

FOOD FADS

Why are we so quick to jump on dietary trends?
page six

Camosun ESL funding cuts for domestic students: page three



Camosun brings the pride: page five

New comedy festival brings together funny women: page eight



NEXUS

camosun's student voice since 1990

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OVERHEARD AT NEXUS: "I think that's illegal."

COVER IMAGE:
Food fads by Jayden Grieve/*Nexus*
Camosun ESL cuts: Jason Schreurs/*Nexus*
Camosun pride: Giustina Qualizza/*Nexus*
Funny women fest: David Bukach

editor's letter

Touchy subjects

There's been lots of talk around campus the past few weeks of the cuts to the ESL program for domestic students. People are outraged, and people want answers.

Hopefully managing editor Jason Schreurs' story about it on page 3 will help to clear up the situation. Please feel free to shoot any comments our way; there's no shortage of thoughts on there on this matter and we want to hear them all.

Once you've read that story, flip on over to page 4 for contributing writer Rachel Sovka's story on a successful Camosun alumni, and to page 5 for contributing writer Giustina Qualizza's piece on the Camosun Pride Collective.

Then there's the feature: contributing writer Jayden Grieve has taken on the daunting and intriguing subject of food fads this time around. Let's face it: we see them come, we see them go, and sometimes we hop on board with them. But why are we so willing to play along and put so much trust into what goes in to our body? Is it marketing? Or is it good health decisions? Flip over to page 6 to find out what Grieve found out.

Then there's the art section, which is in full glory this issue: we've got funny women (page 8), a week of beer (page 8), shark swimming (page 9), and, well, Goo Goo Dolls (page 9). There's even a CD review tossed in for good measure (page 9).

We're sure you'll find plenty to talk about in this issue, so, once again, please feel free to let us know your thoughts. Find us on Facebook or Twitter, visit our website, or shoot me an email directly. Would love to hear what the students have to say about some of these issues.

Greg Pratt, editor-in-chief
editor@nexusnewspaper.com

flashback

20 years ago in Nexus



Felicita is a person, after all! Our March 7, 1994 issue featured plenty of hard-hitting stories but the thing that stands out the most is this little nugget of information, found in a story called "UVic Sub centre of hub": Felicita's pub, UVic's long-running pub hangout, was "named after an adored member of the janitorial staff." So, now you know!

Low-culture high-culture: Our review of a gig by local art-rockers Dixie's Death Pool featured this humorous summation of the band's sound from writer Kim MacNaughton: "For those whose ears are trained to structural melodies, listening to the Dixie's Death Pool show would have been some-

what of a crash course in hillbilly subcultural sound."

End of an era: Since this issue came out 20 years back, the day of the pay phone has come to an end... almost. You still see one or two around town now and again (we still have some on campus), but, obviously, they're just not as needed these days. In this issue, the story "Free phones on campus" talked about free public telephones potentially coming to both campuses. There was concern, however, as writer Jennifer Siegg put it, that people would talk on the phones for "hours on end." Talking for hours on a phone with a cord attached to it? Positively retro.

open space

Encountering federal leaders, encountering hope

I was beginning to think that Canadian politics are headed for hopeless disaster, but my political excitement was just beginning.

RACHEL SOVKA
CONTRIBUTING WRITER

Things changed when Justin Trudeau came to town.

The past few months have been an exciting time for members of the political science club at Camosun College. The club's Facebook group saw some action in disputing municipal amalgamation, protests against the Canadian Federation of Students in Montreal, and controversial implications of Rob Ford antics in Toronto, but the peak of excitement was when Justin Trudeau came to town.

Other than holding the title of Canada's dreamiest politician, Justin Trudeau's last name and charisma have gotten him from teacher and camp counsellor to leader of the Liberal Party of Canada, and now in the running to become the second youngest Prime Minister. But living up to the legacy of his father, the great Pierre Elliot Trudeau, is no easy task.

The significance of Justin's father was discussed amongst the Political Science Club after the Liberal event downtown Victoria, leading to lively debate and some chanting against the Harper government. It seemed agreed that Trudeau's message of hope and positive politics was charming, but unconvincing for some.

He spoke well and effectively seduced me with his beautiful French and handsome face such that I couldn't remember my own name when he asked me, but when I snapped back to reality I wanted to

know more specifics. *How* are things going to change, Justin? How will things be tangibly different if Justin Trudeau is elected the next leader of our country?

As the group speculated to ourselves about what Trudeau and the Liberals plan do about corruption in the senate, electoral reform, foreign policy and the Enbridge pipeline, we decided that we would need to hear more details closer to election time.

I was beginning to think that Canadian politics are headed for hopeless disaster, but little did I know my political excitement was just beginning. In a matter of days I was on the ferry to Vancouver and spotted my hero and favourite living Canadian politician, Elizabeth May, federal leader of the Green Party. We may not have elected May for her smile, like Trudeau, but her environmental activism and influence got her voted the hardest working Member of Parliament and earned my vote years ago.

After stalking her around the boat for several minutes, I worked up my courage to talk to her, and talk we did! With the help of the Camosun Political Science Club live online, I asked her a plethora of questions that she kindly discussed at length, like, oh, I don't know, corruption in the senate, electoral reform, foreign policy and the Enbridge pipeline.

Maybe all it takes is a personal encounter with the leader of a federal party to have hope for Canada after all.

Something on your mind? Send *Open Space* submissions (up to 400 words) to editor@nexusnewspaper.com. Include your student number. Thanks!

SPEAK UP

Have you ever changed your eating habits because of food trends?

BY RACHEL SOVKA



EMMA WEISZ

"Everybody started eating kale; it was the hipster thing to do, so I started doing that. I didn't really like it, but I did change."



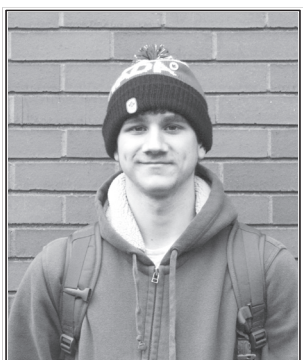
MARLO PINEL

"No, I don't really follow trends, I eat what I like. What that is varies, but I don't have any outside influences except for seeing something that looks good."



JOHANNA PETERSSON

"My eating habits are defined by environmental stuff and my parents, who influenced me to eat organic at a young age, like just muesli and water, instead of the plastic colourful garbage all kids want, and now I'm glad they did."



JORDAN TEMPLEMAN

"No. I've felt guilty maybe a few times about eating better, but I'm 18, and I'm a guy with a very high metabolism, so I take advantage of the situation."



NICOLE VAN NICE

"I don't change my habits because of social trends. I just like to eat what makes me happy. I think that following diets is bad, so I try to eat based on what makes me feel good."



RYAN BLACOE

"No, not really, I always keep my eating habits balanced out, so I never really change for a particular trend."

programs

Camosun College details ESL funding cuts to domestic students

“We need to send a strong message to government to show them how this is affecting people’s lives.”

HOSSAM REZK
CAMOSUN STUDENT

JASON SCHREURS
MANAGING EDITOR

Nearly 150 concerned students listened to senior administrators of Camosun College on February 4 and 5 as they explained the recent cuts to government funding for domestic ESL programming. ESL students packed the designated meeting rooms at both campuses and spilled out into the hallways.

The official word from the college, represented by vice-president academic John Boraas and school of access dean Ian Humphries, was that all ESL programs for domestic students were being cancelled as of April 30. This comes after applications for funding were denied by the federal government.

A group of Camosun domestic ESL students listen to college’s explanation of funding cuts and program cancellations (photo by Jason Schreurs/Nexus)

The approximately 500 domestic students currently studying ESL at Camosun were recently told by the college via email that they will be able to finish their programs, although the cost of doing so past April 30, if any, is unknown. The government previously paid students’ tuition for ESL programs at the college.

At the meetings, representatives from Camosun and the college’s student society urged students to contact all levels of government to voice their concerns about the recent cuts.

“We’ve tried really hard to point out to government all of the things that are going to be problems with

this decision, and I don’t believe they fully understand what the results of it are,” Boraas told a packed classroom of students at Interurban. “I hope you will tell your story to government.”

The Camosun College Student Society explained to students that they are working on a campaign to publicize the effects of the ESL funding cuts. They also said they are planning to bring government representatives to the college’s campuses to speak directly to students.

“They’re all involved in this bizarre situation that you’re in,” student services coordinator Michael Glover told the students, “so we need to put pressure on all of those different groups.”

Some students at the meetings expressed their individual concerns and asked questions of the college reps. Most in attendance appeared to agree that the proper course of action was to write letters to government.

“We need to send a strong message to government to show them how this is affecting people’s lives and why the funding should be returned,” says Hossam Rezk, an ESL student who recently moved to Canada.

Advanced education opposition critic and New Democrat MLA David Eby says students need to hold the government accountable, whether at the provincial or federal level, and called the cuts “simply inexcusable.”

“The idea that you are saving money by refusing access to English classes is a joke. The reason is simple: people who can’t speak English can’t get a job in BC and we have many people who come here that need language skills to participate in the economy,” says Eby. “Without those skills, they won’t be working and they won’t be paying taxes and it’s going to cost our economy significantly. This short-term political thinking ultimately costs us as a larger society.”

As we told you in the January 8 issue of Nexus, the federal government announced \$2.5 million in funding cuts to Camosun’s ESL programs catering to domestic students and landed immigrants.



JASON SCHREURS/NEXUS

Camosun domestic ESL students listen to the college’s explanation of funding cuts and program cancellations.

“Our government has been working with BC’s public post-secondary institutions since learning of the federal government’s decision to cancel the Canada-BC Immigration Agreement, which will change the way ESL training is delivered,” said minister of advanced education Amrik Virk in a prepared statement to Nexus. “The ministry provided support last summer for Camosun and other institutions to bid on the direct delivery of ESL. However, the federal government did not select Camosun to deliver ESL programming.”

When the cuts were announced, the \$2.5 million amount surprised college officials. Because ESL programs at the college cost only \$1.3 million to run, the college will be recovering the additional \$1.2 million from the government, according to Boraas. The ministry of advanced education, meanwhile, says funding has not been finalized.

In a January 31 message to faculty and staff, Camosun president Kathryn Laurin said the college has been “assured” by the ministry of advanced education that the amount of the cuts will be adjusted to reflect the true cost of the program.

The college told students at the meetings that they expect to get more information from the government soon. This should include clarification on how students can finish their current studies and transition to the next stage of their educations, according to college reps.

In her college-wide message, Laurin expressed concern for not only students but also the staff who will be affected by the funding cuts. She said a maximum of 13 staff people would lose their jobs as a result.

“Members of the college community have worked tirelessly to advocate and mitigate this situation,” said Laurin in the message. “I know that the impact will be felt very deeply by many here at the college for a long time to come.”

According to a letter sent by Humphries to all ESL students on January 30, the college currently doesn’t know which institutions or schools in Victoria have received funding for ESL training.

For the time being, they are suggesting those who want to continue with English language training contact accessinfo@camosun.bc.ca for a list of options.

“The Ministry of Advanced Education is developing a transition plan in partnership with our institutions to mitigate the impact on students, staff, and faculty,” said Virk in his statement. “Our priority is to ensure immigrants can continue to access the ESL training they need to succeed, find jobs, and help British Columbia meet labour market demands in a growing economy.”

In his statement, the minister went on to say that Camosun College’s decision to stop delivering ESL programs “is at their discretion.”

ESL student Natalia Riaboshapchenko, who hoped to become a teacher in Canada, says it was Camosun’s ESL programs that allowed her to read and write in English. Without the courses, her future in Canada is bleak, she says.

“If these courses stop, there is nothing in my future here, and no chance to communicate,” says Riaboshapchenko. “It’s very, very important that the government changes this situation.”

At the meetings, Boraas admitted to students that he hopes the government reverses their decision before the college does away with the current ESL programs at the end of April.

“Deep down inside we hope that, in that time, government will have changed its mind,” Boraas told the students. “But, right now, we need to be working under what the government has told us to do.”

Want to get involved?

The Camosun College Student Society is holding two events for students interested in making their voice heard about the ESL cuts.

On Thursday, February 20 at 12:30, they’re hosting a Town Hall for students with provincial and federal politicians in Tech 110 at the Interurban campus.

On Friday, February 21 at 10:30am, there will be a rally at the Ministry of Advanced Education office, at 835 Humboldt Street.

-SAMANTHA PETTIFER

Got a news tip or a story that we should be covering? Is there something students are talking about? Let us know!

editor@nexusnewspaper.com

NEWS BRIEFS

Chargers to the finish line

January ended strong for the Camosun Chargers, with the men’s volleyball and women’s basketball teams sitting in second in the PACWEST (Pacific Western Athletics Association) standings before the last two weekends of play. Meanwhile, women’s volleyball was in fourth, and men’s basketball in sixth. In other Chargers news, Alex Sadowski was recently named PACWEST’s Men’s Volleyball Athlete of the Week.

Yellow bins for Cool Aid

Throughout the month of February, there will be bins set up in Victoria for bottle donations to benefit the Cool Aid society. The society is raising funds for the Sandy Merriman House women’s shelter, which helps women throughout the year with basic necessities. The Bottle Depot supports different charities every month with their yellow bins, and have raised over \$82,000 through the program since 2010.

Students demand divestment

The University of Victoria Students’ Society has partnered with Divest UVic, another student group, to garner support for divestment of university funds from fossil fuels. They are calling for the University of Victoria Foundation to freeze future investments in the industry and to sell off current holdings in the next few years. A recent referendum at the University of British Columbia has also shown clear student support of a similar initiative. The

Divest UVic group aims to reduce support of an industry they feel is connected to climate change and various injustices.

Improved international student program

International students have benefited from the changes made to Canada’s Study Permit Program, says the Canadian Alliance of Student Associations. The group has advocated change to the visa program, especially regarding multiple-entry visas, and applauds the

positive steps the government has taken to improve student processing. New federal legislation for the International Student Program comes into effect in June 2014, and BC is also instituting a provincial quality standard. Canada aims to double its international student population by 2022.

alumni Poker champ and restaurant owner attributes success to Camosun

RACHEL SOVKA
CONTRIBUTING WRITER

Calen McNeil studied business at Camosun in 1990 and 1991 after returning from six months of karate training in Japan. He's never had to look back.

"I took what I learned at Camosun and directly applied it to starting and maintaining my own businesses," says McNeil.

You may have already tasted McNeil's greasy accomplishments for yourself at Big Wheel Burger joint in Cook Street village, but his first restaurant venture involved Italian food, back in 1999 at Zambri's. Since then he's gone onward and upward as an entrepreneur, opening restaurants while also taking his part-time poker hobby all the way to winning the World Series poker bracelet.

However, McNeil's beginnings weren't so glamorous. He was once in a coma from a medical drug overdose while hospitalized and awoke completely paralyzed. McNeil was a black belt competing for the BC karate team at the time, and the

paralysis left him unable to lift even his pinky fingers. It took unfathomable dedication and positivity to overcome his condition, and he attributes this, as well as his achievements in business, to his education at Camosun College.

"I wouldn't be where I am today without Camosun," he says. "There's no way I could've [been this successful] without my experience there. It's where I learned how to do things myself and the discipline of responsibility and accountability."

McNeil took a few years off after high school to find out what he wanted to do, and went from being a C student in high school to an A student in college. "The ability to take what I've learned and apply it in real life has allowed me to do what I've done, and I learned that at Camosun College," he says.

He says his marketing and financial acumen all started with his education at Camosun. "I've needed the skills they taught me for pretty much every business I've done since. I still refer to my old economics text

books sometimes."

McNeil also believes that his studies at Camosun have been beneficial for more than just his work ethic. "I met a lot of really good friends at Camosun that I still stay in touch with; being connected to Victoria helped me understand how important community is," he says.

Big Wheel Burger has developed into a sustainable and carbon-neutral restaurant, and has plans to grow into other locations. And part of that growth includes more Camosun connections.

"We have a lot of employees that are Camosun students," says McNeil. "As someone who likes to hit the ground running, one of the reasons I decided to go to Camosun instead of UVic was because Camosun is a great way for someone who wants to bridge work and school, and still get real-world application to your education without taking a bunch of extra courses that you're never going to use."

He said that the courses he took at Camosun like managerial ac-



Camosun alumni Calen McNeil is king of burgers, and poker.

counting were immediately applicable. "I used all those things from day one and I've never had to go back to school. That's the beauty of Camosun."

Although McNeil gives credit to his training in karate for much of his mental attitude, determination, and stubbornness in overcoming adversity, he claims that his International Marketing class at Camosun also provided the catalyst to facing failure.

"You hear 'no' a lot in business, from banks and partners alike," he says. "Camosun prepared me for the workforce and for success in life."

McNeil is most proud of helping his former employees go on to start their own businesses. "I think the biggest measure of success is happiness and I don't put wealth ahead of my happiness," he says. "My biggest priority is making my employees happy and making entrepreneurs out of them, too."

camosun

Know Your Profs: Camosun's Shari Corrigan

GREG PRATT
EDITOR-IN-CHIEF

Know Your Profs is an ongoing series of articles helping you get to know the instructors at Camosun College a bit better. Every issue we ask a different instructor the same 10 questions. Got someone you want to see interviewed? Email editor@nexusnewspaper.com and we'll get on it.

This time around we caught up with finance and statistics instructor Shari Corrigan and talked about privacy, Camosun's DECA chapter, and her class getting tested for tuberculosis.

1: What do you teach and how long have you been a teacher at Camosun?

The first class I taught was a night class back in the winter of 1998. I became a full-time instruc-

tor 12 years ago. I currently teach finance and statistics classes, but have taught economics as well over the years. I am an economist by trade, so my finance and stats lessons often have an economics slant.

2: What do you personally get out of teaching?

It is extremely rewarding to help students find career paths. I also am fuelled by the energy, passion, innovative spirit, and optimism of the classroom.

3: What's one thing you wish your students knew about you?/4: What's one thing you wish they didn't know about you?

I have a pretty uncomplicated personality and have shared much of my experiences and views with students. I am also very careful to

guard my privacy. So I think students know everything I want them to know about me.

5: What's the best thing that's ever happened to you as a teacher here?

Having the opportunity to start the Camosun DECA chapter, our student-led business club. The chapter organizes social activities, volunteers in the community, and participates in international case competitions.

6: What's the worst thing that's ever happened to you as a teacher here?

One semester, a student in one of my classes contracted tuberculosis. Vancouver Island Health Authority was brought on campus to test the whole class because of our exposure to the disease.

We had to continue being tested/monitored through the TB clinic for the next six months. I felt bad for the students; it added another layer of stress to their lives. Thankfully, none of us tested positive.

7: What do you see in the future of postsecondary education?

Postsecondary institutions will continue to see declines in government funding. Industry will have to become a bigger partner in directly subsidizing education. As a result, I believe that education will likely become increasingly more specialized and employment-specific.

8: What do you do to relax on the weekends?

I love to golf, ski, walk my dog, and spend time with my family, which usually includes a dinner or party!



CAMOSUN COLLEGE A/V SERVICES

Camosun's Shari Corrigan

9: What's your favourite meal?
These days it is grilled salmon... but it changes quite often.

10: What's your biggest pet peeve?

People who are intolerant of other points of view. A close second is people/organizations that get consumed by process instead of results.

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clubs

Camosun Pride Collective continues to provide support, community

“The Pride Lounge is a meeting spot where students who want to participate in discussions can, and its also a place where students can come and find peer support on campus.”

PIOTR BUREK
CAMOSUN COLLEGE STUDENT SOCIETY

students, and a hang-out space for all queer-positive students.

CCSS pride director Piotr Burek says it's important for students to be engaged in community issues, and the lounge, and the collective in general, is a good way to meet people and get more involved. Burek points to the Olympics or the bill in parliament that's trying to recognize trans rights as some examples of things happening right now that students are talking about.

“There's a lot going on, and this is a meeting spot where students who want to participate in discussions can, and its also a place where students can come and find peer support on campus,” says Burek.

The Pride Collective uses the lounge as a way to connect students with resources. There is a library, with books and magazines full of information on queer culture and its history, and Burek works hard to ensure that students are able to find resources and connections to some of the local organizations that work on queer issues and LGBTQ topics.

The collective also organizes events and workshops on campus, bringing students and outside community together. So far this year they have put on a handful of successful events, including a two-spirit workshop that was facilitated in partnership with the Caring for First Nations Children Society.



GIUSTINA QUALIZZA/NEXUS

Camosun College Student Society pride director Piotr Burek in the Pride Lounge.

GIUSTINA QUALIZZA
CONTRIBUTING WRITER

You've heard of them around campus, but who exactly are the Pride Collective? They're a constituency of the Camosun College Student Society (CCSS), focused on bringing gay, lesbian, bisexual, transgendered, two-spirited and queer (LGBT2Q) students and community members together. The collective also runs the Pride Lounge, a cozy space tucked away in the Richmond House on the Lansdowne campus that acts as a collective meeting place for queer

“It was an exploration of what two-spirit identity is,” says Burek. “A lot of us didn't really know much about it, and I think it's one of those identities that is marginalized within the queer community. It was a great event. We had some bannock, we had a couple of two-spirited members who discussed their identity and what two-spirit means in Canadian colonial context.”

A more recent event put on by the collective was Quinterfest, a social event that took over the ground floor of Richmond House and was successful in bringing together 80 students and community members.

The festivities included dancing, hula hooping, and an outdoor chill-out area.

The Pride Collective has plans for more workshops and events in the future.

“We will probably be throwing some form of self-pleasure workshop,” says Burek. “So we are hoping to discuss sex-positivity and how to pleasure yourself with toys and things like that.”

Many students that are not directly involved with the Pride Collective feel that its work, and the lounge, is an important part of campus life.

“It shows that Camosun supports sexual diversity,” says Renee Gaudet, a University Transfer student. “I think it's important for there to be a comfortable and safe place for people to come together and discuss issues at hand.”

Jake Werrun, a second-year Criminal Justice student, also feels that the collective is helpful in providing support.

“People may have to deal with a lot of negative stigma,” says Werrun. “And it's good that there is a place that can provide community, help, and resources if they are needed.”

HEY, YOU!

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Fast fixes or health hazards?

Exploring our willingness to follow food bandwagons

By Jayden Grieve, contributing writer

Sometimes, when faced with endless choices at the grocery store, you feel like you'd just rather live without it, but you can't: food is our bread and butter. But how much do we really know about the sweet ambrosia we shovel down our gullets?

The truth is that a lot of people today will eat almost anything without a second thought if they are under the impression they will gain some benefit out of it. Whether the goal is losing weight, gaining weight, sleeping better, breathing better, or any number of other things that would be pleasant to accomplish, people readily jump on whatever is currently trendy in hopes that it will be the one that does it.

But is hopping on the latest food trend—be it foods like chia seeds, acai berries, or kale, or dietary movements such as veganism, gluten free, and lactose-free—really going to benefit us?

FAST-TRACKING HEALTH

“We really appreciate quick fixes in our culture,” explains Camosun anthropology instructor Nicole Kilburn. “I wouldn't say we're lazy, but we live in a very fast culture; we're very busy and it's very appealing to us if we can find shortcuts. So in terms of latching on to the next superfood, having a smoothie with acai berries that has all these promises attached to it for your health is maybe easier than eating healthy whole foods that you have to cook from scratch.”

It seems that the more “civilized” we become, the farther out of touch we grow with many aspects of the world. Kilburn explains that as time has passed we've forgotten that the food on our tables is much more than what we see sitting before us.

“I think we don't have an awful lot of nutritional knowledge and we are distanced from our food,” she says. “You take a look at things in the grocery store and they're in boxes and meat is wrapped in plastic and it doesn't look like an animal, it doesn't look like fields of corn. We have that distance between ourselves and what we're eating, and so I don't think we really know what we're supposed to eat anymore. It's a real vulnerability because it allows people to tell us what we should be eating.”

Kilburn says that in the last 10 to 15 years there's been a change in the way food is marketed to us.

“We're starting to see a lot of buzz words like ‘antioxidants’ or ‘fibre’ or ‘whole wheat’ and those things create this illusion of health that's really useful for marketers.”

This distancing of North American society in regards to food couples badly with the all-too-common belief that everything should happen fast. “Patience is a virtue” has become more of a no-verb than a proverb and it tends to take a toll when we think about it in terms of health.

“People tend to be quick to jump on trends because we're living in a day and age where we want things new and we want things quick,” says local registered dietician Julie Kostyk. “Nowadays everything is made to last only a limited amount of time because as consumers we want new. We want fresh, we want updated, we want new technology and people are quick to jump on anything.”

In addition, Kostyk explains that although many of these food trends can be very healthy it's important to always look at them with a critical eye.

“I think when we talk about food trends and food crazes we sort of know that what typically happens is something becomes trendy, something becomes hot, everyone wants to do it and the pendulum swings wildly to one side. When something becomes a trend you have to sort of look

at it critically and ask yourself, ‘Why is this something we haven't always been doing?’”

However, Kostyk also says that some food fads do need to be regarded with some scrutiny. Take, for example, our friend the acai berry.

“If you look at the price of something that contains acai berries it will tend to be more expensive than, say, blueberries. Well, blueberries have antioxidants as well. That tends to be the biggest thing about acai berries: they contain a lot of antioxidants so they potentially help to fight cancer and things like that in our body. But regular berries also have antioxidants. As a consumer you have to be wary, because lots of times when something is trendy it also costs more.”

THE FOLLOWING WORDS ARE GLUTEN-FREE

The price of alternative goods is only one of many obstacles encountered by those who choose to alter their dietary habits. Often people leap before they look and end up landing in a strange land without a map. This is a common occurrence in the cases of many of those choosing to stop their consumption of gluten.

“Definitely for the last couple of years gluten-free has been a real trend and for a lot of people out there I worry that the reasons they're doing it may not be the best,” says Kostyk. “They may not have educated themselves enough for the reasons for going gluten free. People have this perception that if they eat gluten-free they are going to be healthier and that's not always the case. If you're choosing your diet wisely and you're choosing whole grains or alternative whole grains, eating more fruits and vegetables, getting your calcium from dairy or milk alternatives and eating good quality meats, fish, or legumes, for sure you can be gluten free and be totally healthy. I'm just not sure that's the way many people who are going gluten-free are going.”

Educating people about eating healthy has become more and more important in today's society. Victorian Ari Hershberg has seen this and to do his part has taken on a role as the event producer for Victoria's upcoming Gluten-Free Health and Wellness Festival.

“I think we've gotten to a point where we have so many options that we don't know what's best for us,” says Hershberg. “Some people do really well with dairy and some people don't do well with dairy. Some people do well with gluten; some people don't do well with gluten. Do some people just jump into gluten-free too fast? Heck yeah, people jump in things all the time. You have to educate. I want people to have enough education so they can either be like, ‘It's not for me’ or, ‘I'm going to try it.’”

Hershberg (whose gluten-free fest is happening on February 22 at the Victoria Conference Centre) says that while every new dietary idea is considered a fad, gluten-free isn't.

“It's easy to call it a fad because it's new,” he says. “I think that gluten-free is starting to make people think, ‘Which foods works for me and which don't?’ and it starts people thinking, ‘What works for my body?’ without getting too crazy.”

Jumping headfirst into anything can be a major problem but there is also the risk that comes with not jumping at all. Sometimes we take an all-or-nothing approach to nutrition; it's important to find that happy medium and think about what we're eating.

“Sometimes I think we create these big fads or a buzz that gloss over without thinking about some of the smaller pieces,” says Kilburn. “Certainly we've been having some problems with the consumption and amount of wheat we are consuming today. Going gluten-free kind of depends on what that gluten-free food is; sometimes gluten-free food may be heavily processed. You may have something that's gluten-free but has a bunch of other foods that are a part of that cause problems. I don't think it's as easy as saying yes or no, but certainly there seems to be something going on in terms of the type of wheat that we are consuming today that people should be aware of.”



JAYDEN GRIEVE/NEXUS

LOOKING, THEN LEAPING

W

Whether gluten-free is a fad or not, it's always beneficial for people to consider what they put in their bodies. In the last decade or so, North American culture has begun to shift towards thinking more critically about what we eat. And that includes thinking more critically about how that food is marketed.

"If customers feel confident that they'll receive 'value' from the purchase, meaning the product or service will be worth more to them than the money they spend on it, many will make purchases based on incomplete or inaccurate information," explains Camosun marketing instructor Glen Allen, who adds that "in today's society, when information is so readily available it can be easy to do comparative research when shopping."

Allen explains that food trends can only be perpetuated as long as the market will support them... and sometimes the support is manufactured.

"By telling the public, for example, 'You need to eat more fibre,' marketers are likely trying to create a want or demand for fibre-based products by educating the public of the 'benefits' to be gained by consuming them," he says. "It's often done through target marketing, as this type of message would likely get better reception when presented to the segments of the population whose circumstances, such as being overweight, pregnancy, type 2 diabetes, or high cholesterol may benefit from higher-fibre diets."

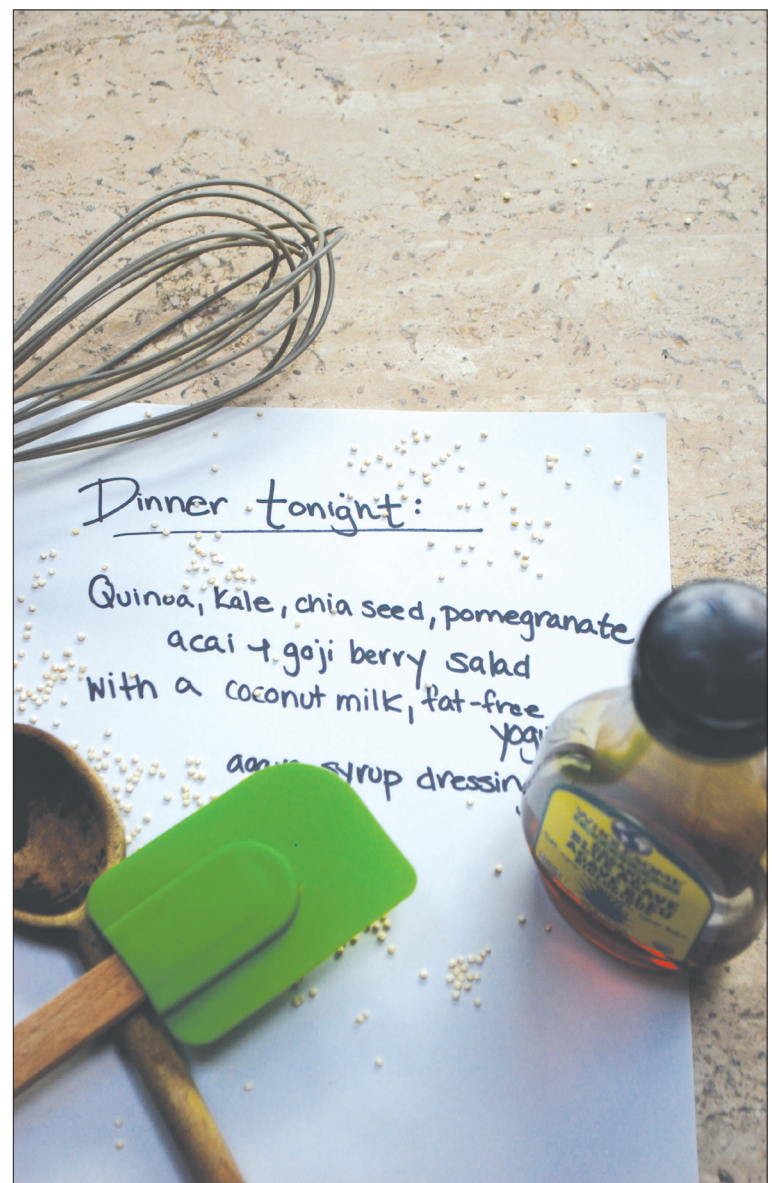
Apart from seeing through marketing schemes, the task is for people to actually apply critical, and logical, thinking to their real lives and their diets.

"I was a vegetarian when I was in university," says Camosun's Kilburn, who admits her passion often overshadowed her logic. "If someone asked, 'Why are you a vegetarian?' I would say, 'Oh, well, you shouldn't eat meat.' I hadn't really developed a good reason or rationale for it but I was very vocal about it. I find that many of my students are in the same situation; you won't eat meat because you won't eat meat."

But Kilburn says the individual should evaluate that a bit more. Are they not eating meat because of animal rights, the environmental footprint, or health issues?

"Those are all really good reasons but you need to be evaluating your food choices. I was a very faddy vegetarian," she admits. "I was a vegetarian because everyone else was a vegetarian, and that was just the thing to do when you were an undergrad."

When it comes down to it, people have to enjoy the dietary changes they make in order to keep doing them, says registered dietician Kostyk. "If you're following a crazy way of eating that you really don't enjoy, if you're suffering," she says, "then you're probably not going to do it for very long."



FILE PHOTO

SHUFFLE

FRIDAY

DJ MARSHALL A

\$4 CORONA

\$4 TEQUILA

\$4 HIGHBALLS

FLUID | SATURDAY

DJS MARSHALL A & MURGE

\$4⁵⁰ BLUEBERRY STOLI

\$4⁵⁰ HEINEKEN

\$4⁵⁰ JAGER

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comedy

Festival brings together funny women of all kinds

"I phoned the number and said, 'Everything around me is falling apart, but I know I'm funny, and I really need to be in your class.'"

MELANIE ROSE
COMEDIAN

JILLIAN WEDEL
CONTRIBUTING WRITER

Whether it's to cheer us up, connect with friends, avoid an awkward silence, or to keep us from keying our neighbour's car, comedy seems to do the trick. Laughter cuts tension, lightens the mood, and allows us to explore every kind of topic—from airplane peanuts to racial profiling—all in a way that transcends the straight-faced nature of everyday public life.

On that note, the very first Funny Women Festival will be exploring a variety of themes with acts that include standup, sketch, improv, as well as music—and it's

all delivered from an entirely female perspective.

"I really wanted women to get the spotlight," explains festival organizer Kirsten Van Ritzen. "To take women's work in comedy and the support they have for each other to a whole new level, and to share that with the audience and the community."

Founder of the production company Broad Theatrics, Ritzen has been a very active participant in the local comedy and theatre scene with a little bit of everything on her resume. But when it comes down to it, comedy is her first love. "It's something that I thrive on," admits Ritzen, "and I need quite a bit of it."

It's true: a big belly laugh now and again definitely satisfies a fundamental need within us all, but it's also capable of so much more. "There can be depth to it," says Ritzen, with excitement in her voice. "It can inspire us to change."

If anyone is proof of that statement, it is Vancouver's Melanie Rose—one of the comedians performing at the festival. In contrast to the flashy tie-dye shirts she sports on stage, things were not always so bright for Rose.

"I was in a psychiatrist's office, in the elevator when I saw the sign

for Stand Up for Mental Health," recalls Rose, "I phoned the number and said, 'Everything around me is falling apart, but I know I'm funny, and I really need to be in your class.'"

As someone who suffers from bipolar, Rose attended the program, which uses humour to help those struggling with mental illness. She claims that it saved her life.

"I found it very therapeutic," she says, "It's been a real blessing to have found it."

On the other hand, being behind the mic also has its ups and downs. When asked what she does after an "off" night, Rose refers to another form of therapy: "TV and chips," she says with a full stop.

Another funny woman slated to appear is Karen Brelsford—a Victoria actor and improv performer. Brelsford always knew she was a performer, but it wasn't until after studying sciences at the University of Victoria and working for the government that she decided to try her hand at show business.

While working in the field of tree-ring dating, Brelsford asked herself, "Do I want to do this for the next 40 years?" It wasn't long before she went to New York to attend the American Academy of Dramatic Arts.



DAVID BUKACH

Kirsten Van Ritzen playing her character Louise for some laughs.

With a background in acting, improv comedy is what really pumps Brelsford up. "There's an adrenaline rush with it because you don't know what's coming, and that's fun," she says, also noting that "it's safer than bungee jumping."

In addition to Rose and Brelsford, Ritzen explains that the lineup she has planned for the festival includes a little bit of everything: "There's a huge range of voice, diversity, and variety," she says.

When asked if she plans on making the festival an annual event,

Ritzen seems torn. "Why have I given myself this massive job?" she says.

But Ritzen seems to know how to juggle all of the things she's involved in. Needless to say, I'm sure the first Funny Women Festival will not be the last.

Funny Women Festival
8pm Friday February 21 and
8pm Saturday February 22
\$25, Victoria Event Centre
funnywomenfestival.com

event

Local beer event gets crafty

JASON SCHREURS
MANAGING EDITOR

Bringing over 30 craft breweries, including every brewery and brewpub on Vancouver Island, together for a week-long series of events wasn't nearly as tricky as it sounds. Victoria Beer Week is a new event that celebrates BC's growing craft beer scene and, according to board member Jeff Kendrew, the amount of interest from brewers and beer-drinkers alike proves that it's long overdue.

"People are starting to really pay attention to their local breweries, and it's not just your rare beer geek, it's your everyday person that's looking for a good quality, flavourful beverage," says Kendrew, also territory manager for Vancouver Island Brewery and one of only 25 certified beer tasters in Canada. "And there's also a lot of value in supporting your local company."

Victoria Beer Week features brew-related events such as meet and greets with brewmasters, a beer label art show, a women-and-beer panel discussion, beer-related film screenings, and two craft beer pub crawls. The event finishes up with a brewmasters' brunch on its final day. Over 30 craft breweries from BC, including all nine craft breweries and brewpubs in Victoria, are included in the week-long series.

"For an event like this, everyone wants to be involved," says Kendrew, stressing the importance of community within the craft beer



PHOTO PROVIDED

Victoria Beer Week board member Jeff Kendrew with a tall cool one.

industry. "It's an easy event to get breweries in to. Even from within our group of seven board members, there are four different beer reps from four different breweries and we understand that we're all in this together."

Participating breweries seem to agree that Victoria's beer scene is all about striving for a common cause, with some healthy competition along the way. Victoria Beer Week shows that the craft beer scene here and throughout BC is stronger than ever.

"To me, it's the more the merrier," says Moon Under Water brewmaster Clay Potter. "There is still a small percentage of people drinking craft beer, so the more breweries the better. As long as everyone's making good beer, it's good for everybody."

Started from an idea sparked

by Garrick's Head Pub manager Jeff Nowak, Victoria Beer Week brings together local beer venues and BC's breweries with the city's beer lovers. More importantly, the event will expose even more Victorians to the growing popularity of craft beer.

"It's another outlet to introduce new beer drinkers to craft beer, so that's why everyone is working together," says Potter. "Rather than just promoting our own breweries, we can promote craft beer in general, and there's enough good breweries in Victoria making really good beer that we're able to do it now."

Victoria Beer Week
March 1-9
various venues
victoriabeerweek.com

what's going on

by samantha pettifer

UNTIL APRIL 28

Threads in retrospect

Artist Carole Sabiston's work will be showcased in the show Everything Below All of the Above at the Art Gallery of Greater Victoria. Sabiston is known for her creative use of textile and collage, which is evident in the collection from the 1970s to the present day. Look forward to movement and play through colour and texture in a variety of formats. Go to aggv.ca for details.

TO FEBRUARY 22

Nice day for a picnic

William Inge's classic American play Picnic is playing at the Phoenix Theatre this month. It won a Pulitzer prize in 1953 for its story of a small Kansas town's encounter with a man just passing through and shaking things up. The theatre is offering a sign-language interpreter on the Feb. 22 matinee. Information at phoenixtheatres.ca.

WEDNESDAY, FEBRUARY 19

Rail trail info afternoon

Check out this open house on the next phase of development of the E&N Rail Trail - Humpback Corridor. 3:30 to 6:30 at Shoreline Community School, 2750 Shoreline Drive.

FEBRUARY 19-MARCH 8

What Happened Was...

The film version of What Happened Was won a Sundance Prize in 1994, but was originally written as a play. Theatre Inconnu is presenting the humorous first-date story on stage, where it is just as magical as it was on screen. Show times at theatre-inconnu.com.

SUNDAY, FEBRUARY 26

Modern heritage

Electronic group A Tribe Called Red

have been making waves across Canada with their fusion of traditional aboriginal and modern music. Their Electric Pow Wow events in Ottawa have gained popularity, by showcasing their heritage and speaking with a modern voice. Their Victoria show will be at Club gone9, with Monolithium and DJ Applecat.

MARCH 3-8

There's a festival for everything

UVic is hosting their third annual ideas conference, featuring ideas and lectures on all kinds of topics. Science and technology, social justice, music and theatre... there's something for every interest. Most lectures and shows are free of charge, taking place at UVic, but don't miss the documentaries happening off-campus! The schedule is available at uvic.ca/ideafest.

WEDNESDAY, MARCH 4

Twins in town

Canadian pop darlings Tegan and Sara will be coming to Victoria's Royal Theatre, with the Courtneys opening for them. Their recent album Heartthrob has received four Juno nominations, so check out their material live before the awards later in March.

MARCH 4-9

Shout it on out

The Victoria Spoken Word Festival is back at both the Metro and Intrepid Theatres this year. Camosun student Morgan Purvis, Victoria's newly appointed Youth Poet Laureate, will be opening the festival on Tuesday, March 4. There will also be puppets, improvised poetry, and a public workshop for the spoken-word-curious. More information at victoriaspokenwordfestival.com.

music

Goo Goo Dolls: the Nexus interview

“It’s amazing to me that we still have this opportunity and I hope it goes on for a long time.”

ROBBY TAKAC
GOO GOO DOLLS

JASON SCHREURS
MANAGING EDITOR

It’s hard not to think of Buffalo alt-rock-lite band Goo Goo Dolls without immediately skipping to the choruses of their biggest songs, “Name” and “Iris.” But under the trappings of acoustic power ballad hits is a band that’s coming up on 30 years of distinguished rock and roll, not just the strummed acoustic numbers that made them huge back in the ’90s. Their latest and tenth album, *Magnetic*, was released last June and marks a new chapter in the band’s respectable career.

In advance of their upcoming appearance in Victoria, Goo Goo Dolls bassist/vocalist Robby Takac spoke to *Nexus* about trying out new things, chatting with Mick Jagger, and escaping the shadows of the ’90s.

How are you doing, Robby?

Good, good. I’m in sunny Los Angeles and my wife is sitting in Buffalo under a huge pile of snow.

Cool. How are you feeling about Magnetic now that it’s been out for a while?

Good, man. Everything seems to be going really well. We’ve got a lot of touring coming up, right until November, so it’s been a really good album for us so far.

You guys have pretty much made a career out of playing power ballads. Do you ever wonder what would have happened if you’d followed more the path of your earlier punk/hard rock stuff?

Well, I don’t think we ever considered ourselves a punk band. We always thought our songs were a lot more melodic than they were, you know? We were always fans of pop songs and I think we were just lucky enough to see what happens with your band if you stay together for 30 years, which we’re coming up on. You grow up as people, and what you want to see out of your music changes.

Do you feel like you’ve been able to control that and follow your own path?

Well, ultimately, it’s us who records the music and approves the mixes, so I guess I would have to say yes.

Do you listen to new and up-and-coming bands?

A little bit. I actually have a record label that I run with my wife, and I deal mainly with Japanese rock bands, so I listen to a lot of Japanese music right now. My wife is from

Tokyo so I got exposed to a lot of it early on. We represent [Japanese pop-punk legends] Shonen Knife in the States and we release their records. And since then we’ve started representing other Japanese bands. So we run this little indie label out of our back bedroom.

Where do the Goo Goo Dolls get your inspiration for writing new music?

For years it was always about sitting there in the studio and knocking it out. We had a bunch of songs in varying stages of being done and we’d go into the studio and start recording. It would always end up that we felt we were sitting under this huge pile of unfinished stuff, and it starts to wear on you a bit and makes it difficult to finish a record. So, with this new record we did it in a different way. [Guitarist/vocalist] Johnny [Rzeznik] would go in and start a demo, then he’d call us up at a certain stage and we’d go in a knock it out, finish that song, and move onto the next song. And we also brought in a few different producers for this one. It really gave this record a chance to feed off of a lot more sources of vision and creativity than the old process did. So this record is a lot different than the previous records because of that.

A lot of bands from the ’90s got swallowed up by the shadow of that decade, and some are almost forgotten at this point. You guys have been able to avoid that, but do you ever feel the shadow of the ’90s weighing down on you?



CHAPMAN BAEHLER

Robby Takac (left) and Goo Goo Dolls are still rockin’ after all these years.

Well, that’s when we were the biggest, so I guess that’s going to have some affect on the way people see things. We just try to keep our heads down and move on to the next thing. We’re lucky enough to be able to play shows and have people recognize the songs and let go of their hard-earned money, because it’s tough these days, man. It’s amazing to me that we still have this opportunity and I hope it goes on for a long time.

It must also be nice to have Taylor Swift playing one of your songs? [Swift has been known to bust out “Iris” in her live sets.]

Yeah, there you go! That’s the cherry on the sundae, isn’t it? It’s funny, we toured with the Rolling Stones years back and I remember sitting down with Mick Jagger for one of the few conversations I had with him on that tour and he said,

“Yeah, it’s strange. On these tours it’s mothers with their daughters, and their daughters,” in this really creepy voice. And, to a much lesser degree than the Stones, it’s pretty amazing after 30 years how many people have just discovered our band through their parents, or just having our music laying around. It’s really interesting to talk to fans and see where they all came from.

What’s the secret to sticking around this long?

I guess just be willing to do what it takes to make it happen. And wish for a lot of luck [laughs]. There are a lot of great bands out there that just couldn’t make it happen.

Goo Goo Dolls
7:30 pm Wednesday, March 5
\$50.25 and up, Royal Theatre
rmts.bc.ca

adventure

Great white encounters with Francois Leduc

“Part of the goal of the movie is to hopefully have the ability to change the fear and transform it into a respect.”

FRANCOIS LEDUC
GREAT WHITE SHARK

SUZY BEAUCHAMP
CONTRIBUTING WRITER

Francois Leduc gives literal meaning to the term “swimming with sharks.” Leduc recently spoke at the IMAX about his experiences free-diving with sharks for the making of the movie *Great White Shark*.

During the filming of the IMAX feature it was Leduc’s job to protect the featured diver William Winram when they were diving with sharks in South Africa, New Zealand, Mexico, and California.

Leduc has been free-diving since 2000, but diving with sharks was a new experience for him. Although he was diving without gear, he

claims that it’s actually not a scary experience.

“Respecting the animal is respecting the fact that, yes, there’s some danger and you can’t take the animal lightly and everything, but it’s different than being scared,” says Leduc. “If you act like prey, then the risk of ending up as prey is much higher because the shark will sense that, but in general if you hold your position and you have a good presence in the water then the shark will be more curious, cautious like the same way we are.”

Rather than fear, Leduc said he felt a sense of mutual respect with the animals he was sharing the waters with.

“And that’s a very unique feeling,” he says, “when you sense that as much as we’re curious and looking to understanding who they are, or what they are, you can sense the same thing from them.”

Leduc says one of the goals of *Great White Shark* is to give viewers a different perspective on the much-feared animals, due to other movies and the media. Leduc would like to see a shift in the public’s perception of sharks.

“They are always depicted as kind of a monster, and a menace,

and the movie shows a different image,” he says. “Without denying the fact that they’re hunters and they can be very efficient at preying their prey, but showing that they aren’t a killing machine. They’re not acting and behaving the way people might think they are. Part of the goal of the movie is to hopefully have the ability to change the fear and transform it into a respect.”

Leduc is very passionate about sharks and says that we are directly connected to the ocean and need to respect the animals that are there.

“The human relationship with the ocean is sometimes weird,” he says. “We have a tendency to think that we own everything, and that we can do anything we want, but there’s a huge lack of respect.”

As for moments during the film’s creation that were particularly memorable, the reverence in Leduc’s voice is unmistakable as he described an encounter with a female shark.

“She was just huge, must’ve been at least four to five meters long and just amazingly big, but she was so graceful and peaceful in the water. She stayed with us in one trip for about at least two hours,” he recalls, “just kept circling and coming



PHOTO PROVIDED

Francois Leduc

back... a little bit shy, but cautious, but still comfortable enough for us to be able to really interact and get very close to her.”

Despite being in such close proximity to such an enormous great white, Leduc says he never at any moment felt any threat or form of aggression from the shark.

“She was just smooth and made very peaceful movements in the water,” he says. “So it was quite unique actually, and it was actually the closest that I really came to a great white because she was so calm and we could easily approach her.”

Great White Shark
Daily 10 am, 1, 3 and 5 pm
\$9.35-\$11.80, National Geographic IMAX
imaxvictoria.com

New Music Revue



No
El Prado
(Arts and Crafts Records)
2.5/5

LA-based indie sextet No’s debut, *El Prado*, isn’t an upbeat album, but by no means is it unbearably depressing. With *El Prado*, No delivers an album with vocal lines that are easy to nod along to, and they also contain some lyrical gems.

The album’s tone bleeds together well, but in some cases it’s too seamless, making the listener hope for a change of pace.

The musical nuances and touches the group use to accent *El Prado* all feel like something we’ve already heard. It’s not that this is a bad album, but it’s also not a great work of art.

Bradley Hanan Carter, the group’s vocalist, wields a deep voice that’s effective, but over time his singing gets tiring. Similar to the tone of the album overall, his vocals are all well contrived, but over the course of the disc become all too familiar.

-SETH BROOKS



Noms!

words and photo by Patrick Hallihan

The cheap and void-filling stir fry

Stir fry is cheap, quick, full of vegetables, and can have enough spice to clear out any stuffed nose. It can be easily bulked up further with rice, noodles, and frozen vegetables in lieu of fresh ones. Build a base sauce to simmer it in, and you'll have dinner and leftovers! All in all, it's a fairly inexpensive meal, and you can typically get a few meals out of it with the right ingredients.

What you will need:

- Beef
- Vegetables (your choice of what kind)
- Rice
- Spices
- Soya sauce

To start off, we'll need to prepare the beef. I used two eye of round marinating steaks, cutting off the fat and slicing them into strips. You can also buy beef strips labelled as being for stir fries, but nearly any cheap cut will do. In a bowl, prepare your stir fry's sauce by mixing together enough soya sauce (I had teriyaki flavoured) to cover the beef

in a cereal-sized bowl. Add in your spices (I used cayenne, pepper, and some garlic) and begin marinating your beef. About 10–20 minutes is best, as this allows the flavours to sink in and tenderize the meat a little before cooking.

Before you begin to cook the beef you will want to start the rice (or whatever you chose to use). I have covered cooking rice before in this column, but here are the quick notes: rinse off starch with cold water, place in a pot with double that amount of water, add salt, bring to a boil, cover and simmer until water is gone.

Once your beef is ready, dump it in to a pan and fry at medium temperature until cooked. While the beef is cooking, prepare your chosen vegetables; I used some frozen "Japanese medley" veggies. Once the beef is cooked, place the vegetables in the mix, cover, and allow it to simmer for 15–20 minutes.

If you chose to use noodles with your stir fry, you would want to add those to the mix around now, once the vegetables are mostly ready.



Fill the student void with stir fry.

The noodles just need to turn soft and do not require much cooking, and they will also absorb much of your sauce.

Once everything is cooked, put it on a plate, and serve. Nothing fancy, but it fills the void and tastes pretty good. If you up the ante on the spices, it will clear out most colds and un-stuff any nose. You are also not relegated to beef with this recipe; chicken stir fries are great, too! (Albeit, slightly more expensive for the starving student.) Happy eating!



Politically Speaking

by Matthew Helliwell

The Liberals: a party in repair mode

The federal election of 2011 was the worst election in history for the Liberal Party of Canada. Once dubbed (by themselves) "Canada's natural governing party," the Liberals finished third, with just 18% of the popular vote across Canada. It seemed that years of infighting and a leadership shuffle that moved quicker than musical chairs had sealed the Liberal fate. Perhaps most astonishing was the Liberals' loss of their strongholds in Ontario and Quebec.

Fast-forward to 2014, and that result seems hard to believe. The Liberal party is again polling number one in most polls, and fundraising is matching Conservative levels. Anyone who has watched TV in the past year can probably guess why: Justin.

The charismatic new leader

is kicking political ass and taking names. In an Ipsos Reid poll asking which federal party leader would make the best Prime Minister, 42% said Justin Trudeau, beating current PM Harper by 8 percentage points.

Indeed, the numbers would seem to show that Justin Trudeau has a real shot at winning the next Canadian election, a thought that apparently has Stephen Harper quaking in his boots. Since Trudeau assumed leadership, the Conservatives have been up to their old dirty political games of cheap shots and smear campaigns. It seems you can't have a conversation with a Conservative without them bringing up (and ridiculing) Justin Trudeau's pro-cannabis-legalization stance.

According to a *Toronto Star* article, the Conservatives are plan-

ning an orchestrated sabotage of the upcoming Liberal convention in Montreal, in an attempt to spread their message that Justin is "in over his head."

Among some of the commission's great ideas include handing out "ZigZag rolling papers screened with Trudeau's face." Yes, you read that right: because marijuana is so dangerous, the Harper Conservatives want to hand out rollies at a Liberal convention. Stay classy, Stephen.

Despite the negativity from the opposition, or perhaps because of it, Justin's Liberals are in a great spot to take back a significant chunk of the seats held by the Conservatives and the NDP.

The real test will be whether they can keep spinning the attacks in their favour until 2015.

Age of Geeks

by Vishal Pandey

Apps apps everywhere

Most of us have Android or iOS smartphones and, boy, do we love them! But smartphones are nothing without their apps. These apps are a source of large revenue for the developers and offer a lot of convenience for the users.

So, for this issue I've made a list of some geeky and useful apps, for both iOS and Android platforms. (Remember that some apps may be exclusive to either of the platforms; check it out before you download.)

Swift Keyboard

Swift was a revolutionary keyboard for Android when it first came out. Swift allows users to drag their fingers around the screen from key to key, and the app's magic does

the rest. Swype's advanced prediction and correction technologies help minimize mistakes. This is a must-have app if you own an Android device. It saves time and improves functionality.

Swift Key Keyboard

This is the alternative for Swype for iOS users. This app is actually a new way of typing. It has the same functionality but it's still in the early release stages, which means there may be a lot of bugs. But it's always developing, so there should be improvement in the future.

aWallet Password Manager

This app comes in handy while storing your passwords or banking details. The developer has used a

specific encryption system, which keeps the records within the phone and restricts any web access, which makes it hack-proof. So, if you have a lot of information and want to store it conveniently, this might be the app for you. You don't have to be worried about your private diary being lost or somebody reading it.

Snapchat

This app needs no introduction, but I needed to include it in our list. The uniqueness of this app is that it's private and leaves no trail. It lets the users send a picture to a friend, then the picture deletes itself from the destination device after it has been read. It's as geeky as it gets. Remember the *Mission: Impossible* messages?

Camosun College Student Society columns

Ability's Muse

by Rachael Grant

camosun college students with (dis)abilities collective

The lie about mental illness

People who struggle with mental illness are often construed as dangerous, but in reality they're more likely to be the victims of a crime than the perpetrator. In fact, according to the Canadian Mental Health Association, people who have a mental illness are two-and-a-half to four times more likely to be at the receiving end of violence, more so than any other segment of the population.

What is bizarre is that the opposite is presented almost every time we watch the news, pick up a book, or see a movie. It is generally thought that to commit a crime, there must be some sort of imbalance, that psychiatric issues must be present in a person for them to possibly commit a violent crime.

By not challenging this mis-

conception, not only are people who have mental illnesses being demonized, dehumanized, and isolated, but key issues are being disregarded.

The systemic challenges that contribute to criminal behavior are not being addressed in part due to this lie of the danger in mental illness that is being pumped through us.

The challenge is to take on the painstaking process of unlearning and disregarding this fabricated reality. It is coming to grips with the reality that people don't have to be mentally ill to violate the law. It is pushing for realistic representation in the media of individuals with psychiatric (dis)abilities, by speaking against the ample misrepresentation of this community.



Mind Your Business

by Andrea Eggenberger
camosun college DECA club

Planning more than a party

Our college is full of entrepreneurs. From the business students to the music students, we have a wide range of creative minds pursuing their passion.

This issue I'll cover some apps that will make planning an event for your business much more student-friendly.

Scheduling

Scheduling is one of the greatest challenges in getting your event underway. An app like Doodle, which allows users to list potential dates and times in a poll format, is a quick way to get your event off the ground.

The Apps that do everything

Be advised to always take a phrase that includes "everything" with a grain of salt. They may not do everything well, or there may be a significant difference between the free and pro versions. Here are

the top three: Event Espresso, Pro Party Planner, and Simple Soiree Party Planner.

Splitting it up

You may find that having a separate app for various tasks is more suitable for your needs. For example, there's PitchIn, for delegating tasks; Pageonce, for managing your finances; Super Planner, for precise planning calculations; and Eventbrite, for ticket services.

Social media management

Social media is a great way to find new members for your team, but managing multiple accounts can be daunting. Download a social media management app, like Hootsuite or Bizzabo, which will allow you to post one message to multiple networks, and even schedule when they appear. Users can also track brand mentions and analyze social media traffic.

Queerly Forward

by Piotr Burek

camosun college pride collective

Go f%\$& yourself

Some of the best sex I've had has been with myself.

Nothing makes me moan and groan harder than my right hand stroking my penis, my left index finger slowly massaging my prostate and a creative imagination that places me in multiple hot and sweaty situations.

Self-pleasure is hard to talk about, but easy to do. There are a plethora of tools that can help you out, including dildos, vibrators, clitoral stimulators, anal beads, nipple clamps, and butt plugs. Not only are these toys really fun, but they can help you explore your body and find stimulating spots you may have never known about.

While not everyone is into self-pleasure, it can be an important

aspect of a healthy sexuality. Instead of pushing the discussion under the rug, we should be bringing it out in the open and talking about the many ways in which we can pleasure ourselves.

There are a few things to think about in terms of self-pleasure. First, make sure to use lots of lube and go slow; some dildos and vibrators are really big and the last thing you want is a painful tear. Second, make sure to properly clean all toys before and after use. Third, if you're a shooter, it might not be a bad idea to wear some safety goggles; semen in the eye is the antithesis to a mind-blowing orgasm.

With a few precautions in mind, self-pleasure is awesome. So, go f%\$& yourself!

Personal Credits Notice



If you received a Common Experience Payment, you could get \$3,000 in Personal Credits for educational programs and services.

The Indian Residential Schools Settlement Agreement. The healing continues.

Since 2007, almost 80,000 former students have received a Common Experience Payment (“CEP”) as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to \$3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, Indigenous Institutions of Higher Learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits?

Adequate funds are available for each CEP recipient to receive up to \$3,000 in Personal Credits, depending on your approved educational expenses.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- Children
- Spouses
- Grandchildren
- Siblings

Which educational entities and groups are included?

A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling, as defined in

the terms and conditions. Personal Credits of multiple CEP recipients can be combined to support a group learning activity.

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgement Form. If you do not receive an Acknowledgement Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgement Forms should be returned as soon as possible and must be postmarked no later than **October 31, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using Personal Credits at each educational entity or group. Once the Form is received,

provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014**.

What happens to unused Personal Credits? The value of unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuvialuit Education Foundation for educational programs.

For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolsettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

1-866-343-1858 • www.residentialschoolsettlement.ca

writing word search

Last issue's cover story on writing and the power it holds held some power in its, uh, writing. So, to keep it alive for just a bit longer (and if you missed it, head to nexusnewspaper.com to check it out), here's a word search based on it, using key words that were found in that piece. (Including "laureate," which is a heck of a word to type repeatedly.)

Find the words on the right down below, and have fun!

- ACTIVIST
- ADVOCACY
- CHANGE
- INSPIRATION
- LAUREATE
- LITERATURE
- MATTERS
- MEDIA
- ONLINE
- PAPER
- PEN
- POEMS
- POWER
- PROFESSOR
- PROVOKING
- SOCIETY
- TOOL
- WAR
- WORDS
- WRITING

E	T	A	E	R	U	A	L	A	P	N	O	W	P	M
S	T	S	Z	I	I	G	C	O	O	N	N	K	R	V
C	T	N	G	D	N	T	W	I	R	O	L	U	O	V
C	F	B	E	I	I	E	T	A	I	E	I	W	V	Y
M	F	M	T	V	R	A	D	J	R	A	N	T	O	T
P	L	I	I	X	R	H	N	S	R	N	E	R	K	E
I	R	S	L	I	T	E	R	A	T	U	R	E	I	I
W	T	O	P	S	Y	S	I	C	P	H	P	P	N	C
Q	O	S	F	E	V	C	D	G	H	Z	E	A	G	O
I	N	S	M	E	O	P	A	R	K	A	N	P	T	S
I	T	O	O	L	S	D	G	C	O	Y	N	O	U	H
M	A	T	T	E	R	S	Y	L	O	W	R	G	F	R
Z	D	T	O	E	I	H	O	Y	G	V	L	Y	E	B
Z	L	V	D	W	R	N	X	R	Z	E	D	X	K	R
U	D	T	W	X	X	K	J	F	X	T	M	A	V	T

astrological asininity

by River Rainfall

Hi! My name's River and I can see the future... go!

Aries: Okay, so there just might be something about a "duck escape" in your future but I don't really get why unless you live on a farm! Oh, hold on, the cosmos is giving me some signals here... oh, "duct tape"? Signal is coming in foggy... argh!

Taurus: Totes not making fun of people who live on farms, totes would like to live on one! LOL Anyway, Taurus folks, this is your lucky week: buy lotto tickets and all that! Just kidding! Who actually buys lotto tickets? I have no idea.

Gemini: Hi! I think that there's something in your future about rams but I don't get it, do you all live on farms? Oh, dodge the ram? What the hell is the cosmos telling me? Oh, watch out for cars! Oh, "watch out for cars, River!" Ohmygod!

Cancer: LOL you'd think sitting in the middle of Richmond writing this out in my notebook would be safe, but a Dodge Ram almost hit me. LOL on what the cosmos was telling me! Anyway, Cancer, your future this issue has nothing to do with farms! It has to do with large amount of small bouncing balls. LOL I don't know what you get up to, but can I come hang out? Cosmos is saying that one ball might go in your mouth and down into your stomach so, um, ew, watch out for that.

Leo: Psst! Cancer gets up to weird stuff.

Virgo: Under no circumstance should you party this week, and you might want to just focus on doing some studying anyway. We've seen better grades, and the partying isn't helping! Stop partying!

Libra: Party on!

Scorpio: Watch out for the colour blue and for snakes, but I don't know what situations you might find yourself in where that's going to make any sense. What are you people doing in your spare time?

Sagittarius: So someone in one of my philosophy classes whispered in my ear the other day, he whispered this: "River, what is the sound of one hand clapping?" Doesn't that blow your mind? And I thought of it because I see in your future a hand getting chopped off! Just kidding! But I see some clapping, you going to the theatre or somethin'?

Capricorn: I see the words "shirtless" and "Argyle" in the stars, LOL might wanna wait until the weather is a bit better before getting wild on the side street there!

Aquarius: The spookiest part of doing this column is when I get to Aquarius. Because I'm an Aquarius! So sometimes I just can't look at it, like now! LOL how can you live normally when you know the future?!

Pisces: I hope you're more relaxed about knowing the future, because yours is awesome so it's all good. School will be good, your finances are okay, the ol' love life is rockin'; how do you do it? Bye!



ACCESS: DENIED

THE Federal Government has cut English language training from Camosun College, denying new Canadian families in the Capital Region opportunity to succeed.

English Language Training is a gateway for new immigrants to higher education and the first step on the road to achieving the 'Canadian Dream'.

Why is Ottawa blocking opportunity for new Canadians? Why is Victoria letting them?

Ask them:

Chris Alexander
Federal Minister of Citizenship and Immigration
Minister@cic.gc.ca

Amrik Virk
BC Minister of Advanced Education
AVED.Minister@gov.bc.ca



A message from the working women and men who keep Camosun College campuses running smoothly.

cope491

NEXUS
camosun's student voice since 1990

Your student voice.

Get involved!



NEXUS
camosun's student voice since 1990