



the stew

ISSUE 8.02 | FEBRUARY 2017 | FREE

the electricity issue

Featuring
Tanya Hutchinson
Pages 6 & 7

hear

We want to hear from you! Email craig@thestew.ca

On the Cover:

Electricity runs our machines and lights, but electricity can also be alive in our relationships and actions. Join us in this exploration of electricity in all its forms.

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Electrifying experience

BY CRAIG SMITH

Being a boy, all my first encounters with electricity were learning experiences. My first remembrance was when I was about eight and my brother was around six. Other than the event I really don't remember who else was in the house or whether it was something I told him to do or he just did it on his own. I just remember vividly seeing him put a knife into an electric plug in and somehow complete the circuit. It freaked out my Dad, as you could see a black line going from one hand to the other. He was probably the reason some one invented those little plastic things that you put in the plug ins now. I don't think there was any lasting damage as he is now a Doctor and runs Iron Man races but makes you wonder if it did do any real damage. My next encounter involved a neighbour's electric fence and my best friend at the time. Thirteen year old boys are all about dares and whether you take the dare or be labeled a 'wussy' for the foreseeable future. Evidently batting at the fence will give you a tiny shock but grabbing with both hands is a whole lot worse. Or who can forget testing nine volt batteries using their tongue? My last surprise encounter with electricity happened years ago when I was learning how to repair old school film cameras. I wanted to learn how to fix flashes as well and decided the best way was to take one apart and reverse engineer it. That was the day I learned what a capacitor was and does. For anyone who doesn't know, a capacitor is a device that stores the energy

poured into it by a couple a AA batteries and releases however much energy that its told to. I decided to take apart a flash that had up til recently a set of fresh batteries filling up the capacitor to full. I crossed a couple of posts that completed the circuit and dumped the charge, knocking me back into my chair and onto the ground. It felt like I was in a cartoon and the only thing missing was the smoke coming out of my ears my hair straight up on my head and a couple of birds circling my head. Since then I've had a very healthy respect for this phenomena we call electricity.

I've always thought that my wife's great great great grandfather, Benjamin Franklin discovered electricity, but after doing some reading found that I was wrong. Let me first state to all of you that no one invented electricity as it has always been there. We, as humans, have discovered different aspects of it and ways of harnessing it that go back to fishermen catching shocks from electric eels and writing about it back as far as 2700BC. Thales of Miletus around 600BC was documenting experiments with different metals involving static electricity. Nothing else really happened in this field for about a thousand years and in 1600 an English scientist William Gilbert conducted a series of experiments in a field which he called "electricity." It wasn't until the late 18th century to the early 19th century that major discoveries were made in the field. Discoveries made by names such as Franklin, Bell, Edison, Faraday, Tesla, Kelvin, Siemens, Westinghouse, Ohm, Volta and



Einstein to name just a few of the many people contributing to what we all take for granted.

Like it or not our world depends on electricity for a lot of what we do and how we live. If you've ever watched the movie "The Matrix" the human body is also a creator of electricity as we have electric circuits that run through our bodies. Everything we do is controlled and enabled by electric signals. Unlike the cord that's used to plug your computer to the wall our body's circuits jump the current from one cell to the next. With electricity life can be ended by a massive shock and can bring us back with another from say a defibrillator.

It's amazing to think about all that we do and use on a daily basis that involves electricity. If you're ever curious turn off all your devices, hide your flashlights, hide your car and turn off

the main breaker box on your house. Now what? Now we go back to the bottom of Maslow's hierarchy of needs, food and shelter. Your house would still work but if you have electric heat or natural gas with a blower you are still kind of hooped. Then there would be the food thing. No electricity to cook or a refrigerator to store it. I always think it's kind of sad when this amazing resource we call electricity has a little glitch in the system, mother nature causes issues or an accident causes a power outage how outraged people are that they can't watch their Netflix or surf the web on anything bigger than their phone.

About once a month I see an internet meme asking people if they would give up everything electrical for a year for a million dollars. With everything that we do and use that involves electricity, could you?

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Featured Artist
Tanya Hutchinson



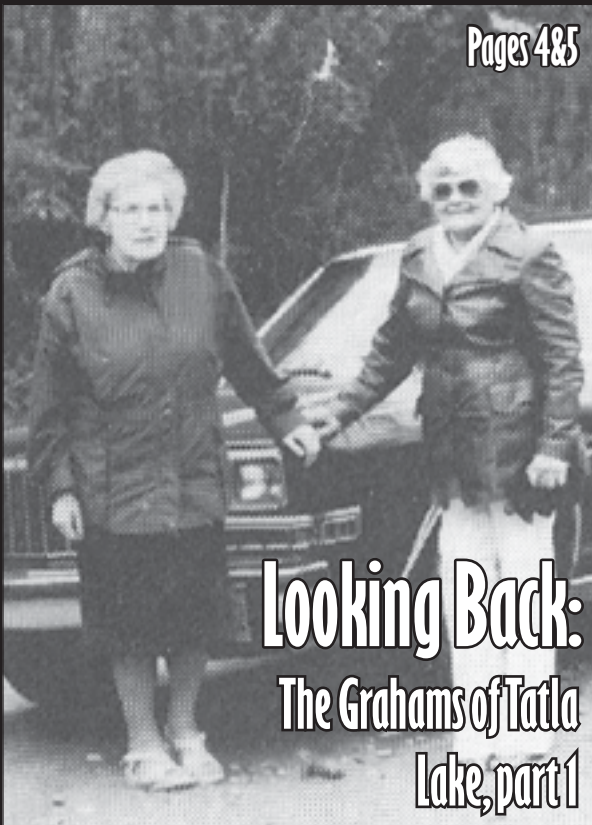
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Defining the era of retro gaming



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"I yearn to feel that tingle, the slight brushing of your hand on my arm, electric" ~Rachel, Electric Feel

The Grahams of Tatla Lake, part I

Looking Back

By Sage Birchwater



Robert "Bob" Graham was 20 years old when he came to the Chilcotin from County Antrim, Ireland in 1891. His older brother Alex Graham had come to North America five years earlier and was living with his wife Anna near Alexis Creek.

Bob pre-empted some land where the village of Alexis Creek is today, then headed north to the Klondike to seek his fortune in the Gold Rush. In 1901, he re-

turned to the Chilcotin and handed his Alexis Creek pre-emption over to his brother Alex. The following year, he went into a partnership with George Dagg to purchase Benny Franklin's ranch at Tatla Lake for \$1,700. Bob Graham was 31 years old.

There were very few unmarried Caucasian women in the Chilcotin when Margaret Robertson Reay arrived from Edinburgh, Scotland to visit her brother Jim

Robertson in Nemiah Valley in the spring of 1907. She had suffered a recent tragedy when her husband, Alex Reay, had been killed in a threshing machine accident the same day their daughter, Alexina, had been born.

Devastated over the loss of her husband and concerned about how she was going to look after her young daughter, Margaret fell into a deep depression. On the advice of her doctor, she left Alexina in the care of family members in Scotland, and headed over to Canada to keep house for her brother, Jim.

Word quickly got around to bachelors Bob Graham and George Dagg that an eligible young lass from Scotland had moved into isolated Nemiah Valley. Both Graham and

Dagg soon started vying for her affections, but Margaret wasn't ready to jump into a relationship so soon after losing her husband.

After a couple of years, Margaret came to terms with her loss and felt strong enough to return home to Scotland to see her daughter and family. She was on her way to Ashcroft to catch the train to Halifax when Bob Graham intercepted her and convinced her to marry him. They said their vows and returned to Tatla Lake, where Bob Graham and George Dagg soon dissolved their ranching partnership.

Dagg eventually returned to England, but left behind a strong legacy of offspring he had conceived with various T̓silhqot'in women. They included Billy Dagg,



► Bob Graham



► Lucy Dagg Sulin

Lucy Dagg, Celestine Dagg and Casimil Dagg, and there may have been others.

By the time Margaret returned to Scotland to retrieve Alexina and visit her family, she was pregnant with Bob's child. Their daughter, Betty, was born in Edinburgh in 1911.

On June 11, 1912, two months after the sinking of the Titanic, Margaret and her two daughters, accompanied by two of her sisters and two of her brothers, set out

for Canada on a twelve-day voyage across the Atlantic.

For Alexina, the experience aboard the ship was very unpleasant.

"Everyone on the ship was terribly seasick," she said. "I don't remember what we ate on the ship, but I do remember eating an awful lot of oranges. To this day, I still don't like oranges."

There weren't a lot of other children on the boat and Alexina didn't have much to do.

"I did have a doll and

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"Electricity, the peril the wind sings to in the wires on a gray day." ~Janet Frame



► Alexina Reah Renshaw & Joy Graham



► Billy Dagg



► Alexina Reah Renshaw & Joy Graham

...continued from page 4

baby carriage which I played with, but when we were about to arrive in Halifax, my two uncles threw them overboard because they would be too much trouble on the train. To this day I have not forgiven them for doing that."

They arrived in Halifax and took the train to Ashcroft, where Bob Graham met them with his team and wagon.

Because it was June and very hot, and the bugs were so bad, Margaret decided to send six-year-old Alexina on to New Westminster with her sister, while she and Betty and two of her brothers went to the Chilcotin with Bob Graham.

In the fall when it was cooler, Alexina came with her aunt to Ashcroft and took the stagecoach to Alexis Creek. From there they travelled in a two-horse cart to Tatla Lake.

"It was very rough and the roads were very bad," remembered Alexina.

In 1914, Margaret Graham opened the first post office in Tatla Lake. Before that, the mail was only carried as far west as Redstone.

In 1915, a brand new hospital was built in Alexis Creek and Margaret gave birth to her first son there. William "Bill" Robert Graham, or WR

as he was known as an adult, was the first baby born in the new hospital. Four years later, on October 27, 1919, Margaret gave birth to her second son, Alex, completing their family.

Over the years, Margaret and Bob built Tatla Lake Ranch into one of the great establishments of the West Chilcotin.

Alexina remembered the Australian doctor, Wright at Alexis Creek, who invariably prescribed iodine as a remedy for every ill. One time, 21-year-old Lester Dorsey was cowboying at Tatla Lake when he cut his foot very badly. He came into the ranch house late at night with his riding boot almost full of blood. He had a cut right across the ball of his foot. The weather was very cold and his foot was frozen, but by four in the morning his foot had thawed out and it was bleeding profusely.

"The blood was running along the living room floor," remembered Alexina.

"Everyone was frantic about what to do, so we phoned Dr. Wright. Needless to say, he said 'put a little iodine on it.'"

Finally, Bob resorted to extreme measures to stop the bleeding. He took a fire poker, cleaned it well, put it into the red hot coals of the fire, and seared the

cut closed.

"It took a lot of courage to do that," Alexina said, "but that's the only thing my step-father could have done to save Lester Dorsey's life. Otherwise, he would have bled to death. It was the middle of winter and would have taken three days to get to Alexis Creek at that time of year."

Alexina said Bob Graham had quite a bit of medical training before he left Ireland.

"He could sew up cuts and wounds very well, and kept drugs on hand in case of an accident."

As with most pioneering and ranching families, the children helped with the chores as soon as they were able. When Betty was eight years old, she rode the hay mower all day long.

"I would ride the hay rake because I was bigger and I fit the rake better than Betty did," Alexina explained. "The menfolk would harness the horses in the morning and take care of them in the evening, but this was an all-day job during hay season."

One fall, Bob Graham returned home from the beef drive to Williams Lake driving an Overland car. He had gone in with the beef drive and someone talked him into buying the car. He had never driven a vehicle before, but was determined to drive it home



► Alice Holte Engebretson, Illa Holte Graham et al

himself. He got someone else to bring the horses and chuckwagon back to Tatla Lake, and made it as far as Lees Corner. He was puzzled that the car

seemed to be running a bit hot. Eventually, someone discovered he had covered the whole 100km distance from Williams Lake in second

gear.

Next month, we will continue the story of the Graham Family of Tatla Lake.



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flavour of the month



flavour of the month



Featuring: Tanya Hutchinson

BY CRAIG SMITH

When deciding this month on our featured personality of the month my wife and I were thinking... electricity, maybe electric guitar. Tanya Hutchinson not only plays electric bass but also has quite the electric personality.

This born and raised Williams Laker has been playing her electric bass for many years in the Cariboo, picking up an acoustic

guitar at 10 and a bass at 11. At 15 she was invited up on stage to play with the band CreeShu and for a year they kept asking her back to play. She next played for six years with Kordoroy and after taking some time off, played with the ACDC cover band, Heatseeker. She played with "That 70s Band" with Al Preston and Dan Reid for about a year and since then has been floating for bands whenever a bass player was needed. She has recently found a

home for her bass with a band called Eagle Spirit.

Tanya has such a well-rounded life that I'm not sure where to start. Her Great grandfather, Herman Otto Bowe, came from Germany and started the Alkali Lake Ranch in the mid 1800s – coming to Canada enticed by the Gold Rush. Tanya has carried on the cowboy tradition by barrel racing when she was younger. She has worked as a contract worker at numerous places around

town including as a youth worker at Denisiqi Services for two years, manager at the Handimart for six years and most recently as the Elders Coordinator for health and wellness at the Friendship Centre for the last three years. She has also had a business since 2008 called Soul Soothing Relaxing in which she is a four time Reiki Master and relaxation masseuse in which she does a lot of contract work for Elders and Band staff.

She is a certified life skills trainer, has a diploma in Human and Community development and attended TRU for Management Skills for Supervisors.

Tanya is also an enthusiastic volunteer. She was on the core committee for the 2016 Elders Gathering which included an entire year of projects before the event. She was also involved with the Winter Carnival for two years as treasurer and organizing the First Nation events such as TeePee building, a smudging ceremony, story telling and drumming.

As Tanya has spent so much time volunteering the last couple of years, she has decided to take some time off for herself to play, to be with her family, and to do some camping. When I asked if she was bringing her guitar she said, "Of course, the whole reason for camping is to play guitar." So if you are out and see a band playing with a female bass player, or hear a guitar playing at a campsite, you just might be getting to hear our feature personality for February, doing what she loves.



Exploring the Hoover Dam



Hoover Dam has always been an anomaly to me. Saying that it is a huge concrete structure does not begin to describe this massive dam. When my husband and I first laid eyes on this dam, we had to fit our small thoughts into "I can't believe this was man-made," ginormous thoughts. Curious about the Hoover Dam? Let's take a look into its history.

The Hoover Dam is located in the Black Canyon of the Colorado River near Boulder City, and was previously known as Boulder Dam. In 1930, the US Secretary of the Interior wanted the Dam to be named after his boss, President Herbert Hoover; however in 1933, it was changed back to Boulder Dam. Finally in 1947, the name was officially changed back to Hoover Dam by President Harry Truman and it remains as such.

It began as a "make work" project under the President Franklin D. Roosevelt Administration during the Great Depression of the 1930s. During this time, many Americans were displaced and jobless, and the construction provided work for many of them, though

the work was dangerous and thankless.

The Dam itself was situated on the border of the great states of Arizona and Nevada. During the construction, the Federal Government built an entire city to accommodate the workers and their families, named Boulder City. The Dam took more than five years to complete – understandably so, considering the hugeness of the structure. Construction began in 1931 and went on until March of 1936. It stands 726 feet tall, which is as tall as a 60-story building; and is 660 feet thick at the base, which is about the same size as two football fields measured end to end. It is still considered the greatest dam in the world, and can handle the volume of water that flows over Niagara Falls.

Approximately 3,500 people worked on the construction of the dam daily, and the workers faced extreme hardship. There were no safety guidelines and over 100 people lost their lives, though thankfully no one was buried alive in the concrete. They faced extreme hot temperatures caused by

drought; and wild currents from the Colorado River. The families lived in Boulder City without clean drinking water, toilets or shelter from the extreme weather conditions.

The Dam was built to produce electricity from water of the Colorado River. To tame the wild flow of this River was something of an unprecedented task. It took numerous Geologists and Hydrologists to determine the location, and six construction companies worked together to complete the project over the five years. In the end, about 21,000 men were involved in the planning and construction of the Dam from beginning to end. It required more than 8.5 million pounds of dynamite to blast the foundation for the Dam and create eight miles of tunnels through the Black Canyon walls. It took 4.5 million cubic yards of concrete to build the Dam – that would be enough to pave a standard highway from San Francisco to New York City. WOW!

The making of the Dam created America's largest reservoir lake, Lake Mead, which covers about 248 square miles and can hold up to 28.9 million acre-feet of water (one acre is equivalent to 325,000 gallons). Creating Lake Mead flooded the entire community of St. Thomas, Nevada and area, virtually making the land unusable. On the bright side, Lake Mead is now a popular spot for boating, fishing and swimming.

Hoover Dam was once considered the world's tallest dam. It has been surpassed by the Oroville Dam in California and recently (2013) by the Jinping Dam in Sichuan, China which is 1,001' tall.

Think big! No... a whole lot bigger when it comes to the pipes, turbine and generators. There are four towers which lead to the intake penstocks or pipes that let water flow through from Lake Mead. They are 30' wide and each can carry enough water to fill 900 bathtubs in one second. The water is then forced through the pipes that lead to the massive tur-

bines. Each of the turbines is connected to a generator by a shaft. In the generator, magnets are connected to the shaft and surrounded by coils of copper wire. When the strong magnet spins, it displaces electrons in the copper wire to generate electricity. Hoover Dam contains 17 generators. The electricity produced then flows through transformers on the way to its customers. Actually, the term for the electricity coming from the dam is 'hydropower' because it comes from water.

The hydroelectric station has the capacity to generate about 2,000 megawatts and a yearly generation of 4.5 billion kilowatt hours of electricity to serve the annual electric needs of 8-10 million people in Arizona, Southern California and Southern Nevada. Now, that's incredible!

As my husband and I stood viewing this magnificent structure, we quickly gained a whole lot of respect for the accomplishments of mankind. The strong desire to tame the river and build a dam in the hottest, driest, desert-like conditions of the United States, commands respect.

The great thing about hydroelectricity is that the water that goes into the Dam can be reused time and again as it flows back into the Colorado River, making electricity a renewable resource.

An interesting tidbit of information is that engineers built a supersized mammoth refrigeration machine, which dispenses upward of a thousand tons of ice per day to speed up the curing process. How on earth did they do this in that extreme heat? The fact is, the concrete at the base is still curing because of its enormous size.

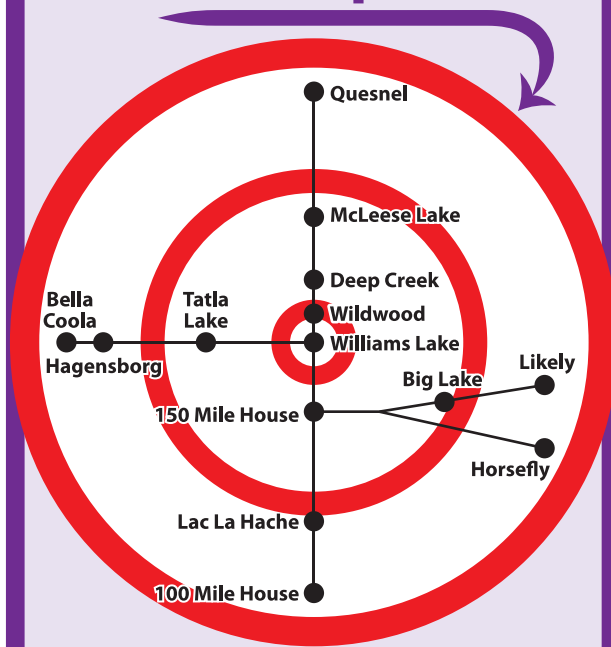
To appreciate this structure, one has to see it. Tours are offered that can take you to see the Hoover Dam via Las Vegas (which by the way, does not receive its electricity from the Dam). The Dam attracts nearly one million tourists annually – give us a call and we can help you get there.



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"Without electricity, the world would rot."
~Ralph Waldo Emerson

Garden Club Blooming

BY PAT RADOLLA

The Williams Lake Garden Club is getting set for another informative, interesting and enlightening series of meetings for the 2017 season.

The first meeting of 2017 will be held at The Central Cariboo Arts and Cultural Centre (old fire hall) on **Thursday, March 2 at 7:00pm**. Subsequent meetings will be held on the first Thursday of each month until October.

The purpose of the Williams Lake Garden Club is to promote, encourage and support the horticultural interests of local residents. We do this through educational sessions that appeal to both experienced and new gardeners. Our monthly meetings include keynote speakers, networking, as well as the sharing of ideas, expertise and resources.

At our first meeting on **March 2**, Rob Borsato, from Makin Creek Farms will share some of his extensive knowledge about creating productive garden soil.

For our **April 6** meeting, we have a representative from Highlands Irrigation discussing drip and micro-sprinkler irrigation systems. Carrie Zowty, from Lake City Landscapes, will also be doing a short presentation on yard machine maintenance.

On **May 4** Barb Scharf, from Hill Farm Nursery, will be sharing her expertise on Perennial Bed Planning and Maintenance.

Our **June 1** meeting will highlight Anne Carter, from Beelicious Honey, who will be discussing bees and other beneficial garden insects.

Wanetta Fehr, head gardener from the City of

Williams Lake, will be taking us on a walking tour of the well-maintained city gardens on **July 6**.

For **August 3**, we have scheduled a mini tour of some spectacular gardens along the West Fraser Road belonging to Gerry Gebert and Maureen Byman. In addition, we will visit Judy Alsager's Echinacea farm.

We are still finalizing speakers for September and October.

We are also in the process of organizing a Saturday tour of Richbar Nursery for early April, an early spring garden tour sometime between mid April and early May, and a pruning workshop sometime in March.

Those who are interested in more information on the Williams Lake Garden Club are invited to contact Deb or Pat Radolla at 250-392-2769.

Home Buyer's Partnership Plan

The provincial government has come out with a new plan that proposes to help more people to buy their new home.

This is a plan whereby if you qualify under the criteria, then the provincial government will loan you up to \$37,500 – interest free – no payments for 5 full years. In order to get the maximum amount of \$37,500, you also have to purchase a home worth \$750,000. If you are purchasing a house for any amount under that maximum, your maximum loan would be 5% of the total purchase price.

If, at the end of the five years, you have not repaid any amount of the initial loan back, the government will then determine what the interest rate will be and then they will calculate what the loan payments would be



each month.

However, if through divorce or simply selling the house, that loan becomes due. The exact details of what that scenario would be may not be determined until a later date.

This may be a very good tool to use in trying to purchase your first home. But as with anything, buyer beware – know all of the facts and all of the details before you sign on the dotted line.

It's exciting to pur-

chase the home of your dreams... just make sure that financially, it doesn't become the home of your nightmares! Interest rates are low now, which means mortgage payments are low. If interest rates even increase by 2%, your mortgage payments may be more than you are able to handle. When discussing this with your lender, ask what the payments would be if interest rates doubled compared to now. This may protect you in the future.

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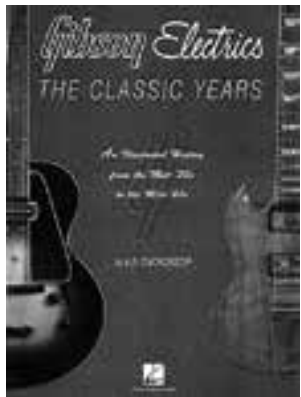
"What is a soul? It's like electricity – we don't really know what it is, but it's a force that can light a room."

~Ray Charles

Trip the books electric

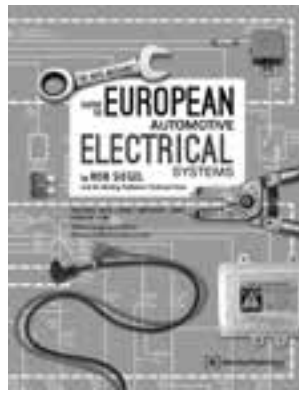


To 'trip the light fantastic' is to dance, especially in an imaginative or 'fantastic' manner. So take your imagination on a fantastic trip, down the rabbit hole to explore a wide variety of topics and authors – all are top-rated books with 'Electric' in the title – and join us as we 'trip the books electric!'



Gibson Electrics - The Classic Years, by A.R. Duchossoir

Since the inception of the first 'electrical' guitars in the 1920s, no other manufacturer has produced a greater variety of professional quality models than Gibson. This book presents a documented account of the instruments released



during a highly creative period from the 1930s up to the mid-60s, which saw the coming of age of the electric guitar. It describes all the models that have made history and contributed to establishing the reputation of Gibson.

The Hack Mechanic Guide to European

Automotive Electrical Systems, by Rob Siegel

This book tackles real-world electrical problems and will increase your confidence in automotive electrical problem-solving with step-by-step troubleshooting and testing procedures. The principles discussed can be applied to most conventional internal-combustion-engine vehicles, with a focus on European cars spanning the past six decades.



Electric Frankenstein! High-Energy Punk Rock & Roll Poster Art, by Sal Canzonieri

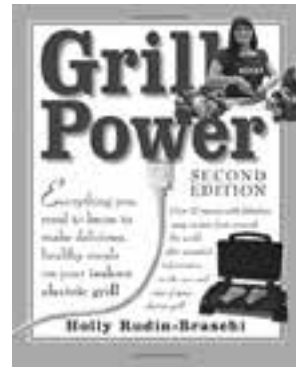
In over a decade of worldwide punk-rock dominance, Electric Frankenstein has produced an unparalleled body of eye-slapping poster art – a swaggering, monster-fied, fuel-dragster image bank from over 180 of the undisputed champions of this most exalted of all art forms. Now, unchained and free to roam the land, come the monstrous works of who's-who poster legends, plus, an in-depth history of Electric Frankenstein the band, the musical method behind the visual madness, orchestrated by EF-founder and poster-art icon Sal



Canzonieri!

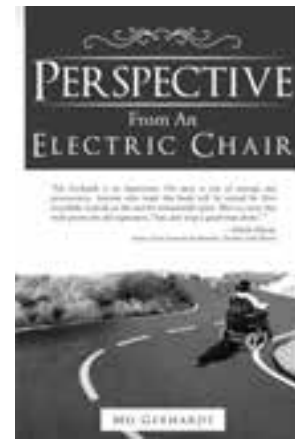
Shocked (The Electric series, volume 2), by Casey Harvell

Kat tries to save mankind from an ever-growing number of threat while her personal life crashes and burns



Grill Power: Second Edition: Everything you need to know to make delicious, healthy meals on your indoor electric grill (Volume 2), by Ms. Holly Rudin-Braschi

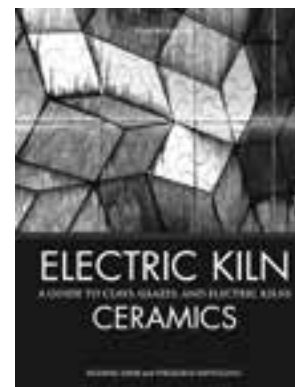
This indispensable grilling resource organizes 125 recipes into 50 menus. Each menu includes a step-by-step game plan that gets meals on the table fast, ingredient substitutions, recipe variations, timesaving tips, serving suggestions, a nutritional breakdown of each menu, as well as fascinating notes about menu ingredients, culinary history, the author's on-air culinary experiences with celebrity chefs, and much more. To help



ensure cooking success, each menu and recipe was thoroughly tested by a team of professional chefs and home cooks, so everything works.

Perspective From An Electric Chair, by Mo Gerhardt

Author Mo Gerhardt tells what it is like to live with terminal disease. Instead of taking his diagnosis as a death sentence, he uses it as motivation to accomplish everything that a "normal" person aspires to. He continues to defy doctors' predictions and give back through motivational speaking. Through it all, Gerhardt proves that it's not the diagnosis that determines one's outcome.



Electric Kiln Ceramics: A Guide to Clays, Glazes, and Electric Kilns, by Richard Zakin and Frederick Bartolovic

The electric kiln has helped to open the doors

of the ceramic world to more and more people due to its convenience, ease of use, and economical benefits. With its wealth of information on making work, decorating work, glazing work, and firing work, it's not just a manual for the kiln itself, but for the whole studio as well. With step-by-step instruction, and schedules for firing both manual and computerized kilns, this lavishly illustrated book will continue inspiring and educating ceramic artists for generations to come.



Inside The Giant Electric Machine: Volume 1, The Giant Water Cooling Pump by John Guiliano

Inspiring a whole new generation of engineers and craftsmen and women, this series of books attempts to bring the reader inside an electric generating facility, making the reader feel like they are a member of the team. *Volume one: The Giant Water Cooling Pump* begins to explain what electricity is and where it comes from. The teams of crafts people de-energize, disassemble, inspect, replace parts, reassemble and re-energize the giant water cooling pump.

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"We forget just how painfully dim the world was before electricity." ~Bill Bryson

Defining the era of retro gaming

BY RICHARD BUTTERS
OF ADVENTURE GAMES

As part of my job, I try to keep up to date with the retro gaming world. I read Twitter (where a surprising amount of chatter on the topic takes place), I'm a member of several lovely Facebook groups, and most of all I try to talk to other hobbyists as often as possible. It seems that retro gaming is only growing in popularity. The question echoes through the back halls of many minds, though: When does "retro" start and end?

Thankfully, the first part of that question is fairly easy to nail down. While the first true video games were developed

in the 1950s and were simply electronic versions of popular board games, most gamers agree that the 1970s heralded the beginning of gaming's golden age. In 1971, the first true coin-op arcade video game was finalized at Stanford. It was called Galaxy Game, and used vector displays along with a processor called the PDP-11. Once the floodgates opened, arcades became like roller rinks or discos; everyone wanted to go and there was plenty of fun to be had. Pong came just a year after Galaxy Game, and was released as a dedicated console soon afterward. The basis was already laid for a burgeoning new industry. Japan, whose

electronics were quickly becoming near-magical in terms of innovation, took note.

The world was falling in love with video games.

The second half of our quandary is a real head-scratcher, and is often a topic of spirited debate among the faithful. One popular theory is that "retro" ends around 1995. During this year, Sony's first PlayStation console began to deflate from its peak, while other fifth-generation consoles flopped in what became a mini-version of 1983's flooded market. 1995-96 was the era of the Saturn, the Virtual Boy, and the 3DO. This miniature singularity represents a symbolic death for the era as far as many gamers are concerned.

Another popular idea places the cutoff point

around the late nineties. This pivots around two things: the huge amount of love many console fans have for the Dreamcast despite its summary commercial failure, and the popular idea that the late 90s were an overall cultural "changing of the guard." The "real" 90s were over, and the 80s aesthetic was pretty dead; everything was focused on the modern and the new for quite

some time, right around the beginning of '99.

A third opinion, held by a growing minority, is that retro is entirely relative to the individual. While this may be a less widely held belief, it may well be the most realistic. After all, isn't individual experience subjective? I never saw 1982; I wasn't born yet. 1998 was part of

someone else's modern era, but to me, it was the apex of my childhood. It's food for thought, but it often fails to satisfy the hard-and-fast VG fans out there who like to fit things into neat rows. And nothing against them... my D&D bookshelf as well as my video game library are testament to my appreciation for order.





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Play



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

play

"A lot of words in English confuse the idea of life and electricity, like the word livewire." ~Laurie Anderson



WILLIAMS LAKE & AREA

February 1,8,15,22

Royal Canadian Army Cadet Corps, Lower hall of the Legion, 6:15-9pm, info: www.3064rmrangcadets.org

February 1-4 Studio Theatre production: Calendar Girls, doors 7:30pm, curtain 8pm, tickets: online, Open Book or Kit and Kaboodle

February 2,9,16,23 Pokemon Thursdays, Adventure Games 83C 2nd Ave S, 3:45pm

February 2,9,16,23 Jam Night with Busted Remedy, Thursdays 9:30pm OV Pub

February 2,9,16,23 Just For Fun ladies singing group, supported by Women's Contact Society and Angelkeys Music

Studio, everyone welcome, Anglican Church, Thursdays 7:30-9pm

February 3-25 The Station House Gallery presents Coastal Expressions: (main gallery) handcarved masks and art by Tony Speers (TLPA), and Middleman: (upper gallery) The Gallery acts as a middleman for previously owned works that are for sale to the public

February 3,10,17,24 Friday Night Magic, Adventure Games 83C 2nd Ave S, 5pm

February 4 Bottle Round Up, RCACC Army Cadet fundraiser, drop off your empties at the Legion lower entrance, 385 Barnard St, 1-6pm

February 4,11,18,25 Warhammer and Tabletop Games, Adventure Games 83C 2nd Ave S, Saturdays all day

February 5,12,19,26 Sunday Morning Magic, Adventure Games 83C 2nd Ave S, 10am

February 5,12,19,26 Sunday Game Night, Adventure Games 83C 2nd Ave S, 6pm

February 6 FREE Seniors Bingo & Refreshments, upper level Boitanio Mall 1pm

February 6 Caribruisers Roller Derby information night, lower level 385 Barnard St, 5:30-6:30pm

February 8-11 Studio Theatre production: Calendar Girls, dinner theatre at The Point, doors 7:30pm, curtain 8pm, tickets: Open Book only

February 10-12 WLLS Sweetheart Co-Ed Indoor Soccer Tournament, info/register: 250-392-5512 or www.eerp.ca/community



February 10 Safety Meeting concert series; The Staggers & Jaggs with Samson's Delilah, Arts & Culture Ctr, 90 4th Ave N

February 11 WLLS Sweetheart Ball, dinner, dancing, door prizes and a safe ride home, The Longhouse, doors open 6:30pm, \$40 tickets: Events Etc... 250-392-5512 or www.eerp.ca/community/event-tickets

February 11 Big Night Out 2017, Big Brothers Big Sisters fundraiser, prom night for adults, Sacred Heart Catholic School, tickets: 250-398-8391

February 11-25 26th Annual Daybreak Rotary Club's Giant Used Book Sale, upper level Boitanio Mall

February 13-19 Heritage week in BC, Celebrate Canada's 150th

Birthday at the Museum of the Cariboo Chilcotin, info: 250-392-7404

February 15 Women with Heart award nomination deadline, submit to Irene Willsie, Women's Contact Society, info: i.willsie@womenscontact.org

February 17 Ladies Night Open House, Chilcotin Road School, 6-9pm, free admission

February 18 WLSA Annual Dinner, Dance and Auction, The Elks Hall, 4:30pm-1am

February 19 Bridal & Grad Extravaganza, The Elks Hall, 11am-3pm, tickets: Brides & Belles or The Realm of Toys

February 19 Bikers Against Child Abuse (BACA) meeting, public welcome, Big Brothers Big Sisters, suite 200, 369

Oliver St. 1pm, info: 778-412-9323

February 24 Messy Church, St. Peters Anglican Church, 549 Carson Drive, 5pm

February 25 Halo 2 Tournament: 2 vs 2 Swiss Rounds, Adventure Games, 4pm

February 25 Health and Wellness Fair, Ramada Convention Ctr, 10am-4pm

QUESNEL & AREA

February 2 Film Club Presents: Operation Avalanche, Carib Theatre, 6:30-9pm

February 3 The Occidental presents: Buckman Coe, 228 Front St, 9pm

February 3,4 Winter Carnival, West Fraser Timber Park, 1-5:30pm

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February 4 RCMA Open Mic, The Occidental, 228 Front St. 6:30-9:30pm

February 13 Family Day at the Pool, 500 North Star Road, 1:30-3:30pm, regular admission

February 13 Festival du Sucre, Bouchie Lake Country Store, 11am-3pm

February 17 Foxxie Follie's Burlesque, The Occidental, 228 Front St, 8-10pm

February 18 QLA Presents: Ballet Kelowna, Chuck Mobley Theatre, 7:30pm

February 18 7th Annual Valentines Dinner, Dance & Auction, The Occidental, 5pm-midnight, tickets: Child Development Ctr \$45/person

February 22 Super BINGO, hosted by the Rotary Club, 668 Doherty Drive, 7-10pm

February 25 Lions Garage Sale, 2222 Maple Park Drive (south end of the mall), 9am-2pm

100 MILE HOUSE & AREA

February 1-4 Parkside Art Gallery Presents: Robert Keziere: The Days of Augusta, info: 250-395-2021

February 1,8,15,22 Community Bingo, Lac La Hache Community Club, doors open 5:45pm

February 2,9,16,23 Royal Canadian Army Cadets, 5830 Horse Lake Road, 6:30pm Call Capt. Kevin Seal, for info: 250-395-1181

February 2,9,16,23 TOPS Club, United

Church, 6:30pm

February 3,10,17,24 Crib Night, Forest Grove Legion, 8pm

February 4,11,18,25 Meat Draw, Forest Grove Legion, 4:30-6pm

February 6,13,20,27 Women's Drop-In Volleyball, Lone Butte Community Hall, 9:30am

February 6,13,20,27 Alanon, Community Health Ctr (rear of hospital), 7pm

February 6,13,20,27 Community Bingo, Community Club, doors open 6pm, starts 7pm, super star, 8:30pm

February 7,14,21,28 HUGS Help Us Get Slim, 6300 N Green Lake Road, 6:30pm

February 7,14,21,28 Carpet Bowling Club,

Interlakes Hall, 1-4pm

February 7,21 Photo Group, Bridge Lake Community School, Call Larry: 250-593-4362

February 7,14,21,28 Co-Ed Volleyball, PSO Gymnasium, Everyone Welcome, 7-9pm

February 8 Compassionate Friends support group for bereaved parents, BJ's Donuts, 7:15pm

February 11 Valentine's Dinner & Dance, Forest Grove Legion, Doors open 7pm, tickets \$10/person

February 11 Mt. Timothy Ski Area Valentines Dinner and Dance, tickets: Mt. Timothy guest services and Didi's Boutique

February 12 Interlakes Outhouse races, Registration 10am, race starts

11am, info: 250-593-4114

February 13 Great Cariboo Riders, PSO School, New Members Welcome, 7pm, call Marilyn: 250-396-4126

February 21 Cottage Prayer Meeting Group 6715 Hwy 97 (turn left at the blue Travelling Workshop sign) 7:30-8:30pm



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"Love is like electricity sometimes; it may shock you anytime, yet you know you cannot live without it."

~Munia Khan

A plea to PLAY, from a toy store owner



Pint-Sized

By Jazmyn Douillard

When you were a kid, what did you do when the power went out? You went outside, you met up with friends on the street, you got out your action figures or art supplies and you played.

It's no secret that I own a toy store in town. I try not to bring that up here because this isn't a forum for advertising for myself, but a place for me to share some insights, funny stories and new ideas with you. Though after the day I've had, I need to get

something off my chest.

When I purchase for the store I often must set my preferences aside because, well, I'm an adult. What's fun to me isn't always going to be fun to a child. However, to be successful I do have to notice trends.

The current trend is what's disturbing me.

Companies aren't marketing to kids to play, they're marketing to get them to collect. To buy more, consume more and play less. More stuff, less



fun.

Shopkins was the biggest thing ever two years ago. I saw them at a convention and thought 'nope, I'm not bringing these little plastic figurines in.' That weekend I got three messages from moms asking if I could get Shopkins, so I went back to the company's booth and signed up.

Over the last two years, I've heard the following

conversation between adults and kids countless times:

Adult person: "What are Shopkins/Grossery Gang?"

Child person: "They're cute groceries."

Confused adult person: "Okay...So...What do you do with them? How do you play with them?"

Incredulous child person: "You don't play with them. You collect them."

And so here I was in my moral dilemma. I'm watching child after child buy multiple packs of these brightly coloured, but ultimately useless, plastic groceries. I felt a pit growing in my stomach and it took no time at all to recognize what it was. Disappointment.

These companies that keep me in business by their keen marketing strategies are teaching our kids to put their imagination on the back burner and go out there to save, beg and plead for little plastic items that will ultimately collect dust on their shelves, up until they realize the trend is over and it's time to collect the next popular trinket.

There's no way for me to get around this, but to fight for my own morals when you set foot in my store and ask me for recommendations. I'm

going to take you to the craft kits, dolls, Meccano, BricTek, Tutti Frutti, *anything* that will get them using their minds and hands, and get them playing!

If you come into my store and ask me "what's popular," then yes, I'm going to show you the Shopkins and Trash Packs and Grossery Gangs, but I'm going to follow them up with ideas that can get kids engaged and having fun, so that the next time the power goes out, they're not left staring at a shelf full of dusty plastic, but instead are digging out their skipping ropes, art supplies, building kits or science experiments.

Please, I'm begging you, we need to teach our kids to play again. We have all the time in the world to collect stuff, but only a short childhood where we have the freedom of play.

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"We will make electricity so cheap that only the rich will burn candles." ~Thomas A. Edison

Written with my finger in a socket



Food for Thought

By Rita Corbett



It's apparent in the largest and smallest of things – a flash of lightning, a tingling handshake, a dissonant thought, in our DNA, or even in that first taste of gourmet food. Electricity is everywhere! For Floyd, his discovery began with an electrifying error. When I passed the operating room where he stood, he appeared stiff, scared, and grim. I spoke to him, but there was no answer. His cheek muscles were tense, and he looked as though he was trying to bend down but couldn't. And while I know just enough about electricity to be dangerous, it was obvious something was wrong.

That operating room was wired with some kind of free-floating circuit – a circuit where a person would only get in trouble if they 'grounded-out', or something like that. Floyd was in trouble with something this brave high power-line opera-

tor had avoided: <https://www.youtube.com/watch?v=FGoaXZwFIJ4>. Yet Floyd was the one who had taught me about hospital electricity, so I had to do something to help. Time for a hug? Or a "lean on me?" Not on your life!

Floyd's left hand gripped a metal cart under an old oscilloscope, and it was plugged into the wall. As I approached, he seemed to be vibrating, but unplugging the monitor precipitated his collapse onto the floor. A damaged cord needed to be fixed – that was all, Floyd. There was no big problem – just a couple of cuts through the insulation. Cuts that no longer were containing a dangerous internal voltage.

"Electricity is just organized lightening," said George Carlin. Maybe there's a message in that for me as I consider what part of my life needs a convertor, or what equip-

ment to use while transitioning from 2016 to 2017. Will I amp-up some energetic contributions to life, or disconnect from current opportunities? Will my community be better or worse for what I install in my breaker box?

If only I could organize a few of last year's lightning strikes into high-voltage energy for the New Year – then the shocks that come might be useful. I know what I need – a transducer – one of those thingies that changes one kind of energy into another!

There will be all levels of experiences for me this year – from tiny filament options to colourful arcs, sticky electrodes, and 3-phase problems. Wishfully, each of my hopes would be fulfilled at the flick of a switch, but that's only a dream. So what will it be – what will my internal power plant try to turn on this year? I wish I had a potentiometer for the future! I really need to be a transformer, not just a reactor. But transform what or whom?

We each have hurtful times – but who wants to be a semi-conductor, simply passing on the worst of our shocks to the next friend or the next generation? Why not install a few surge-protectors

– things like forgiveness and tolerance, and add a dimmer to those powers that propose to interfere with my light? A few adaptors would help convert my favourite, angry, heat-tape interface into a more stable installation.

What wave-length will I be on in 2017? A negatively-charged black-hole self-pitying victim status, or the magnetic pull of finding positives with the jumper cables of joyful connections? What will I choose to generate this year? Will I be a vacillating alternator – looking forward and then back, or might I extend a heavy-duty extension cord of peace and kindness to those outside myself?

Perhaps this year I will be a lightning rod – harmlessly diffusing the strikes and charges that come my way, instead of requiring everyone else to be ready for my high-tension output. What I believe and who I am will be my limiters – not how you treat me. Why should I let someone else determine what powers my responses?

Rather than turning up our resistance, perhaps we could pause long enough for our optical fibres to transmit a bigger picture so we can see the ways we are all connected.

Maybe my job really isn't to arc-weld everyone else into my own vision of perfection. Instead, today might be a good time to put some electrical tape on my mouth. Why make others stand in my personal lightning storm while they hold Benjamin Franklin's key? Why wait for lightening to strike?

Sometimes all that is needed by those around us is a little shoring up of the wiring or a timely replacement of worn-out LIFE-bulbs. Could a little gentle lightning spark hope into a sad situation? How will we conduct our

lives this year? Lightning or lighting?

2016 is gone, but a few bolts of lightning here and there would create a trusty cable that connects us to a powerful, enlightened future. Perhaps instead of shocking everyone with threats from my exposed inner wiring, I could consider adding some much-needed insulation. Ohm-my! From here I can already see a few connections that need help. And I've lived with my finger in a socket long enough.

Art Gecko

The Gecko Tree invites you to their monthly artists' show and sale. Coming up in March will be the works of Bethany Clarke. If you are interested in having your own show and sale contact Beatrix Linde, Gecko Tree curator 250-440-5759.

MARCH 1ST TO APRIL 8TH

Bethany Clarke lives in Williams Lake with her husband and three boys. She grew up in Nanaimo and is inspired by water and coastal landscapes. However, since moving to interior BC, she has also found inspiration around her here and now paints a mixture of the two. She has always declared – since she was small – that she wanted to be an artist. It drives her husband a little crazy because of the easel right in the middle of their living room, and the painting paraphernalia everywhere.

As well as her landscapes, Bethany also does custom portraits, which you can find online in her Etsy shop, The Painted Lady Studios.

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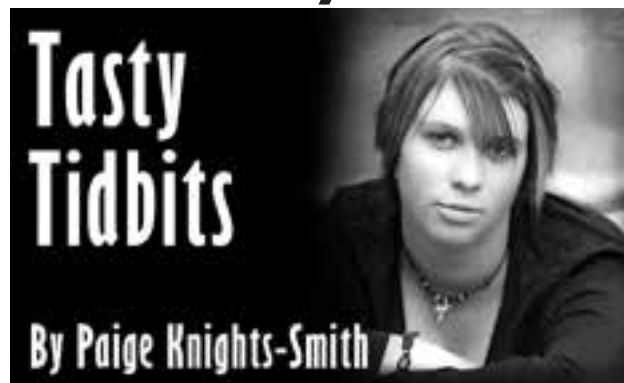
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read

"Violent storms and beautiful smiles. Both have electricity. Both are equally destructive in nature."

~Sanobar Khan

The Key



A SHORT STORY

...continued from January's issue of The Stew Magazine

I returned home that afternoon, and began thinking about my new job at the antique shop. My last job was corporate and it caused me such stress that they drove me to a medical leave, and then I was forced to quit only a month after I came back.

"Don't think about that anymore," I say to myself out loud. "Mary is nothing like that. I don't really have any idea who Mary really is, but I know deep down that I can trust her."

I hear Jaylene come in through the front door as I start making dinner. "So roomie," she calls from the hall. "How did it go?"

I touch the necklace that is now hanging around my neck. "Good, I got a job at that old antique shop downtown."

Jaylene walks into

the kitchen and grabs an Okanagan Peach cooler from the fridge. She opens the bottle and hands it to me, before grabbing another one for herself. "That's awesome, Lucy!" She takes a huge swig from the bottle. "Can I help?"

"No," I tell her, smiling. "I'm just making pasta."

"Yummy," she says, and sits on the counter top next to me. "Hey, that is a really nice necklace." Jaylene reaches for it, and as soon as her fingertips touch it, she cries out in shock. "Ouch!"

I jump at the shock. "Static electricity?"

Jaylene shakes her head, and shakes out her fingers. "That was weird."

I nod and continue stirring the pasta.

"So what's your new schedule like?" She asks, taking another swig from the bottle.

"It's only a few days a week to start," I tell her. "I'll know more tomor-



row. But it's just her and I, so I think that this will be a way better environment for me, you know."

"Absolutely." Jaylene nods her head in agreement.

I lie in bed, barely watching the movie that I have on my TV. My mind is on the life I have in front of me. Something feels different, and for the first time in years I feel that there is something more than just going to work day in and day out. My fingers trace the intricate details of the old iron skeleton key that still hangs around my neck.

It is warm to the touch, and I can feel small sparks coming from it.

My eyes close as my hand clutches the key, the electricity gently surging through my body as it lulls me to sleep.

I am jolted awake by the feeling of wet soil underneath my toes. I look around and I am surrounded by palm trees, standing in the middle of a beach. The sand is wet and storm clouds are rolling in. Whitecaps on the waves are pushing themselves closer towards my feet and I take a few steps backwards.

"What the heck?" My

voice echoes among the vast emptiness of the trees.

I look up at the sky, the clouds are dark and grey, and I can see bolts of lightning strike certain points of the beach, causing me to jump. I need to get out of here. I turn towards the trees, away from the water and run. I run hard; blindly into someplace that I hope is safer than the beach. I jump over fallen trees do my best not to run into any standing ones.

After several minutes, I feel more soft sand underneath my feet, and what seems like endless trees before me, turns into a vast empty beach. One that was all too familiar to the one that I was trying to escape from.

Another bolt of lightning comes from the sky and strikes the sand two feet away from me. I am scared, I feel like I can't move. The shock from the lightning travels the two feet and I feel my body surging with its electricity. I hear another crack of thunder and I look up at the sky, light crashes above me, and I try to move, but my feet are stuck. I fear for what is to happen next and my inability to run away from it makes me more terrified.

I wake with a jolt, sweat pouring off my face. A scream frozen in my mouth.

"What the hell!" The words shoot out before I have a chance to stop them.

There is a frantic knock at my door a minute later, "Lucy! Lucy, are you alright?"

Honestly, I have no idea if I am okay, I have never had a dream that felt so real before. The necklace is hot against my bare chest and I feel the urgent need to take it off. My hand closes around the old iron, but a surge of electric shocks comes pouring off it and I let it go immediately.

"Lucy?"

"I'm alright, Jaylene," I lie, throwing my blanket off me and swinging my body to the edge of the bed, putting my feet on the floor. I place my head in my hands and try to calm my racing heart.

The skeleton key dangles in front of my face and I stare at it. The iron glows slightly and I am suddenly too afraid to touch it again.

My heart continues to race, and I can feel small jolts throughout my body. I need to get up and get ready to go to my new job. I wait a few more minutes, but it is clear that there is no way I was going to calm down by just sitting there.

"I am okay," I say, getting up and walking to my closet. "I am okay"

To be continued...

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"With great power comes a huge electricity bill."
~Unknown

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CREATIVE WRITING BY
ANNE MOUTRAY

Wow! Just think of a world in which the electric light, and all that went with it, had never been invented. Just imagine the disappearance of the wonderful coffee pots and with them the magic of the morning cup of coffee. Oh, I know, one can make coffee in a sauce pan on the stove, but would it be the same as coffee poured out of your beautiful, elaborate coffee maker? I don't think so.

My heavens, all the computers have disappeared, and where is my electric mixer? You certainly don't expect me to mix my bread by hand, I hope. My radio, my hair dryer, my toaster – where are they? What if they had never been invented? What if poor young Edison got the measles when he was six and died, leaving us, poor souls, to do everything manually.

Of course, there are power-free little islands scattered about. I actually experienced one of these places of isolation when I first began to teach. The village, ChuChua, really wasn't well-outfitted for modern life, except for a train station where the train never stopped, a school and the teacherage, known locally as 'the shack.' As far as ChuChua was concerned, electric power hadn't been invented yet. As I pumped up my propane lamp each night, I fully expected it to explode and blow me into small pieces but, it seems, I'm still here in one large piece.

When I was a child, we lived on a ranch way out in the middle of someplace where the only power was supplied by horses, men and an old car that sometimes ran. When it was necessary to 'let there be light,' we were lucky to have little coal oil lamps. We did, however,



have a piano and plenty of books.

I must say, I have had a few little episodes with electric appliances. I seem to have a problem in remembering to turn off the stove burner when my meal is cooked. I have no sense of smell, but my dog comes dancing in to me and I eventually figure out what she is desperately trying to tell me. I do have a smoke alarm of course, as everyone should, which I keep handily on my dresser while it is waiting patiently for a new battery.

It would have been nice to have had a working smoke alarm the day I replaced the attractive cover on the toaster while at the same time accidentally pushing the lever

down. One second, and I am not exaggerating here, before I left the room I happened to glance at the toaster. Cover smoking. Threw it into the sink and unplugged the already-melting toaster. One second later, and I am not exaggerating, I would have been in another room happily munching my sandwich when the blaze started. My dog and I would have survived but I would have had no more worry about electric appliances.

"Oh help. I forgot to turn the coffee pot off—again."

Use electricity, respect electricity, and for goodness sakes, put a new battery in your smoke alarm and all will be well in your land of power.

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Nomination Guidelines:

- Written essay of between 200-1,000 words describing the above attributes/contributions
- Include Nominee's name and contact info for both nominee and nominator

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"A smile costs less than electricity, but gives much light." ~Abbe Pierre

The pioneers of stage lighting



BY HELENA MORGAN,
WL STUDIO THEATRE

Electricity has been the foundation of our modern world since its initial discovery in the 18th Century by Benjamin Franklin, and further developed into the essential tool that we use today by the likes of Nikola Tesla and Alexander Graham Bell. An area of culture and life that was heavily impacted by the wonders of electricity has been the stage, now so dependent upon lighting for setting the scene, mood and other components to make sure for a successful production.

In the early days of theatre in Ancient Greece, amphitheatres were built facing the west, so that during a specific time in the late afternoon, the natural sunlight would illuminate the actors on stage, but not so much to draw attention to the orchestra pit below. As theatres began to move indoors during the 1500s, candle lit chandeliers were used to cast light on to the stage, however the

dipped candles they had used usually dripped hot grease on to the actors and audience – not exactly the most enjoyable way to spend an evening at the theatre. Gas stage lighting then became a popular replacement for candle lighting, having been first used in Philadelphia's Chestnut Street Theatre in 1816, and further expanding to England's Drury Lane and Covent Garden. And then finally, in the year 1878, British inventor Joseph Wilson Swan had patented the first incandescent electric

lamp (soon followed by his American counterpart Thomas Edison). In 1881, London's Savoy Theatre became the first theatre to install an electric lighting system, which consisted of 824 16-candle powered lights to illuminate the stage, with an extra 334 lights added to brighten the auditorium. This was a massive leap in the comfort and clarity for both the actors, stagehands and the audience, as candle and gas powered lighting caused poor visibility and air quality, foul odors and stifling heat (not to mention raining hot grease).

Pioneers of stage lighting worked tirelessly to create the lighting systems we see today, one of which is my personal favorite, Maude Adams (1872-1953). Maude Adams is most widely remembered as the actress that played the beloved

Peter Pan in James Barrie's most well-known play, but what most people don't know about her is she contributed a major key in the evolution of stage lighting. Adams switched hobbies from acting on the stage to experimenting with the lighting, and after some trial and errors she decided that the original 'footlights' (illuminating actors from the bottom on the stage) casted hindering shadows on to the actors and setting. Adams figured that the lighting should take on a 'sun-like quality' from above to help give the actors and stage setting a more flattering illumination, along with the use of the footlights from below. In the year 1908, Adams installed a lighting bridge across the stage of Frohman's Empire Theatre, measuring to be 2' deep and



32' wide. This held seven incandescent spotlights which would be operated individually to focus and refocus the spotlight on the stage, these lights held the equivalent of 8,000 candles. Adams new light bridge was believed to be one of the biggest steps taken towards perfection in the art of stage lighting, to make the scene appear to be lit more naturally.

This is only a small chapter in the wonderful but often forgotten history of stage lighting, and now that I have either peaked your interest or possibly bored you to death, you can now have a better understanding

and appreciation for what stage lighting does for plays and productions across the globe, and how far it has come from the past.

Next time you attend one of the Studio Theatres splendid productions, perhaps *Calendar Girls* directed by Stacey Poirier (final week is February 1-4), or *The Lodge*, on stage in March, you will think about how awesome it is to be living in an era of modern and efficient stage lighting, which is definitely better than trying to enjoy a play (or perform in one) while hot grease drips down on your head from above.

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"Electricity is really just organized lightning."
~George Carlin

Energized skillet dinner



Out of
the Fridge

By Brice O'Neill

When the restaurant is busy, the food getting made and plated, it can be vary chaotic. Imagine, people scrambling about trying desperately to stay one step ahead of the ever-increasing pressure, the Chef shouting orders, Cooks shouting where they are on tickets, what's cooking and what is coming next. The dishwasher is singing its mechanical song, and the air is hot and full of steam making it hard to breathe. If you have never spent time in a professional kitchen it's hard to explain how

the energy in a room like that feels. It's tangible, the hair on your arm stands up and your senses are heightened, smells are stronger, colours more vivid and you taste things more intensely.

The flow of energy from the Cook to the food is why restaurant food tastes better than food you make at home. Well, that and salt, but that's a different column. This energy is the same as the electricity that you are familiar with. You can't see it, but you know it's there when you turn

on a light. As a Chef who has been in many kitchens and experienced this energy flow on an almost daily basis, this energy becomes addictive. Every day that a professional Cook goes into his or her kitchen, they tap into that energy source. Adrenaline, dopamine and all those other beautiful natural drugs that take the Chef's mind off the fact that they don't get paid by the burn. I could retire if this was the case.

One of the other aspects of becoming a Chef is the fact that you are often responsible for mechanical repairs like changing the element on a water heater. Something I learned the hard way was that you should probably turn the breaker off before you try to change the element. I've caught 240 volts. I remember looking at the screwdriver, looked back at the element and seriously

contemplated doing it again on purpose because it was such a unique painful experience. It wasn't a burn, it wasn't a cut, nor was I dead. Imagine putting your tongue on a 9 volt battery? (I know you've done that right? We all have.) Magnify that by 231 times. Sound like fun?

I had the perfect recipe for the electricity issue, but my partner talked me out of Googling "Jim Jones and his Kool Aid recipe." I was going to use a recipe that my mom taught me, using one

of those old-fashioned plug-in skillets, but they were all thrown away twenty years ago. So in lieu of, let's substitute a **cast iron skillet recipe**. Cook some rice according to the package directions – two cups should do – and pop it in the fridge to chill. Cook up a pound of ground beef – treat it like taco beef (you know, the weird envelope seasoning, etc.). Open and wash a can of black beans, dice a pepper and an onion. Shred some cheese, I like cheddar. You will also need some chili sauce,

Heinz is my personal favourite. Get the cast iron skillet hot (on high heat) with 2 tablespoons of oil and then drop the rice in and push it down so it fries. Then put the beans on top, add the meat and then the peppers, onions and chili sauce. This should still be on high heat. Dump the cheese on top and then put it in a pre-heated 450° oven. Wait 10 minutes, then remove, being careful – it's hot. Serve with guacamole, sour cream, tortilla chips, and a nice cold beer. Easy eh?



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“Smiling never consumes electricity, but gives more light to your personality.” ~Unknown

Salvation Army News

BY TAMARA ROBINSON, WILLIAMS LAKE SALVATION ARMY

Please join us for free coffee and a snack at The Salvation Army Drop In Center Monday mornings from 10:00am to 11:00am for information and conversations about Health and Recovery. Interested? Please talk to Gail at Mental Health and Substance Use, or Tamara at The Salvation Army for more information.

Our Family Service Building offers daily meals Monday to Friday – breakfast is served from 9:00am to 9:45am, and lunch from 12:00pm to 12:45pm. Our food bank is open Monday, Wednesday and Friday from 1:00pm to 4:00pm (by ap-

pointment) and our share shelf (bread, produce and fruit) is open 1:00pm to 4:00pm Monday to Friday.

The Drop-In Center is open Monday to Friday, and offers an assortment of free activities for people 16yrs and older. The activities include pool, ping-pong, shuffleboard, tournaments, darts, crafts and a fully operational gym. Thursdays are movie day (1pm) which includes free juice and popcorn. Tamara Robinson, our Family Services Coordinator and Outreach Worker is available Monday to Friday to assist individuals with accessing information and services, including drug and alcohol treatment and volunteer opportunities.



William Smith, our Drug and Alcohol Counselor, is also available during Drop-In Center hours.

Did you know that we sell coffee cards? Friends can purchase a “coffee punch card” for \$2.50 which is good for ten

coffees, and the eleventh is free! Would you like to help someone on the street with a small gift, but don’t want to give money? Consider purchasing a coffee card at our Drop-In Center!



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267 Borland Street, Williams Lake

Sunday Worship 10:30am,
fellowship coffee after church

Tuesday Bible Study 7-8pm

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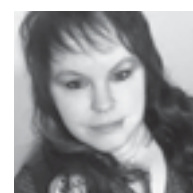
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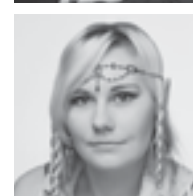
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Upcoming Events by *Events, Etc...*

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Sweetheart Co-Ed Indoor Soccer Tournament

FEBRUARY 10-12, 2017

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Williams Lake Ladies Soccer

Sweetheart Ball

SAT. FEBRUARY 11, 2017

Dinner, Dancing, Door Prizes and a Safe Ride Home

At the Longhouse, doors open @ 6:30 pm

Tickets: \$40 each



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APRIL 21-22, 2017

Saturday 6 - 9 pm (Fashion Show @ 7pm)

Sunday 10 am-3 pm Location: TBA

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Children's Festival

SUN. MAY 28, 2017

Save the date! If you are interested in having a booth or organizing an activity, visit www.eerp.ca/community or contact us: eventsgrants@eerp.ca or 250-392 5512

Canadian Mental Health Association's

Hootenanny

SAT. JULY 1, 2017

Barn Dance with live music by "One in the Chamber,"

At the Cariboo Memorial Complex, 8pm to 1am

Tickets: Early bird tickets \$30/each until May 1, 2017, \$35/each after May 1, 2017. Ticket includes dancing and safe ride (pickup and drop off). We'll pick you up at home between 5 & 7:30pm, drop you off at the Rotary Steak Dinner. After dinner, Boot Scoot Boogie on over to the Complex or we can come get you.



Hauntfest

SAT. OCTOBER 28, 2017

Dinner & dancing, haunted house and a safe ride

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SEP

"She had galaxies in her eyes and electricity crackled within her." ~Unknown

Electric Screening



The Best of the Electric Company, starring Jim Boyd and Morgan Freeman, unrated

Even though this TV series was developed in the 70s, it has not lost its relevance. This nostalgic treasure contains educational content that keeps the kids very entertained with talented writing and catchy songs.



Revenge of the Electric Car, starring Tim Robbins and Danny Devito, rated PG

In this entertaining sequel to *Who Killed the Electric Car*, director Chris Paine takes us behind the scenes with four of the world's leading auto-industry visionaries as they race to create the best electric car.



Revenge of the Electric Car conveys the passion and drive of these leaders as they steer a struggling industry toward a sustainable future.

Learn to Play Electric Guitar, starring Chris Liepe, unrated

This 4-DVD set offers 23 lessons for beginning electric guitar players. The DVD format allows you to learn at your own pace.

Jimi Hendrix: At Last... The Beginning – The Making of Electric Ladyland, by Jimi Hendrix Experience, unrated

Drag out the bean bag chair and turn on the lava lamp. This documentary allows us to see the story



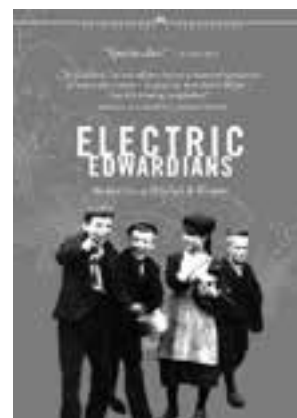
behind the album, and the raw process – an awesome sight and sound to behold.



Electric Shadows, starring Yu Xia and Haibin Li, unrated

A touching movie, exquisitely crafted and acted, the story about a single mother who gave birth to a little girl when she, herself, would have liked to become a superstar. You get to see the evolution of media in

China and the young girl who is developed into a woman by the moving picture history that surrounds her.

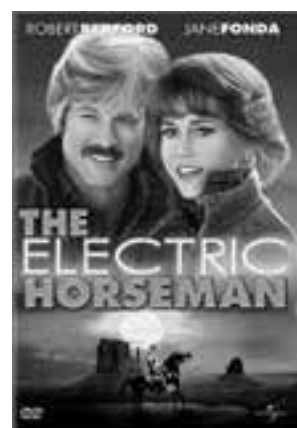


Electric Edwardians – The Lost Films of Mitchell & Kenyon, unrated

This recently unearthed documentary footage provides a spooky glimpse into life during Britain's Victorian Industrial Age. Filmed between 1900-1913, these silent films manage to speak volumes about their subjects.

The Electric Horseman, starring Robert Redford and Jane Fonda, rated 18+

An ex-world champion cowboy, reduced to huckstering breakfast food in a suit studded with flashing lights, a TV newswoman who'll do anything to get a good story, and a posse of



pursuing police make this an entertaining movie.



In the Electric Mist, starring Tommy Lee Jones, John Goodman, Peter Sarsgaard and Mary Steenburgen, unrated

A psychological thriller featuring the dark, sultry world of New Orleans mobsters, filled with layers of corruption, long-dead secrets, grudges and a lethal alliance.

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do

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X-Word Puzzle

ACROSS

1 The ultimate destination of northern tax collectors taking truck to Austria (7)

5 See 26

9,15 Account of 11 tells trite heist falsely (3,6,6)

10 At first transfix His Eminence with number one topic (5)

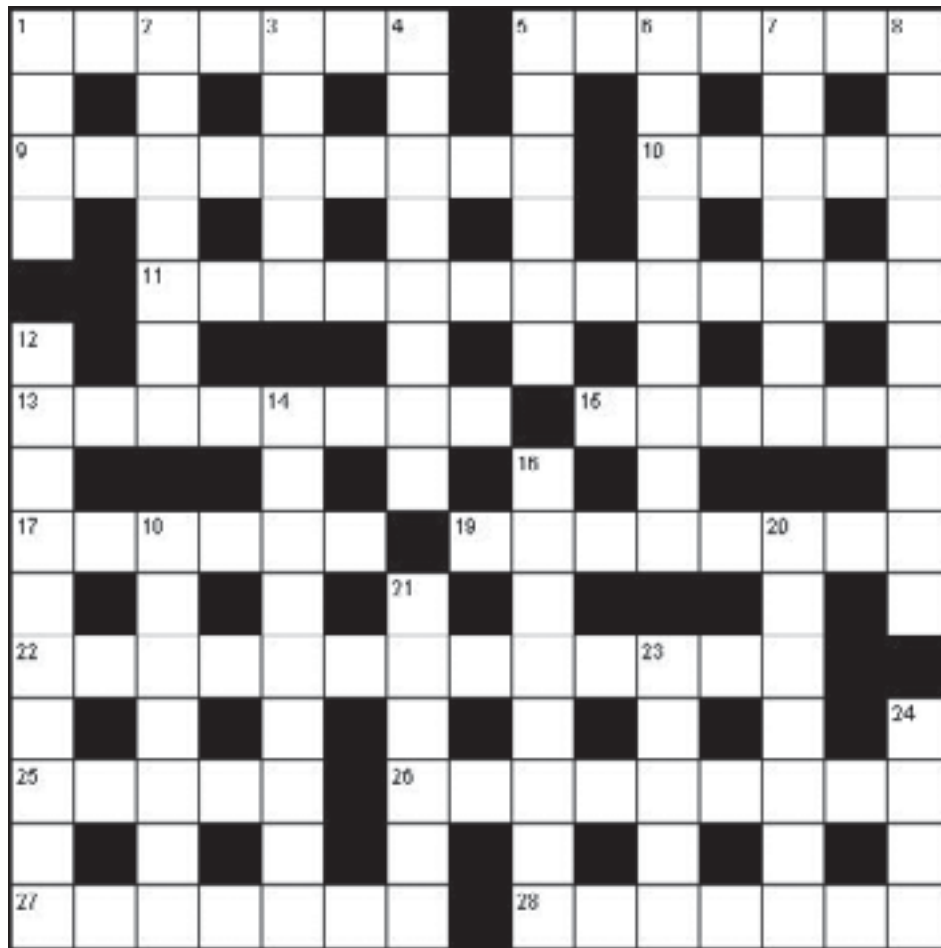
11 Stimulate mother, unhappy reportedly with PI (6,7)

13 See 16

15 See 9

17 The French captured retreating dog with hoists (3-3)

19 Megan lap danced. It's the manager's idea! (4,4)



22 Knock out person (clang!) on the carpet (5,8)

25 Superior adult books books! (5)

26,5A Detain healthy elk! Order features 11 (3,4,2,3,4)

27,18 11's extended valediction (3,4,7)

28 Presumably elephants never eat them (7)

DOWN

1 Heartless nudist is bats. Bats! (4)

2 Again force out north-bound leper carrying letter (2-5)

3 Errant bailiff appears for the defence, but not very loudly! (5)

4 Remarkably, hall isn't providing homes for insects (3-5)

5 The Right writing with some heat (6)

6 Outrageously restive ox is demanding with violence (9)

7 Locates extraordinary costmary plant (7)

8 Regard main arena as too hot to watch (3-7)

12 Old sponger who could perceive the banquet? (5-5)

14 In Virginia river otter swims around the water bus (9)

16,13 11 narration of way every moll fell drunkenly (8,2,6)

18 See 27

20 Extras amount to fifty English gigabytes? Positively! (3,4)

21 Rover's identity in tail! Tail? (3,3)

23 It's unsuitable to be not out with westbound Father Time (5)

24 Responsibility for sailor grasping Greek character (4)



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