

# NEXUS

camosun's student voice since 1990

november 12, 2014  
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## BUGGING OUT

**The next  
food revolution  
just crawled  
up to the table.**

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**Camosun alumna gets home  
for food support service: 3**



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message to TEDx Victoria: 5**



**The boyz from Britain bring  
their ballet to Victoria: 9**

# NEXUS

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*Nexus* prints letters that are 250 words or less. *Nexus* reserves the right to refuse publication of letters. Letters must include full name and student number (not printed). *Nexus* accepts all letters by email to editor@nexusnewspaper.com. We reserve the right to edit all letters.

**OVERHEARD AT NEXUS:** "Does he get excited at those?"  
"At what, orgies?"

**COVER IMAGES:**  
Insects: Jill Westby/*Nexus*  
Camosun alumnus: Jill Westby/*Nexus*  
Human rights activist: Provided  
BalletBoyz: Mark Barrs

## editor's letter

# A creepy-crawly revolution

I've been making visitors to the *Nexus* office eat bugs lately (by the way, if you're interested in writing for the paper, swing on by!). I ate bugs, our staff photographer ate bugs, several contributing writers have eaten bugs. Someone running in the municipal election swung by; ate bugs.

It's been a bit of an eye-opener to me: here I assumed everyone would, like me, chuckle and chortle at the idea, maybe gag a bit, and politely decline. But not only are people open to the idea, it doesn't seem like that left-field of an idea to them.

This open-mindedness can only be a good thing as we move ahead and try to come up with new solutions to food-related problems. (I could feed half of Victoria alone on my house's supply of silverfish and ugly brown spiders, although once we're popping silverfish like they're gummy bears I may have to drop out of this conversation.)

Contributing writer Jayden Grieve tackled the issue of insect eating with much nobility for the feature story (see page 6). For the photo shoot, he arrived having not eaten breakfast; he ate bugs for breakfast that day, mainly because I thought it would be great for the story to have our writer actually sample what he was writing about.

Not only does that prove that Grieve is willing to go the extra mile for his stories, which we appreciate, but it also proves that, like everyone else who came in here during my "here, eat this," phase, he's more than willing to take a step in the insect-eating direction if that's what society needs.

And I'll admit it: the mealworm I ate during the photo shoot for our feature story tasted not half bad. (I'll also admit to finishing a cup of coffee once after fishing a silverfish out of it. And, yes: it tasted fine.)

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

## flashback

# 20 years ago in *Nexus*



**Just keep it open:** Quickly looking over back issues of the paper, one thing becomes clear: the Lansdowne Writing Centre got closed down a lot. And re-opened a lot. And closed down again a lot. And re-opened again a lot. Here, in our November 14, 1994 issue, it had re-opened, with student tutors. Stay tuned to see when it gets shut down again!

**Political for life:** The Camosun College Student Society (CCSS) column, *CCSS Comment*, in this issue was an intense critique of Liberal policies. The man who wrote

the story? None other than Rob Fleming, who went on to a career in politics and was then the "CCSS work study."

**Craft consistency:** You can't pick up a magazine these days without someone going on about the current craft-beer revolution, but back in this issue an ad for Vancouver Island Brewery proves that we here in Victoria were way ahead of the curve. Even back then, the company had some familiar beers for sale: Piper's Pale Ale and Hermann's Dark Lager remain two of the company's popular brews.

## open space

# Don't let risk-taking become a forgotten art

By closing off and clamouring for the safest, surest, and most sanitized life possible, we miss out on more than we realize.

**MAC CLOHAN**  
CONTRIBUTING WRITER

Hitchhiking has developed a bad reputation, bringing to mind greasy, smelly hippies or murderous rapists looking to steal your car and harm your person.

I don't believe these fears are grounded and I maintain an indiscriminate policy on picking up hitchhikers.

I don't have altruistic motives. I pick them up because sometimes they give me gas money; sometimes they drive for a few hours while I nap. Mostly though, I pick them up because they are usually an outrageous group of people I would not normally interact with.

My last hitchhiker, Steve, was extraordinary.

Steve's parents abandoned him when he was 13. After living in Ontario group homes for a few years, his roommate burned down the house they were in and Steve was blacklisted as a result. He spent the next year living in a park with some friends with whom he formed a heavy metal band.

Eventually, Steve saved up some cash from working at McDonald's to get a place with some other people who promptly robbed him. Next, his best friend went to jail for a year, and on day one after getting outside, the friend died in his sleep on Steve's couch.

With nothing tying him down

to that town anymore, he started hitching across Canada.

That story took four hours, during which I was riveted, and he said none of it with a trace of anger or despair. He was boundlessly excited about seeing the ocean for the first time and was bouncing out of his seat when we drove across the Port Mann Bridge. Where in life would you ever hear a story like that with such joy?

Which brings me to my point: we gain much from opportunities explored and "risks" taken, often unintentionally. My selfish motives don't change the fact that I engage with and aid these people and they, at the very least, give me a good story to tell.

By closing off and clamouring for the safest, surest, and most sanitized life possible, we miss out on more than we realize.

More and more, we close up because the risks are "too high." Can't let the kids play in the park, might get hurt. Can't drink that unpasteurized milk, might get sick. Can't talk to that stranger, might get embarrassed.

We may be cutting risk, but we're also cutting out joy, growth, and humanity.

So the next time life presents you with a scary, messy way to engage with it, don't ask, "What's the risk?" Try asking, "What's the reward?"

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

# SPEAK UP

For this edition of *Speak Up*, we fed people mealworms (see feature story, page 6) and asked for their thoughts on how they tasted.

BY GILLIAN SELLMAN



**CORY WALKER**

"The worms were tasty; they tasted like Hickory Sticks."



**RUTH MACINTOSH**

"I didn't expect to be asked to eat a bug today, and I did not expect to say yes. But they were, surprisingly, not gross!"



**TREVOR PINCHBECK**

"I just swallowed it; I was afraid to bite it."



**JAMES WILSON**

"It was crunchy. It reminded me of Mr. Noodles."



**ACACIA HOOKER**

"It didn't really taste like anything."



**SAMANTHA RANCIER**

"Better than I thought it would be."

## community

# Food-support service run by Camosun alumnus finds permanent home

MAC CLOHAN  
CONTRIBUTING WRITER

The Shelbourne Community Kitchen, run by Camosun alumnus Kim Cummings, has received unanimous support from Saanich council to move to a permanent home at 3541 Shelbourne Street.

After using several temporary locations since April of this year, the kitchen was granted a temporary use permit that allows it to utilize the Shelbourne location for three years.

A 2012 graduate of Camosun's Professional Cook 1 training program, Cummings founded Camosun's FarmBox club, which provided locally grown organic produce to students at manageable prices, on campus. Now, as program director for the Shelbourne Community Kitchen, she is in charge of the day-to-day operations of the Kitchen.

"A community kitchen is a little bit different than a soup kitchen," explains Cummings. "Typically in a soup kitchen a few people cook for quite a lot. [The users] won't be involved in the cooking. They will come and they will eat and they will leave."

Cummings says this differs from a community kitchen, where users come to be part of a group that is

cooking for themselves as opposed to coming just to eat.

"A community kitchen is about skills development," she says. "It's about having the people who are going to be accessing the food help to prepare, share, and clean up after the meal all together. It's a way people can develop their cooking skills and socialize."

The kitchen—which is supported by three local churches and two community associations, and received a three-year grant from the Lutheran national body—also provides various food support programs, ranging from basic kitchen skills to gardening techniques and strategies, designed to combat food insecurity in the community.

The kitchen promotes access to food and food literacy through its four "keys": the pantry, the kitchen, the garden, and connecting people to resources. Sometimes, part of that process involves people connecting the kitchen to their resources.

"Earlier this year we had a resident from Gordon Head offer their backyard for us to grow food for our programs," says Cummings. "We established that over the summer, and we've been pulling produce from it ever since. We have a large garden planned at the new site, which will be an opportunity for

"A community kitchen is about skills development. It's about having people who are going to be accessing the food help to prepare, share, and clean up after the meal all together."

KIM CUMMINGS  
SHELBOURNE COMMUNITY  
KITCHEN

people who are coming to our program to be able to help maintain, grow, harvest, and prepare some of the produce that they are helping to make happen."

The focus of the skills development depends on the needs of users of the kitchen, explains Cummings. For example, some programs might focus on how families can make the best of their time in the kitchen.

"Thinking about being in a position of a busy family with a variety of kids and a small food budget," she says, "how do you make that



JILL WESTBY/NEXUS

Former Camosun student Kim Cummings has food issues on her mind.

work for you? How do you take the limited time that you have in the preparation of meals to really make it go as far as it can?"

Camosun College Student Society external executive Rachael Grant sees Cummings' success as an example of the interconnectedness

between school and community.

"Cummings really reflects how postsecondary education is not just a personal investment; it's an investment in the community," says Grant. "You better yourself but you also pass that on to the community at large."

## NEWS BRIEFS

### Promoting voting

The BC municipal elections will be held on Saturday, November 15 and Canadian voter turnout is at an all-time low, with some cities' turnout rates as low as 33 percent. Promote the Vote is a non-partisan campaign asking citizens who are known to vote to speak with their family and friends about doing the same in order to keep the discussion of the importance of voting alive. The campaign was started in BC to increase votes for this year's election, but the hope of organizers is that it spreads across Canada and increases voting in all elections. Visit [promotethevote.ca](http://promotethevote.ca) for more information; find out where you can vote at [elections.ca](http://elections.ca).

### Drop-in basketball for Camosun students

A group of Sports and Fitness Leadership students have started up a free drop-in basketball night that will be hosted at the Pacific Institute for Sports Excellence at 4371 Interurban from 8:30–9:30 pm on Tuesday nights during the month of November. Drop-ins are open for all Camosun students to play some ball together. You will be required to present your student card upon arrival, so be sure to have it with you. Access to change rooms and showers will also be available during this time.

### Chargers volleyball teams strong

The Camosun Chargers women's volleyball team has remained undefeated after six straight wins heading into the fourth week of the PACWEST 2014–2015 season and is currently tied for first place with the University of the Fraser Valley Cascades. The women's team has proven its adaptability and growth this season, using various new plays throughout each game and succeeding time after time. Both the Camosun women's and men's volleyball teams defeated the Columbia Bible College Bearcats over doubleheader Halloween weekend home games. The Chargers men's team is continuing to work on its lineup and standing in fifth place amongst PACWEST teams.

### Camosun's new trades and innovation complex

The TRADEmark of Excellence campaign plans to raise \$5 million within the next 10 months and to partner with the community, local businesses, and industry in order to continue work on the new trades and innovation complex, already under construction at Camosun's Interurban campus. The 80,000-square-foot project is the largest of its kind currently underway in British Columbia, and the provincial government has made an invest-

ment of \$30 million. The Camosun College trades program fuels the local economy by educating 2,700 trades and technology students yearly, and the new facility promises to enhance the experience and provide state-of-the-art equipment to instructors and students. Donations to the TRADEmark campaign are appreciated. Find out more at [camosun.ca/foundation](http://camosun.ca/foundation).

### Apprentice job match is go!

A new online tool aims to match students with suitable apprenticeships in a convenient way. The Apprentice Job Match is a really boring name, but the tool, which was launched across postsecondary campuses on November 7 in association with the Industry Training Authority, is located on the WorkBC website at [workbc.ca](http://workbc.ca), it lists over 37,000 registered apprentices in BC, and is a veritable hub for finding career opportunities in many job fields.

### Give back this holiday season

Russ Hay's Bicycle Shop is looking for community donations of used bicycles for their third annual charity event, Bikes for Kids. The shop will refurbish donated bicycles, and cash donations will go towards helmets and other gear. Please donate gently used bicycles to the Victoria Russ Hay's location at 650

Hillside Avenue before December 15. If you are unsure if the bike you wish to donate is "gently used," email a photo to [bikesforkids@russhays.com](mailto:bikesforkids@russhays.com) or call the shop at 250-384-4722.

### Affordable campus entertainment for students

In an effort to make entertainment on campus accessible and affordable for students, UVic's Farquhar Auditorium has launched the \$10 student-rush program. On the day of select shows, event updates will be posted on social media and signage around campus stating whether special pricing will be available 10 minutes prior to the event with the presentation of a valid student ID.

### Local poet wins prestigious award

Susan Musgrave, a renowned poet who has spent many years on Vancouver Island, has been awarded one of Canada's most prestigious writing prizes: the \$20,000 Matt Cohen Award. Musgrave received the award in Toronto at a gala ceremony at the Glenn Gould Studio as part of the Writer's Trust Awards. The award recognizes a lifetime of distinguished work, which includes her novel, *The Charcoal Burners*, and poetry volumes, *A Man to Marry*, *A Man to Bury* and *Origami Drive*. Her work was first

published in *The Malahat Review* when Musgrave was 16, and her first collection of poems, *Songs of the Sea Witch*, was published in 1970 when she was just 18. Musgrave now resides in Haida Gwaii, where she continues to write and runs the Copper Beach Guest House.

### True crime told by Victoria journalist

Victoria journalist Paul Willcocks, once a publisher for the *Times Colonist*, has written a book called *Dead Ends: BC Crime Stories*. The book recounts 40 true crimes throughout British Columbian history, with at least six of the crimes having occurred in Victoria. From con men and political scandals to bank robberies and multiple killings, Victoria seems to have quite the history. This book, part of a series recounting misdeeds in Canada, has been published by the University of Regina Press and is available in paperback at Munro's and Chapters.

-MATT O'CONNOR

Got a news tip or a story that you think we should be covering? Let us know: email [editor@nexusnewspaper.com](mailto:editor@nexusnewspaper.com) today!

Make your voice heard! Leave us comments at [nexusnewspaper.com](http://nexusnewspaper.com), find us on Facebook and Twitter, or email us with your thoughts.

know your profs

# Psychology instructor Judy Caldwell loves to research

**JASON SCHREURS**  
ASSISTANT EDITOR

*Know Your Profs* is an ongoing series to help you get to know the instructors at Camosun College. Every issue we ask a different instructor at Camosun the same 10 questions.

Do you have a favourite instructor that you want to see interviewed in the paper? Maybe you want to know more about one of your teachers, but you're too busy, or shy, to ask? Email [editor@nexus-newspaper.com](mailto:editor@nexus-newspaper.com) and we'll add your instructor to our list.

This issue we caught up with Camosun College psychology instructor Judy Caldwell and found out about her passion for learning, her vision for the future of education, and her guilty pleasure of a big plate of nachos.

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

I have been teaching psychology at Camosun since 2000. The courses I teach are Introduction to Experimental Psychology and Research Methods. I really enjoy teaching students about how to conduct research. I love getting them excited about a topic that most people think is quite dull. Research is really not dull at all; it's actually quite interesting and exciting.

**2: What do you personally get out of teaching?**

What I find just wonderful is

when students come back years later when they've completed their degree and tell me that taking Research Methods with me gave them the basics that they needed to successfully negotiate the more difficult, higher-level statistics and research methods courses in the third and fourth years of their degree. Or when they tell me that taking one of my courses inspired them to continue in psychology. These are the reasons I love my job.

**3: What's one thing you wish your students knew about you?**

I wish my students knew about my passion for learning. In fact, I'm back at school doing a Masters in Leadership Studies. I am also learning the Italian language and have been taking classes here in Victoria and in Italy. I firmly believe in lifelong learning, and I hope to inspire lifelong learning in my students.

**4: What's one thing you wish they didn't know about you?**

I wear progressive. Sheesh.

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

So many great things have happened to me since I've started working at Camosun, so it's really hard to put my finger on one thing. When I'm in the classroom, I feel that I'm where I'm supposed to be. I'm fortunate to have found a vocation that I am passionate about. I really

have a lot of fun when I teach, and I hope the students do, too.

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

In one class, several years ago, I was walking about the room as I was lecturing. Up and down the aisles, forward, backward, discussing the topic of interest. Next thing you know, I was stumbling backwards over a student's knapsack that was on the floor. Yup, I landed on the floor with a thud. I've never stood up so fast! We all had a good laugh and then moved on. Very embarrassing.

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

I think over the next 10 years learner demand is going to change the face of education at Camosun and other postsecondary institutions around the province. Learners are changing, and I think that in the future they will span a wider range of ages and experiences, and this will force greater flexibility in course offerings. I believe the future of post-secondary education will be learner driven, and students will demand options. So maybe the traditional semester system will have to make way for weekend and evening learning, as well as for 24/7 asynchronous instruction. Learning will need to be on the student's schedule, not on schedules set by institutions. I also believe that the future student will choose courses from institutions



JILL WESTBY/NEXUS

**Camosun's Judy Caldwell dislikes slow drivers in the fast lane.**

across the province and around the globe, and they will demand seamlessness in articulation and transfer and portability of credits and credentials.

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

On the weekends you'll find me just chilling with my sweetie and my pup, Allie. I also enjoy spending time working on my Italian, having a good workout, doing the Sunday crossword, or just hanging with

friends, sipping a delicious white wine, and discussing life.

**9: What's your favourite meal?**

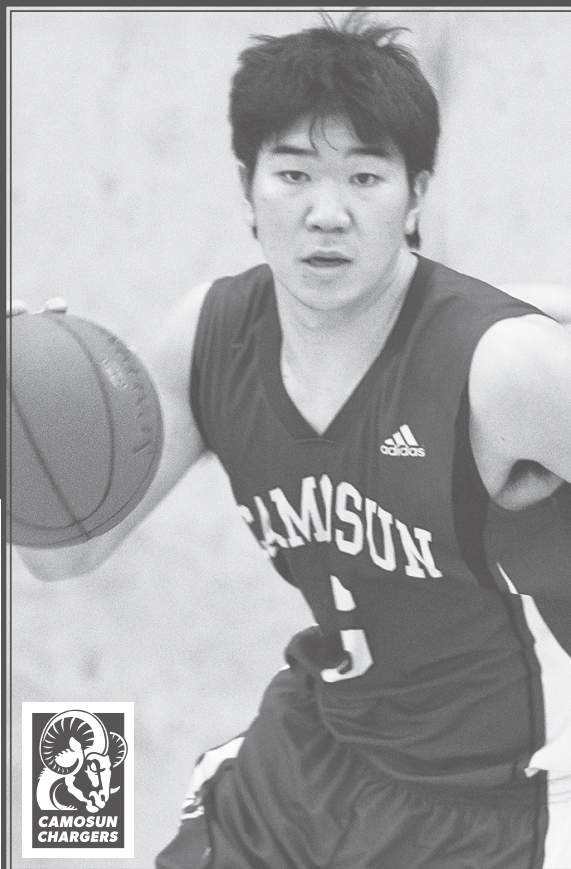
I enjoy having a fresh green salad with a breast of chicken. However, my favourite indulgence in terms of a meal is nachos. And I also love onion rings. With ketchup.

**10: What's your biggest pet peeve?**

People that drive slow in the passing lane.

## CHARGE IT UP!

Basketball Home Opener, Friday November 14 vs CapU



### CAMOSUN CHARGERS

2014 -15 HOME GAME SCHEDULE

#### BASKETBALL

|            |     |         |         |
|------------|-----|---------|---------|
| Fri Nov 14 | CAP | W6:00pm | M8:00pm |
| Sat Nov 15 | QST | W1:00pm | M3:00pm |
| Fri Jan 9  | VIU | W6:00pm | M8:00pm |
| Fri Jan 23 | QST | W6:00pm | M8:00pm |
| Sat Jan 24 | CAP | W1:00pm | M3:00pm |
| Fri Feb 6  | LC  | W6:00pm | M8:00pm |
| Sat Feb 7  | DC  | W1:00pm | M3:00pm |
| Fri Feb 20 | KPU | W6:00pm | M8:00pm |
| Sat Feb 21 | CBC | W1:00pm | M3:00pm |

#### VOLLEYBALL

|            |      |          |         |
|------------|------|----------|---------|
| Fri Oct 17 | VIU  | W6:00pm  | M8:00pm |
| Fri Oct 31 | CBC  | W6:00pm  | M8:00pm |
| Sat Nov 1  | CBC  | W1:00pm  | M3:00pm |
| Fri Nov 21 | CAP  | W6:00pm  | M8:00pm |
| Sat Nov 22 | CAP  | W1:00pm  | M3:00pm |
| Fri Jan 16 | UFV  | W6:00pm  | M8:00pm |
| Sat Jan 17 | UFV  | W1:00pm  | M3:00pm |
| Fri Jan 30 | DC   | W6:00pm  | M8:00pm |
| Sat Jan 31 | DC   | W1:00pm  | M3:00pm |
| Sat Feb 14 | COTR | W6:00pm  | M8:00pm |
| Sun Feb 15 | COTR | W11:00pm | M1:00pm |
| Sat Feb 21 | VIU  | W6:00pm  | M8:00pm |



FREE admission to students with valid Camosun ID  
All games at the Pacific Institute for Sport Excellence (PISE)



Find the Chargers at [www.camosun.ca/sports/chargers](http://www.camosun.ca/sports/chargers)

## NEXUS

The content  
doesn't end  
in the paper.

Web Exclusive : Nexus Newspaper

<http://www.nexusnewspaper.com/category/webexclusive/>

News paper 5 + New Edit Category

College recognizes Chargers student athletes in 20th annual awards ceremony

April 16, 2014 by Jason Schreurs, managing editor (Edit)  
Filed under Campus, Sports, Web Exclusive

Elyse Matthews and Lucas Dellabough celebrated outstanding achievement in academics at the awards ceremony. Matthews, a fourth-year student in the environmental technology program...

Find web-exclusive stories at [nexusnewspaper.com](http://nexusnewspaper.com)

Share Tweet Email

Camosun students prepare to launch *Elsewhere*

April 10, 2014 by Giustina Qualizza, content editor (Edit)  
Filed under Campus, Web Exclusive

Check it out!

Twenty-seven second-year Visual Arts students are currently hard at work getting their graduation show, *Elsewhere*, ready. The 37th graduation show put on by Camosun students in the program, *Elsewhere* has an ambiguous title that has given the artists freedom to interpret and create as they see fit. Talking with two graduating students, Owen Parnell and Kellen Read, [...]

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The Adventures of Superman returns to spirit of 1940s radio plays

April 10, 2014 by Jason Schreurs, managing editor (Edit)  
Filed under Arts, Web Exclusive

When Rod Peter Jr.'s interest in 1940s and '50s radio plays led him to stumble upon a curious bit of American boosterism called *The Adventures of Superman*, he knew that he wanted to bring it to the stage. And while Peter staged a version of the radio play a couple of years ago, another script [...]

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global issues

# BC human rights activist and TEDx speaker brings Afghanistan issues close to home



PHOTO PROVIDED

Lauryn Oates wants to educate about overseas issues.

**TORI DMYTAR**  
CONTRIBUTING WRITER

Not many people divide their time between the BC coast and Kabul, Afghanistan, but human rights activist Lauryn Oates does just that. When the Vancouverite was 14, an article she read about Taliban cruelties inspired her to respond to the what she saw as a lack

of action from the western world.

She was horrified that civilized countries were making excuses for the unforgivable actions in the east and couldn't understand why they would turn their backs on women and children in Afghanistan when they were no different from herself. Now that she's older, she sees that physical proximity plays a role.

“Afghanistan is a completely different country than it was when I first started coming here.”

**LAURYN OATES**  
ACTIVIST

“We distance ourselves with people in places like Afghanistan, where it's easy for us to do that, because Afghanistan is literally on the opposite side of the planet from Victoria; you cannot get farther away,” she observes (during an interview from Afghanistan). “We really exoticize people the further they are away from us when we should be focusing more on our similarities.”

The distance still acts as a barrier, it seems. Now, years after the Taliban fell out of power, Oates assumes most people still don't understand the impact the terrorist group had on the country. She was stunned when she saw the statistics on infant and child mortality rates.

“Everywhere in the world the human development indicators are slowly, gradually improving,” she explains. “The trend is that they're on this upward climb. In Afghan-

istan, you see this slow upward climb and then this plummet exactly during the period of the Taliban, and then it recovers again as soon as the Taliban are out of power.”

Oates recognizes the problem also comes from what she sees as misleading media reports about the situation overseas.

“The real tragedy has been the warped narrative in Afghanistan that nothing's going well. I see headlines that say ‘Women's situation is as bad as it was during the Taliban,’ and ‘Nothing's changed,’ but that is absolute garbage,” she says. “This is a completely different country than it was when I first started coming here.”

Oates hopes to bring awareness and thought to this year's TEDxVictoria. She wants to close the gap of communication and

make people start thinking about our global community. This is what TED events claim to do: give activists like Lauryn Oates a chance to motivate the people.

“We need to do a better job of listening to the voices in countries like Afghanistan rather than speaking for them and making assumptions about them,” she stresses. “I think if you actually talk to Afghans or Arabians or people in Libya or any of the countries that are struggling to get a functional democracy in place, you learn that people just want the same things that we want.”

TEDx Victoria  
Saturday, November 22  
\$89 and up, McPherson  
Playhouse  
tedxvictoria.com

politics

# Municipal voting important for students, says prof

**GILLIAN SELLMAN**  
CONTRIBUTING WRITER

Municipal voting day for British Columbia is November 15.

Municipal elections deal with many issues that matter to students, says Camosun political science professor Dan Reeve.

“Things like sewage, which has an environmental impact, or transit, or bike lanes, or low income housing... these things might drive you to the polls,” he says.

Reeve also says the low number of voters makes it extra important for students to vote. “Only 25 percent of the populace votes in municipal elections,” he says. “With the low number of people that do vote, if students formed any kind of coalition around an issue, their voices would be heard.”

Reeve says it's important to start voting while you are young. “Statistically, the earlier you vote the more likely you are to vote through your life,” he says, “and I think that is very important.”

**Municipal voting fast facts:**

- To vote in the municipal election you must be at least 18 years old, a Canadian citizen, and a resident of BC for at least six months prior to the election.
- Advance voting days vary by municipality.



JILL WESTBY/NEXUS

**A sampling outside of Camosun of some signs for municipal candidates.**

- You must have lived in your municipality for at least 30 days prior to the election in order to vote there. Both Saanich and Victoria have voters lists online; for other municipalities, you may need to find a map of municipal boundaries.
- The locations of voting stations varies by municipality; check online.
- Each ballot contains the choice to vote for a mayor, city council members, and school board trustees. Lists of candidates are on municipal websites.
- In Saanich and Victoria, there are polls regarding who should represent the municipality at the Capital Regional District.
- Your ballot may contain questions regarding your opinion on amalgamation, which would combine some or all of Greater Victoria's 13 municipalities.
- You can register to vote before the election or at the time of voting. Voters need two pieces of identification that together prove where they live and include a signature. These include things like a BC driver's license, a Canadian passport, a SIN card, or BCID. For a complete list, check your municipality's website. If you do not have proof of your address, you must still provide two pieces of ID, one with a signature, and solemnly swear that you live where you say you live.

**SUSTAINABLE SOLUTIONS FOR THE GLOBAL MARKETPLACE.**

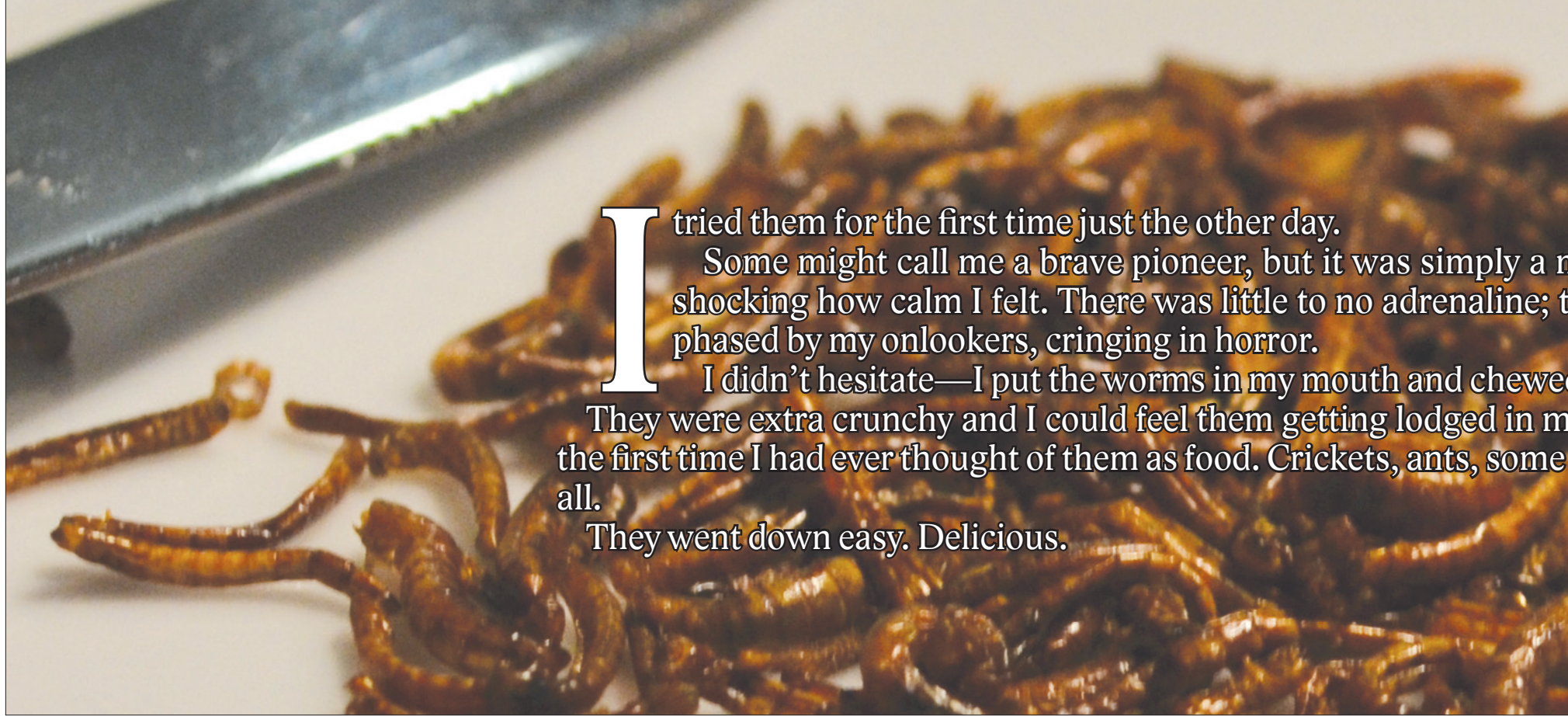
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# Entomophagical entree



**I** tried them for the first time just the other day. Some might call me a brave pioneer, but it was simply a matter of how shocking how calm I felt. There was little to no adrenaline; I was unphased by my onlookers, cringing in horror. I didn't hesitate—I put the worms in my mouth and chewed. They were extra crunchy and I could feel them getting lodged in my mouth the first time I had ever thought of them as food. Crickets, ants, some worms, all. They went down easy. Delicious.

**P**rotein is important. Humans are omnivores, and we can benefit from the essential amino acids that are most easily absorbed from meat proteins. Nonetheless, the amount of meat North Americans are consuming is almost as large as the average waistband.

This is not a hidden fact: people have known this for years. It's just in the past couple decades that more people have started to care, and this has brought about a great search for alternatives.

The average North American consumes just shy of 200 pounds of meat a year, an amount which many educators and activists think is way too high.

"That is a tremendous amount, and we're actually realizing now that we are not designed to support that level of meat consumption. It's really hard on our hearts and it's hard on our health," explains Nicole Kilburn, an anthropology teacher at Camosun.

But what if there were a protein alternative out there that few of us in North America have even considered? They're creepy and crawly, but they actually taste pretty good. We're talking about bugs, of course!

"Insect protein has all sorts of things going for it, but one of them is the nutrition piece," explains Kilburn. "It's a much healthier source of protein for the human body. Insects are low-fat and really high in protein, iron, and calcium."

This, to many, may sound like something so farfetched that they have never deigned to consider it, but entomophagy, or the consumption of insects, is no phenomenon to most of the world. Despite its massive popularity around the planet, Western culture has labelled the activity of eating insects taboo. This may have been satisfactory in the past, but with the food problems of today it's unlikely that the label will stand for very long.

And although it's quite likely that someday bugs might be a staple of the North American kitchen, Kilburn suggests our ignorance of this possible food source is because of a very practical reason.

"One of reasons why western culture doesn't eat insects is because of geography," she says. "There simply aren't an awful lot of big, plentiful insects for us to traditionally have consumed. Though shellfish have been a really important part of the diet in coastal communities for a long time, and things like shrimp and prawns are actually so similar to crickets and grasshoppers that if you have an allergy to one, you probably have an allergy to the other."

Though there are some who choose not to eat shellfish, there are many who eat it without a second thought. The question then arises, if they are so similar, why one and not the other? It all comes down to point of reference. There are many cultures that look at some of our food traditions and gag, after all.

## Culture shocker

**K**ilburn suggests that the ew factor of eating bugs is just a response to something that we're not used to yet, but that it's no different than some of the other animal products in most North Americans' diets.

"It's normalized that in North America you consume a lot of milk and you don't necessarily think about that," says Kilburn. "I had a professor at the University of Colorado who did some work in South America. She recollects telling people about drinking milk and they were dry heaving. What they said was, 'Let me get this straight. You actually drink the bodily secretions from another animal's giant sweat gland. You drink something that comes out of this other species?' And when it's put like that, you think, 'Wow, that is a bit odd.' Yet we have completely normalized it, and it's something that we celebrate and have identified as part of a normal diet."

This same idea applies to western culture in many ways. In Scotland, they eat haggis, and there are many here who find that gross. Sheeps' eyes, frogs' legs, snake soup, and snails are all foods that are eaten without gagging in other parts of the world.

But here we have decided that those foods are unpleasant without so much as tasting a morsel. Kilburn puts it well when she says that we have determined what is edible based more on culture than on our taste buds.

Insects have long been an important part of food cultures from around the world, she says. While it's certainly very foreign to modern western diets, there are over 2,000 species of edible insects that have been consumed in 80 percent of the world's cultures. We are, in fact, the outsiders when it comes to bug consumption. Perhaps the time has come for our culture to reconsider its present position?

"We are starting to realize that our affluence is unsustainable in so many ways. Our consumption pattern of all of the resources on this planet, whether it's making cheap clothing, fuelling our vehicles, the way that we use water, the way that we waste food, or the way that we bring food in from all over the world, is incredibly difficult on our environment," explains Kilburn. "There was a report that came out last month that identified that if all humans lived the way that North Americans do we would need the equivalent of four planets to be able to support our demands."

## Eat bugs and save

**C**onsuming insect protein offsets demands in other parts of the ecosystem. If one consumes insect protein, they are placing less demand on other sources of traditional protein.

Next Millennium Farms, a government-inspected insect farm located in Ontario, has found that if a family of four ate insect protein one day a week, in the course of a year that family could save 650,000 litres of water, just from one meal out of seven.

"Our traditional sources of protein, particularly cattle, are incredibly hard on the environment. They use tons of acreage, huge amounts of water, lots of fossil fuel inputs in terms of feed, and fertilizer for that feed, and their nutrient conversion isn't great. Cows are kind of the SUVs of our food system," says Kilburn. "Insects, on the other hand, are environmentally sustainable. They're swarming creatures, so you can grow them in very large densities without taking up a huge amount of space, and it's still humane. They use a fraction of the amount of water, they produce a fraction of the greenhouse gas emissions, and they don't produce ammonia or methane, which contribute to the degradation of soils and dead zones in the oceans. So insects have the environmental argument sewn up, in my opinion."

Not only do crickets require a fraction of the inputs of large protein sources, but their ability to multiply is amazing. A female cricket can produce more offspring than a cow or chicken, and they then mature within four to six weeks. With a turnaround that high, crickets are set to provide a healthy, environmentally sustainable source of protein for the hungry masses. This option couldn't have appeared soon enough.

"I think that there are many people of my generation and younger that are thinking much more critically about our impact on the planet," says Kilburn. "Starting to think about how they address climate change, soil degradation, deforestation, there's an awakening that is happening. Part of the reason that I wanted to get involved is that there needs to be a viable option. It's really hard to tell students about all of the terrible things that are happening that we as human beings have a hand in, and not having a viable alternative."

Luckily, the upswing in insect protein has presented an alternative.

Next Millennium saw this as an opportunity to introduce crickets for the reptile trade to produce. After moving to a 5,000-square-foot facility, they began selling to the public. Though they were initially picked up, and Jarrod Goldin, owner of Next Millennium, says this most recent month were 164 orders.

"You could say the curve is beginning to level off, but because we are reaching our capacity of raising funds, of getting a significant amount of money, really try and expand our company."

Being a kind of pioneer in a new market has been phenomenal, but they have realized that not everyone who would like to use their technology is ready to do so.

Though the crickets, mealworms, and other insects produced by the farm are considered livestock, they are not as common with beef or pork.

"It's far more akin to corn than to beef or pork. It's a pharmaceutical application or a commodity—and I think it will be used in a lot of things like juice and coffee—is much more likely to be adopted. They are looking into using chitin for wound healing, they paint the inside of oil tankers, and there are applications in wound-healing for people who get massive wounds. There are pharmaceutical applications for insects, and the adoption in those different areas is happening. With you with the internet, social media, and people learning about where the information of nutrition is very attractive."

**A**nd the interest in bug protein is growing. At the moment the market is very limited. Accessibility. Either through the use of insect protein, or they simply use it as an ingredient for the dinner table. Time will tell, but more farms begin to be educated in the matter seem very likely.

"I would consider eating insects as a viable option. Lindsay, a Camosun student in the program, says, "They are animals, there's lots of people who eat them, it's my first choice, as I like the fleshy texture."

Although she's still a bit weird, Lindsay realizes that it's probably not a matter of insect consumption is no different from eating meat.

"I've grown up being told that eating insects is repulsive, I find the idea slightly repulsive, because I feel like I'm missing out on something."

Even those who wouldn't personally eat insects see the possibility. Hayley Langdon, a Camosun student, says that if she wasn't a vegetarian,

# Insects are the next big food revolution... if we can stomach them

matter of doing my duty. It was there was no fear. I wasn't even d. my teeth like poppy seeds. It was kind of weird grub: I tried them

By Jayden Grieve, contributing writer  
Photos by Jill Westby/Nexus



## The next generation of farms

ent-protein-related interest in the past few years for at least some of those problems. opportunity to go from mainly providing insects for human consumption. not industrial property and advancing some the raising and processing of insects, they though the going was slower at first, business one of the farm's founders, says that sales times the sales of six months ago. beginning to slacken now, but that's simply "city," says Goldin. "We are in the process significant investment that will allow us to any and grow into some of the demand." new field of production has created some millennium. Not only have the sales of product also received lots of interest from others technology to start their own farms. forms, and other varieties of bugs raised stock, Goldin says that they have little in

meat because meats don't have the same industrial applications," he says. "This e traded on the stock market like orange ke corn in the sense that corn's industrial. n [found in insects' exoskeletons] when because it acts as an anti-corrosive. There g with band-aids made out of chitin, and nds that are difficult to stitch. There are shampoos, or shampoos for dogs' coats, and that's just to name a few. Obviously eas will be hard to predict, but I can tell dia, the issues with food transparency, e their food comes from, this as a source

## Verrry interesting

consumption does seem to be there, but market has problems with education and most people are unaware of the benefits don't have the means to obtain any bugs the biggest factor in both cases as word appear. In the meantime, those who are willing. "It acts as a good form of protein," says Sarah e second year of the accounting program. them, so a ready supply. Though it's not y texture of chicken." rded out by the prospect of eating bugs, y just a case of mind over matter, and that nt from eating other kinds of animals. at eating insects is not the norm, and so " says Lindsay. "Which makes me sad, nt on some great opportunities." onally eat bugs seem to see it as a cultural mosun student in office administration, an and did, in fact, eat meat, she would

likely try eating insects, as they're not really different from other animals.

Kilburn suggests that the easiest way for people to adapt to eating bugs is simply to take the plunge and try it.

"Cooking crickets was quite an adrenaline rush," she says, "and it was quite hard the first time. What was amazing was that once it became food, it was just fine, and once you get it past your mouth you can think about it in a very different way."

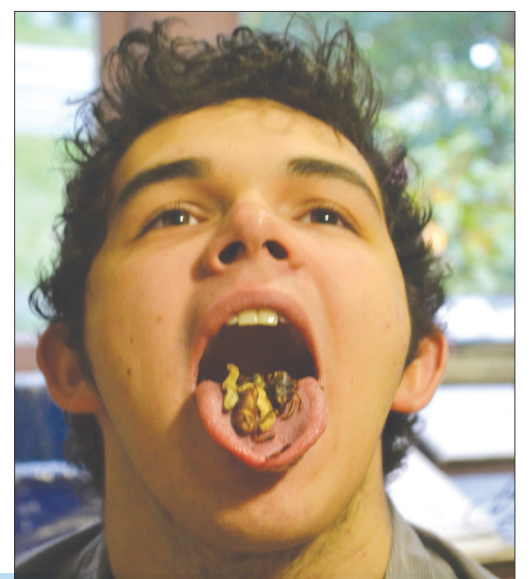
## Live and learn

The transition from creepy crawly to actual food will be one of the hardest parts of the adoption of insect protein into people's diets. Kilburn says that education about the benefits of bug consumption is critical, so from 7 to 9 pm on Wednesday, November 26 in Young 300 on the Lansdowne campus, students from Anthropology 204, a Camosun course on the anthropology of food, will be doing a public education event to promote a conversation about insect protein as a sustainable component of food in the future (tickets, \$8, can be purchased from Kilburn).

"There'll be samples, and each student is going to do either an interactive poster or a booth," says Kilburn. "It'll be set up so you move from booth to booth and learn about the different element of insect protein, whether it's how to do micro livestock rearing in your own home, what the introduction is going to look like, comparing and contrasting what the product is going to look like, or talking about the psychology of introducing a taboo food into the Western diet."

This "festival" will provide a unique chance that has so far been unavailable in our corner of the globe. Millennium Farms and a company called Tiny Farms out of California have generously provided plenty of content to help introduce the public to a wide variety of insect-related products.

"It's going to be as diverse as possible with lots of opportunities for people to try it out," says Kilburn. "It's going to be a lot of fun. We're hoping it will be a really robust blend of students and members of the public that want to learn about new sources of protein."



## But... how do they taste?

At a recent taste test in the Nexus offices, I tried three different types of insects. To help give a better idea of what exactly it's like to eat insects, here are my tasting notes.

### Mealworms

The mealworms were super tasty. They were seasoned a bit, but underneath you could really taste a kind of nice, nutty flavour. I'm told they go nicely on tacos (seriously!).

### Ants

The ants I didn't like so much, because I'm terrified of ants, and their texture was a little bit stranger. Despite that, they did taste kind of lemony, which wasn't half bad.

### Crickets

I also had a cookie that had cricket powder added to it, which can be thought of as a kind of protein powder. It mostly tasted like a cookie, but there was kind of that same nuttiness underneath, which, if anything, added to the flavour.

music

## Tokyo Police Club forced to change with the times



“After a couple years with no record, we figured we were screwed, so we thought we would just keep going.”

**GRAHAM WRIGHT**  
TOKYO POLICE CLUB

ANDREW STRAPP

The members of Tokyo Police Club have had to come to terms with some of the realities of the music business in 2014.

**MEGAN DUNN**  
CONTRIBUTING WRITER

It's been a four-year wait for the release of Tokyo Police Club's *Force-Field*, and during that time the band have gained some new perspectives on the music industry.

It was important to the band to take the time to produce an album that reflected their development and to push themselves, says keyboardist Graham Wright, and they made a decision to sacrifice expediency in producing the record in favour of a quality product.

“It was a process, and we were our own obstacle,” says Wright. “It just seemed really important to us at the time to go hard and make something that was really the next level, and push ourselves, take a big step... not sure if that is how it turned out that way, but that is what we decided to do.”

The band did feel some pressure to have the record completed sooner, says Wright, but after a couple years with no record, they accepted that the process was going to take much longer.

“At first we felt pressure, but then we passed the point of no return, where it was too late. After a couple years with no record, we figured we were screwed, so we thought we would just keep going,” he says.

The members of the group have felt the change in the music industry since they started playing as a band eight years ago. There used to be a traditional model of success: start with an indie label, work really hard to get on a bigger indie label, get some radio play, and eventually land

a major label deal over the course of a few years, says Wright.

“No new band is expecting to get signed to a major label six years down the line; either you do it right away or you blaze your own trail,” he says.

Tokyo Police Club envisioned this career arc when they first banded together, but they soon realized there was no trail to follow and came to believe it was simply a misconception.

The industry shift began after the band was already a few years

into their career, and upon that discovery they knew they needed to start going in a different direction and reinvent the way they did business to stay relevant.

“It has been sort of a weird adaptation of a new paradigm for us,” says Wright.

Tokyo Police Club  
7pm Friday, November 14  
Alix Goolden Hall  
atomiqueproductions.com

opera

## Themes in classic tale of *Camelot* still ring true today

“There were a lot of great works that were written and inspired by tragic events, because it becomes a great consolation.”

**GIUSEPPE PIETRAROIA**  
CAMELOT

**KEAGAN HAWTHORNE**  
CONTRIBUTING WRITER

When the curtain rises on a new production of *Camelot*, Victorians will get a chance for some time travel. The musical brings King Arthur's Round Table, with costumes, music, chivalrous knights and all, to life in song, drama, and humour.

The storyline of the latest Pacific Opera Victoria production explores the fallout from a love triangle between King Arthur, Queen Guenevere, and Sir Lancelot, Arthur's most trusted knight. Their doomed love destroys the ideals that bound the knights together and causes the downfall of Camelot. But the

story ends on a note of hope and renewal.

For Giuseppe Pietraroia, the show's music director and conductor, there's more to the story than just love gone bad. In fact, there's a bit of everything when it comes to the themes.

“Loss of innocence, loyalty, duty, honour, perseverance, all of that,” says Pietraroia. “The whole idea of democracy in a sense, and all of the ideals of King Arthur's court.”

These themes are presented through music that is both catchy and fun, says Pietraroia. “It's a charming work,” he says. “The music is very lyrical, and there are a lot of little motifs that bring us back to that era of old English knights.”

In the 1960s, *Camelot* became associated with a bygone, golden age in America. After John F. Kennedy was assassinated, many Americans felt their country had lost the faith of a more innocent time, mirrored by the loss of the golden ideals of Arthur's Camelot.

Sound familiar? It should: Pietraroia says that these were the same things being talked about in the wake of the recent shootings in Ottawa.

“People were talking about how Canada lost its innocence. It always seems that when something like this happens, there is a sense of change and loss. We believe the world will never be the same. But we come through it, and we persevere, and there's a renewed sense of hope,” he explains. “I think that's what keeps mankind moving forward; we go through it, and then we become stronger because of it, or despite it.”

Pietraroia believes it's the function of the arts to help process these public tragedies in a shared way. He argues that this is why funding and supporting the arts is so critical to society. They provide us with tools to process our private response to grief and loss.

“Music has always been a great healer,” he says. “It's always been something that we can come back to. There were a lot of great works that were written and inspired by tragic events, because it becomes a great consolation.”

One of the reasons for *Camelot*'s enduring popularity is its ability to present the good alongside the bad, a fusion very true to life. And it leaves us on an upbeat note, says Pietraroia.

“I always try to find a bit of hope



PHOTO PROVIDED

Giuseppe Pietraroia is the music director and conductor for *Camelot*.

in any story, and I think that's also why *Camelot* is still very popular,” he says. “This renewed faith that no matter how awful things get, there is always good in anything. That comes through, and it will renew our faith in the future.”

*Camelot in Concert*  
Saturday, November 22 and  
Sunday, November 23  
\$40 and up (\$15 for students  
60 minutes before showtime),  
Royal Theatre  
pov.bc.ca



dance

# Britain's BalletBoyz make rare stop in Canada

**BLAIRE ARAMENKO**  
CONTRIBUTING WRITER

When 10 men from Britain hit the Royal Theatre stage this month, they may be built like Marines—one was even planning on joining the Marines before he found his passion—but they're actually professional ballet dancers. The BalletBoyz transform all previous notions of ballet into a masculine display of strength.

Billy Trevitt and Michael Nunn founded BalletBoyz back in 2001. It was just the two of them in the beginning, and now they have passed the stage down to a new generation of BalletBoyz, who are currently on their first North American tour.

"A couple of the dancers have been with us now for four or five years," says Trevitt. "They were boys when we took them on, and to see them develop, learn new skills, and grow in confidence has been great."

Trevitt and Nunn met at the Royal Ballet in London, England, where they both danced and later became principals of the school. After 12 years of dancing at the Royal Ballet, they left to pursue their ultimate dream: creating new dance work.

In order to create new dance work, they had to create their own company, and the founders know that teamwork is important in order for the company to thrive.

"We've known each other since we were 16 or 17 and worked to-

"Half the audience didn't notice and the other half thought it was deliberate. You can cover up almost anything on stage."

**BILLY TREVITT**  
BALLETBOYZ

gether ever since. We make films together, we danced together for a very long time, and now we direct the company together," says Trevitt. "We have a very close relationship; everything is almost unspoken because we know each other so very well."

Trevitt and Nunn have accomplished the life that most dancers dream of: they have been able to make a living out of dance. Their dreams would not have come true if they had not learned an important lesson: forget about the budget.

"We have to be very strict with ourselves not to think too much about the money. If we just set our goals based on the budget and what we can afford, then we would never do anything," says Trevitt. "So we have to turn our backs on that for a little while, dream big, make sure that what we want is achievable, and then we try to work out how to pay for it later."



MARK BARRS

This all-male British ballet crew is making their first-ever Canadian appearance here in Victoria.

Everyone is prone to making mistakes, especially dancers on stage. The important thing is that the BalletBoyz don't let mistakes set them back. Sometimes the best thing to do in a disastrous situation is to play it cool.

"A person misjudged a circle on the stage and jumped off the front and ran around and had to jump back on the other side," Trevitt says about notable stage mishaps. "Half the audience didn't notice and the other half thought it was deliberate. You can cover up almost anything on stage. I once had an experience where Michael and I were dancing

together and I was convinced that we were facing the front and he was convinced we were facing the back, and we kept turning one another around to make sure that we were facing the audience."

Thankfully, there are perks to outweigh any humiliation. One of Trevitt's favourite perks of being a dancer is travelling to different places. His favourite places he has visited are Africa and Tokyo.

Trevitt is happy that the BalletBoyz will be able to visit Canada. Victoria is the first and only place in Canada that they are performing; however, Trevitt is determined that

this will not be their last appearance in Canada. He has even expressed interest in collaborating with one of our fellow British Columbians.

"We are definitely interested in coming back to Canada. We have long admired the work of one of your locals, [dancer] Crystal Pite," says Trevitt. "We'd love to do something with her at some point."

**BalletBoyz**  
Friday, November 14 and  
Saturday, November 15  
\$29 and up, Royal Theatre  
balletboyz.com

## New Music Revue

### Chic Christmas tunes, post-hardcore demos, and more Led Zep reissues



**Chic Gamine**  
*Christmas Vol. 1*  
(Independent)  
4/5

I usually find Christmas music tacky and quite annoying, but Chic Gamine has changed my mind.

The band, which features members from Winnipeg and Montreal, offers up a modern take on the genre while still maintaining their soulful harmonies and old-school Motown vibes.

My French is not quite up to par, so if it wasn't for the bells chiming in the background, I would have had no idea their original songs "Noel (Au Coin de Portage et Main)" and "Un Biscuit et un Verre de Lait" were actually Christmas carols (which is a good thing, in my eyes).

The '80s vibe Chic Gamine gives to the classic "Last Christmas" is refreshing and actually quite catchy. The band's quirkiness and Motown-rock vibes shine through the fun, upbeat tunes and mind-blowing vocals.

I will definitely be adding the album to my very limited Christmas music playlist.

-REBECCA DAVIES



**Fugazi**  
*First Demo*  
(Dischord Records)  
4/5

The story of Washington, DC post-punk band Fugazi is the stuff of legend, especially if you grew up going to punk shows, making 'zines, and wearing your heart on your sleeve, like I did.

So when news dropped a few months ago that guitarist/vocalist Ian MacKaye's label Dischord Records would be releasing the original Fugazi demos, including unreleased songs and demo versions of their classic songs, I got stupid excited.

Sure, remnants of the members' previous bands, such as Minor Threat and Rites of Spring, are pretty evident here, but these demos were the humble beginnings of a band that changed punk forever.

Perhaps even more thrilling and inspiring is that *First Demo* confirms that even Fugazi, in all of their punk-rock glory, were at one time just an aspiring garage band.

And if that doesn't get you off your ass, nothing will.

-JASON SCHREURS

**Led Zeppelin**  
*Led Zeppelin IV*  
*Houses of the Holy*  
(Atlantic Records)  
5/5

A perfect 5/5 rating? Sure: these are reissues of two of the best rock albums ever created. To help clarify things, we've provided a step-by-step walkthrough of the thought process that went down during the listening process.

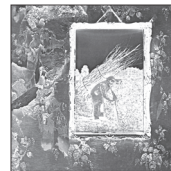
It's not easy, as discussed during our reviews of the band's first round of reissues earlier this year. These albums are permanently embedded in our brains (well, my brain, anyway). It's easy to feel like you never need to hear them again.

But that changes every time the first song starts. *Led Zeppelin IV* opens with two of the best hard rockers ever recorded. *Houses of the Holy* has deep cuts to die for.

The next round of reissues will start to get into Zeppelin's later, and perhaps most interesting, phase. But this middle round is the band at the height of their hard-rocking greatness, and these two albums ooze rock god appeal like nothing that's come since.

Put them on and go back to a time when rock was king. It gets no better than this.

-GREG PRATT



I thought I never needed to hear this album again, but I've listened to four seconds of *Led Zeppelin IV* and now realize I should listen to this album every day of my life.



John Bonham was the best rock drummer ever. Even on the quieter songs, he's just going crazy back there.



Oh no! Another version of "Stairway to Heaven."



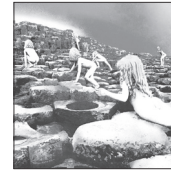
Oh no! "Stairway to Heaven" is still going on. Damn, this song is long.



Oh, screw it. It is a great song.



This bonus material is boring and mainly doesn't sound much different from the original stuff. Only of interest to severely upsetting guys who obsess over Zeppelin. But the eight originals here? Stunning in their perfection.



*Houses of the Holy*: great production sound, everyone is playing hard but not overplaying, different sounds on the eight songs... there'll never be another Zeppelin.



As far as white-guy reggae goes, it gets no better than "D'yer Maker." And then "Dancing Days"... I always loved those two tunes back to back.



Oh no! I'm not high enough to enjoy "No Quarter!"



Oh no! "No Quarter" is still going on. Damn, this song is long, too.



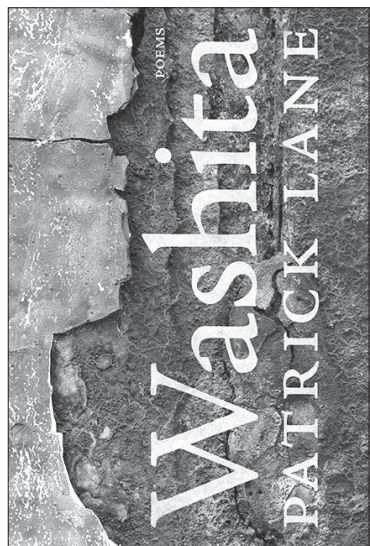
Oh, screw it. It is a great song.



Ditto on the bonus material here: studio outtakes that are of mild interest to Zep fanatics only. For the best experience, buy the original. But once you've listened to the original 20,000 times, which you should, get this anyway.

review

## New Patrick Lane poetry anthology difficult, with few rewards



**SERA DOWN**  
CONTRIBUTING WRITER

An anthology by Canadian poet Patrick Lane, *Washita's* narrative stumbles laboriously like a circus bear on fire. It effectively embraces the disjointed reminiscence of old age, groping at limbs of sentimentality I usually reserve for commercials featuring glassy-eyed dogs and Sarah McLachlan.

The anthology is meant as a disjointed autobiography, transcending personal experiences to contemplate the complexities of reality, as well as, according to the back cover, "the perversion of nature and acquisition of wisdom."

I'm too preoccupied with the annoying justification of the inner text (flush left, upper page) to read any further into it.

It's easy to drown in the viscous nature imagery and rhetorical musings, which are accompanied by obscure, outdated references (the 79-page book has a three-page glossary to address that) and diction similar to an American poetry anthology from the 1920s abandoned in the trunk of my car. Although I appreciate the stylistic consistency, the repetitive visual imagery prevents me from being immersed in the deeper narrative.

I could easily relate Lane's style of prose to James Joyce's nearly unreadable *Ulysses*, complete with randomly interjected italicized adjectives between lines. This is both a compliment and a criticism, as my love-hate relationship with *Ulysses* is akin to watching a solar eclipse without any eye protection: you have to turn away every few minutes to salvage your burning retinas.

It may be the fault of youth that leads me to be so critical of Lane's prose: it reads through the paradigm of a man 75 years of age. As a young woman of 20, it's difficult to relate to the pastoral analogies between Lane's wilderness experiences and a modern reality. Despite this, I praise the introspectiveness

of the poem "Solstice Coming," which describes Lane's struggle with mental clarity and mobility in old age, relying on more easily digestible similes and literal description to promote empathy.

It may be the fault of youth that leads me to be so critical of Lane's prose. As a young woman of 20, it's difficult to relate to the pastoral analogies between Lane's wilderness experiences and a modern reality.

"Coming out of the night is harder than you think," advises Lane in the poem "Early Promises." That line sums up quite nicely my short literary affair with *Washita*: fumbling blindly through the dense narrative, I came with relief to the last page... but found myself wanting to throw myself back in and find the reflections I suspect I missed, the ones that are hidden between the lines.

music

## Downtown Mischief's community



PHOTO PROVIDED

The many faces of local funk/rap band Downtown Mischief.

**MEG KOCKX**  
CONTRIBUTING WRITER

Some of the best bands start as people just jamming together. In the case of Downtown Mischief, a local funk/rap band that's been creating beats and sharing their soulful rhythms over the past few years, jamming is how it all began.

"We met through jam parties," Jameson Daniels, one of the band's main singers, says. "We started playing music together because there were jam parties happening, and then everybody would just get in there together."

It was the beginning of a beautiful musical relationship and a small-community feel that comes out when the band is together.

"We are all a community," says Ollie Mckee-Reid, one of the band's vocalists. There are the good vibes everybody in the band possesses and the lively colored handprints and psychedelic sea creatures painted throughout the walls of Downtown Mischief's jam space. But there's

also the importance of names.

"It's kind of like a tribe, you know? Everybody's got their own thing," says Mckee-Reid. Each member proudly wears a nickname, founded on individuality and inside jokes.

Every member of Downtown Mischief has the same love and passion when it comes to creating and playing music.

"We're not racing, we're not running and competing with people," says Daniels. "There's always somebody that can say, 'These people are better,' or, 'Those people are better.'" Daniels ends off with a quote a fellow Downtown Mischief musician said to him the other day, which sums it all up: "Of course you're in the middle: life is just a riddle."

Downtown Mischief  
Friday, November 14  
\$5, Felicita's Pub, UVic  
felicitas.ca

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| WEDNESDAY | <b>NEW KICK ASS WINGS</b><br><b>WING &amp; PRAWN .50</b>                        |
| THURSDAY  | <b>BURGER &amp; FRIES \$7.95</b><br><b>\$6 DOUBLES</b>                          |

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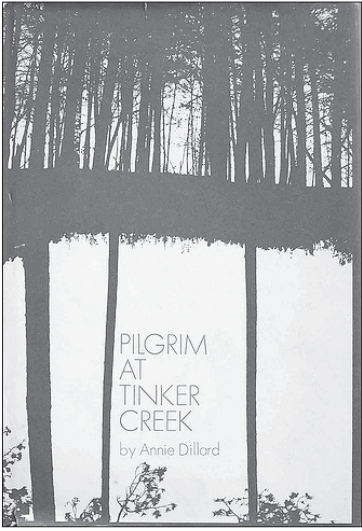
Dine in only.



Lit Matters

by Keagan Hawthorne

## Fact-fiddling Annie Dillard helped us see ourselves differently



“How we spend our days is, of course, how we spend our lives.”

So said Annie Dillard, an American writer most famous for *Pilgrim at Tinker Creek*, a non-fiction narrative about a year spent living in the mountains of Virginia. The writing style, infused with poetic descrip-

tions of insects, frogs, mountains, and weather, became instantly identified with her and her mystical vision of the world. When she won the Pulitzer Prize in 1975, she was catapulted to instant literary fame.

It was a fame that she spent the rest of her writing life trying to flee from.

Despite her public reserve, Dillard’s non-fiction books are both deeply personal and emotionally universal, exploring questions of philosophy, metaphysics, science, and whether or not God exists. But, in the grand tradition of the essay, she avoids coming to conclusions.

“All my books are a series of questions,” she once said, believing that it is the role of the artist not to answer questions, but to point readers in a direction where they might find answers for themselves.

The format of her questions are often explorations of the natural

world and all its diversity, written with a refreshing lack of sentimentality. And although she writes what she calls non-fiction, Dillard never hesitates to, in her words, “fiddle with the facts” to attain the emotional effect she is aiming for.

The effect is emotional transcendence, in which everyday objects and encounters point past the mundane towards the full potential of our human spirit. If we spend our days in wonder, we will lead lives that are wonder-filled.

Her meditations on moments of ecstatic transformation show the changes in herself, as well as in the way she sees the world. But she doesn’t force this revelation on us. She takes us along for the ride, and in the end we are left holding a new way of seeing ourselves.

**Annie Dillard must-read:**  
*Pilgrim at Tinker Creek*  
(Lansdowne library code: QH 81 D56)



Age of Geeks

by Vishal Pandey

## New Android comes to life with fresh look, features

It’s arrived early: we’ve already got a look at Android L before it’s widely available for consumers. Google wants to attract the developers, and that’s one way to do it.

Android L, also known as “Lollipop,” is here: the latest Nexus devices ship with this version of Android installed. According to sources at androidpolice.com, the update has been delayed for Nexus 4 and Nexus 5 devices due to some “outstanding” bugs, and users are likely to get the update sometime in November.

This new update is being marketed as the biggest Android update since its baby days. There are a lot of new features, big visual changes, and clever tweaks added to Google’s latest refresh.

Here are a few things in this update which we will see on our lovely phones soon enough.

**New material design look**

Android L will arrive in a pure vanilla form to all the Nexus and Google edition devices. Google calls the new changes to the Android UI its “material design” approach, one that takes the Google Now cards system and adds depth, shadows, and more to layouts across the system, with app elements able to slide into and on top of each other. New onscreen software button icons are in there, too, with a triangle replacing the back arrow, a circle for the home function, and a simple square for accessing the “recent apps” multitasking menu.

**Project Volta**

Google’s Android team has finally addressed the cries of every Android user who claims that the “Project Volta” modifications to the code may increase battery life. When running Android L, Google

suggests a user might see up to 90 minutes of extra uptime on the Nexus 5, thanks to Volta and more battery/power management tools, which is significant given that particular phone’s rather dismal battery life.

**Separate home and work profiles**

This feature allows users to have multiple app instances on one device, separating work app data from home app data. As well, Samsung’s highly functional Knox workplace security tool is coming to Android L, with Samsung’s tools getting integrated into Google’s core code.

Besides these, there are several other exciting features coming in this new update, such as ART, 64-bit support, enhanced, card-like web search, and new transitions and animations.

Camosun College Student Society column



As I Was Saying

by Megan Dunn  
camosun college women’s centre

## Ghomeshi allegations open dialogue on sexual violence

The sexual violence allegations surrounding former CBC radio personality Jian Ghomeshi have raised many questions, concerns, and discussions about sexual violence.

The imperative topics here are sexual violence towards women in Canada, the stigma that victims endure, and the measures that need to be taken to prevent further violence.

Our society has a distorted view of sexual violence towards women; more often than not, the victim is blamed. As ridiculous as it sounds, victims are blamed for the clothes they were wearing and whether or not they were impaired.

The question often asked is this:

did they use poor judgment? I find it astonishing that this is even part of the discussion. If one doesn’t consent, it’s not consequential; there’s no grey area.

Unfortunately, we still live in a society of gender inequality, and research shows that violence of any kind towards women stems from messages that men are more important than women.

This inequality presents a justification for one to believe they have the right to control another using intimidation tactics, humiliation, and sexual assault.

There are some staggering stats on sexual violence towards women in this country: only about

10 percent of all sexual assaults are reported to police, and only a handful of reported assaults ever result in a conviction. Each year, only about 1,500 sexual assault offenders are actually convicted; in 2009, there were a reported 460,000 incidents of sexual assault towards women in Canada.

Those numbers are unacceptable, and they need to change.

Many women don’t come forward out of fear; we need to band together, dismiss the fear, and empower those who are victims of violence.

We need to educate children, create new messages, and abolish gender inequality.



Bite Me

by Megan Dunn

## Union Pacific a standout café

With just a few weeks left in the fall semester, students are buckling down to complete essays, projects, and endless midterms. Right now it feels overwhelming and stressful; plus, it’s hard to find the perfect spot to study with the full computer labs and library.

So I’m going to let you know about a little gem of a coffee shop called Union Pacific Coffee Company.

It’s located on Herald Street in the design district. It took me a while to find it, but I have now been a regular patron of Union for a few years. Since I discovered Union, it felt like home, and have never gone to another shop to study or write.

One of the main reasons I keep coming back is because most of the other customers are just like me: students or writers. Victoria is littered with lots of coffee shops, and many are filled with moms and their

kids, which can be distracting when you are struggling to get through a paper.

What I really dig about Union is the staff and the cozy atmosphere. The staff are really friendly and attentive. The shop has large, shareable tables, free wifi, electrical plug-ins for those who have the forever-dying laptop, and a beautiful outside patio.

Another bonus of the shop is the daily specials on specialty coffees and food. For example, on Mondays you can get an Americano and a sandwich for about \$10, which can be a bit of pinch in the student pocket, but it’s okay to occasionally treat yourself.

The food menu consists of soup, sandwiches, and even breakfast. If you feel inclined, they are also licensed, and there are a lot of yummy baked goods to choose from, with a few gluten-free options.



Booze Clues

by Andrea Valentine-Lewis

## Riding high with Wheelies

Wheelies is a motorcycle shop/café that opened in 2013, and many friends of mine have raved about the food, drinks, and atmosphere.

I never went until last week because of its location at 2620 Rock Bay Avenue; I live and work downtown, so I wasn’t prepared to bus to an area that is deemed “seedy” when I can eat and drink well in my own neighbourhood.

But it was convenience that brought me to the café last week, since my new job is located across the street and I knew there was no excuse. I decided to go after work for their mac ‘n’ cheese and a beer.

I walked in and noticed that Wheelies was definitely modelled after the vintage 1960s motorcycle scene. I sat up at the bar and the friendly staff was quick and efficient to bring me my choice of Phillips Elsinore or Blue Buck.

I went with the Elsinore, which is a crisp and delicious light beer, with an accompanying slight hop aftertaste. I knew then that this is where I would have lunch tomorrow on my day off, too.

Day two at Wheelies Motorcycles, I knew what I wanted: a Chipotle Caesar. Made with vodka, chipotle, Tabasco, Worcestershire, lime, and house-made pickles, how can you go wrong? It was delicious.

For bourbon lovers, Wheelies also offers a Maple Bourbon Sour. I like that there aren’t too many options on the menu; for the indecisive, like myself, it makes it easy.

I highly recommend Wheelies for anyone who isn’t afraid to step away from the comforts of downtown for a new and refreshing experience. You don’t even have to like motorcycles.

**Dunlop House Pub**  
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what's going on

by matt o'connor



PHOTO PROVIDED

The Sam Roberts band is coming to town on Wednesday, November 12.

THURSDAY, NOVEMBER 6 AND  
FRIDAY, NOVEMBER 7

**One Buck 65 show down, one to go**

Canadian alternative hip-hop artist Buck 65 will be performing at Lucky Bar for two epic nights of music after stops in the UK on his current tour. Friday night is sold out, but tickets are still available for the Thursday show. Both nights will feature support act Sc Mira, an alternative country, indie-pop, and folk band from Winnipeg, Manitoba. If you order a

pair of tickets for the show online at ticketweb.ca/atomique you will receive a free digital copy of Buck 65's new album, *Neverlove*. Tickets are also available in person from Lyle's Place and Ditch Records for \$24.

MONDAY, NOVEMBER 10 AND  
THURSDAY, NOVEMBER 13

**Get vaccinated**

Flu season is expected to come early this year, so from 10 am until 2 pm there will be a free flu-shot clinic at Interurban Campus in Campus

Center 111. Flu shots will only be administered free of charge to those who show a Care Card.

WEDNESDAY, NOVEMBER 12

**Canadian rockers**

The Sam Roberts Band is bringing their *Lo-Fantasy Tour* to the 100.3 the Q Centre stage in Colwood for an all-ages show, also featuring Vancouver rock band Pigeon Park. Tickets range in price from \$29.50 to \$54.50 and are available at selectyourticket.com or in person at the Save-on-Foods

Memorial Center and Juan de Fuca Recreation Center in View Royal.

THURSDAY, NOVEMBER 13

**Film fest**

The Wild and Scenic Film Festival is a benefit fundraiser for the Georgia Strait Alliance, which aims to protect and restore the marine environment. The festival will feature award-winning films, speakers, refreshments, and a raffle. The event will be held at St. Ann's Academy from 7-9:30 pm. Tickets are \$20 in advance at eventbrite.ca or \$25 at the door.

FRIDAY, NOVEMBER 14 AND  
SATURDAY, NOVEMBER 15

**Free Chargers basketball games**

The Camosun women's basketball team will be playing the Capilano University Blues on Friday at 6 pm, with the men's teams playing immediately following at 8 pm. On Saturday, the Camosun women's team will be playing the Quest University Kermodes at 1 pm, with the men's teams playing afterwards at 3 pm. All games will be held at the Pacific Institute for Sports Excellence at 4371 Interurban Rd; admission is free if a student card is shown.

SATURDAY, NOVEMBER 15

**Heavy rock and chainsaws**

The six-piece heavy rock band White Cowbell Oklahoma has returned from Europe to celebrate their 15th anniversary together in their home country of Canada. The band, known for their theatrical performances (often featuring power tools), are certainly as out there as they are talented. WCO is touring across Canada starting on the West Coast with Big John Bates and Paceshifters, and joining the band in Victoria is the Vancouver-based group Devil in the Wood Shack, with their western, gypsy, punk, and blues sound. Doors are at 9 pm for this heavy-rocking show, which will go down at the always-classy V Lounge, located just above The Fox. Tickets are available at Lyle's Place, Ditch Records, and the BC Smoke Shop in Quadra Village for \$17.50.

SATURDAY, NOVEMBER 15 AND  
SATURDAY, NOVEMBER 29

**Island Sketchers meet-up**

Inspired by Vancouver's Urban Sketchers group, and founded back in 2013, Island Sketching is a group for artists of all ages who meet up and sketch biweekly for two hours on Saturday mornings. Island Sketching is run by Bryan and Cheryl Hebb and meets at a variety of locations around Victoria, including beaches, parks, cafés, museums, and pubs. Guests can join for three visits with a suggested meet-up fee of \$1, and afterwards will be asked to become an official member. Members will receive a 10 percent discount from art supply

shops Island Blue and Art World. On November 15, the group will meet at Pluto's Diner at 1150 Cook St at 9 am. The November 29 location will be announced closer to the date at meetup.com/islandsketching.

SATURDAY, NOVEMBER 15

**In remembrance**

Award-winning documentary *The Courageous Heart of Irene Sender*, about a woman who saved the lives of 2,500 Jewish children and was arrested by Nazis for doing so, will be presented by the Canadian Hadasah-WIZO at the Jewish Community Centre at 3636 Shelbourne Street at 7 pm. There is no cost for the presentation, but donations are welcomed.

SATURDAY, NOVEMBER 15

**An evening of laughter**

The Canadian *Just for Laughs Comedy Tour* promises to bring chuckles to the West Coast during their cross-Canada tour. Headliners for the Victoria show at the McPherson Playhouse include Demetri Martin, Jon Dore, Levi McDougall, and Todd Glass. Show times are 7 and 9:30 pm and tickets, starting at \$53, are available online at rmts.bc.ca or at the Royal McPherson box office by calling 250-386-6121.

WEDNESDAY, NOVEMBER 19

**Drum and bass**

Belgian drum and bass DJ Netsky is bringing a full live band and a visual show to Sugar Nightclub on his *Stay up with Me* tour, where London DJ Kove will accompany him. Tickets are \$20 in advance online at ticketweb.ca and can also be picked up at Lyle's Place and Discovery Coffee in James Bay.

FRIDAY, NOVEMBER 21 AND  
SATURDAY, NOVEMBER 22

**Free Chargers volleyball games**

Head out to the Pacific Institute for Sports Excellence at 4371 Interurban Rd for four Camosun volleyball games against the Capilano University Blues. On Friday, the women's teams will play each other first at 6 pm, followed by the men's teams at 8 pm. On Saturday, the women's teams will play at 1 pm, with the men playing at 3 pm. There is no admission charge when a student card is presented, so come out and support your college volleyball teams.

WEDNESDAY, NOVEMBER 26

**True north rock**

Canadian rockers The Trews have joined up with The Glorious Sons to bring fist pumps, head bangs, and overall rock to the west coast, and are booked to play Victoria at Sugar Nightclub. The Glorious Sons from Kingston, Ontario are promoting their debut album, *The Union*. Doors open at 8 pm and tickets are available at Lyle's Place and Ditch Records for \$26.50.

Buggy word search

- AMINO
- ANTS
- CHITIN
- CONSUMPTION
- CRICKETS
- ECOSYSTEM
- ENTOMOPHAGY
- GEOGRAPHY
- INSECTS
- LEMONY
- LIVESTOCK
- MEALWORMS
- NUTTINESS
- PROTEIN
- PSYCHOLOGY
- SHELLFISH
- TABOO
- TACOS
- TEXTURE
- VIABLE

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

We extracted 20 of the most prominent words from this issue's feature story (see page 6) for this word search; find the words above in the puzzle to the right.

Bring the completed puzzle in to the Nexus office for a trip into our prize room to grab some goodies. (Our prize room is a table by our door, but, still. Come on down!)

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