

# DARK DAYS AT CAMOSUN

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trans issues to Victoria**

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# NEXUS

camosun's student voice since 1990

Next publication: September 21, 2016

Deadline: 9 am September 12, 2016

Address: 3100 Foul Bay Rd., Victoria, BC,  
V8P 5J2

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### SEND A LETTER

*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: "Has anyone said anything clever around here lately?"

COVER PHOTO:  
Dark days: Jill Westby/*Nexus*  
Tanzania: Camosun College A/V Services  
Mechanical Engineering: Camosun College A/V Services  
Laura Jane Grace: Ryan Russell

## student editor's letter Back to the grind

It's nice to see the courtyard buzzing with students again after a hot and quiet summer. This is always one of the busiest times of the year for us at the paper, with numerous student gatherings, such as CamFest, going down on both campuses. And busy means exciting for us at *Nexus*, your student newspaper. The doors are swinging open again with eager volunteers, and we love that. It's you, the students, who keep a student newspaper going. This is Camosun student He Wei's first issue with us since being hired as web editor, and we're all excited to be moving ahead with some new blood and new ideas.

This issue marks the debut of contributing writers Mason Hendrix and Josh Christopher, who both came and knocked on our door (just as you could!) and walked out of here with a story assignment. Hendrix chatted with Against Me! frontwoman Laura Jane Grace (see page 8), and Christopher tackled an opinion piece on why tuition should be free (see right here on page 2).

It was truly a pleasure to write this issue's feature story, where a former Camosun student opens up for an in-depth tell-all about her struggles with depression and anxiety while attending the college. It's an issue that is plaguing more and more college students each year, according to Camosun counsellor Chris Balmer, who also shares his thoughts on the matter. Flip to page 6 to dive in to this piece.

In our news section, we take a look at a new partnership between Camosun College and a Tanzanian institution; see page 3 to get the low-down. Head over to page 4 to find out about Camosun's annual Mechanical Engineering Showcase event, and our popular *Know Your Profs* column helps you get to know a Camosun teacher a bit better; head to page 5 to see this issue's installment, and feel free to let us know if there's a prof you want to see featured next time around.

We work hard to bring you what you read, so please enjoy, and don't hesitate to stop by our office (Richmond House 201, Lansdowne campus) if you want to volunteer (no experience necessary). We love new student volunteers!

See you in two weeks, when we'll bring you an exclusive interview with Camosun president Sherri Bell looking back at her first year on the job.

Adam Marsh, student editor  
adam@nexusnewspaper.com

## flashback 25 years ago in *Nexus*



**Going green:** In our September 3, 1991 issue, the story "Recycling program kicks off" talked about how Camosun College's paper recycling program was just getting underway. Seems quaint to think of it now, but a lot has changed in 25 years. Back then, we reported that at least one paper recycling bin would be on every floor in every building at the college; these days, you rarely need to go more than a few steps before one is in sight. And here's an enviro-tip: take your dead batteries and scratched-up CDs to Facilities Services (Dawson 200) for recycling.

**Ombudserific:** This issue also had a story about how an ombudsperson was going to be instated in the college for the first time. Today, that position remains, with the ombudsperson being a very important part of college life for many students, acting as a neutral mediator in disputes involving students and the institution. Mainly, we've just always loved the word "ombudsperson" and always will because it sounds really funny when it's said out loud. C'mon, admit it.

**These student-loan stories are never good:** We lamented in this issue that a new three-percent tax on student loans was "another brick in the wall" for students. Even though that's a wildly overused cliché of a phrase (and it actually pains me to type it out today), it's true: students didn't need more barriers between them and an education, and that holds true today, many, many, many bricks later.

## open space It's time to eliminate tuition in Canada

Finland, Germany, and Norway provide tuition-free post-secondary education to their students, including their international students. Canada is leaving students out in the cold.

### JOSH CHRISTOPHER

CONTRIBUTING WRITER

Tuition should be eliminated, and we the students need to make that happen.

For many years I've heard warning klaxons signal the approach of the debt apocalypse. Social spending must be cut due to constant budget shortfalls; in other news, our corporate benefactors will abandon us if we do not lower their taxes and entice them to keep jobs in Canada. Something seems amiss.

Education has long been a casualty of these government hatchet men. Since 1992, federal cash transfers to provinces for post-secondary education have declined from 0.41 percent to 0.2 percent of gross domestic product. Over the same period, undergraduate tuition has soared by 238 percent. So, college and university funding has been halved, while tuition has more than doubled.

When money is charged for education, it becomes a privilege, not a right. Students paying interest on loans are actually paying more for their education than those who can afford to pay up front. These reductions in social services catapult Canadians back to the cruelty of the Great Depression.

Why should we not all share the cost of education as we all share the cost of health care?

Finland, Germany, and Norway provide tuition-free post-secondary education to their students, including their international students. Canada is leaving students out in the cold.

How can we return to a more fair and inclusive country? The students of Quebec pay the second-lowest tuition in Canada for a very good reason: civil unrest.

In February 2012, Quebec's Jean Charest Liberal government raised tuition by 82 percent over

five years. 300,000 students responded by boycotting their classes and taking to the streets across the province for over 100 days and nights of raucous protests. Not to be ignored, students banged pots and pans throughout the night. Many marched in their underwear to gain attention despite the brisk Montreal air. Rain, snow, and sleet did not deter them.

The protests were a big reason why the Liberals lost in an election later that year. The Liberals' successors, Pauline Marois' Parti Quebecois, proposed a yearly three-percent tuition hike, declaring that "the social crisis is behind us." Hours later, thousands marched with signs saying that "social peace is behind us." They demanded the complete elimination of tuition, not a small increase.

Today, the government of British Columbia is slapping students with a two-percent yearly increase to our already astronomical "student taxes," which are 63 percent higher than Quebec's.

It's easy to think, "What can I do? I'm only one person." Such apathy is our worst enemy, but there is also power in that statement. I am one citizen. Every time I join with other citizens, "I" becomes "we," and our power multiplies.

The tyranny of tuition ends when we say it ends. Following in Quebec students' footsteps can begin by attending Camosun College Student Society meetings and seeking others who share our outrage. You are not alone.

So don't give in to despair. If Europe can provide free education and if Quebec can provide it at drastically lower levels, then tuition can be eliminated nationwide.

One thing is certain, though: we need to fight for it, because it will not be handed to us.

Something on your mind? If you're a Camosun student, send *Open Space* submissions (up to 500 words) to editor@nexusnewspaper.com. Include your student number. Thanks!

## SPEAK UP

What are you most looking forward to about starting school in September?

BY ADAM MARSH



**DEREK VORNE**

"Getting a degree and getting classes over and done with."



**JACOB FINLAY**

"Education, I guess. It will be busy."



**EMILY PATTERSON**

"Meeting new friends and experiencing a different workload."



**WENYA WEI**

"I'm not really sure. I just got my textbooks."



**KABWARI CHOMBAQ**

"I'm very excited. It's my first time meeting people from a different place; I'm from Congo."



**HIROKO ISHIDA**

"Learning about Canadian politics; I'm studying political science."



trades

## Camosun College partners with Tanzania's Arusha Technical College



CAMOSUN COLLEGE A/V SERVICES

Camosun College and Arusha Technical College employees in the shop.

**ADAM MARSH**  
STUDENT EDITOR

Camosun College is in the process of developing a Gas Transmission Technician diploma program. The catch? It's not going to be taught at Camosun.

Instead, the program will be implemented many time zones away, at Arusha Technical College (ATC) in Tanzania. Camosun chair of Plumbing and Pipe Trades John Gordon says it's been a great experience to work abroad with academic institutions, but adds that doing so is far from simple or easy.

"When you take it over to another country—especially a third world country—they don't even have shops, really," he says.

"There's no equipment, there's no material to work with. We're heavily engaged in the kinaesthetic learning process here when we get people out there to touch things... Build things, that's what we do here at Camosun."

Gordon says people in Tanzania can be far less fortunate. The trouble is that programs at Camosun—and in North America, for that matter, says Gordon—are designed in such a way that is dependent on having a relatively high number of tools and resources. This is not the case in countries that don't have as many resources, says Gordon.

"They lecture so heavily because they can't go to the shop," he says. "There is no shop. So to transition

our program over there, I have to really think about that; I have to really adjust the program to suit the style they have for teaching over there."

Gordon admits that he's still working hard figuring out how to do that; even simple things like Power-Point presentations and learning systems such as D2L presentations are often unavailable at ATC.

"What they really want is a pre-apprenticeship program similar to what we do here in our foundations program for Pipe Trades," says Gordon. "We're going to name it something to do with oil and gas, but we're really going to target sort of a general preparation course for entry-level pipe trades people."

"I have to really adjust the program to suit the style they have for teaching over there."

**JOHN GORDON**  
CAMOSUN COLLEGE

Nicholaus Mhusa is an instructor from ATC who was training at Camosun. He agrees that there are challenges with getting the program together.

"We are working in a different environment," he says. "Canada is a developed country with a lot of industry; it is possible for one to specialize in one area and get a job. In Tanzania it's different; we don't have many industries. Employers want personnel with multiple skills."

Gordon says that the process won't be a quick one, as there will be a lot of work after the program is up and running.

"We have to ensure the program's aligned with what both governments want, so there will be about a year of follow-up," says Gordon on what Camosun's role will be after the program is implemented.

Camosun College Student Society external executive Rachael Grant says partnering with academic institutions overseas can be a great and helpful endeavour for

the college, as long as it doesn't compromise the education that Camosun students get from the institution.

"Overall it's a really positive thing," says Grant. "As long as investing resources and time in a partnership overseas doesn't impact the quality of education that Camosun students receive. It adds value to credentials that Camosun students get here. As long as it's done with integrity, it's a very positive thing."

Mhusa says that ATC benefits a lot from working with Camosun, and hints that there may be more partnerships between the two in the future.

"During our instructors' training at Camosun we observed opportunity for more programs," he says. "We are thinking to have certificate programs like lapidary and jewelry in the field of plumbing, pipe and steam fitter and gas fitter. Demand for these programs is high and justifiable, because Tanzania is a resource-rich but skills-poor country, with idling youths."

food

## Camosun launches edible garden at Interurban

**ADAM MARSH**  
STUDENT EDITOR

Camosun College recently announced that an edible garden is now open at its Interurban campus. But the college has actually had an edible garden for many years, according to Camosun Culinary Arts chair Gilbert Noussitou.

"We've always had difficulty in getting it maintained and finding the right people to do the work," says Noussitou, adding that "students picking at it and literally destroying the plants" was an ongoing problem.

Noussitou decided to create a program within Culinary Arts that educated students on how to use the garden in a healthy and informed way.

"The plan was to make something nice that people would likely respect a little more than just herbs planted in the ground," he says.

The herbs will be used by Camosun Culinary Arts students for cooking; Noussitou says the garden is used on a daily basis by students in the program.

"We have all kinds of menus and programs and so on," he says. "Students will go there on a daily basis and pick the herbs that they need. So far the garden is a little slim because it's fairly new."

Noussitou says the garden will need another season to cultivate fully, and he is looking forward to the new fresh flavours that will be in some food around Camosun.

"It's part of what we all do," he

says, "minimizing the footprint and maybe having a little better understanding of what food is about and where it's coming from, apart from the main supplier."

Noussitou says that the way people obtain food is starting to change, and that many people are becoming more aware of where their food is grown.

"It's part of the attitude that is changing pretty well everywhere," he says, adding, "growing herbs is really quite easy to do."

Noussitou says that growing food locally can create a respect for that process. He's hoping that Camosun students will show some decency around the garden and not treat it like a dumping ground.

"We're going to put some signs



GREG PRATT/NEXUS

The edible garden at Camosun's Interurban campus.

up next to each herb describing them and saying a few words about what they are and how to use them," says Noussitou, "and just hope that people are not going to start throwing cigarette butts and spitting and all kinds of things that we find in the flower bed typically."

Noussitou says that the main thing that will help the garden to produce more plants—as he is hoping it will—is respect.

"That's one of the reasons why we tried to make a liveable garden," he says, "to push for that respect that we're asking everyone to have."

## NEWS BRIEFS

### Camosun instates gender-neutral washrooms

Camosun College recently announced that some of their already-existing single-stall bathrooms are now gender-neutral. At Lansdowne, the gender-inclusive washrooms are located on the first floor of Dawson, the second floor of Paul, and the first floor of Richmond House. At Interurban, the gender-inclusive washrooms are on the first floor of Campus Centre

and in the east hallway of Jack White. Pick up our September 21 issue to read our full story on the gender-neutral washrooms.

### Free online textbooks being adopted by UVic

Good news over at the University of Victoria: an Earth and Ocean sciences course there recently switched from a textbook that cost \$123.50 to a free online textbook as part of the BC Campus' Open Textbook Project. Free online textbooks have been used more frequently over

the past few years, much to the joy of students' wallets.

### Annual anarchist book fair hits UVic

A book fair to raise awareness about anarchism and social equality is going down at the University of Victoria on Friday, September 9 and Saturday, September 10. The book fair has been happening for a decade; people attending can exchange ideas, read challenging and entertaining literature, and attend workshops on anarchist theory. It all

happens at UVic's Student Union Building; see [victoriananarchist-bookfair.ca](http://victoriananarchist-bookfair.ca) for more info.

### Opportunity for artsy types

The City of Victoria is launching an artist in residence program. The resident artist will start work in October, working 20 hours a week for a \$42,000 annual salary. A minimum of one piece of artwork must be completed in that time. The application deadline is Monday, September 26 at 4 pm. For more information on

the position and how to apply, see [victoria.ca/publicart](http://victoria.ca/publicart).

-ADAM MARSH

Got a news tip? Email [editor@nexusnewspaper.com](mailto:editor@nexusnewspaper.com) to fill us in today!

Want to be a news writer? No experience necessary! Email us or stop by our office (201 Richmond House, Lansdowne campus) today!



camosun

## Mechanical Engineering Showcase returns to Interurban for 2016



Camosun College students display their projects at last year's Mechanical Engineering Showcase event.

**HE WEI**  
WEB EDITOR

Science is like fire: it changes lives and creates futures. When Prometheus took fire from Olympus, people thought fire was a miracle, and Prometheus was a hero.

In a way, engineering technology is like those ancient myths, because it brings miracles to people's lives.

For example, 2,000 years ago, people could not believe that they could step into a machine that could get them to other places faster than horses could; the miracle was made

through mechanical engineering technology skills.

On September 16, Camosun's Mechanical Engineering Technology students will display their projects at the Mechanical Engineering Showcase. The event, which has been happening for over 20 years, features 11 projects from student groups.

Camosun Mechanical Engineering Technology instructor James Bartlett is involved in the showcase event this year; he says that what students learn at Camosun in the Mechanical Engineering Technol-

ogy program will be beneficial for them.

"I think this project will be helpful for these students in their careers," Bartlett says. "They have chances and opportunities to use these skills that they learn in their program on real engineering applications. The projects covered a wide range of topics, and I think they all have relevance to different parts of engineering."

There are four or five students in each group; Camosun Mechanical Engineering Technology student Liam Henderson is in a group that

"The projects covered a wide range of topics, and I think they all have relevance to different parts of engineering."

**JAMES BARTLETT**  
CAMOSUN COLLEGE



PHOTOS BY CAMOSUN COLLEGE A/V SERVICES

designed and created an underwater remotely operated vehicle.

"It was a really, really fun project to work on," says Henderson. "It's challenging, which is nice as well."

Henderson stresses how much fun the students had making the project, and he says that the showcase event offers one last opportunity to get some learning in.

"Having a project gives you a place to display all of the knowledge you learn, and an opportunity to maybe figure out what you did not learn," he says.

Henderson says that he ap-

preciates what he's learned in the classrooms of Camosun.

"We're very interested in the technology that we're using," he says. "It's a lot of electronic, it's a lot of programming, it's a lot of mechanical design."

**Camosun Mechanical Engineering Showcase**  
10 am to 2 pm,  
Friday, September 16  
Centre for Trades Education and Innovation atrium,  
Interurban campus  
camosun.ca

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what's going on

by adam marsh



PHOTO PROVIDED

**Airbourne are ready to rock.**

**SUNDAY, SEPTEMBER 11**

**Check out your dream home**

Want to tour the house you've been picturing in your head since forever? Check out the Art Gallery of Greater Victoria's Art Gallery House Tour 2016, where you can wander around through six houses without being a creep. As a bonus, an artist will inhabit each home for the day. Oh, floral artists will be there, too. Trust me, your mom wants to go. Tickets are \$35; find info at [aggv.ca/events](http://aggv.ca/events).

**THURSDAY, SEPTEMBER 15**  
**UNTIL SUNDAY, SEPTEMBER 18**

**Rifflandia brings more music to town**

Victoria's biggest music festival, Rifflandia, has added even more musicians who want to party with you to kick off the school year this time around. Jurassic 5, Charles Bradley & His Extraordinaires, Lee "Scratch" Perry, The Prettys, and many, many more are playing this year. Prices and locations vary. See [rifflandia.com](http://rifflandia.com) for more info. Rock on.

**FRIDAY, SEPTEMBER 16**  
**UNTIL SATURDAY, OCTOBER 22**

**Minimal visuals, maximum enjoyment**

*Why Can't Minimal* runs during September and October at Open Space. The exhibit explores the lighter and more humorous side of minimalism, a style of art that is known for being pretty intensely straight-faced. Admission is by donation; see [open-space.ca](http://open-space.ca) for info.

**SATURDAY, SEPTEMBER 17**

**Sing with a night of opera**

Conductor Alexander Weimann and Grammy-award winning soprano Amanda Forsythe will be at Christ Church Cathedral on September 17, performing music composed by Handel. Brush up on your knowledge of music from the old days, because this isn't your typical Friday-night club music. Oh, wait, this is on a Saturday. Scrap that. See [earlymusicsocietyoftheislands.ca](http://earlymusicsocietyoftheislands.ca) for more info (bonus points if you can type six words in a URL without making a mistake the first time).

**TUESDAY, SEPTEMBER 20**

**Spend a Tuesday night in the air**

Airbourne is coming back to Victoria after blowing the socks off Royal Athletic Park during Rifflandia 2014. This time, they're going to be rocking Sugar downtown, and odds are you won't need any extra of that to enjoy yourself. Sugar. You won't need extra sugar. Forget it. Advance tickets are \$25, and they're available at [Lyle's Place](http://Lyle's Place) or [ticketfly.com](http://ticketfly.com).



## know your profs

### Camosun's Joe Bengé on post-secondary challenges, cuss words

**ADAM MARSH**  
STUDENT EDITOR

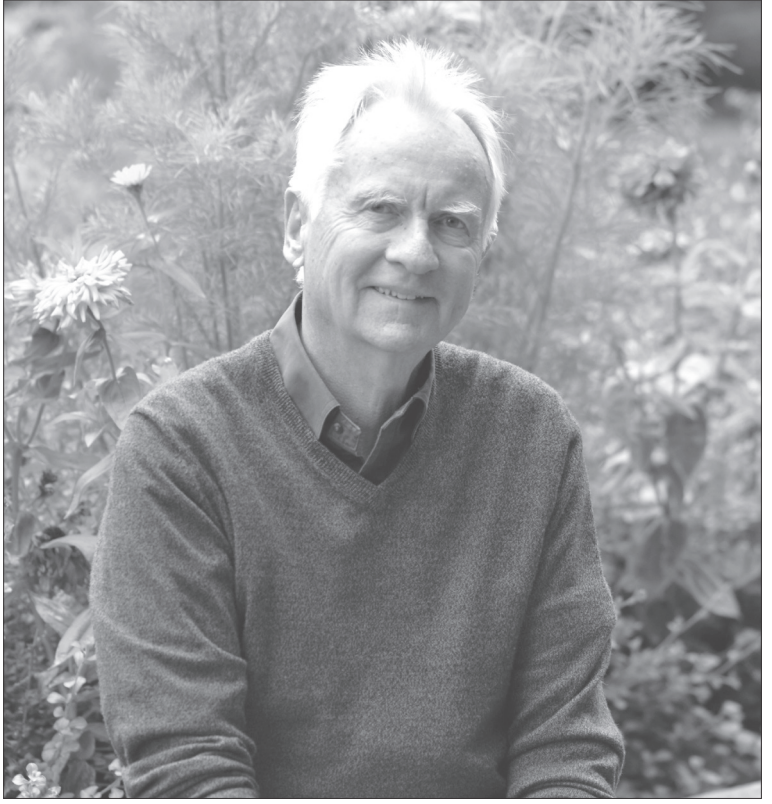
*Know Your Profs* is an ongoing series of profiles on the instructors at Camosun College. Every issue we ask a different instructor at Camosun the same 10 questions in an attempt to get to know them a little better.

Do you have an 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@nexusnewspaper.com](mailto:editor@nexusnewspaper.com) and we'll add your instructor to our list of teachers to talk to.

This issue, we talked to Camosun Technical and Professional Communication prof Joe Bengé on the importance of earning the right to an opinion through education, the vast array of students at Camosun, and his tendency to swear in class.

I enjoy the diversity and variety of students at Camosun—those just out of high school, international students, parents returning to school, 30-somethings disillusioned with their dead-end jobs. There is such a range of learners in my classroom—many different ages, life experiences, and varying degrees of academic preparation. I look forward to going to work every day. Every day is different; every class is different. The students are also giving back to me. I learn so much from them as I enjoy the flow and exchange of information. I like to balance our hard work with some levity and humour. I love that programs, courses, and instruction are so relevant and job-transferrable. To paraphrase a popular saying: "If you want an education, go to university; if you want a job, go to a community college."

I love Capstone Symposium day, when graduating engineering students showcase their projects to potential employers and to the public. It is so gratifying to see the culmination of nearly three years of work as these students showcase their amazing and innovative work. I also love it when former students email me and tell me how valuable my courses were in preparing them for their engineering workplaces. Some students don't realize the value of the courses at the time. It is, after all, an English course, which is a hard sell; that is, until I tell them that there are no essays. You don't write essays in an engineering office.



JILL WESTBY/NEXUS

Camosun Technical and Professional Communication prof Joe Bengé.

**1. What do you teach and how long have you been teaching at Camosun?**

I teach Technical and Professional Communication. I teach engineers how to communicate in their workplace. This involves writing—correspondence, reports, proposals, manuals—document designing, and presenting. I've been with Camosun for 22 years.

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

I find my teaching at Camosun deeply satisfying. I love teaching at a community college. Unlike a university setting, the community college provides the perfect opportunity to focus on students.

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

I want them to know that I faced some of their challenges while I was getting my post-secondary education. I was a single parent of two young boys and had more part-time jobs than money or time. It was a struggle, so I certainly can relate to the many trials that my students face.

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

I tend to swear when I get really passionate and excited about a lesson topic. This won't change.

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

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

Picket lines—they were a true test of allegiance, to my students and to my colleagues, for whom I have the utmost reverence.

**7. What do you see in the future of post-secondary education?**

Education is one of the most fundamental things we can do as a society. With the constant demand for academic credentials, paired with a lack of governmental support and massive student debt, something has to change. If I were to put on my optimist's hat, I would see a future first step as the elimination of all interest on student loans, for the full term of those loans. From there, hopefully, we could progress to further subsidy of post-secondary education. For example, the government could partly or fully subsidize education for careers in which there are job availabilities or

shortages. Eventually, I would like to see a government initiative to make the first two years of college or university free to the residents of the province in which they are offered. Post-secondary education is entirely free in many countries. I think we are a way from there yet, as we would have to create a new economic and tax model to pay for it. If I were to wear my pessimist's hat, I would see no indication in the near future that resources for post-secondary education would increase.

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

I love the outdoors, so I play golf

and hike a lot with my family. I love reading—a balance of fiction and non-fiction. And I'm quite a newsy.

**9. What is your favourite meal?**

Anything my wife cooks. She's awesome!

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

People who vehemently argue a case for an issue on which they have no knowledge. You must earn the right to an opinion with some basic awareness and study. A close second would be the driver in front of me who slows down for a green traffic light, then makes it through, leaving me at the red.

# SEPTEMBER 2016

## LOGANS PUB EVENTS

		<b>1 THURSDAY</b> <b>DESOLATION SOUND</b> KYLE SCHLITZ NATHAN DUGGAN 9PM / \$10	<b>2 FRIDAY</b> <b>VAN HALST</b> (TORONTO) BATTLESWORN KRUNCH MUSTARD ANARCHEON 9PM / \$10	<b>3 SATURDAY</b> <b>MOURNING COUP</b> <b>HICK</b> SISTER BLANCHE HIGHWAY X 9PM / \$10
<b>4 SUNDAY</b> <b>CAROLYN MARK'S HOOTENANNY</b> 4PM - 8PM FREE	<b>5 MONDAY</b> <b>GRAYSON WALKER'S KARAOKE</b> 9PM / FREE	<b>6 TUESDAY</b> <b>GRAYSON WALKER'S KARAOKE</b> 9PM / FREE	<b>7 WEDNESDAY</b> 7PM @ \$7 SEE MENU: FACEBOOK.COM/LOGANSPUB	<b>8 PART TIME MISERABLES</b> (York, England) <b>THE BINZ</b> (VANCOUVER) GRAPEFRUIT IS IMPOSSIBLE 9PM / \$5
<b>9 ROBERTS HALL</b> <b>WIRED TO THE SKY</b> BEN ZYAKIN 9PM / \$5	<b>10 737 PRESENTS FASHIONISM</b> <b>NO HEART</b> <b>OBSCENE BEING</b> 9PM / \$12	<b>11</b> <b>CAROLYN MARK'S HOOTENANNY</b> 4PM - 8PM FREE	<b>12</b> 	<b>13</b> <b>GRAYSON WALKER'S KARAOKE</b> 9PM / FREE
<b>14</b> 7PM @ \$7 SEE MENU: FACEBOOK.COM/LOGANSPUB	<b>15</b> <b>OCTOBER CRISIS</b> ELECTRIC VIOLA ROCK 9PM / \$5	<b>16</b> STAY TUNED... FACEBOOK.COM/LOGANSPUB 	<b>17 ROLLER DERBY AFTER PARTY</b> <b>EIGHTIES DANCE</b> INTERZONE DJs 9PM / \$5	
<b>18</b> <b>CAROLYN MARK'S HOOTENANNY</b> 4PM - 8PM FREE	<b>19</b> 	<b>20</b> <b>GRAYSON WALKER'S KARAOKE</b> 9PM / FREE	<b>21</b> 7PM @ \$7 SEE MENU: FACEBOOK.COM/LOGANSPUB	<b>22</b> <b>REDWOODS</b> (VANCOUVER) 9PM
<b>23</b> <b>CASTLE</b> (SAN FRANCISCO USA) ASTRAKHAN MENDOZZA BUZZARD 9PM	<b>24</b> <b>COUCH THIEVES</b> 40 ACRES OF RUST KaRaVaNaS 9PM / \$10	<b>25</b> <b>CAROLYN MARK'S HOOTENANNY</b> 4PM - 8PM FREE	<b>26</b> 	<b>27</b> <b>GRAYSON WALKER'S KARAOKE</b> 9PM / FREE
<b>28</b> 7PM @ \$7 SEE MENU: FACEBOOK.COM/LOGANSPUB	<b>29</b> <b>DRY WILLIAMS WILD EYED ORPHANS</b> 9PM / \$10	<b>30 737 PRESENTS THE BRAINS</b> KMAN & THE 45s THE MANTS 9PM / \$17		



# Dark days at C

## Students dealing with

It's a hot summer day at Camosun College's Lansdowne campus. I'm walking beneath the bridge that connects the Fisher and Ewing buildings, my footsteps echoing amid the summer silence that fills the air. When autumn comes, the bookstore line-up will be visible from across the parking lot; for now, the campus is tranquil. But campuses aren't always tranquil, and neither are the minds of the students who are attending Camosun.

A faint aroma of iced chai tea floats into the air from my cup as I step off campus. I refill it when I arrive at my destination: a pleasant, air-conditioned downtown coffee shop, where former Camosun Community, Family and Child Studies student Bronwyn Balderson has agreed to meet me.

When she approaches, she smiles. We chat, and, eventually, inevitably, the conversation slides into commonality: student life at Camosun. For Balderson, it was plagued by depression and anxiety; nagging thoughts of self-harm and suicide; a constant sense of darkness and doom.

A typical day for Balderson was dark and often overridden with anxiety. And that's assuming she was able to get her day started. Now, Balderson wants people to understand that depression among college students is no different from having a serious physical illness. She says it is important to be compassionate with herself and others; to understand that sometimes it is okay to not be okay. But some days while she was at Camosun, she just couldn't get to class.

"If I was really down, then I wouldn't want to get out of bed," she says.

### NUMBING THE PAIN

Balderson says that although she has learnt numerous skills through therapy and trial and error, as well as through taking medication, sometimes her mental health still bogs her down and forces a fight to get back up, as it did the day before we met.

"Yesterday I had a really rough day," she admits. "I was super anxious for no reason. But today I'm good. Yesterday wasn't good. You kind of have to just remember that every day might be different, which isn't always easy. Or it might be different every few days or few weeks."

As we're talking, I notice the words "so lucky, so strong, so proud" in dark cursive on her left arm, which Balderson says is a reminder to herself to not self-harm.

"It was mostly just cutting. That was more of a way to deal with my anxiety when I didn't really know what anxiety was," says Balderson, who has been in recovery from self-harm for over a year. "I was pretty young when I started. I attended groups through my counsellor that I got involved with, but it was mostly just cutting. And it was like an addiction for me. Even if I wanted to, I felt like I couldn't stop. And I made a deal with myself when I was 17 that if I went a year without self-harming, I would get a tattoo," Balderson says.

After a while of cutting to make sense of anxiety, Balderson says she wouldn't even really feel herself doing it.

"It was just like a visual, 'oh, look, I'm not okay'—because in

my mind, I was all over the place," she says. "It went on for quite a long time before I was able to stop."

Balderson says that having counsellors and other professionals to help her validate and cope with her feelings was invaluable. Just hearing that cutting was an addiction for some people rather than a weakness was a factor in cultivating the acceptance she needed to learn how to better deal with her struggles, says Balderson. But getting to that point didn't happen overnight.

### NOWHERE TO GO

Balderson was hospitalized for two summers, but the first time, she says she didn't treat her mental health with the focus and diligence it deserved or required.

"The second time I kind of just took it more seriously," she says. "I was like, 'Yeah, I want to feel better. I don't always want to not know how I'm going to be feeling or how to deal with it.'"

Balderson says that going to emergency was a last resort for her that she used in hopes that someone might be able to help her; it was also for her own safety. But trips to emergency don't always play out as hoped.

"A lot of the time you'll be there in emergency for a long time, and then you might go over to Eric Martin [Pavillion] and sleep in a chair for a night," says Balderson, adding that that happened to her.

"There wasn't enough rooms," she says with a bit of a laugh. "Going in the hospital was always like a last-ditch, 'okay, I guess I'll try and get some help now, but I don't even want to be here.' I wanted to die."

Balderson says that it was so hard to see a psychiatrist without going to the hospital that there were times when people she knew would go to the hospital just to get assessed.

"It's really shitty that that's the way it is right now," she says. "There just should be more services involved. I know that Justin Trudeau, for Mental Health Week, said he's really going to try harder for more mental-health services, because there's just not enough."

Balderson says there is nothing more scary and heartbreaking than "being down and feeling out of control" and knowing the resources aren't there. But even if they are, the trouble with being really low and depressed, she says, is that you stop caring enough to fight it. Even through her lowest times, hearing the words "are you okay?" sometimes went a long way.

"Just go easy on people," she says. "You never really know people's story. A lot of people don't talk about mental illness even if they have it because they're ashamed or whatever, or the stigma is still a super big deal. I would just say everybody's different. Go easy on them. You might think they're just blowing you off, but they could be struggling with other things. Lend a helping hand. Ask them if they are okay, rather than getting mad."

And it's an ongoing struggle: Balderson acknowledges that some aspects of our conversation—even though time has gone by and she has stabilized enough to fight it—are still a little bit triggering.

"There was definitely a few times where I was suicidal," she says. "And one time that I was really contemplating it, which is why I was in the hospital."

Balderson has come a long way since those days, but not without a lot of help and hard work. Today, she talks about suicide in an honest and frank fashion.

"People would say it's such a selfish thing to do," she says. "And it's not like I wouldn't feel bad even thinking about it. You want to care about what would happen if you weren't around, but you just don't in those really low moods. You're just so consumed by this low feeling that you don't care."

Balderson says that while she attended Camosun, she sought help elsewhere, but she says she has many friends who found solace in the Camosun counselling department.

### ON-CAMPUS HELP

Over in the counselling department at Camosun's Lansdowne campus, counsellor Chris Balmer says that rates of documented cases of depression and anxiety are rising. Balmer says that stimuli are increasing as a result of modernization, which, for psychologically fragile individuals, can sometimes be too much.

"It's more difficult to manage multiple stimuli for people whose resiliency is not strong," says Balmer, "and the expectation to manage more and more things has steadily grown. I think that we haven't really addressed the need to learn how to manage and multitask all of those bits of information and challenges."

Camosun College Student Society (CCSS) external executive Rachael Grant says that the CCSS feels that depression and anxiety at Camosun is a big issue. The catch, according to Grant, is that students deal with many stressors that the rest of the community doesn't necessarily have to, such as loans and tuition.

"When you bring in all the factors that students have to navigate, it definitely can compound mental-health issues," says Grant, who adds that the cost of living combined with paying tuition or loans "will impact your mental health in a very negative way."

Balmer says that numerous resources are available in Victoria, both on campus and off. He says that here on campus, Camosun offers ways to help students deal with their struggles.

"On an individual counselling basis, we provide education and strategies to organize, to be able to emotionally regulate oneself, to become more aware of what's going on," he says, "and how to cope with emotional reactions to things and still make informed choices, and just understand how to be a good manager of your own life and lifestyle."

Balmer says that the real catch is gaining the skills, support, and self-understanding to recognize when you might not be able to make those informed choices alone. Dealing with someone who has mental-health challenges is never easy, but neither is being the one with the disharmony and pain, says Balmer.

"Be open, non-judgmental, more flexible, and compassionate in realizing that many students are dealing with multiple challenges," he says. He adds that the role of other students and faculty can be essential in helping a student who is having a difficult time.

"Fellow students and employees really can open their awareness and heighten their understanding of signs and symptoms of distress in students, and be interested and learn simple ways of having helpful conversations and providing support in other ways."

Grant says that if anyone were interested in starting a group around mental health, the Camo-





# amosun College

## depression speak out

Story by Adam Marsh, student editor  
Photos by Jill Westby/Nexus

sun student society would be happy to help get it started.

“We’re looking at having a club that’s focused on mental illness,” she says. “It’s something that we’re looking at developing more services around. There is definitely the need.”

### NOT JUST A STUDENT ISSUE

Camosun nursing instructor Allison McLeod—who said in our August 10, 2016 issue that mental health has always been integrated into her lessons in the Nursing program—says she has genetic predispositions to a group of illnesses known as “leaky breaks,” of which anxiety can be a part. McLeod went through most of her adult life without a diagnosis, and she says that when she was diagnosed a couple of years ago it was “very validating.” For her, the diagnosis was ADHD, but she says that mental health “does not come in nice, neat little packages,” which is where the anxiety and a plethora of other overwhelming emotions can come crashing in.

“I have difficulty focusing on a conversation if it’s a busy, crowded, noisy room,” says McLeod, “which makes me anxious, so it’s hard to worry about whether I just understood or listened well enough to the person that’s talking to me.”

McLeod says that the anxiety is very physical for her and will often make her stomach hurt.

“I just really need to isolate myself sometimes, and it’s hard to explain that to people. I need to explain that to them so they know it’s not about them. I’m not trying to be rude. I just really need—at some point—to be able to be on my own.”

But McLeod says it doesn’t surprise her that she reacts in a physical way to what is going on in her head. Often, she says, her stomach will display intense pain at the end of the day.

“The gut relies on the same neurochemicals our brain relies on. I think I’m often complaining that my stomach hurts, and I think it’s totally related to what’s going on in my mind,” she says.

### A LIFELONG JOURNEY

Former Camosun Psychology student Kylie Ransome has chosen to pursue her passion by working as a care aide for Island Health. She specializes in helping patients with dementia and mood disorders, and she says that one of the keys for her in talking someone back down to rational thinking is asking herself what they are missing. Ransome says “every behaviour is a communication,” an idea that she says is essential in helping others and herself.

Ransome stresses the importance of “giving people the time and space to express their needs, and respecting those needs, so if someone’s saying, ‘No, I can’t go out today,’ don’t look at it as a slight, don’t take it personally,” she says.

She says it’s also important to separate the state of someone’s mental health from the state of their relationships with others.

“A lot of spouses of people living with mental illness take things quite personally,” she says.

Ransome has also struggled with anxiety; she’s made a recovery but says mindfulness and physical exercise are essential.

“I think a lot of people have trouble understanding that, for someone living with anxiety or depression, our reality is different. We can’t just look at something and say, ‘Oh, it’s okay,’” she says, “because every neurochemical response in our body is saying it’s not okay.”

Ransome—who has completed dialectical behavioural therapy and cognitive behavioural

therapy courses—says that the part of the brain that registers physical pain also lights up when a person experiences emotional pain.

“When you get hurt—say you break an arm—this whole axis of your brain lights up and starts this big feedback that says, ‘Hey, you’re in pain. Retreat; deal with this.’”

Ransome says that the same part of the brain lights up when people are experiencing social or psychological pain.

“The brain literally thinks you have broken an arm,” she says. “People are very stuck in ‘oh, you just need to get over it.’ Well, you can’t. You have to rewire your brain first.”

Ransome says that with a combined approach of medication and intense therapy, that rewiring can be done.

“I spent many years with a combined approach: antidepressants and cognitive behavioural therapy and dialectical behavioural therapy,” she says. “And it helped. The combined approach worked.”

Now, Ransome conducts workshops around mental health.

“Rather than looking at thoughts and saying, ‘Are these thoughts rational? Is this actually reality, or is this a negative thought pattern?’ I’m looking more at, ‘Is this what I want for myself? Is this the kind of approach I can take to my thinking?’”

Ransome says that it’s vital to take care of herself before she goes to work and takes care of others.

“When you work with vulnerable people, it’s a lot of giving,” she says. “You have to give a lot, and you’ve got to be very patient and very compassionate; otherwise, you’re doing a disservice to the person.”

Ransome says that looking at mental health from a recovery-based point of view is one of the best ways to ensure that those affected get treated properly in all aspects of their lives.

“It’s becoming more and more clear that the brain is an extremely plastic organ,” she says. “Yes, there are some neurochemical diseases that are going to be a little more prevalent in someone’s life, but for the most part, people can learn to cope with and overcome mental illness.”

Ransome likens the struggle to diabetes, which is “just one organ acting up, the same as mental illness.” She says that after years and years of therapy combined with medication, her mental health is “not a daily hindrance,” but rather something that requires awareness, and is something that she sometimes needs to compensate for.

“If you’re getting into a difficult situation, be aware that it could be a trigger; it could be something that could push you back into a depressive low,” she says.

Although medication did have its time and place for Ransome, she says that she had to stop taking it when she became a student, because the side effects had a debilitating effect on her working memory.

“The side effects started outweighing the benefits,” she says. “I decided I wanted to go back to school, and, unfortunately, a lot of SSRI [selective serotonin reuptake inhibitors]s create a bit of a memory fog. So when I first tried to go back to school... You can’t do school without a working short-term memory. It did not go well.”

Ransome weighed her long-term goals against these effects on her short-term memory and realized that she needed to be able to perform. Now, she relies on naturally produced brain chemicals.

“Another big thing that helps is just making exercise a focus of my life,” she says, “getting that natural endorphin process going to keep everything balanced.”

The CCSS’ Grant acknowledges that some

side effects of different medications can be rough, and, like Ransome says, it can negatively affect a person’s studies. (The CCSS does cover various medications through its health and dental plan for students.)

“I’m personally aware that it is a reality of some psychiatric medications,” says Grant.



Balderson says that there is definitely a genetic predisposition at play when it comes to her mental health. She recently returned from spending a semester in Wales, but she says that there wasn’t a huge difference in her mental health there compared to at home. It’s fairly constant for her, but—as Ransome said can be done—Balderson is learning to cope and get through.

“Depression follows me wherever I go, no matter what was going on. But I got through it, and I’m glad that I went,” she says about her trip to Wales.

Balderson says that professors at Camosun were more or less understanding when she approached them asking for extensions due to her health.

“I think a lot of people are scared that if they tell people, they’re going to look at them differently,” she says. “They were all pretty good about it if I was able to talk to them.”

Balderson says that if she is having a really rough time, it helps to look at her tattoo, make a phone call, and remind herself that emotions, by their very nature, fluctuate.

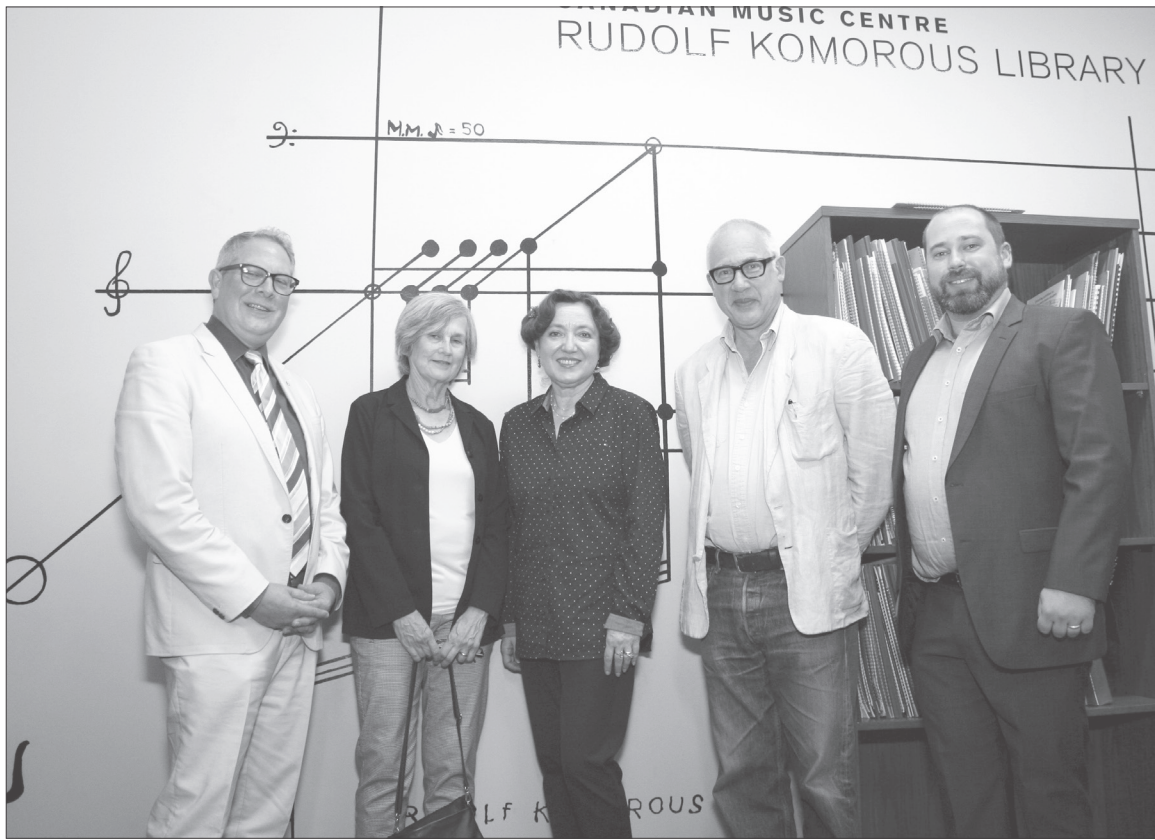
“Just getting it open and telling someone else what I’m feeling really helps a lot,” she says. “It might help, it might not, but at least then I know I’m not totally alone. Depression is super isolating. It makes you feel like you’re in a little bubble with this dark cloud hanging over you.”







music  
**Victoria Creative Hub aims to educate students, expand community**



The Canadian Music Centre has opened up shop in Victoria, and students can reap the benefits.

**ADAM MARSH**  
 STUDENT EDITOR

The Canadian Music Centre-British Columbia (CMCBC) recently opened the Victoria Creative Hub—a lending library for contemporary music—at the Victoria Conservatory of Music (VCM). VCM Victoria engagement leader Christopher Reiche, whose work can be found in the library, says that

a chance to grow presented itself because the city has such an active music community.

“We saw it as an opportunity to expand the Canadian Music Centre into another location to help serve and support the Victoria community,” says Reiche.

He says that the partnership between the Canadian Music Centre and VCM will bring back classroom

programs where musicians teach music to elementary- and middle-school kids for one hour a week for eight weeks.

“It takes several different forms depending on the class they are in, because it’s really catered toward that individual class,” says Reiche.

“So, it can look like anything from creative activities that involve sound to having people from the class

“I’m very much someone that likes to think about not just what people think is music, but the possibilities of what music can be.”

**CHRISTOPHER REICHE**  
 VICTORIA CONSERVATORY OF MUSIC

prepare pieces that are performed at the end of the eight weeks,” says Reiche.

Camosun College is partnered with VCM (VCM is a Camosun satellite campus); Reiche says that Camosun students are always welcome to come down and practice, borrow music from the library, or just chat.

“We have a loaning library of scores that have been catered toward supporting different requirements for various performance exams and that sort of thing.”

Reiche says that the library is always open to Camosun students, and they are welcome to come down and ask questions.

“Part of my job here is to help support the community in any shape or form that they ask me to, so I will try my best to answer any questions and help people find knowledge about Canadian music.”

Reiche says that for him the most amazing aspect of music culture in Victoria is “bringing a new piece into the world.”

“I really do like creating new things, and I like the challenge of exploring what a new piece can be,” he says. “I’m very much someone that likes to think about not just what people think is music, but the possibilities of what music can be.”

Reiche says that the Victoria Creative Hub always keeps in mind that people are often a little bit intimidated by new music, but that doesn’t stop him from encouraging everyone to see what is offered at the Victoria Creative Hub.

“I really do honestly believe that on my shelf here I have a piece of new music for everyone,” he says. “I want to try and find the right new music piece for anyone that walks through the door.”

Reiche says that the hub is largely centred on making music more accessible to Victorians who want to learn more and who need a space to do it in.

“I hope that it’s going to be a wonderful space for people to come and meet and engage with Canadian new music,” he says.

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overheard at *nexus* word search

Every issue we hide a contextless quote overheard at *Nexus* HQ on page 2; looking back at the past 20 issues to make this crossword, all I can say is this: *Nexus* HQ rules.

As always, stop by the *Nexus* office (Richmond House 201, Lansdowne campus) if you complete this word search to pick up a prize.

- BANANA
- BERNHARD
- BIRDS
- BITCH
- BUMPKIN
- DIARRHEA
- DORKY
- EARWIGS
- GODDAMN
- HAMMER
- HAWKEYE
- MARRIED
- NEXUS
- OWL
- ROTTING
- SATAN
- SKINHEADS
- SOUL
- UNBELIEVABLE
- WEIRD

P	A	S	R	W	O	F	A	L	Q	E	D	E	D	G
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By Jayden Grieve

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Students interested in joining the Peer Connections Program should attend one of the following information sessions:

Sept. 12 or Sept. 13 - 5-6 pm  
Lansdowne Campus - Wilna Thomas Building, Rm. 234

Sept. 14 - 12-1 pm or Sept. 16 - 4-5 pm  
Interurban Campus - CBA Building, Room 120

For more info, please email

[peerconnections@camosun.bc.ca](mailto:peerconnections@camosun.bc.ca)

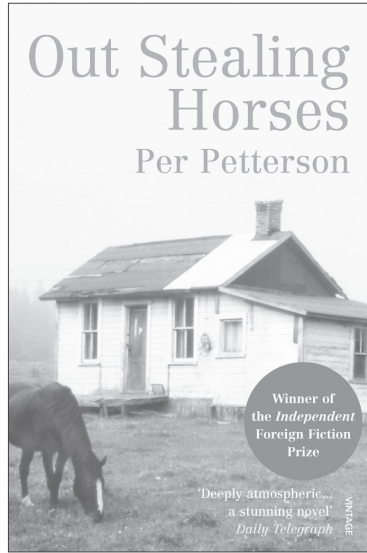




Lit Matters

by Keagan Hawthorne

## Existentialism in the woods with Per Petterson



*Out Stealing Horses*, set in the Norwegian forest in both the present day and in 1948, is a tender look at human relationships and the forces that determine how we, as individuals, are defined.

his first publication. “It was a kind of grief,” he once said, “the grief of not being a novelist when that was all I wanted to be.”

Most of Petterson’s characters are beset by a similar kind of yearning. It is deeply felt, like homesickness, but what is longed for is not an old familiar place but an old familiar self that has been lost over the course of a lifetime, or has yet to be encountered.

*Out Stealing Horses* is narrated by Trond, who, in his 60s, has recently moved to a cottage in the countryside to escape the tragedies that hounded his former life. His neighbour, also in his 60s and living alone, triggers in Trond memories of his father and the last vacation they spent together in the summer of 1948.

Petterson was influenced by the existential philosophy of Jean Paul Sartre. When it comes to defining the self, Sartre said, “existence precedes essence.” This well sums up Trond’s situation. He encounters himself at age 60-something and realizes that although he most certainly exists, he has lost the essence that defined him as a boy all those years ago.

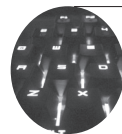
And yet the existential crises that Petterson inflicts on his characters are not hopeless or despairing. “After all,” repeats Trond at the end of the novel, “you decide when it will hurt.”

**Per Petterson must-read:**  
*Out Stealing Horses*  
(Public Library, Oak Bay branch Adult Fiction)

“You decide when it will hurt,” chides a father to his son in Per Petterson’s novel *Out Stealing Horses*.

The novel, set in the Norwegian forest in both the present day and in 1948, is a tender look at human relationships and the forces that determine how we, as individuals, are defined.

Petterson has become one of Norway’s most popular novelists, but it was not an easy road. In 1990, his parents, his brother, and a nephew were killed in a fire that was deliberately set onboard a ferry. Then there were the 17 years between when Petterson decided he wanted to become a writer and



The Bi-weekly Gamer

by Adam Boyle

## No Man’s Sky: fraud or unfinished?

Recently released PS4 and PC game *No Man’s Sky* has generated a lot of controversy since it came out. The procedural-generated space explorer said to have a world the size of the actual universe was incredibly hyped and anticipated leading up to its release on August 9. Initially slated to be released in July, buyers were fine with waiting due to the hype and the expectations that the game would be one of the best ever released.

Sadly, *No Man’s Sky* was released as a broken mess.

Many players considered the game to be the equivalent to a game

still in its beta or even alpha stages. Set with an \$80 price tag, *No Man’s Sky* was not worth the cost. Having played it myself, I can say that it was a major letdown, considering I thought it would be a good game. Or at least a finished game.

After the developers had promised so many things, I was upset to see the lack of a multiplayer option of any sort. Promised from day one of the game’s announcement, this key feature was left out completely. Another flaw of the game is its emptiness. Now, I know space is vast and empty and all that, but this is a game set around exploring. To

have virtually no fauna whatsoever was very disappointing.

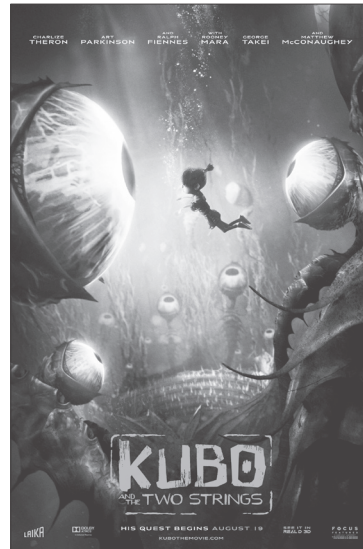
Because of the huge lack of features and the large price tag attached to the game, players have been furious with the developers. People have been asking for refunds but companies that have distributed the game and the developers themselves have been silent. As a result, some buyers have talked online about how they want to sue the development studio for false advertising and fraud. Now, I wouldn’t go that far, but, realistically, a refund should be available for this ginormous letdown of a game.



To See or Not to See

by Finlay Pogue

## Kubo and the Two Strings plucks a heartfelt chord



*Kubo and the Two Strings*  
4/5

I grew up watching movies. Every Friday night my sister and I would settle into the couch as my parents popped a flick into the VCR. It was a time to be truly at ease; there was no school worry, no chores to be done. It was a cathartic relief of sorts. We loved movies like *The Emperor’s New Groove* (2000) and *Tarzan* (1999), and we had favourite parts that hung with us days after we’d seen them. Our staples were *The Incredibles* (2004) and *Robin Hood: Men in Tights* (1993), and at one point we could act out, with full dialogue, the entirety of both films.

I still love those movies—although I am content to watch them a tad less often—for more or less the same reasons. They still evoke a sense of wonder; they still make me laugh (a true laugh, not the kind you get at *Deadpool* [2016], or *Suicide Squad* [2016], which is really more

of an aghast release of air); they are still beautiful.

*Kubo and the Two Strings* is all of these things, and it’s one of the best movies I’ve seen all year. Its story is engaging throughout, which is a shockingly uncommon trait in modern films (*Central Intelligence* [2016] was decidedly hit-and-miss, *Finding Dory* [2016] struggled at times, and *Suicide Squad* was in fact never engaging).

*Kubo* has the kind of story that unfolds before you, leading you down the path that it wants you to take. There was rarely a predictable moment, but it wasn’t all left turns and plot twists; it just wasn’t ploddingly forthright like the aforementioned films.

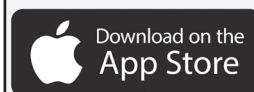
Only a film that comes from Laika Studios, the same people behind *Coraline* (2009), could look as surreally magical as *Kubo* does. Part of *The Incredibles’* appeal is how outlandish and how truly incredible it looks. Animated films aren’t confined to the same realities that live-action films are (no matter how much CG you throw at it), so it’s in them that real wonder can be translated from a director’s head to the viewer’s.

What I enjoyed about *Kubo* most was that through sheer display of excellence it was able to transport me back to those Friday-night movies on the couch. A combination of un-cynical filmic delight on the part of the creators and my own love for animated adventure flicks made this an easy film to be swept away by.

If you grew up with the same Kronk and Syndrome that I did, you’ll love this film as much as I do.

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