

The Paper of the Regent College Student Association

## ADVENTURES IN A MEMORY PALACE

There's a lot of famous people staying at my house right now.

I'm not just talking about local celebrities. I'm talking about some of the heavy-hitters in world history. You know, like Henry VIII, St. Francis Xavier, and Martin Luther. For example, right now Mar Jacob, Metropolitan of Cranganore, is relaxing in our second floor bathtub.

How did I end up with all these folks residing with me on Heatley Avenue in the Downtown Eastside? Well, it started with a simple fascination with the best practices in learning and memory. Back in 500 BC, a Greek poet by the name of Simonides of Ceos invented a slick memory technique: the memory palace. People committed large amounts of information to memory by converting them into mental objects and mentally placing them along a road or around a house. In recent years, the memory palace technique has experienced a revival thanks to its use in international memory championships. Using this technique, top competitors have been able to memorize the exact order of entire decks of shuffled cards in only minutes and to repeat back a number hundreds of digits long after hearing it just once.

The strange thing is that none of these competitors have particularly good memories. Instead, they've just gotten really good at using various memory techniques, especially the memory palace. The strategy works on a simple principle: humans are far better at remembering concrete data (visual information and physical spaces) than they are abstract information (numbers and names). By converting abstract information (names, numbers) into pictures, and placing these pictures in a mental map of a well-known location, memory competitors can use their brains in the way they were designed— and shortcut a lot of frustrating forgetfulness.

It's not hard to discover how lopsided our memories are. Close your eyes and call to mind one of the last hotels, hostels, or friend's houses you stayed for a night. Walk through it. What do you see? Now try to remember its street address. Even though there is much more complex information encoded in the geography of that location, you can likely remember a lot of it. But street address? Unlikely. I can remember the layout of the (rather seedy) hotel I stayed in in Indianapolis in January. I can tell you there was a vending machine on the left, the check-in kiosk was just to the left of the glass-plated reception desk, and that I had to go up the stairs to the right. But I have no idea of its street name or number— or even the name of the hotel.

This is why almost everyone makes the excuse, "I can't remember names, but I can remember faces." We are wired to remember certain kinds of information, and not others. Fortunately, we can subvert our wiring by re-coding abstract data into pictures.

Journalist Joshua Foer got interested in this idea and started researching top memory competitors. Then he started trying it himself. Putting in just an hour a day of practice, he won the U.S. Memory Championships and set a new world record in the process.

Foer tells the story in the fascinating *Moonwalking with Einstein*. I read it last winter and started working on various memory techniques. This year I've been moving from theory to practice, in particular with our last HIST 502 History of Christianity midterm. The course has been a firehose of fascinating facts. Dr. Prabo Mihindukulasuriya has been leading us through a multi-centered approach, examining the diverse global Christian traditions and not looking only at the West. Over the last months we've zoomed around the globe, dipping into the trials, traumas, and triumphs of Christians from 1493 to

the present. It's endlessly interesting, but also overwhelming. Thankfully, for exams Dr. Prabo takes vast swaths of data and isolates a discrete number of the most important facts and figures for us to study. These are collected into a few pages of essential events, names, places, and dates to remember. It's a gold mine of information about crucial people and moments across global Christianity. But it can be pretty difficult to try to hold it all in mind, especially given that the languages and pronunciations are very foreign to me.

So I started placing these facts in my community house in Heatley Street. For example, I wanted to remember three Papal bulls that set the tone for the exploration—and exploitation— of the Americas. So at the foot of my stairs are three actual bulls, horns and all. The first is wearing a Roman helmet and dressed in a combination of papal robes and a FedEx uniform— Romanus Pontifex. The second has an unnamed editor of the *Etcetera* riding on it, dressed in an astronaut suit. (*Interstellar* + *Etcetera* = *Inter Caetera*.) In the potted plant at the top of the stairs, famed missionary and human rights hero Bartolomé de las Casas is digging a hole and burying a bottle of gin and a book, surrounded by olive trees. He looks a lot like Bart Simpson, which helps me remember his name, and he is burying the gin because he debated Juan Ginés de Sepúlveda at the Valladolid debate in 1550-1551. (That's why there are olive trees, because Valladolid means "valley of olive trees.") The book he is burying reminds me of a key fact— he wrote *A Short Account of the Destruction of the Indies*.

Creating the memory palace— coming up with the images and placing them around my house, mentally— was a huge cost upfront. But once I had them done, studying became really easy. I just walked mentally through the second floor, looking at a collection of strange objects and oddly-dressed people. Was it faster or more efficient than if I had used rote memory? Impossible to say. It took almost two hours to build the memory palace in short sessions over a few days. Then I practiced for another 50 minutes or so. I can't say whether it is more efficient than what I would have done otherwise. But I can say it was a lot more fun and I (hopefully) will remember the facts for a lot longer. I have to admit, though, that the memory palace is starting to fade. Anything you don't review or reuse does. As I wrote this article, I had to go back to my study notes, realizing I had forgotten some of the key people and words. But back on the exam all the information was exactly where I needed it. As I wrote the essay section I added a variety of dates, details, and background that would have been unthinkable without all the mental data. My essay was even longer than one of the other exams which had been open-book.

In any case, come over to Heatley Avenue and hang out with Edward VI in front of my room. He's wearing a Julius Irving (Dr. J, #6) jersey, and he looks a lot like Edward from *Twilight*, even though I've never watched the movies or read the books (honestly!). And if you are interested in talking memory hacks or building some memory palaces together (especially for the history 502 final), please let me know. We can chat about it in the hallway or in the trench that holds the data about the Council of Trent. I'm also working on some Greek morphology paradigms at the local library with the aid of some British royalty...

But whatever you do, don't let Noah Collins know I've got Jeremias II stashed away in his room, naming Job of Moscow as the first Patriarch of Moscow and All Russia...

SEAN BECKETT

•• HUMANS OF REGENT ••

Pamela Chan



“My name is Pamela Chan, I moved from Hong Kong in August 2022. This is now my second semester at Regent, as I am enrolled in the MDiv program. Before coming to Regent, I was a secondary school teacher for over 20 years. I think being a teacher has shaped my character a lot. As a teacher, I used to be very strict towards myself as well as others, but God has gradually changed my heart. As for my interests, I like playing the piano, watching TV, reading novels, and playing badminton with my siblings.”

“Since the very first day at Regent, my greatest joy comes from worshipping in the Chapel. I love the hymns which are so motivating for me. I am always touched by God’s unconditional and unfailing love through the hymns. I particularly appreciate the various ways the worship is arranged according to different seasons and the way that different ethnicities are embraced by arranging hymns to be sung, scriptures to be read, and prayers to be said in different languages. The whole atmosphere of the Chapel enables me to imagine what worship is like in Heaven.”

“Since starting at Regent, the greatest struggle I have experienced is whether I should go to the campus to attend lectures in-person or not. Since I live in Richmond, it takes me about an hour to get to campus and about 1.5 hours to return home by public transit. Overwhelmed by the regular Greek quizzes and exams, I often choose to attend online lessons at home in order to save time from my commute. However, I don’t want to miss the Chapel and Community group on Tuesdays.”

“In the beginning of the reading week in February 2023, I attended a 3-day retreat organized for pastoral women. Coming home from this retreat, a clear take away for me was that we should continually reserve time for Sabbath, which is a life-saver, preventing us from burning out. After the retreat, I tried not to draft a timetable for myself. Instead, I spent some time with my family, and did my reading and assignments in a more relaxed manner. I kept reminding myself “Don’t rush! Don’t worry! Things will finally get done.” Apart from daily devotion in the morning, I say short prayers to God whenever I find it necessary. Since then, I have felt God’s presence more clearly. No matter how busy I am, or how many assignments and quizzes I have in front of me, I have been experiencing the peacefulness in my heart.”

**EPHPHATHA!**

A voice! sounds from where it should not.  
 From that damp cave, as a mourner  
 Aches, broken with alabaster tears  
 the stone cries out with fragrant praise  
 for that long awaited day prophesied.  
 That man heaved, he inbreathed,  
 consummated by the bodied wind:  
 Herald of sealed doors opening  
 for the first time, his tongue leapt,  
 for the first time, thoughts rolled  
 for the first time a voice cracked  
 and that cave broke with laughter.  
 A voice! made merry with our hearts and ears.

-CALEB BERBERICH

Dad Joke of the Week

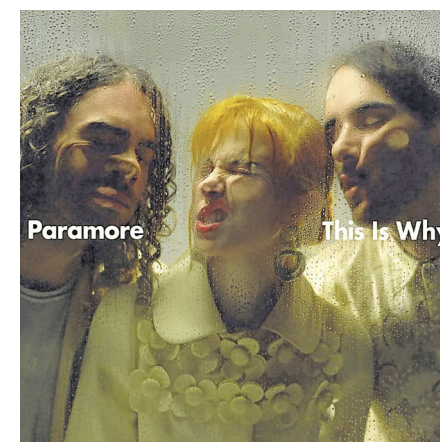
My professor told me that  
 I was doing eisegesis  
 instead of exegesis.

But I’m trying not to  
 read into that.

RECOMMENDED + REVIEWED

Album Review: Paramore - *This is Why*

Daniel Choi



If you are anything like me, bands like Linkin Park, Evanescence, and Paramore filled your middle/high school playlist. A core memory I have is listening to songs like *Numb* and *Bring Me To Life* through my iPod shuffle (Yes... it was that time). Thankfully, many of these artists transcended beyond my angsty adolescence and still find a place in my playlist today, especially Paramore. Paramore was conceived in 2004 in Franklin, Tennessee, making their first album in 2005. You may be familiar with tracks like *Misery Business* and *All I Wanted*. While those songs have continued to stand the test of time, the band has been caricatured for being outdated and cringy. After a long six-year hiatus that involved Hayley Williams pursuing a solo career with the album *Petals for Armor*, Paramore has returned with a new album, released on February 10th, 2023, titled: *This is Why*. After repeated listens, I can safely say that this is not only one of Paramore’s best albums; it is a great example of a band showing their maturity and continual growth from their days in the early 2000s. Unlike their previous album, *After Laughter*, which had them dipping their toes into synth-pop and new wave, *This is Why* is a return to their punk-pop and alternative rock roots.

The biggest highlight of *This is Why* is its lyrical content. Paramore has matured their songwriting skills and brought their best songwriting yet to this album. *C’est Comme Ça* was the third single before the album’s release and showed Paramore’s willingness to wear their influences on their sleeve, showing great similarities to Talking Heads.

This album is short, with a runtime of only 38 minutes. Thankfully, no tracks are filler or repetitious. Each one feels tightly composed. *You First* contains my favourite Paramore lyric, with Williams lamenting that each person is a hero and villain in someone’s life.

*“I’m living in a horror film / Where I’m both the killer and the final girl / So who, who are you?”*

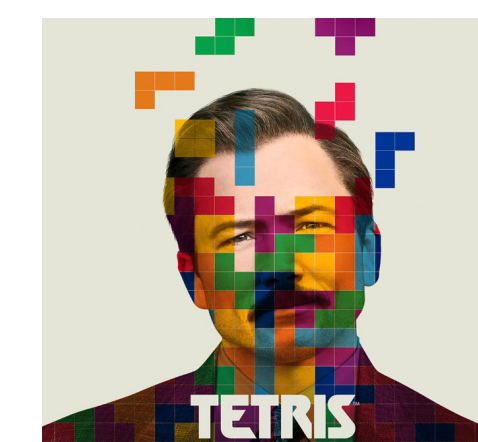
The last four tracks of the record are a diversion from the riveting, fast-paced, laser-focused tracks at the beginning of the record. While songs like the title track, *The News* and the previously mentioned *C’est Comme Ça* show Hayley providing explosive and punchy vocal performances, *Liar* and *Thick Skull* contain a melancholic atmosphere that leaves the listener impacted through its emotionally driven lyrics.

*“I am a magnet for broken pieces / I am attracted to broken people / I pick ‘em up and now my fingers are bleeding / And it looks like my fault.”*

A complaint about the album is the lack of ‘catchiness’ with the songs. Choruses are not as memorable as previous hits like *Ain’t it Fun* and *Hard Times*; regardless, these tracks encourage repeated listens to enjoy and savour fully. If you previously avoided Paramore for being cringy or reminding you too much of your angsty teenage years, this album may be one for you. *This Is Why* has shown Paramore’s maturity through songwriting and Hayley’s vocal performances, making it worthy of your attention without the familiar flashy, catchy singles.

Movie Review: *Tetris*

Dryden Demchuk



Taron Egerton. A semi-byronic Russian computer programmer. Cold War political thrills. The *Tetris* theme song (which is actually a 19<sup>th</sup> century Russian folk song - *Korobeiniki*) adapted into a *Bladerunner*-esque synthwave banger. You guys, this movie - and I do not use this word lightly - *slaps*.

But how does a movie which is focused on the early days of an 8-bit puzzle video game achieve such heights? Honestly, the true story (and yes, I have meticulously researched the true story which underlies this film) is just stranger than fiction, as they say.

The video game *Tetris* which I am sure we have all been frustratedly addicted to at one time or another, came to the western world through a chain of shady deals that were largely undertaken under the cover of the Iron Curtain. This movie tells the story of the game’s early success through the character of Henk Rogers (Egerton), who is attempting to weave his way through a web of Soviet political turmoil and western cronyism in order to secure the rights to sell *Tetris* on handheld consoles. I won’t go into any more detail - the rest is best left to the movie (There is an excellent video on YouTube which covers the true story of *Tetris* by a channel called “Gaming Historian” if anyone is interested in learning more, however).

Aside from the fact that this movie hit every wonderful geeky bone in my body (everything from my fascination with the Cold War which has slumbered since my History Major days, to my love for 80’s New Wave music and fashionable moustaches), it also falls into place, if you’ll excuse my attempt at a *Tetris* pun, by balancing 80’s nostalgia with modern relevance. While some may have wanted this movie to be focused on the world of 80s technology and video games, there is actually very little emphasis placed in this area. There is enough grounding in the world of 80’s computer technology to thoroughly contextualize the story, but the emphasis itself is placed on the corporate and political drama between the forces of East and West in a way which feels brutally relevant to modern world events.

One element which sits beautifully in this gap between nostalgia and relevance is the movie’s soundtrack. Classic 80’s bangers, non-English covers (A Japanese rendition of *Holding out for a Hero* is just one example), and synth-heavy scores create a thrilling and fun soundscape that I personally downloaded to my phone as soon as the final credits started rolling.

There are, however, elements that have been fabricated for the film, and it is obvious to any attentive watcher where these elements come in. While the true story is bizarre in its own right, this film may go just one car chase or explosion too far in bringing this bizarreness to light.

Taron Egerton’s character is a likeable underdog protagonist who finds himself caught up in a story much larger than himself, and stays in it for the sake of his family’s future. While I am sure some creative liberties have been taken here, the resulting story is an absolute blast that brings a strange true story to light, and reminds us that everything we consume in our media-saturated world has someone’s story behind it, no matter how banal it may seem.

# I Ranked Every 3:16 in the Bible - Noah David Collins

Everyone loves a good Chapter 3 Verse 16. But which one is the best?

I set out to answer this question. Only 49 of the Bible's 66 books do actually have a "3:16", but here is my definitive ranking, working up to the best:

*(And nice try to the 17 books that did not make the cut - go gettem next time)*

49. To the woman he said, "I will make your pains in childbearing very severe; with painful labor you will give birth to children. Your desire will be for your husband, and he will rule over you." - Genesis 3:16

- Yikes!

48. Her husband, however, went with her, weeping behind her all the way to Bahurim. Then Abner said to him, "Go back home!" So he went back. - 2 Samuel 3:16

- This is legitimately a super sad story.

47. ruin and misery mark their ways, - Romans 3:16

- I think ruin and misery marked my last CTC paper.

46. The successors of Jehoiakim: Jehoiachin his son, and Zedekiah. - 1 Chronicles 3:16

- Snooze.

45. So Moses counted them, as he was commanded by the word of the Lord. - Numbers 3:16

• I wonder how high he could count. Think he eventually just started making up numbers?

44. But to the Reubenites and the Gadites I gave the territory extending from Gilead down to the Arnon Gorge (the middle of the gorge being the border) and out to the Jabbok River, which is the border of the Ammonites. - Deuteronomy 3:16

• I'd like to give the territory of my stomach to a Reuben sandwich.

43. Who were they who heard and rebelled? Were they not all those Moses led out of Egypt? - Hebrews 3:16

- I dunno were they?

42. For where you have envy and selfish ambition, there you find disorder and every evil practice. - James 3:16

- I used to babysit a kid like this.

41. keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander. - 1 Peter 3:16

- I ashamed of this verse splitting up a sentence.

40. He writes the same way in all his letters, speaking in them of these matters. His letters contain some things that are hard to understand, which ignorant and unstable people distort, as they do the other Scriptures, to their own destruction - 2 Peter 3:16

• Unlike Peter who writes like Peter in half his letters and Jude in the other half.

39. Beyond him, Nehemiah son of Azbuk, ruler of a half-district of Beth Zur, made repairs up to a point opposite the tombs of David, as far as the artificial pool and the House of the Heroes. - Nehemiah 3:16

- Azbuk

38. You have increased the number of your merchants till they are more numerous than the stars in the sky, but like locusts they strip the land and then fly away. - Nahum 3:16

- Consumer culture is so 20th century.

37. On that day they will say to Jerusalem, "Do not fear, Zion; do not let your hands hang limp. - Zephaniah 3:16

- No one likes a weak handshake.

36. These are the twelve he appointed: Simon (to whom he gave the name Peter), - Mark 3:16

- I wonder if he had other nicknames that didn't stick.

35. He made interwoven chains and put them on top of the pillars. He also made a hundred pomegranates and attached them to the chains. - 2 Chronicles 3:16

- Sounds kinda seedy.

34. and he said, "This is what the Lord says: I will fill this valley with pools of water. - 2 Kings 3:16

- I hope they aren't above-ground pools.

33. the water from upstream stopped flowing. It piled up in a heap a great distance away, at a town called Adam in the vicinity of Zarethan, while the water flowing down to the Sea of the Arabah (that is, the Dead Sea) was completely cut off. So the people crossed over opposite Jericho. - Joshua 3:16

- Sounds messy!

32. In those days, when your numbers have increased greatly in the land," declares the Lord, "people will no longer say, 'The ark of the covenant of the Lord.' It will never enter their minds or be remembered; it will not be missed, nor will another one be made. - Jeremiah 3:16

- Out of context this sounds kind of bleak.

31. Now two prostitutes came to the king and stood before him. - 1 Kings 3:16

- Out of context this sounds kind of bleak.

30. The Lord says, "The women of Zion are haughty, walking along with outstretched necks, flirting with their eyes, strutting along with swaying hips, with ornaments jingling on their ankles. - Isaiah 3:16

- Ankles? Spicy.

29. The promises were spoken to Abraham and to his seed. Scripture does not say "and to seeds," meaning many people, but "and to your seed," meaning one person, who is Christ. - Galatians 3:16

- Sounds kinda seedy.

28. Only let us live up to what we have already attained. - Philippians 3:16

- Sounds like I need to live up to precisely nothing!

27. The priest shall burn them on the altar as a food offering, a pleasing aroma. All the fat is the Lord's. - Leviticus 3:16

- This is why I know all of me belongs to the Lord.

26. And I saw something else under the sun: In the place of judgment—wickedness was there, in the place of justice—wickedness was there. — Ecclesiastes 3:16

- Mmm mmm mmm, love that Nihilism.

25. At the end of seven days the word of the Lord came to me: - Ezekiel 3:16

- The suspense!

24. but Eli called him and said, "Samuel, my son." Samuel answered, "Here I am." - 1 Samuel 3:16

- Samuel was terrible at hide and seek.

23. Or why was I not hidden away in the ground like a stillborn child, like an infant who never saw the light of day? - Job 3:16

- oOO, relatable!

To Be Continued...

## RCSA ELECTION UPDATE:

The Results are in for the RCSA Council election, which took place on April 4<sup>th</sup>-5<sup>th</sup>. The Results are as follows:

President - Eunice Chung

VP Academic - Jonathan Saunders

VP Internal - Sandra Park

VP External - Clayton Cullaton

This will be the RCSA Council for the 23-24 Academic year.

But we are not done yet!

The Members-At-Large (MAL) election will take place Tuesday, April 11th (The day of publication). The nominees for MAL positions are as follows:

Activities MAL - Zella Christenson

Arts MAL - Mo Hickman

Community / Gathering Table MAL - Jordan Weaver

Mdiv MAL - Jared Borders

Outreach MAL - John Davies

Prayer MAL - Kwame Reagan

Co-International MALs - Stephanie Loli Silva + Xue Ting Fong

Regent Students will be receiving an email from the RCSA with instructions on how to cast their ballots.

Stay tuned for MAL election results!

## CALL FOR SUBMISSIONS: WINTER 2023 FINAL ISSUE

Believe it or not, we are at the end of the 2023 Winter term! This means that we are looking for submissions for this year's final issue of EtCetera, which will be released on April 25<sup>th</sup>.

The final issue will contain much of the same content that you all know and love, but we are specifically looking for submissions that touch on the following themes:

- Things you have learned / ways you have grown over the last academic year.

- Notable stories from the last year (whether they are funny, sad, wholesome, profound, or mundane).

- Hopes, dreams, or expectations that you have for the future of Regent College and the RCSA.

- Spring/Summer activities or recommendations for the Vancouver area.

Deadline for final issue submissions will be Friday, April 21<sup>st</sup>, at 11:59 PM. (If you need longer than this, please contact the editors!)

Written submissions must be under 1000 words in length.

## AROUND CAMPUS:

PUBLIC LECTURE: WHAT HAPPENED AFTER EASTER?

Wednesday, Apr 12, 2023 at 12:30PM - 2:00 PM (Pacific Time)

Featuring: Dr. David Moffitt

Location: Regent College Chapel

Online at: [rgnt.net/live](http://rgnt.net/live)

BOOK LAUNCH: AMAZING GRACE: THE LIFE OF JOHN NEWTON AND THE SURPRISING STORY BEHIND HIS SONG

Thursday, Apr 13, 2023 at 7:30PM - 9:30 PM (Pacific Time)

Featuring: Dr. Bruce Hindmarsh

Location: Regent College Chapel

BIBLE SATURDAY: ALL CREATURES GREAT AND SMALL—THE PSALMS' GLOBAL PERSPECTIVE

Saturday, Apr 15, 2023 at 9:30AM - 11:45 AM (Pacific Time)

Featuring: Dr. Iain Provan

Location: Regent College Chapel

### -- EtCetera Call For Reviews --

Do you have a book, movie, album, or TV show that has caught your attention?

We want to hear about it!

EtCetera is looking to publish reviews of books, movies, albums, and TV shows up to 500 words in length.

Reviews should be concise and written with the the Regent community as the intended audience.

The content that is reviewed does not need to be academic in nature, nor does your review need to be written from a theological perspective.

Reviews can be sent to [etcetera@regent-college.edu](mailto:etcetera@regent-college.edu)

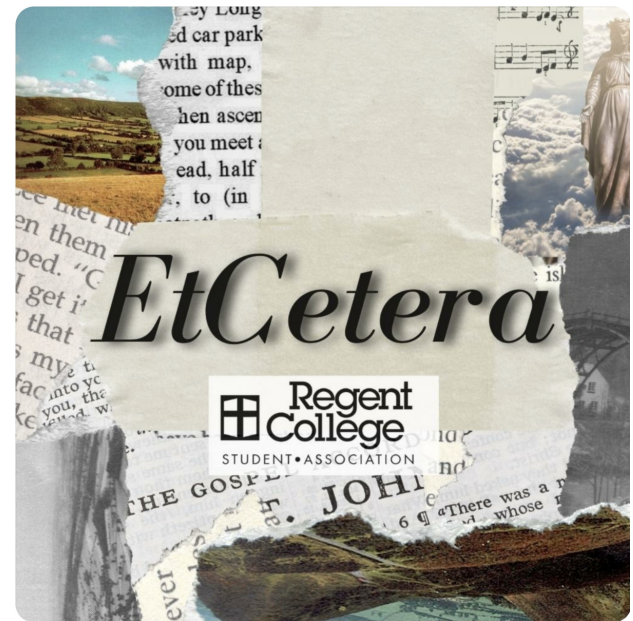
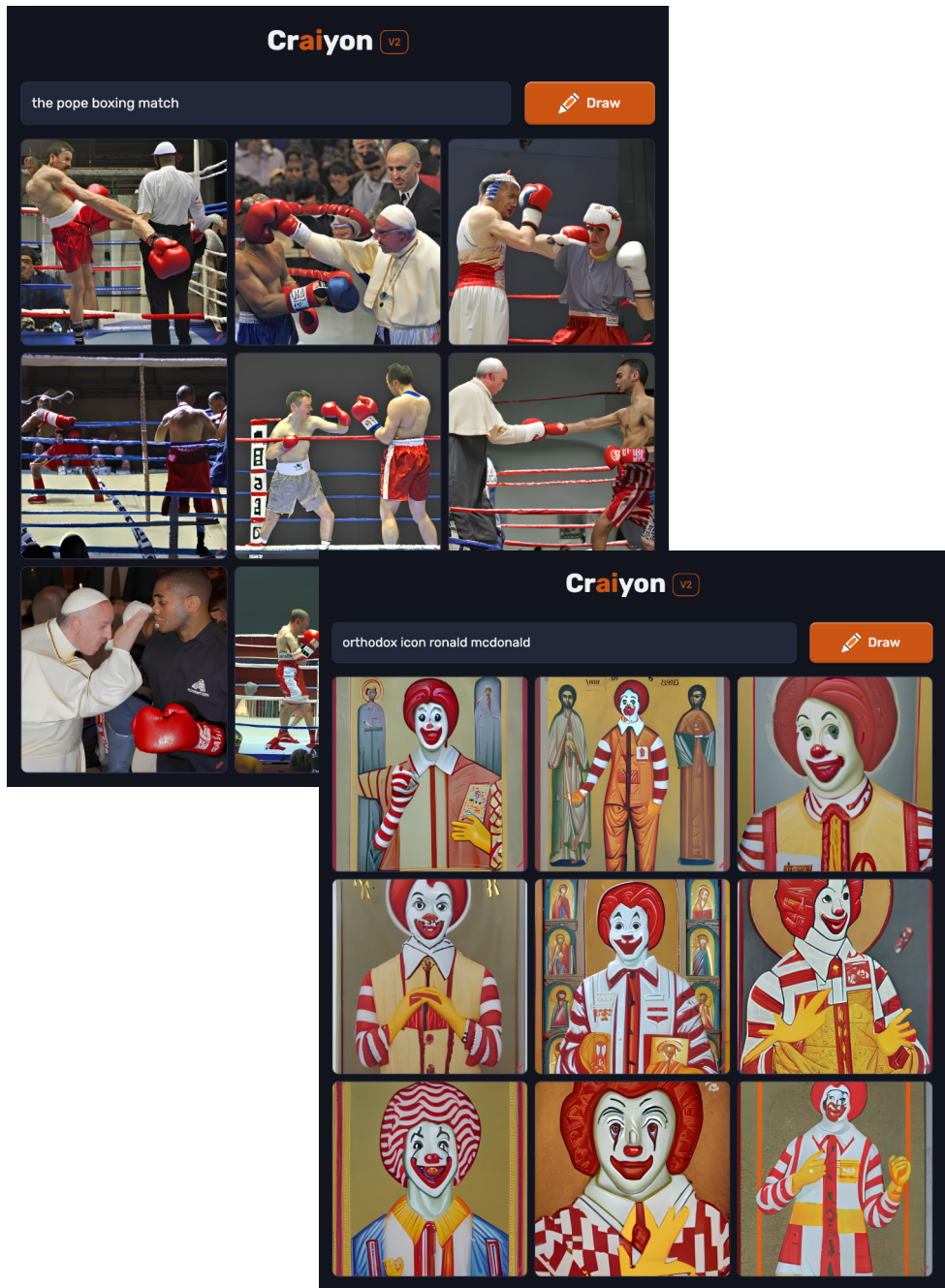
### Emendation:

In Winter Issue #5, an article titled "Who Is @Dank\_Regent\_Memes?" was erroneously published without credit given to the author. This article was authored by Mo Hickman (though she assures us that she only deserves credit for the article, and not for the infamous meme page about which it was written).

# THE BACK 40

“Now that lent is over...”

We used an AI art generator to create the following images and I refuse to elaborate further:



Latest Podcast Episode // Mo Hickman

Mo Hickman is a first-year Regent student studying Christianity and the Arts. She joined us this week to talk about her childhood on the east coast of Canada, the role of arts in the church, and the possibility of artist pastors.

*The EtCetera podcast is available on all major podcasting platforms!*

## Overheard at Regent:

“Room 230 is where we keep the embodies.”

It's very easy to be featured in EtCetera.

EtCetera accepts all forms of written or visual creativity. Written works must be under 1000 words.

All work is subject to minor edits.

Anonymous submissions are considered on a case-by-case basis.

All submissions must be sent to: [etcetera@regent-college.edu](mailto:etcetera@regent-college.edu)

The EtCetera team is:

**Dryden Demchuk** - Senior Editor

**Abigail Germain** - Associate Editor



New Student: "I hear there's some debate around Plato at Regent?"

Long-time student:



Memes submitted via instagram by @dank\_regent\_memes

\*\*@dank\_regent\_memes is not affiliated with or endorsed by EtCetera or the RCSA