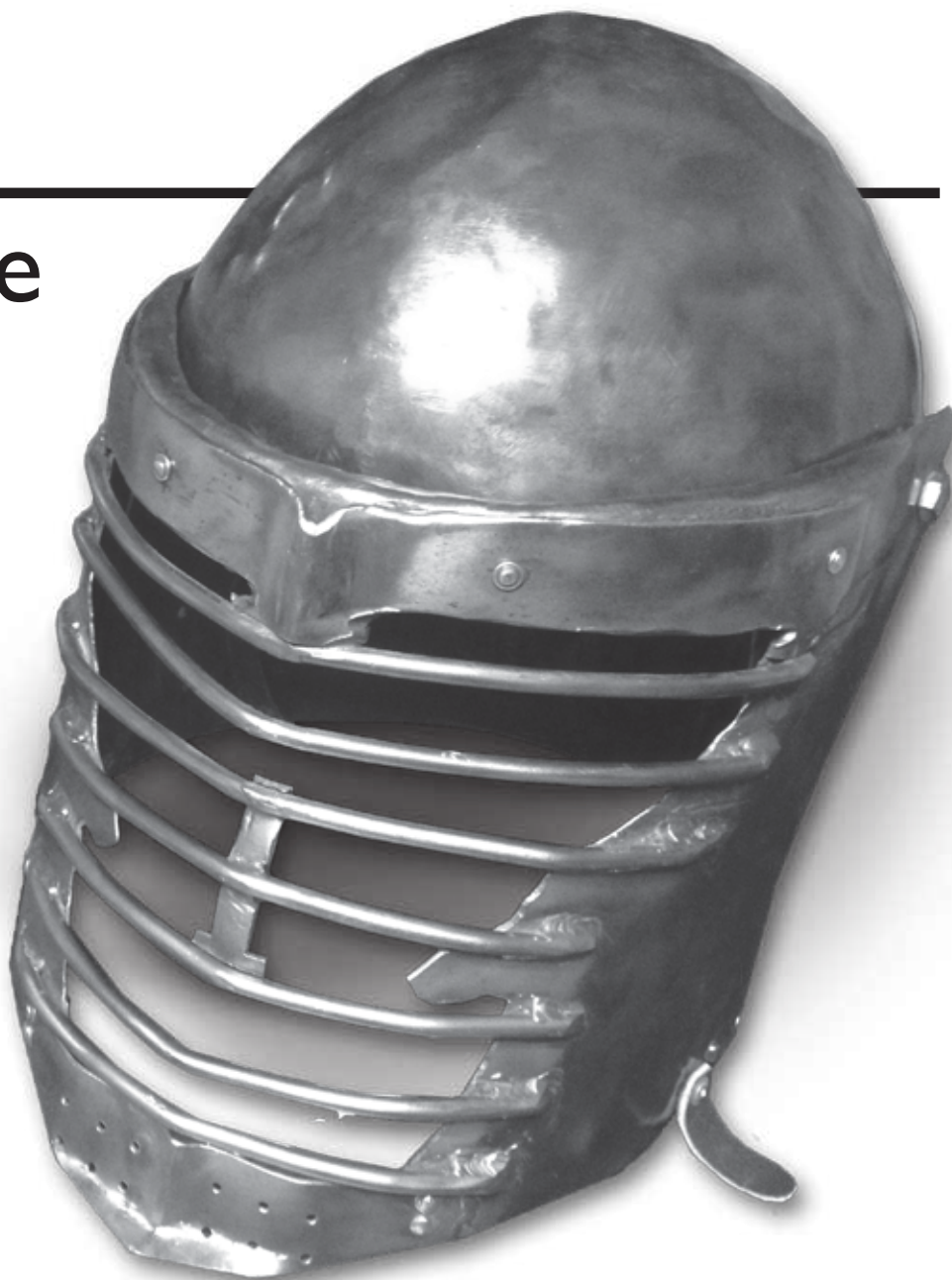
Special SCA events are held everywhere in the 'Known World' throughout the year. 2014 events hosted locally have included 'Forest Champions Tourney & Bent Bodkin' in October (108 Mile) and 'Ducal War' held this June (Lac La Hache), and there are several other exciting

events on the horizon. Non-members may participate in special events, but they must follow site rules, sign a waiver, pay an entrance fee, and make an attempt at medieval garb (loaner garb is often available at the event).

People from every walk of life join the SCA. They often choose to create a persona, taking on a plausible name and background based on historical research of the time period. The level of detail adopted is only limited by how much commitment and time they wish to dedicate.

The paths to take and things to do in the SCA are limitless. Any skill you want to learn, or office you wish to achieve has a Medieval equivalent and someone to help you reach your goal. "Because we are recreating a romanticized version of the Middle Ages which focuses on the positive aspects, it creates an instant camaraderie towards each other. I've been playing in the SCA for 20 years now and there are people I have become as close to as family," says Petro.

The most recognizable



aspect of the SCA which first grabs a newcomer's interest is the fighting. There's just something about the spectacle of men and women in full combat armor that inspires the imagination. Weapons are constructed of materials which remove any possibility of a mortal wound (eg. swords made of a rattan sticks), but sufficient armor is still needed to lessen the bite of the blows. Weapon and armor specifications, and combat rules are regulated and strictly enforced for the safety of the combatants. Petro assures me that the "armor is made to be hit by a sword, so it's almost invincible to the stick. The aggression level of this sport is right up there with UFC style

fighting, but we're more protected."

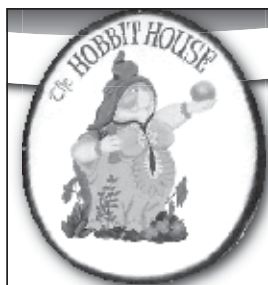
Seasoned fighters help those just starting out, providing tips and encouragement and loaning armor. "We take new fighters through stages. The first step is just getting used to the gear, getting it to feel natural on your body. Then we move on to shots and defense, only moving on to the next step when they are ready for it. New fighters can use loaner armor that will keep them safe for their first practice. But, Petro says, "normally we try to get them into their own kit as soon as possible because they progress so much faster when they have properly fitting armor, and they're even safer with armor that's been custom fit."

Building your stamina and muscle strength is a big part of being able to increase skill as a fighter. "An hour of sword fighting is like playing a game of full-contact hockey with body checking. You'll have the same exhaustion level and the same bumps and bruises." Serious fighters train

using activities such as building muscle memory with a pell-pole.

Petro says "we train for war as well as tournament fighting and there are aspects of war that don't require you to be hit like in a tournament." Whether your weapon of choice is the sword, knives, axe, bow, crossbow, pike or trebuchet/catapult, there's something to suit every man or woman who wishes to try their hand at this aggressive and exciting sport!

"Recently most of our new students have been women. One of the things I love about this sport is that holding a three-foot stick in your hand is a great equalizer, no matter your size or gender. Once you learn how to hit, everyone is equal and it's just a matter of who is more skilled." Petro reminisces about a fight practice with his wife Shauna, also a seasoned fighter. "She beat the tar out of two guys and one of them looked at me and said 'I'm not used to fighting a lady,' and I said 'well that's no lady, that's a skilled fighter that's been



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do



fighting for many years. There used to be a misconception that women couldn't do this sport, and I love it because they're constantly proving that they can." At only 5'6" and 165lbs, Petro is not one of the bigger people in his sport, but the heart and aggression he puts into his fights, and his level of commitment and skill make him an excellent fighter.

When I asked Petro why he would encourage someone to join this sport, and why they should want to come and 'be hit with a stick' he offered several encouraging words. "From a modern point of view, it's a totally viable self-defense. If you found yourself in trouble and couldn't get away, a simple stick could give you a distinct advantage against someone who wanted to harm you. You might also be particularly interested if you've ever done any kind of full-contact team sport or martial art. Also, carrying the extra armor not only protects you but it's a work out; we burn some serious calories in an hour. And, if you are interested in the Middle Ages, this is a really cool way to experience it." Petro says he previously played Dungeons & Dragons, was active in the theatre, and played full-contact and



team sports before finding the SCA which combined all his interests.

SCA fighting has a ranking system based on honesty and chivalry. As a fighter, it is your responsibility to gauge the location and weight of the blows that your opponent throws, and react accordingly; is it a killing blow, an arm or leg disabling blow, or not a scoring blow (light or out-of-bounds). Other chivalric deeds (for example, offering to re-fight a match because your opponent had an armor malfunction which caused them to lose) are also encouraged and rewarded. Like martial arts, the SCA has a belt ranking system – a sign of skill as a war-

rior – for the three levels of fighter: Man at Arms, Squire and Knight. A knight is not only an expert (like a black belt is in Judo), but must also have demonstrated chivalry and honesty in battle.

To learn more about the SCA, to get involved, to check out a special event, or join in a fight practice, contact the Shire's Chatelaine: Shauna Rozvardo (Jenni Tanner) [jtpassion@outlook.com](mailto:jtpassion@outlook.com), or visit the Shire website: [www.coillmhor.com](http://www.coillmhor.com). The Coill Mhor Fight Club meets Thursdays, and loaner gear is available.

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Renée wants to hear from you: [cstage.stew@live.com](mailto:cstage.stew@live.com)

## Medieval Market relocates

Taking place November 22 and 23, the Medieval Market is a unique yearly event where you can buy hand-crafted gifts from artisans, as well as fresh produce from local growers. Vendors come from all over British Columbia to take part in this event, and pour countless hours into their wares. The event has live entertainment and a full concession.

The Medieval Market has moved to a new home at Lake City Secondary's WL Campus at 640 Carson Drive. For the past 15 years the event has taken place at Columneetza Senior Secondary. Organizers say that the new location is bigger and will provide more opportunity for different vendors. The space is unique and allows for the use of alcoves and a staging area for more activity.

This pre-Christmas

event is a great place to pick up an original gift or just peruse the booths and have lunch. There are many door prizes to be won that are donated by the vendors, and random tickets are marked as door prize winners.

All wares for sale at the market are hand-made by the artisans. When you purchase something at the market, not only are you buying something unique and beautiful, you also know that your dollars will stay in the community.

The best part may be the shopping entertainment with a musical lineup that includes the Big Lake Symphony Orchestra, Oren Barter, Carmen and Dena, Troy Forcier, Brandon Hoffman, Youth Fiddlers, Christine Constabel, and several more acts to be announced.

The Medieval Market

originally began in 1986 as a collaborative effort between librarians Lil Mack and Marina Sjukvist, and was originally called 'Cariboo Handmade'. Over the years its name evolved to Cariboo Handmade Medieval Market and then to its current name of "Medieval Market".

The Medieval Market is organized entirely by volunteers so all profits go to Lake City Secondary Students. Students working throughout the weekend earn money towards team sports, leadership, drama, music, the science trip and bursaries.

The admission is \$3 for Adults and free for kids under 12. It's November 22 and 23 at the Williams Lake Campus of Lake City Secondary on Carson Drive. So come out and enjoy a weekend of entertainment and great shopping, and help support a great cause.



# Medieval Market

November 22 & 23

Lake City Secondary

10am-4pm

WL Campus  
640 Carson Drive  
\$3 admission



# Open arms in Williams Lake

Each and every day, the Salvation Army opens its arms to the community of Williams Lake, with their church, thrift store, soup kitchen, addiction centre, fitness centre and much more. The church and thrift store are located in the heart of the Downtown at 267 Borland Avenue, while the community and family services facilities are directly across the street.

The drop-in centre, downstairs across the street, is a beehive of activity. It is open Monday through Friday, 9am to 4pm, but closed noon to 1pm. There is a concession with coffee and treats for sale, and a TV area with comfortable couches to enjoy!

Arts and crafts are offered on Mondays, and all supplies are provided. Tuesdays there are crib tournaments, Wednesdays the pool tables are the focus, Thursday is "Movie Matinee" (and a big thank you to Movies on the Go, for supplying the new releases for everyone's viewing pleasure), juice and popcorn supplied! Friday is a drop-in day; all activities start at 1pm and everyone is welcome. Monday through Friday, 9:15am to 10am, is "Free Gym" (clean indoor footwear in the gym please). If you need more information about any of the programs just ask Melissa, who has a friendly "Hello" and a smile for everyone at the centre.

Up in the dining room, Sabrina and her crew of tireless volunteers prepare breakfast (9 to 9:45am) and lunch (noon to 12:45pm). Up to the end of September, 20,526 meals have been served! Wow!! Remember, volunteers are always welcome.

Greg is the case worker, offering his services wherever needed; crisis intervention, life skills, family services, helping the homeless population of the lake city, and much more. Greg is a very caring guy, ready to help wherever he can.

The Salvation Army food bank is open Monday through Friday 1 to 4pm. So far this year, 3,830 food hampers have been distributed throughout the city. Thank you Williams Lake for sharing and generously donating to your food bank.

Captains Ben and Isobel Lippers work long hours helping throughout the community. If you have any questions, concerns, or wonder how you can help or volunteer, give them a call – they'd love to hear from you!



**Williams Lake Worship** (267 Borland St.)  
Sunday Worship 10:30am,  
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Tuesday Bible Study 7-8pm  
Tuesday Ready to Serve (children 7-12yrs)

**Quesnel Worship** (103-246 St. Laurent Ave.)  
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entrance at the back of the Thrift Store

**Quesnel Food Bank:** 374 McLean St.

# hear Quiet Dawn

A SHORT STORY BY  
LEIGH SANDERSON  
OF WILLIAMS LAKE  
WRITER'S GROUP

He was a black silhouette against the early morning sky. His balance was incredible, his moves swift and soundless. The boat didn't move when he jumped, kicking his legs up one at time. If I weren't watching, I wouldn't even know he was only forty feet from me; him at the bow and me at the stern of the yacht. After several rapid moves, arms flashing, I could hear a soft 'chhaaaaaa' of his breath. He did this dance twice a day, dawn and dusk.

As the sun peeked, he would nod his head as if in prayer. He turned from the bow of the boat and started walking forward. Then he saw that I had been sitting by the helm, watching. As he neared, he paused to listen to the soft music I was playing. His skin was gleaming with sweat, mostly from the workout, but also from the start of another hot day. The usual breeze wasn't coming off the bay.

"What do you call that; those moves that you do?" I asked as he approached.

"It's a form of martial arts" he replied. There was a distant boom boom sound to the west. He looked over in that direction then back at me. "I learned it there," and nodded his head in the direction of the sound, his eyes still looking at



me. "I was there," he said, and sat down beside me on the yellow naugahyde which covered the stern of the boat.

"I was drafted into the War. I did my tour." He took a deep breath, let the pregnant pause hold, then continued, "I learned martial arts to relax and put my head space somewhere else. Like that song you are listening to; that is a protest song about the Vietnam War; you listen to it and it puts you into another space. I can't listen to music because it reminds me of all the

horrors I faced over there. That's where my martial arts comes in; It can be used for fighting, exercise or prayer. I use it mostly for discipline to help keep my thoughts toward the future, not the past."

We sat silently watching the sun reach out and wrap its warmth around the anchored fishing vintas. The distant sound of a rooster crowing and a village coming alive intruded on our silence. It was hard to believe we were only a thousand kilometers from where a war was raging.

"I didn't know you were there, I'm sorry," I said softly. "I'm sure it was a horrible experience for you, one you will never forget."

He just nodded. "I can't imagine what's going on in Vietnam. I hope that your martial arts can continue to help clear your mind of any misery you endured." "Yeah... well," he stood up, "I'm sorry too." He walked to the starboard of the boat and dove into the Sulu Sea for his morning five mile swim.

THE END

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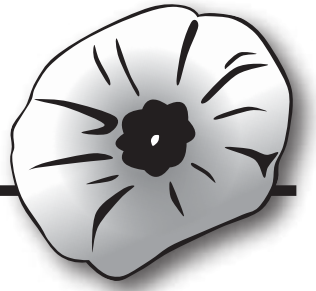
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hear

Hippopotomonstrosesquipedaliophobia is fear of long words.



# Hometown boy Ryan Oliver goes big time



Born and raised here in Williams Lake, Ryan Oliver is traveling the world to make music and entertain. A living example of where big dreams and a 'can do' attitude can take you.

Juno-nominated saxophonist Ryan Oliver honed his craft living on Canada's west coast, and in Amsterdam, Toronto, and New York. He has maintained a busy schedule as one of

Canada's most in-demand saxophonists, recently releasing his latest recording, *Strive!*, featuring jazz legend Victor Lewis.

Oliver has toured India, Australia, New Zealand, Europe, and North America with the eclectic group The Shuffle Demons. He is a member of Juno-award-winning Aboriginal blues/rock performer Derek Miller's group, and appears on Miller's

most recent recording, featuring Stevie Ray Vaughn's rhythm section Double Trouble, and Willie Nelson. Oliver was also a member of the house band for Miller's upcoming television series, set to air on the Aboriginal Peoples Television Network in 2015.

Oliver's debut recording, *Convergence*, was selected by CODA Magazine as one of the top 10 Canadian jazz releases of 2007. He has received numerous Canada and Ontario Arts Council grants, and was nominated for the prestigious 2013 Prix De

Jazz. He maintains a weekly residency with Organic, featuring Canadian great, Bernie Senensky, and is a member of The Cookers, a heavily touring, hard-bop quintet. The Cookers recently signed with Do Right Music, a Toronto-based record label.

Their debut recording for the label is scheduled for release in January 2015, and features new originals by the band, as well as featuring vocalists on several tunes. You can find out more at [www.ryanoliver.ca](http://www.ryanoliver.ca) and [www.thecookers.ca](http://www.thecookers.ca).

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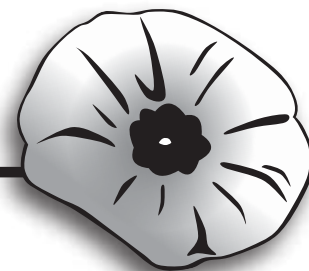
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hear

One of the most famous martial art icons is Bruce Lee.



## THE STEW MAGAZINE'S Monthly MIX

### HOLIDAYS OF THE MONTH

#### November 17th World Peace Day

World Peace Day encourages us to be kind to others, and teach others to be peaceful. The creator of this day encourages us, as individuals, to play a role in making the world a better place. He suggests we teach our children and others, ways to promote peace and avoid war.

Please do your part to promote peace on this day. If we all act on this issue, we could make war and strife obsolete.

#### November 21st World Hello Day

The theme of this day is 'greet ten people for peace.' World Hello Day was created during the 1973 conflict between Egypt and Israel to promote world peace. The creators of this day, Brian McCormack and Michael McCormack, believe peace starts with communications, and that our efforts can promote global peace. So let's all make a difference. Get out on the streets today, and say 'hello' to at least ten people.

## Karate Twins

### A SHORT STORY

We got to the complex with less than a few minutes to spare. The twins threw their shoes off, and ran to the mats to join the rest of the kids waiting for practice to start. I looked fondly at my wife, and led her to the side of the gym, where parents were allowed to sit and watch their kids practice, yell and throw punches.

"They should be getting their green belts soon," my wife said with pride in her voice.

The twins had just turned eight a few months back, and we felt that this was the best way for them to be able to get their aggression out of their respective systems. The problem was, that they were twins, and not just twins, but boy/girl twins, and surprisingly they were far more competitive than a lot of siblings I have seen.

"Do you think that Jenna is a little behind Ryan at all?" she asked, looking at them with slight concern.

I chuckled, "Don't worry about Jenna, or Ryan. They are doing great."

Kids of all ages, ranging from five to sixteen, were spread out on the mats, every one of them facing forward towards their sensei, throwing right, then left,

and right and left punches. Yelling out the appropriate yell. The seriousness of all the kids, mine included, put a smile on my face.

Every Tuesday it was routine, but I loved to watch my kids grow. Ryan, who was the older of the two (by an hour and twenty minutes) loved to push that in his "younger" sisters' face a little too much. One of the reasons my wife and I had decided to enroll them in karate class, was so that they could learn to defend themselves, without taking it out on each other. So far, they were learning to defend themselves which was the bright side of the situation, but the downside, is they tended to take their lessons home with them, and sometimes it got out of hand.

The younger one, Jenna, my little proud and joy. I know that I shouldn't say that, but she was daddy's little girl. A chip off the old block, I guess you could say, even at eight, I could tell that she was taking after me, and not just with her height (she was about a foot taller than her "older" brother), and that was something that she liked to shove in his face. I chuckled again. I loved taking her to work with me on the weekends, I was a vet, and Jenna loved to

## Tasty Tidbits

By Paige Knights-Smith



play with the animals and help take care of them. She had a big heart, something she was lucky enough to get from both me and her mom.

I put my hand on my wife's knee, and smiled at her. "We did good hon."

"Now, now, they are only eight after all." She laughed.

An hour later once the session was over, my kids ran up to me red faced and tired. "Daddy, we are going for our green belts next week!" Jenna squealed at me.

Ryan walked to his shoes, with his sister in tow. "I bet I am going to get mine first."

"Nuh uh," Jenna shook her head as she put her shoes back on.

"All right you two." My wife said with a stern voice. "That is enough."

"Yes mom." They said in unison.

Twins.

\*\*\*

I rushed to the school, the principal had called me at my office that day, saying that the twins had gotten into a fight. I called my husband, as I was running out to my car.

"They got into a fight," I said into my cell phone.

"With each other?" he asked.

"I don't know, isn't this why we got them lessons? So they wouldn't fight at school?" I sighed.

"We got them lessons so that they would know how to defend themselves." He said reassuringly. "It's probably nothing, don't worry about it. I will meet you there okay?"

"Okay," I said. "Love you."

I hung up the phone and headed over to the

school.

It was about a ten minute drive to the twins' school, and after meeting my husband at the front entrance, I took another deep breath and walked towards the principal's office.

"Bring back memories honey?" My husband grabbed my hand and chuckled to himself.

Jenna and Ryan were sitting outside the office door, waiting for us to get there.

"It wasn't our fault mom I swear." Jenna said.

"You should've seen my scissor kick mom, it was awesome!" Ryan exclaimed.

"What did I tell you two about fighting with each other?" I scolded them.

"It's not his fault mom, the other kid started it." Jenna said. "I tried to roundhouse punch him, after he stole my sandwich, and I missed and then he pushed me."

"Yeah mom, so I went up to him, a scissor kicked his butt!" Ryan laughed.

"So you were defending your little sister Ryan?" My husband crouched down so he was face to face with our son.

The twins giggled. "Hey, no one picks on my little sister but me!" Ryan smiled at his sister.

"Little? I am bigger than you!" Jenna screeched.

"I am older! By an hour and twenty minutes!"

I looked at my husband and tried to hide my giggle. I didn't like the fact that my kids were in trouble, but at least they were sticking up for each other.

Twins.  
THE END

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*Every person has a unique tongue print.*

# Winterize your fly fishing gear

OK, time to grudgingly put the fly fishing gear away for the winter. Just throw it all in a storage bin and stack it in the basement, RIGHT?? NEVER, EVER!

The step by step manual on "How to Take Care of Stuff":

**FLY RODS:** Take the rods out of the rod tubes and rod socks. Store the tubes, with lids removed, in a warm, dry spot for a week. Hang the cloth socks up to dry. Wipe the rods off with a SOFT, clean, dry cloth. Stand them beside the drying rod tubes. Maybe even give them a wipe down with furniture wax.

**FLY LINES:** Strip the lines off the reels (just the lines, not the fly line backing). Lay the line



cool clean water and pull the line through the cloth



to rinse.

Store your lines in a dark location, hanging them in large loops from wooden or plastic pegs/hooks. This prevents "line memory" (those cute coils of fly line that instantly create knots when stripped from the reel, first thing in the spring,

that also contribute to lines cracking).

**FLY REELS:** These require more care, in order to keep ALL those moving parts... "moving." Remove the spools from the reel frames, dunk



both parts into clean, lukewarm water, shake the excess water off and



lay them on a shelf to air-dry for a week.

Apply a light spray of WD-40 to both (inside) halves of the reels and wipe excess off. Inspect the inside surfaces closely for pieces of sand or grit, you may have to brush these out with an old toothbrush. On cork disc drag reels, apply a thin film of grease, very spar-

ingly, over the surface of the cork and along the perimeter clicker teeth.

For other disc drag reels, clean the frame using the WD-40 & wipe treatment and add one drop of light oil (3-in-One, or synthetic SAE 20, etc) to the inside of the roller bearing.

(insert photo: A Small Dab of Grease)

Standard click/pawl reels take a shot of WD-40, a wipe and a tiny dab of grease on all the moving parts.

**CATCH AND RELEASE NETS:** Wash/rinse them in the laundry sink (or kitchen sink, if no one is watching) hang to dry in a dry spot in the basement.

Confession: I actually leave one rod (an 11' "Trout Spey") and one reel & line (that matches the "Trout Spey"), JUST IN CASE the temperatures rise above +5C one



day, in which case I'll grab my fly box of winter nymphs and head for the Quesnel River, seeking those beautiful and "frequent flying" Horse-fly strain Rainbows that

inhabit that flow all year 'round.

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out on the lawn or the hallway carpet (if you can get away with it).

Place the back end of the line onto a soft cloth, moistened with a mild solution of warm water mixed with one drop of liquid dish soap.

(insert photo: Foot Pressure)

Fold the damp cloth over the line and apply foot pressure

Pull the whole line through the cloth, maintaining pressure the entire time. Rinse the cloth in

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# Ninjas, warriors and brawlers, oh my!



Martial arts and video games have, traditionally, gone together like chocolate and peanut butter. Or peanut butter and jelly. Or white on rice. Or whatever metaphor for two things that go together really well you prefer.

Some of the first video games I ever played — on the Commodore 64 — were games built around martial arts. *Kung Fu Master* featured a, well, a kung fu master, working his way through hallway after hallway of enemies to reach the fifth floor and defeat a boss, only to then have to do the same thing again. *Karateka* featured an unnamed martial arts hero facing off against individual opponents in a fighting ring, with these fights broken up by occasional showcases of other martial arts skills, such as breaking a stack of concrete blocks.

Later games like *Mortal Kombat* owe a fairly substantial debt of gratitude to these early martial arts games, particularly *Karateka*. Mind you, by the time we got to *Mortal Kombat*, it was just basic kicks to the face or punches to the midsection. People were ripping out their opponents' spines in a grisly showcase of combat superiority.

These early video games were programmed and released during the 1980s, when North America was in a full-on love affair with martial arts, particularly ninjas. I have fairly vivid memories of a neighbour who would regularly pick up the new edition of *Ninja* magazine, and after school we'd flip through its pages, lingering over the mail

order pages, wondering how long it would take to save up for our own pair of toe-boots or shuriken.

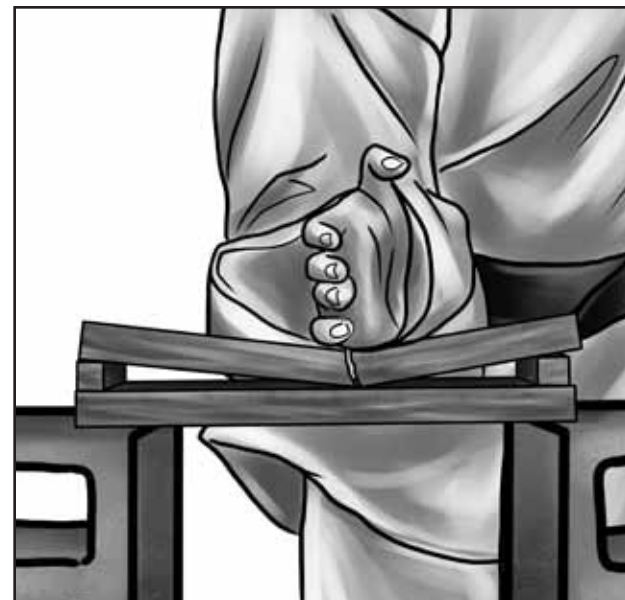
Of course most of us never did so it was the video games that gave us our only entry into this world of flipping and kicking and punching.

Martial arts still play a pretty big part in modern video games. Games like *Mortal Kombat* are still around, and still feature ninja warriors and kung fu experts, alongside more traditional brawlers. Martial arts have even found a home in the open world genre in *Sleeping Dogs*, a *Grand Theft Auto*-like set in Hong Kong and featuring an undercover Chinese-American police officer with plenty of martial arts skills to warm any button-mashers heart.

Now let's talk about the games coming up next month, because this is a big month for new releases. With Christmas just round the corner, this is the time when the 'A'-List titles start showing up on store shelves, and gamers start counting their pennies to see how many they'll be able to afford.

*Call of Duty: Advanced Warfare* opens the month on November 4. Critics and gamers have been increasingly disappointed with recent releases from this franchise, but that will likely have little impact on the sales of this one. *Call of Duty* has a rabid fanbase, and I'm sure there'll be plenty of gamers in line to pick this one up on release day.

November 11 brings not one but two titles from the *Assassin's Creed* franchise — *Assassin's*



*Creed Unity* arrives for current-gen systems (Xbox One, Playstation 4, and PC) while *Assassin's Creed Rogue* releases for last gen systems (Xbox 360 and Playstation 3). Two different storylines, two different games, both probably sporting the same kind of sneaky, stabby action that this franchise is best known for (personally I'm more excited about *Rogue*, and that's not just because I'm still running a last-gen system).

*Halo: The Master Chief Collection* also arrives on November 11, only on Xbox One. Xboxers eager to get caught up on Master Chief's storyline (or gamers just interested in revisiting these games with a high-def spit-and-polish) have a chance to experience *Halo: Combat Evolved*, *Halo 2*, *Halo 3*, and *Halo 4* all in one big package.

*World of Warcraft* releases its next expansion on November 13 with *Warlords of Draenor*. With the level cap raised to 100, and plenty of new content waiting to be explored on the Orc's homeland, there will be plenty here for gamers to experience. I'm counting my pennies for this release already, and I refuse to think about how many hours I might lose in this game alone before year's end.

November 18 brings *Dragon Age: Inquisition* to PC, Xbox 360, Xbox

One, Playstation 3, and Playstation 4. Also available this day are *Far Cry 4* (PC, Xbox 360, Xbox One, Playstation 3, and Playstation 4), and *Little Big Planet 3* (Playstation 3, Playstation 4). This is a big day, so make sure your credit cards are handy.

And on November 21, WiiU owners get to nab one of the most anticipated titles of the year — *Super Smash Bros.* for the WiiU. There are few games that will get Nintendo fans as excited as this one, and if you own this console you'd be crazy not to put this game on your shopping list.

**Other notable releases:** *Harvest Moon: The Lost Valley* (11-04); *Rocksmith 2014* (11-04); *Lego Batman 3: Beyond Gotham* (11-11); *Escape Dead Island* (11-18); *Pokemon Omega Ruby and Alpha Sapphire* (11-21)

**What have I been playing lately?** I'll admit it, I've been dabbling in *World of Warcraft* lately, just getting myself warmed up for next month's release of *Warlords of Draenor*. Does that make me an addict? Of course not. I can quit anytime I want!

**What have you been playing lately?** And what's on your wishlist for Christmas? Any big releases next month that you think I should have mentioned? Let me know! Email me at [todd@thestew.ca](mailto:todd@thestew.ca)

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# X-Word Puzzle

## ACROSS

1,27 Wry, pithy, funny comic TV series, long running, viewer foolishly misses (5,7,6,6)

9 On the radio woman's one of 1 27 (5)

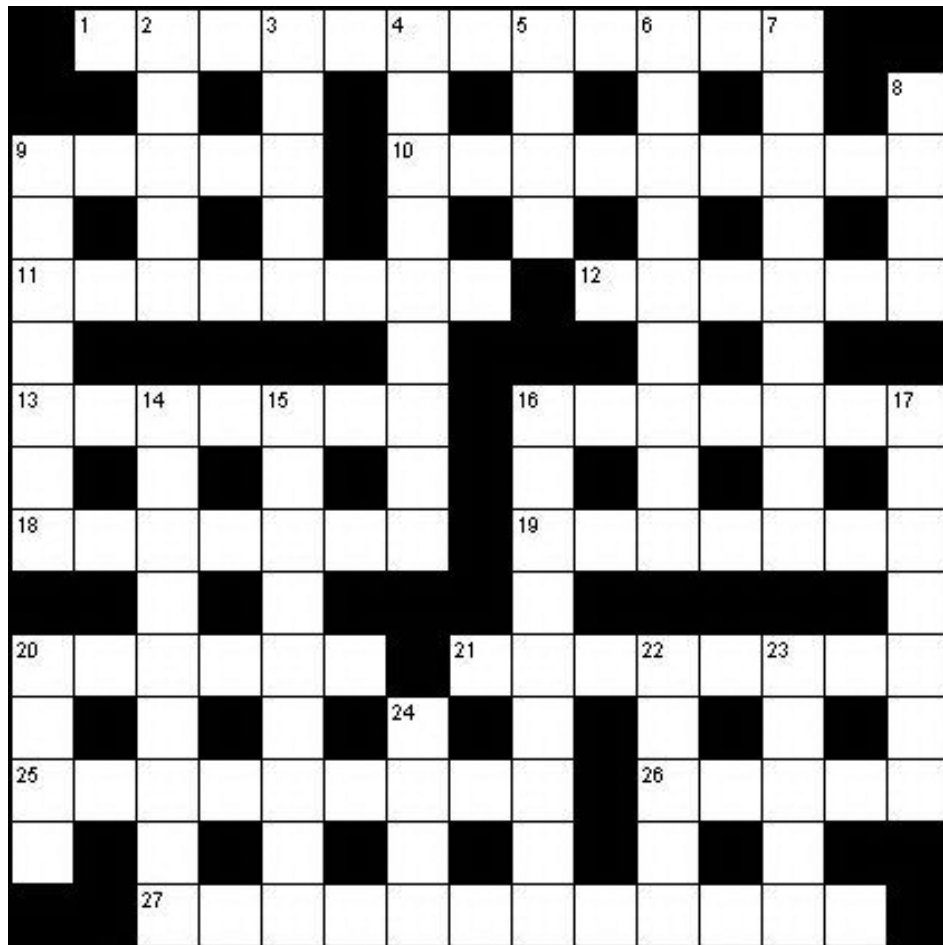
10 Document proving 2's right - it is in Deleted folder? (5,4)

11 A hint of thyme added to recipe in Spanish province for flavouring (8)

12 Could be cottage hospital going for novice member of 1 27 (6)

13 I married heartthrob, making a sudden decision (7)

16 Article, one about current consisting chiefly of negatively charged particles (7)



18 Spike Milligan, almost one of 1 27 (7)

19 Germany overrides

embargo in one country or another (7)

20 Yob is questioned,

somewhat in the soup (6)

21 After revolutionary massage I am in high

spirits (8)

25 Agreed with the chaps sport ultimately gives satisfaction (9)

26 One of 1 27 goin' ashen (5)

27 See 1

## DOWN

2 One has to admit English rock's topping (5)

3 Electronic equipment going over 50 amps produces a measure of magnetic flux (5)

4 Crude and unrefined muppet half-heartedly takes part (9)

5 M. Hulot's creator sounds scruffy (4)

6 Above telling too many fibs? (9)

7 Seller of illegal liquor provides woman with booze around Tyneside (9)

8 Lazy member of 1 27 (4)

9 Note time can run out (7)

14 So Phil has to eat up? (6,3)

15 Not hurrying to offer wreath, for certain (9)

16 Lacking interest in a way quote reflected (9)

17 Two blokes or one from 1 27 (7)

20 Knot tied, we're told, with loved one (4)

22 Onset of puberty leaves Jack relatively mature (5)

23 Island group that's beautiful to the French (5)

24 College official is active in private office (4)



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